

## Lend a helping hand!

Encore has a variety of volunteer options that provide a fulfilling and meaningful experience whether you only have a few hours to spare or are looking for a longer-term commitment. From home-delivered meals and in-person lunches to a wide array of programming like art classes, fitness, and work in our community garden, Encore provides a complete array of services to ensure that older adults not only survive but thrive. Individuals, families, corporate groups, and civic organizations are all welcome to donate their time once, weekly, monthly, or on long-term projects. We hope you'll join us to help older adults in your community!

## **Volunteer Shifts:**

Meal Delivery – We need 20-30 volunteers daily to deliver meals to homebound older adults in an area that extends from 14th Street to 110th Street on the West Side. After a quick orientation, volunteers are sent out with handcarts packed with meals and a route sheet, either on foot or via Lyft (paid for by Encore) to provide nourishment and a warm greeting to older adults in need. Volunteers should be sure to dress for the weather of the day and wear comfortable, closed-toed walking shoes. When all deliveries are complete, we ask our volunteers to come back to the center to return equipment and let us know how it went. Shifts start at 10am and most groups finish by 12:30pm.

Food Packing – We need 10 volunteers daily to help assemble food and our "cold packs" - one half of the meal we deliver to older adults. In addition to the main meal, we provide items such as milk, bread, and fruit: items that require refrigeration, and are difficult for our clients to get at traditional food pantries. Please wear long pants, shirts with sleeves (no bare legs & no tank tops), and wear closed-toed shoes. 11am-1pm.

**Kitchen Prep** - We need 2 volunteers daily to help out in our kitchen assisting with general kitchen work while our chef and kitchen staff prepare the tasty, cooked-from-scratch food Encore is known for. Please wear long pants, shirts with sleeves (no bare legs & no tank tops), and wear closed-toed shoes. 2-hour shift anytime 8am-3pm

Meal Service/Grab and Go — Monday through Friday, we invite older adults to enjoy a cooked-from-scratch, warm meal with us, or pick it up to take home. We need 2-4 volunteers to help with serving meals, bussing tables, pouring coffee, distributing to-go meals, and socializing with older adults. Please dress comfortably in something you don't mind getting food on and wear closed-toed shoes. Two time shifts available: 11am-1pm and 1pm-2:30pm.



## For more information, please contact volunteer@encorenyc.org

Volunteers are the the heart of Encore and what make all of our services possible. While we do not require a sponsorship fee for corporate volunteers, we do hope you will consider donating to help defray our general operating costs. We can't do this work without your help! Please scan the QR code to donate today!

