



5288 Joyce Street, Vancouver, BC V5R 6C9

Phone: (604) 435 – 0323 || Fax: (604) 451 – 1191 || Website: www.cnh.bc.ca

Volunteer Posting

- Volunteer Position:** Social Program & Event Volunteer.
- Name of Program:** Seniors Wellness Program.
- Program Description:** The Seniors Wellness Program is aimed to improve seniors' wellbeing through various group social activities and connections to the community. CNH currently offers Monday Fun Day and Coffee Social Thursday on a weekly basis. Monday Fun Day has a variety of fun and easy-to-access activities to meet different needs or interests, including Birthday and Bingo, Sing for Fun, World Café, Social Dance, and Educational Workshop.
- Coffee Social Thursday provides opportunities for seniors to socialize in a cozy and relaxing environment while having tea and coffee together. Besides these regular programs, we are also running some seasonal events for larger gatherings for seniors such as, Christmas Luncheon, Chinese New Year Celebration, Summer Outdoor Events, Volunteer Appreciation, etc.
- Day & Time:** Regular social programs occur on Monday afternoons and Thursday mornings. Volunteers can choose which program to assist in based on their interest and availability. Additional flexibility for special social events occurring on other days. Commitment of 3 months minimum ideally.
- Location:** CNH main house.
- Roles & Responsibilities:** - Setting up and taking down tables and dishware.

- Prepare coffee, tea, and snacks.
- Greeting senior participants.
- Connecting seniors to CNH programs and events.

Skills & Qualifications:

- Interest in helping others and engaging with older adults.
- Interpersonal skills.
- Detailed and communicative.
- Additional language competencies beyond English are an asset.

Benefits & Opportunities:

- Make a difference in the lives of community members and learn more about unique position of seniors within Vancouver.
- Volunteer with a positive team that has a shared commitment to helping others.
- Gain valuable experience interacting with the community and Collingwood Neighbourhood House!

If you are interested in volunteering, please submit your completed registration form to the Volunteer Manager, Yndira Arteaga, via email volunteering@cnh.bc.ca or phone (604) 366 – 9142.