

Groton Council on Aging Volunteer Opportunities

The volunteers at The Groton Center are what separates us from other organizations. They make us unique with their enthusiasm and advocacy. We could not do what we do without them!

The following list is not an exhausted list of opportunities because we are always looking for individuals with talents and skills they would like to share. If something is not listed it may be because we haven't thought of it so please, by all means, make suggestions.

Anything you would like to do will support the Council on Aging!

Administrative Support: Meet and greet daily participants and support staff with clerical assignments.

Data Entry: Sporadically there is a need for data entry supporting surveys and outcome tools.

Board Members: Advisory to the COA Director. Nine members appointed by the Select Board.

Garden Support: Assists with the gardens around The Center as needed. Includes: weeding, planting, and design of garden areas.

Van Escort: Assist van driver to ensure safety of participants to help carry groceries and packages and escort to appointments when needed.

Instructors: Share your skills or talents with us. It may be a one class lecture/instruction or series of instruction/lecture.

Technology Support: Share your technology skills with others by providing instruction.

Fix-It Program: Provides light repairs for senior residents.

Friendly Visitor: Provides companionship to isolated seniors either through home visits or phone calls.

Income Tax Preparation: Trained and certified volunteer who assists clients from the community with their income tax preparation under the supervision of the AARP program.

Intergenerational Program Liaison: Acts as the contact person with GDRSD to advocate and implement intergenerational opportunities.

Meals on Wheels Driver: Volunteer to drive an assigned route to deliver meals on wheels to homebound clients.

Art Gallery Monitor: Work with area artists and schools to provide artwork for the lobby of The Center on a rotating basis.

Medical Appointment Companion: Volunteer to transport and serve as a companion to seniors from their home to medical appointments. In special circumstances volunteers may be asked to take notes on the appointment for the client. A medical background is helpful.

Photographer: Photography savvy volunteer to take pictures at COA programs and events.

Newsletter Delivery: Deliver the monthly newsletter to area businesses.

Special Events: Help plan and implement special events throughout the year. Opportunities to help on one or all the events. Examples: holidays, Mother's Day, Father's Day, special dinners.

Cooking Support: We often do our own cooking for special events. Do you like to cook and plan menus? Join us!

Newcomer Liaison: Meet and Greet those new to The Center. Give tours, introduce them to programs and people!

Decorations: Join us to choose and make centerpieces and decorations for the holidays to use at The Center.

Bird Feeders: Are you a bird person? Design and maintain the birdfeeders around the property.

Flag Display: Shoulder the responsibility for our flag pole, display at half-mast when necessary and monitor to replace when necessary.

Film Crew: Work with the Groton Channel to film and produce news stories and events for the COA.

Bone Builders Leader: After expert training you can lead one of our most popular exercise classes.