

Volunteer Opportunities/Needs

Hillview Health Care Center Campus

Hillview Health Care Center:

- **Coffee Group.** Serve coffee to residents and socialize any day of the week 8:30 am – 9:30 am.
- **Exercise Group.** Provide range of motion exercise demonstrations to a group of residents to follow all while seated. Able to utilize items such as: beach balls, therabands, parachute, etc.
- **Assisting with feeding residents during meal times.** 7 days a week during any meal.
- **Passing out weekly Recreation calendars/menus and asking Trivia Tournament questions** on Friday mornings from 10:00 am – 11:30 am.
- **Gardening/Flower care volunteers. (Spring/Summer/Fall).** Assist in planting, watering, and weeding the flowers.
- **Trishaw Bike Pilot.** Ride a motor-assisted three-wheeled bike with a bench seat for 1-2 residents on a slow scenic ride on the bike path or through the surrounding neighborhoods.
- **Leading a game.** We are looking for interested volunteer/s or groups that would like to facilitate a group game or program with our residents.
- **Playing pool.**
- **Painting fingernails** during “Manicures”. Held on Wednesdays from 1:15 – 2:30pm or going room to room.
- **Assisting with community outings (shopping).** Mostly needed on periodic Friday afternoons from 1:00-3:30pm.
- **Entertainers.** Provide musical/vocal talents, magic tricks, have your community group perform, etc. This could be a group performance or going room to room.
- **Program Leaders.** Share a hobby, play a game, lead a discussion, bring in items to share, lead a book club, teach a topic/hobby, lead a leisure education group.
- **Memory Care Activities.** Provide 1 to 1 or small group activity with individuals on the Memory Care halls.
- **Hope and Jesus Bible Study Assistants.** Transporting residents to/from, sitting in the service to assist the leader of the bible study. Mondays from 10:15-11:15am
- **Protestant Church/Temple Baptist Church/Catholic Mass Assistants.** Transporting residents to/from the service and sitting in the service to assist clergy if needed. (See days and times of each service on General Recreation Schedule)
- **Wii games.** Lead Wii games on large Dining Room TV (1:1 or small group).
- **Outdoor Wheelchair Rides/Walks.** Take residents in wheelchairs or independent walkers for a walk on the walking path or to the playground/pond next to our grounds.
- **Lead a Men’s Group, Knitting/Crochet Group, 65 Years Old and Younger Group, Veteran’s Group,** etc.
- **Artistic Volunteer.** Assist with making decorations (drawing, painting). Or come up with art projects with our supplies on hand or prep supplies before Craft Group.

- **iPAD Programming.** Visit 1:1 with residents working with them on how to use the iPad, to use a variety of pre-downloaded apps, etc.
- **Cribbage/Card player volunteers.** Play cribbage or a card game with one or a few of our residents.
- **Spring & Fall Courtyard Clean-up.** Assist with courtyard clean-up (washing windows, raking leaves, getting flower beds ready to plant, etc.) This could be done individually or as a group.
- **Room Visits.** Chatting and reminiscing, playing checkers/cards/table game, painting fingernails, writing letters for family members, reading mail/magazines/books, putting together a jigsaw puzzle, etc.
- **Auxiliary Member.** Fundraise to benefit residents of Hillview and provide musical entertainment, flowers in the courtyard, sponsoring monthly BINGOs, baking Holiday cookies, etc. The Auxiliary meets monthly.

Carroll Heights Apartment Complex (Hillview's Independent Apartments)

- **Facilitate a group.** Independently set up programs for tenants
- **Courtyard clean up;** weeding/splitting/planting/pruning (seasonal)
- **Outdoor games;** round up participants and lead them in a number of choice outdoor games. (seasonal)

Hillview Terrace Assisted Living (Hillview's Assisted Living)

- **Theme Party Programmer.** Plan, organize, and assist with a **theme event**, or activity in coordination with the Hillview Terrace Manager.
- **Facilitate a group bingo game.**
- **Spring & Fall Courtyard Clean-up.** Assist with courtyard clean-up (washing windows, raking leaves, getting flower beds ready to plant, etc.) This could be done individually or as a group.
- **Visiting 1:1.** Visit with the tenants. Flexible
- **Lead a Men's Group.** Date and times are flexible.

