

Why Volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Being a volunteer can help you to find friends, connect with our community, learn new skills.

While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need at our Center and improve your health and happiness.

Being a volunteer:

1. Connects you to others.
2. Good for your mind and body.
3. Brings fun and fulfillment to your life.



Connecting You To Others

One of the well-known benefits of volunteering is the impact on a community. Volunteering allows you to connect to your community and make it a better place. Even the smallest tasks can make a real difference to the lives of people in need. And volunteering is a two-way street. It benefits you as much as the cause you choose helps touch the lives of others. Dedicating your time as a volunteer helps you make new friends and boost your social skills.

Good For Your Mind And Body

The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering keeps you in regular contact with others and helps you develop a solid support system. Being helpful to others delivers immense pleasure which gives you a sense of pride and identity. Volunteering can find new meaning and direction in your life by helping others.

Fun And Fulfillment To Your Life

Volunteering is a fun and easy way to explore your interests and passions. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your own personal life.

The Right Fit

There are numerous volunteer opportunities available at the Center. The key to a fulfilling experience is to find a position or activities that you would enjoy and are capable of doing. So consider the following:

- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing or can commit?
- What skills can you bring as a volunteer?
- What aspects of the Center are important to you?
- Does this volunteer effort seem fun and fulfilling?

The Senior Center is staffed with wonderful personnel that can assist you with your interests and answer any of your volunteer questions.



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