



## **S.E.N.A.C.A. Seniors Day Program Halton Inc.**

### **Program Assistant Activities**

Volunteers are very important to us. You can support and assist our staff in the delivery of the program. Help us provide our clients with a fun, stimulating and caring environment. Here are some of the ways that you can assist us:

- Arts and crafts
- Baking
- Singing and/or playing music
- Gardening
- Reminiscing and listening
- Encouraging participation in exercise
- Serving lunch and snacks
- Games, puzzles, cards
- Quizzes and trivia
- Hairdressing and esthetics
- Bring your own special skills

**COME AND JOIN US!!**