

Meeting Community Needs

Be part of something bigger than yourself. **Take action.** Friends RSVP engages **more than 500 volunteers** 55+ who devote **70,000 hours each year** to address community needs, including:

- Senior transportation to medical appointments
- Exercise classes for seniors
- Food pantries and soup kitchens
- Elderly visitation and companionship
- Meals delivery
- Community gardens
- Senior nutrition

“It feels good to help others.”



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New Hampshire's local bank

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The **Friends Program**, established in 1975, is a non-profit organization that recruits volunteers to meet community needs.

Our mission is to strengthen communities by building relationships that empower people, encourage volunteer service, and restore faith in the human spirit. We accomplish this by mentoring local youth, sheltering homeless families, and fulfilling the need of seniors to actively contribute to the community.

Programs and Services:

- Supporting children's academic and emotional growth in the classroom
- Sheltering homeless families
- Promoting senior wellness through exercise programs for older adults
- Matching local youth with volunteer mentors
- Recruiting older volunteers to match with nonprofits, schools, and public agencies
- Transporting seniors to medical appointments

Friends Program

FOUR PROGRAMS - ONE MISSION

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www.friendsprogram.org



Friends Program

FOUR PROGRAMS - ONE MISSION

RSVP

RETIRED and SENIOR
VOLUNTEER PROGRAM



WWW.FRIENDSPROGRAM.ORG

Dare to CHANGE the WORLD

Do wonders in your own community.

Friends RSVP volunteers are older adults 55+ who strengthen our communities by sharing their time, talent and experience.

Friends RSVP serves NH communities in Merrimack, Rockingham, Strafford and Belknap Counties. You can **make a world of difference** by volunteering close to home.

“Volunteer driving is like helping a family member.”



RSVP matches volunteers 55+ with the right opportunities for their interests. To this end, Friends RSVP collaborates with **120 non-profit and public agencies** annually.

Benefits of Volunteering:

- Diverse opportunities
- Personalized placement
- On-going support and recognition
- Meaningful engagement with wonderful organizations
- A genuine sense of accomplishment for a job well done

Friends Program
FOUR PROGRAMS - ONE MISSION

Our Signature Programs:

RSVP Caregivers

Volunteers provide **companionship** and **transportation** for medical and basic needs to help frail seniors remain in their own homes.

RSVP Bone Builders

Trained volunteers lead free senior exercise classes to:

- Increase strength, flexibility and balance
- Prevent or reverse osteoporosis
- Protect against falls and fractures
- Improve overall health

Choose the opportunity that fulfills your passion.