

## Volunteer Opportunities

It's a proven fact that volunteerism promotes good health and longevity. More than 250 dedicated volunteers play an integral part in all areas of the Senior Center's operation including the provision of services. They volunteer approximately 25,000 hours annually.

Many seniors volunteer by delivering Meals on Wheels, driving seniors to doctor visits, Friendly Visiting, fundraising, reading in Methuen schools and helping the Center in hundreds of different ways. Some decorate for special events and others help with minor maintenance. We strive to create varied and meaningful volunteer opportunities, matching skills and talents with and interesting "job". Opportunities include:

Cabaret!	Income Tax Assistance
Friendly Visitors	Intergenerational Programs
Fundraising	Meals on Wheels
Gift Shop	SHINE Counseling
Health Services	Thrift Shop
Hot Lunch Program	Transportation