



## CHANGE LIVES – YOURS & THEIRS

### Engage. Enrich. Enjoy. Volunteer.

Are you looking for a way to connect, make friends and give back to your community? Do you have a gift to share and time to share it? Do you enjoy helping others?

Parkwood has an active volunteer program where you become an integral member of the Parkwood community. There are so many ways to make a meaningful impact on residents' lives. We're sure they will make a difference in your life too.

Give us a call and let's discover how your kindness, skills and experience match the needs of Parkwood's community.

### About Parkwood Seniors Community

Parkwood's commitment to older adults of modest, middle and comfortable means, combined with a growing list of amenities and services on its spacious campus and in its Health and Wellness Centre, makes it a home of choice in the Waterloo Region.

*As a community founded in God's love for all and grounded in faith, each person is valued and respected. We honour the spiritual dimension of the human experience and believe that, with love, the extraordinary is possible.*





## Make a difference

The value of volunteers and volunteering has never been more clear. It contributes to social, mental, physical and emotional well-being for all involved. There are so many opportunities where the talents of volunteers of all ages can contribute to the vibrant, welcoming community at Parkwood.

It doesn't take much – a few hours of your time can make an enormous difference. You can be as busy as you wish with a range of activities that will suit your interests and availability.

From the coffee shop to crafts, fitness to friendly visiting – every act of kindness matters.

Here's a sample to consider:

- Enjoy a social visit – virtually or in person – with a resident
- Support the Worship services
- Beautify the garden beds
- Read and visit
- Bring back memories with music

## We love our volunteers!



Be a friendly visitor



Help a resident enjoy their meal



Porter residents for visits



Volunteer virtually



Deliver groceries



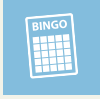
Work in the Café



Teach a craft



Support a special event



Play Bingo



Share your love of music



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