

Hospitality Committee:

Help set up and/or clean up before and after Lunch & Learns. You would have opportunities to help with other events from time to time. Possibly: help the Hospitality Committee with odd jobs like shopping for ingredients, planning meals.

Lunch & Learn (L&L) (Wednesday programs):

Be a L&L presenter - share a 45 minute presentation, demonstration, or performance and answer 15 minutes of questions on any topic on which you are an expert!

Be a greeter at L&L or other events, making sure each attendee gets a name tag and feels welcomed.

Help get SSCA materials from the storage closet and set them up by the entrance to the room; put them away after the event.

Welcoming Committee:

You'd help new members take steps to come to additional SSCA Activities. You'll be assigned a new member and asked to introduce yourself to them, ideally via email or text. Following that, you'd let them know what events you are going to so the new member knows a friendly face will be there. At the event, you are encouraged to introduce them to other members. After your new member is acclimated, you'd be assigned another new member.

Wellness events:

Identify areas of senior wellness that would be appropriate for a wellness event and communicate that to board members

Advertise the event by writing a paragraph for the newsletter and/or *Swarthmorean*

Help as host at an event

- + register attendees
- +set up/serve refreshments
- +take photos

Communications:

Take photos at SSCA events

Write a paragraph for the newsletter/*Swarthmorean* of upcoming or completed events

Telephone or meet in person with members who don't use email

Learn how to compose, edit, and send the weekly newsletter for times when our current newsletter editor is unable to send it.

Travels/Day Trips:

Help with one or more of the following:

Chaperone a bus or train trip

- +make sure everyone arrives/leaves appropriately
- +handle money issues such as tickets/lunch
- +take a photo for the newsletter

Assess what kinds of trips our members would like and give the information to Stephanie

Write a description of the trip for the newsletter

Games:

be the game player's point of contact with SSCA and PAC Center;
let them know if their schedule needs to change for a given week;
be in touch with how satisfied they are with their game sessions, and help make improvement where possible.

Driver Pool:

Drive SSCA members to medical appointments, errands or various locations, like the airport or train station. You can specify what type of trips you are willing to provide (i.e. only medical).

Web Wandering:

(watching recorded content at PACC at lunchtime on Monday, monthly)

suggest topics and how to access them

host a session(s)

- +be there to socialize and greet
- +have the technical know-how to play the selection
- +write description of the selection for the newsletter

Walks:

Periodically plan and lead a small group on a local walk. Watch out for the safety of walkers, communicate information about walks for announcements

Photography: Help keep our newsletter and website fresh by providing the editor with original photos of local scenes and people.

Update important information lists so they can resume being useful to the community: One is a directory of local minority-owned businesses, the other is a listing of all local volunteer organizations, with contact information; can be done at home on your schedule; no rocket science involved.

Tech Help Desk: Help local seniors learn how to use their computers and smartphones; you don't have to know everything; we will connect you to seniors who need help that you're able to provide. In-person meetings are preferred but not required. We are looking for someone who might take eventually take over the help desk... which just means helping 1 or 2 people in a typical week.

Friday Friends (informal gatherings for coffee & conversation, Friday's 2-3 at the Coop):
attend from time to time, to see how things are going, so SSCA can consider adjustments intended to improve the experience for everyone.

Other Volunteer Opportunities:

General help - From time to time, we need volunteers for various tasks - checking people in, manning a table, picking up food. You are signing up to be contacted for those opportunities with no obligation.

Attend borough council meetings when issues involving seniors are discussed

Help Carol Menke be the Senior's ambassador to the Imagine Swarthmore process

Invite community members to attend Lunch and Learn; offer to bring them to the meeting

Invite younger community members to be involved

Join PAC Center activities that are appropriate for seniors (for ex. Lisa Oster's lunch bunch activities, where seniors, very young kids and their caregivers share an activity and have lunch together from time to time)