

Hart Senior Center Volunteer Opportunities

The Hart Center is able to offer many of its programs due to the generosity of our volunteers. Our volunteers truly are the heart of Hart! If you'd like to share your time and talents with us, please consider the following opportunities we typically have available, listed below. If you see something that interests you, please complete the **Hart Senior Center Volunteer Application** and submit it at your convenience by mail, email or hand-delivery. Once received, the Volunteer Coordinator will contact you if there is a potential match based on the Center's needs and your interests and availability.

Workshop/Group Leader

Do you have a skill or interest you'd enjoy sharing with others? Many of the activities and classes offered at the Senior Center are coordinated by a Lead Volunteer. The Lead Volunteer is responsible for the class or activity at every meeting; preparing for the event and organizing materials, welcoming participants and leading the activity. We are open to many different types of new programs, so please let us know what type of course you'd like to lead!

Desired qualifications: Proficiency and experience in leading activities in area of expertise, or a personal interest in the activity with enough experience and knowledge to lead others. Patience, good communication skills, comfortable speaking in front of groups, enjoys working with others. Teaching experience is a plus.

Length of commitment: Flexible. Activity must take place Monday through Friday, between the hours of 8:00am-5:00pm. Frequency is dependent on how many times the program is offered. Can be a single workshop or ongoing.

TechConnections- General

Teach older adults how to get connected using computers and other devices! Volunteer to instruct a series of classes, short term workshops or provide individualized assistance. Teach a maximum of six beginner or intermediate students using lessons designed for older adult learners. Topics may include Introduction to Computers, Microsoft Office programs, Facebook, Internet and Email, System Maintenance, Skype, tablets and more. The world of modern technology is ever changing, so help teach seniors how to stay in touch with friends and family, access information and use apps and programs to bridge the digital divide. As a volunteer, you will have the opportunity to share your computer knowledge and skills with older adults in our community. Volunteering with this program is a wonderful way to spend the free time you may have and can help build a resume and utilize your existing talents!

Desired qualifications: Interpersonal skills-patience, good communication skills, comfortable speaking in front of small groups, enjoys working with others, teaching experience is a plus.

Technical skills- experience using Microsoft software including Windows operating systems, internet browsers, Microsoft Office suite, social media sites, etc.

Length of commitment: Classes are offered Monday-Friday, from 8am-5pm, flexible volunteer schedules are available. Most courses meet for six 1 ½ hour lessons. Volunteer commitment includes class time, (plus 15 minutes set up/shut down) and time spent reviewing curriculum before each lesson.

TechConnections- Apple

Volunteers are needed to provide instruction on the use and applications of Apple products. This is not a lecture-only class as each student (6 students maximum) will bring their own device to class while the instructor walks them through step-by-step configurations to personalize and become more familiar with their IOS device.



Desired qualifications: Interpersonal skills-patience, good communication skills, comfortable speaking in front of small groups, enjoys working with others, teaching experience is a plus. Volunteer must bring and use own device for teaching, curriculum will be provided.

Technical skills- Proficient in care and maintenance of IOS devices (iPad, iPhone and MacBook). Knowledge of Apple ID, iCloud, security, settings and managing photos is a necessity.

Length of commitment: Classes are offered Monday-Friday, from 8am-5pm, flexible volunteer schedules are available. iPad classes meet for four 1 ½ hour lessons and iPhone classes meet for two 1 ½ hour lessons. Volunteer commitment includes class time, (plus 15 minutes set up/shut down) and time spent reviewing curriculum before each lesson.

50 + Wellness Annual Sports For Life! Soccer Tournament

The Sports For Life! Soccer Tournament is a unique and exciting annual tournament for athletes 50+ and will feature both men and women's divisions. We anticipate 25 or more teams, equaling roughly 450 athletes and fans across six fields. Volunteers assist the Tournament Director in a variety of duties throughout the tournament. Typical duties include event set up and take down, athlete check-in and age verification, headquarters assistance, replenishing refreshments for athletes, serving lunch to athletes on Saturday, customer service and other duties as assigned. This event may be used to earn community service hours for high school and college students.

Desired qualifications: Reliable, punctual, friendly.

