

June 29, 2009 Volunteer Opportunities

Need help finding a volunteer opportunity that's just right for you? Volunteer Lethbridge can help! Visit our web site www.volunteerlethbridge.com or call 403-320-2044

THE ARTHRITIS SOCIETY

Be there with bells on and help support the Arthritis Society. The Arthritis Society is looking for enthusiastic **special event committee volunteers** to help organize the Jingle Bell Walk and Run for Arthritis. The run will take place on November 14, 2009. Committee meetings will commence once a group is formed. Individuals can work from home during their own time. Volunteers for this position should be polite, personable and have the availability to travel around Lethbridge. If you are interested in giving back to this worthwhile organization please contact Melinda McGill at 1-800-321-1433 or email mmcgill@ab.arthritis.ca.

VOLUNTEER LETHBRIDGE

Volunteer Lethbridge is looking for **volunteer painters** to assist with Project Paintbrush this summer. Boost community pride by painting the exterior of homes for individuals who are physically and financially unable to complete the task. You can round-up a painting team of relatives, friends, co-workers, or we can assign you to a team. A smile and a one or two day commitment during July or August is all that is needed. Contact Derek at Volunteer Lethbridge at 403-320-2044 or email projectpaintbrush@volunteerlethbridge.com and we'll paint the details for you.

INTERFAITH FOOD BANK

Summer relief volunteers are needed at the Interfaith Food Bank to assist with Food Bank operations during the months of July and August. Many regular volunteers take vacation over the summer, and we need relief individuals to help out while these volunteers are away. There are a few positions that are most critical to fill. Two hamper builders are needed to work, two mornings a week on Wednesday and Fridays. Two Client intake volunteer are needed to assist with screening and serving clientele, two afternoons a week on Mondays and Wednesdays and all day on Thursday. Goodie bag bundlers are needed at the beginning of the month and scheduling is very flexible. To find out more about volunteering at the Interfaith Food bank and other current volunteer opportunities, please call 403-320-8779 and ask for Nicole or email nicole@interfaithfoodbank.ca.

Amnesty International

Help out a good cause and volunteer with Amnesty International. **Special event volunteers** are needed at various events throughout the summer months. This summer's events that we need volunteers for include: Save Darfur Event, July 26; Friendship Festival, August 14; Whoop-Up Days Parade, August 18. If you would like more information on how you can get involved and help out with these events please contact Mary at 403-327-8196 or email admin@aitlethbridge.com.

FAMILY CENTRE

Summer time is here and Family Centre has two exciting events that volunteers could offer their help with. **Special Event Volunteers** are needed to help with a BBQ on July 12 at the Street Machine Weekend's Show and Shine from 8:00 a.m. – 4:00 p.m. Volunteers are also needed to help at the Alberta International Air Show in Lethbridge, July 24–26. These volunteers are needed to help with recycling and trash maintenance. Shifts are: Friday from 1:00 p.m. – 7:00 p.m., Saturday from 7:00 a.m. – 9:00 p.m. and Sunday from 7:00 a.m. – 9:00 p.m. This event will require many volunteers, and we would appreciate all the volunteer help we could get! If there are any interested individuals, please contact Rachel at 403-320-3998

LETHBRIDGE THERAPEUTIC RIDING ASSOCIATION

Lethbridge Therapeutic Riding Association needs **farmyard volunteers** to help with farmyard work. Duties would include: cleaning, maintaining and repairing, grass cutting, grooming horses and pasture management, etc. If you feel you could help out with any of these jobs please contact us. We are also looking for **summer camp volunteers** to help this summer with a variety of activities. Single day camp days include: July 6, 13 and 20; August 10, 17 and 24. Able Body Camps include: July 7-10; July 14-17; August 4-7 and August 11-14. If you would like more information about volunteering at our summer camps please call Marj at 403-328-2165.

GREEN ACRES FOUNDATION – GARDEN VIEW LODGE

Help a senior feel beautiful this summer. **Volunteer manicurists** are needed at our Garden View Lodge. Volunteers for this position must be a certified manicurist. Volunteers will provide manicures to a portion of the residents in a sanitary manner. Volunteer services would be needed on a weekend, bi-weekly or monthly bases; we can work with the availability of the volunteer. We recommend that volunteers who are interested in this position are patient, easy going and enjoy working with seniors. If you are interested in this volunteer opportunity please contact Lyneah at 403-327-3387 or email ac.gardenview@greenacres.ab.ca.