

"We make a living by what we get, but we make a life by what we give."

-Winston Churchill

Benefits of Volunteering

- Increases self-confidence.
- Develops a more positive outlook on life.
- Improves overall health.
- Reduces symptoms of chronic pain and heart disease.
- Keeps you feeling involved and motivated.
- Gives you a chance to have a positive impact on the community.



I love interacting with all the people that come in. The people I work with are friendly and outgoing. It's a joy to come here.

-Fran Nigberg



In the Center...

Events and Activities

- Cards/Games Facilitator
- Computer Center Teacher
- Electronic Device Tutor
- Serve lunches
- Special Events Assistant
- Intergenerational Activities
- Photographer/Videographer for Events at the Callahan Center
- Zoom Assistant

Office Support

- Greeter
- Travel Department Assistant
- Miscellaneous Administrative Tasks
- Translator for Spanish, Portuguese, Mandarin speakers

Social Services

- SHINE Counselor
- Student Interns
- Partner Volunteer for participants with dementia

More Volunteer Opportunities....

In Resident Homes...

- Friendly Visitor
- Shopping Assistant
- Transportation Escort

Volunteer In Groups...

- Spring/Fall Yard Clean-Up
- Buckets of Sand for Winter Walkways
- Gardening around the Center

In your Home...

- Knitting/Crocheting
- Telephone Reassurance

People of all ages and abilities who are willing to share themselves, their compassion and appreciation for older adults and their expertise, or who would like to help out in other ways are welcome to apply.



I volunteer because I enjoy knowing what is happening at the Callahan Center and with seniors around town.

-Gail Marable



I was looking for something to do after I retired. I enjoy volunteering and meeting new people.

-Bob Weir

Choosing A Volunteer Role Wisely

- Focus on roles that interest you.
- Offer the skills you have to teach or help others.
- Decide to try something new.
- Be aware of your time limits when choosing a schedule.
- Consider volunteering as a family.

Give voice to your heart through your giving and volunteering!

It is the mission of the Callahan Center to improve the healthy aging of a broad segment of the 55 and older population by actively reaching out to underserved groups, by race, ethnicity, gender, sexual orientation and those with health conditions that limit their connection to the center.



Volunteering motivates me to get out of the house and be social. I enjoy all the programs at the Callahan Center!

-Carol Jarboe

If you are interested in volunteering, please contact our Outreach Volunteer Coordinator, Sam Swisher at 508-532-5980 ext 4113 or at sps@framinghamma.gov



The Callahan Center
535 Union Avenue
Framingham, MA 01702
508-532-5980

Visit our website:
<http://www.framinghamma.gov/360/Council-on-Aging>

Hours:
Monday-Friday
8:30 a.m. – 4:30 p.m.