



**AVENS - A
Community for
Seniors**

*Owners of:
Aven Manor
long term care*

*Aven Cottages
dementia care*

*Aven Court/Aven Ridge
independent housing*

*Baker Community Centre
wellness*

Dear Volunteer,

Welcome to AVENS – A Community for Seniors. We are delighted that you have chosen to volunteer with us.

Through cognitive, physical and socio-emotional activities, the Recreation Department at AVENS aims to enhance the health and well-being of our Residents. As such, we highly value the work of the many volunteers that help us to organize and facilitate these activities.

I sincerely hope that your experience volunteering at AVENS will be as rewarding for you as it is for the Residents. Together, we can “build a supportive community for the health of seniors”.

Thank you again for your time, and I hope to see you soon.

Sincerely,

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AVENS Volunteer Program

Volunteer Roles

Role	Purpose of the Role	Role Description	Time Commitment	Location	Vacancy
One-to-One Activity Facilitator	To improve seniors' socio-emotional wellbeing by providing companionship	<ul style="list-style-type: none"> In common area, introduce yourself to the Resident Play games (e.g. cards, Scrabble, Crib, etc.), chat (e.g. share stories, reminisce, etc.), read (e.g. newspaper, magazine, poem, etc.) Thank Resident for the visit 	Once a week (days/evenings/weekends)	Aven Manor and/or Aven Cottages	25 spaces available
One-to-One Music & Memory Program	To improve seniors' socio-emotional wellbeing by providing individualized music	<ul style="list-style-type: none"> In common area, introduce yourself to the Resident Sit with Resident as they listen to his/her individualized music on the Ipod Discuss music and associated memories Thank Resident for the visit 	Once a week (days/evenings)	Aven Manor and/or Aven Cottages	25 spaces available
Monthly Birthday Party Assistant	To improve seniors' socio-emotional wellbeing through social engagement	<ul style="list-style-type: none"> Assist Recreation Coordinator in preparing coffee & tea Set up tables (table cloths, napkins, etc.) Assist Residents to the Multipurpose Room Greet and seat Residents Sit and chat with Residents Help Recreation Coordinators sing (if comfortable doing this) 	Once a month (last Thursday of the month; 2:00-3:45)	Multipurpose Room (via the Administration Wing)	3 spaces available
Monthly Birthday Party Centerpiece Artist	To improve senior's socio-emotional wellbeing by bringing youth and seniors together	<ul style="list-style-type: none"> Call the Volunteer and Recreation Supervisor to discuss art ideas/reserve spaces Design and create placemats Arrange for pick up 	Once a year (completed by November 1)	At school/home	20 spaces available
Pub Night Assistant	To improve seniors' socio-emotional wellbeing through social engagement	<ul style="list-style-type: none"> Assist Recreation Coordinator in preparing snacks, coffee & tea, punch Set up tables (e.g. centerpieces) Assist Residents to Aven Manor Sit and chat with Residents Sing and dance with Residents (if comfortable doing this) 	Once a week (Thursdays; 6:30-8:15 p.m.)	Aven Manor	3 spaces available

Pub Night Entertainer	To improve seniors' socio-emotional wellbeing by bringing artists and seniors together	<ul style="list-style-type: none"> • Call the Volunteer and Recreation Supervisor to set up a performance date/time • Set up equipment • Perform 	Once a month (2 nd or 4 th Thursday of the month; 6:30-8:15 p.m.)	Aven Manor	2 spaces available
Day-Time BINGO Assistant	To improve seniors' socio-emotional wellbeing through social engagement	<ul style="list-style-type: none"> • Assist Recreation Coordinator in preparing snacks, coffee & tea • Set up tables • Assist Residents to the Multipurpose Room • Sit and assist Residents in identifying and marking numbers 	Once a week (Fridays; 2:00-4:15 p.m.)	Multipurpose Room (via Administration Wing)	3 spaces available
Evening BINGO Assistant	To improve seniors' socio-emotional wellbeing through social engagement	<ul style="list-style-type: none"> • Assist Recreation Coordinator in preparing snacks, coffee & tea • Assist Residents to Aven Manor • Sit and assist Residents in identifying and marking numbers 	Once a week (Tuesdays; 6:30-8:15 p.m.)	Aven Manor	3 spaces available
Balloon Badminton Assistant	To improve seniors' physical wellbeing through engaging activities	<ul style="list-style-type: none"> • Assist Recreation Coordinators in setting up chairs • Assist Residents to the Multipurpose Room • Play Balloon Badminton with Residents 	Once a week (Fridays; 10:00-11:45 a.m.)	Multipurpose Room (via Administrative Wing)	2 spaces available (children and school groups welcome)

Please note: AVENS' consists of independent housing, long term care (Aven Manor), the Territorial Dementia Facility (Aven Cottages) and day respite (Elders Circle).