General Recreation Schedule

Hillview Health Care Center

These are typical days and times in which scheduled activities are held

Green means volunteers assist with staff

Yellow means volunteers are independent

MONDAY

8:30 – 9:30am COFFEE GROUP (dining room) (VOLUNTEER)
9:30-10:15am EXERCISE (dining room) (VOLUNTEER)
10:15-11:15a.m. HOPE AND JESUS BIBLE STUDY (VOLUNTEER)
11:30-1:00p.m. LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
1:45-3:15p.m. SOCIAL HOUR (dining room) (VOLUNTEER)
3:15-4:30p.m. OPEN ACTIVITY TIME (VOLUNTEER)
4:45-6:00 pm SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
6:00-7:45 pm. OPEN ACTIVITY TIME (VOLUNTEER)

TUESDAY

8:30 – 9:30am COFFEE GROUP (dining room) (VOLUNTEER)
9:30-11:30am OPEN ACTIVITY TIME (VOLUNTEER)
10:30 a.m. BOOKCART
11:30-1:00p.m. LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
1:30-2:45p.m. PROTESTANT (chapel)(2nd-communion; 4th-memorial) (VOLUNTEER)
1:30 – 4:30 p.m. OPEN ACTIVITY TIME (VOLUNTEER)
2:30-3:30p.m. POKER (1000 DAY ROOM)
4:45-6:00 pm SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
6:00-7:45 pm. OPEN ACTIVITY TIME (VOLUNTEER)

WEDNESDAY

8:30 – 9:30am COFFEE GROUP (dining room) (VOLUNTEER)
9:30-10:15am EXERCISE (dining room) (VOLUNTEER)
11:30-1:00p.m. LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
1:15-2:30p.m. MANICURES (300 & 800 LOUNGES) (VOLUNTEER)
1:30-2:30p.m. ICE CREAM (recreation room) *manicures and ice cream alternate Wed.
1:15-2:00p.m. STATE ROAD KIDS VISITS (1X MONTHLY)
1:30-2:30p.m. TEMPLE BAPTIST SERVICE (chapel)
1:30-4:30p.m. OPEN ACTIVITY TIME (VOLUNTEER)
3:00-4:00 p.m. CRAFTS (VOLUNTEER)
4:45-6:00 pm SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
6:00-7:45 pm. OPEN ACTIVITY TIME (VOLUNTEER)

THURSDAY

8:30 – 9:30am COFFEE GROUP (dining room) (VOLUNTEER)
9:30-11:30am OPEN ACTIVITY TIME (VOLUNTEER)
11:30-1:00p.m. LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
1:30-3:00p.m. CATHOLIC MASS (dining room) ROSARY (to follow in chapel)(VOL.)

1:30-4:30p.m.
4:45-6:00 pm
6:00-7:45 pm.

OPEN ACTIVITY TIME (VOLUNTEER)
SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)

FRIDAY

8:30 – 9:30am
9:30-10:15am
9:30-11:30a.m.
11:30-1:00p.m.
1:45-3:00p.m.
3:15-4:15p.m.
4:45-6:00 pm
6:00-7:45 pm.

COFFEE GROUP (dining room) (VOLUNTEER)
EXERCISE (dining room) (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)
LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
ENTERTAINMENT, bingo, or music (dining room) (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)
SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)

SATURDAY

8:30 – 9:30am
9:30-11:30a.m.
11:30-1:00p.m.
1:15-4:30p.m.
4:45-6:00 pm
6:00-7:45 pm.

COFFEE GROUP (dining room) (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)
LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)
SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)

SUNDAY

8:30 – 9:30am
9:30-11:30a.m.
11:30-1:00p.m.
1:30 – 2:30
1:15-4:30p.m.
4:45-6:00 pm
6:00-7:45 pm.

COFFEE GROUP (dining room) (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)
LUNCH –passing lunch trays or assist w/eating (VOLUNTEER)
LIVING WORD CHRISTIAN CHURCH (quarterly)
OPEN ACTIVITY TIME (VOLUNTEER)
SUPPER – passing supper trays or assist w/eating (VOLUNTEER)
OPEN ACTIVITY TIME (VOLUNTEER)