



CULPEPPER GARDEN VOLUNTEER INTEREST FORM

Name:	
Address:	
Telephone:	Home:
	Work:
	Cell:
Email:	
How large is your group:	<input type="checkbox"/> Just me <input type="checkbox"/> Group Number of people in group: _____ Name of group: _____ Contact Person Name & Phone No: _____ _____ _____
Describe your or your group's talents, skills, and interests (including foreign language skills)	
Frequency of volunteer activity:	<input type="checkbox"/> One time: _____ (date/range of dates & hours) <input type="checkbox"/> Weekly: _____ (date/range of dates & hours) <input type="checkbox"/> Monthly: _____ (date/range of dates & hours) <input type="checkbox"/> Other: _____
	Return Form to Volunteer Coordinator volunteer@culpepper.org

CONTINUED ON FLIP SIDE



VOLUNTEER OPPORTUNITIES AT CULPEPPER GARDEN
Check all activities that interest you

One-on-One Activities with Residents

- Errands and shopping (you would need a car)
- Computer and other technology assistance
- Oral History/Life Stories – Conduct interviews with interested residents
- Walks around the property or neighborhood
- Help with resident gardens
- Special needs support – walking or wheelchair companion, read to visually impaired

Assist Staff

- Plan resident social events
- Set up/break down resident parties
- Serve at monthly theme dinners (e.g. Easter, Mother’s Day, usually 10 a.m.–2 p.m.)
- Event greeting or hosting
- Arrange for speakers and follow-up
- Administrative duties

Assist with Recurring Events

- Game nights – Coordinate, lead, provide games, maybe bring inexpensive prizes
- Seasonal crafts and decorations
- Cards/notes to residents, e.g. birthday, get well
- Lead exercise, yoga, or meditation classes

Group Outdoor Grounds Projects

- Remove invasive plants
- Special outdoor projects

Programs on Various Topics

- Musical or other entertainment (*piano available*) Describe: _____
- Arts & Crafts – Conduct workshops on jewelry-making, scrapbooking, etc.
Describe: _____
- Armchair travel Describe: _____
- Health education Describe: _____
- Current, historical, or multicultural events – presentation and discussion
Describe: _____

Other

Describe: _____

