

Volunteering



Why volunteer?
Experience the satisfaction of helping others while enjoying the benefits of staying active and connected in your community!



Seniors who volunteer report better overall physical and emotional health and well-being than non-volunteers. Other benefits include feeling valued and empowered, meeting new people, personal growth, and having fun.

Volunteering can:

- Strengthen your social connections within your community and reduce feelings of loneliness.
- Help you share your knowledge and experience with others, and pick up new skills too.
- Reduce the risk of dementia, improve mind & body health, and enhance social inclusion and civic engagement.

By the numbers:

- Volunteers over the age of 65 have always given more hours on average than any other demographic group - 222 hours annually per person.
- 38% of all Canadians aged 65–74 volunteer, and 27% of Canadians aged 75+ volunteer.
- The value of older adults' volunteer contributions, in economic terms, amounts to more than \$5 billion annually.
- Older volunteers have never been more needed than they are now! As organizations continue to recover from the impact of the pandemic, the skills and experience that older adults bring are invaluable. There are volunteer opportunities available to suit every interest and ability. There is something out there for everyone!

April 2023



On Wednesdays and Sundays, seniors 65+ ride for no charge!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>"As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others." - Audrey Hepburn</i>						
2 <small>Palm Sunday</small>	3 <small>Easter Sunday</small>	4 <small>National Caregiver Day</small>	5 <small>Passover</small>	6 <small>Last day of Ramadan</small>	7 <small>Good Friday World Health Day</small>	8 <small>Eid al-Fitr</small>
9 <small>Easter Sunday</small>	10 <small>Easter Monday</small>	11	12 <small>OAS/CPP Payment</small>	13	14	15 <small>Earth Day</small>
16 <small>Passover</small>	17	18	19 <small>Eid al-Fitr</small>	20 <small>Earth Day</small>	21	22
23/30 <small>OAS/CPP Payment</small>	24	25	26 <small>OAS/CPP Payment</small>	27	28	29



VOLUNTEER
OTTAWA

VOLUNTEER:

Maintain your **brain & body health!**

Socialize & connect in your community!

Share your **skills & experience** with others!

Volunteer Ottawa makes volunteering easy.

Visit our website to find hundreds of volunteering opportunities in the greater Ottawa region.

Call us: (613) 736-5270

Visit us online: www.volunteerottawa.ca