Length of commitment: Event takes place each year in the spring. Morning and afternoon shifts are available. Interested in volunteering for this fun event? Please call the 50+ Wellness Program at 808-1593 or email fiftypluswellness@cityofsacramento.org

Hart's Healthy Pantry

The Hart Senior Center utilizes volunteers to help operate a food distribution program in partnership with Sacramento Food Bank and Family Services. The distribution, Hart's Healthy Pantry, takes place every third Wednesday of each month and will provide low-income older adults ages 60+ with several bags of nutritious groceries. Volunteers will help set up the monthly distribution site, greet and check-in guests, record accurate intake records and provide any assistance needed as guests pick up their groceries. This is a great opportunity to help your community!

Desired qualifications: Positive, friendly attitude, willing to help with a variety of tasks. May require some bending and lifting.

Length of commitment: Volunteers will serve from approximately 10:30am-1pm the day of each distribution and we request that volunteers make a 6-month commitment (dependent on scheduling needs).

Triple-R Adult Day Care

Assist staff with activities for seniors with memory loss. Help lead activities, socialize, play games, and other tasks. Triple-R is open from 7:30am-6pm, Monday through Friday. **Current TB test reading required.** Contact Triple-R Program Coordinator, Chantell Albers, to request a volunteer application. Call (916) 808-8375 or email calbers@cityofsacramento.org for more information.

ACC Meals on Wheels All Seasons Café- Guest Attendant

Seeking outgoing individuals who can assist with our daily lunch program and help promote a friendly, efficient environment. Duties may include: Assisting with greeting guests, orienting and helping new guests complete intake forms, socializing with seniors, assisting with individual needs, such as serving food and beverages, condiments, etc., and other tasks to create a welcoming, supportive atmosphere. Additional assistance needed includes unboxing bi-weekly deliveries and helping at special events. Volunteers work from approximately 10:15am-12:15pm, Monday through Friday (dependent on scheduling needs).

Desired qualifications: Positive, friendly attitude, willing to help with a variety of tasks. May require some bending and lifting.

Length of commitment: Flexible, dependent on staff needs.

Gardening

Maintain our outdoor patio, including watering shrubs and flowers, pruning and pulling weeds, etc.

Desired qualifications: Gardening experience, ability to work independently and with other volunteers, may require some bending and lifting.

Length of commitment: Flexible. 2X-3X a week in the summer, approximately 1 hour each time. 1X a week in the winter, 1 hour each time.

Videographer/Video Editor

We are looking for a creative individual to film and create a virtual tour of the center for use on our website. The video will showcase the center and the activities that take place here. We have a digital camera available, but professional equipment would be very welcome.

Desired qualifications: Ability to work independently. Experience with photography/videography, web design and computer skills are expected.

Length of commitment: Need to be available at different times of the day to shoot footage of the variety of activities we offer. Editing can be done on your own schedule either at the center or at home.

Blood Pressure Checks

Use the Center's blood pressure cuff or your own equipment to help seniors monitor their health status.

Desired qualifications: Medical background and experience with taking blood pressure required.

Length of commitment: Flexible. Monday, Wednesday, or Friday mornings between 8:30am-10am is the ideal time frame.

Musical Entertainers

Seeking a pianist or acoustic guitarist to visit our congregate lunch program and play music to enhance the environment and to promote an enjoyable experience for our guests. The lunch program runs from 11am-12pm, Monday-Friday.

Desired qualifications: A musical talent or skill to share and an interest in providing background music. Friendly, punctual and reliable.

Length of commitment: Can be daily, weekly or monthly. Dependent on program needs and piano availability.

Special Events Party Planner

Do you like planning parties? Volunteers are needed to help create fun, friendly and festive parties/events for our senior lunch program, the All Seasons Cafe. This is a great activity for groups looking for a fun one-time volunteer opportunity! Tasks include: creating a detailed plan for event, reserving entertainment or planning an activity that lunch guests can participate in, requesting donations from local businesses for raffle prizes or gift cards, decorating the day of the event, and maintaining contact with staff coordinator.

Desired qualifications: Must be organized, reliable and able to multitask.

Length of commitment: Can be one time or ongoing. Flexible.