

SHARE YOUR GIFTS WITH YOUR COMMUNITY:

Volunteer

NEW OPPORTUNITIES

- **AdventurePlex's Toddler Town Assistant:** We are looking for friendly and enthusiastic volunteers who have experience with children. Duties include monitoring toddler areas and assisting with activities to ensure a fun, educational and safe environment. *Time needed: 4 hours weekly.*
- **Drive and Deliver Volunteer:** Provide support to the Communications Department by delivering and picking up promotional items and other documents from participating vendors, providers and partners. *Time needed: 8 hours monthly*

ONGOING OPPORTUNITIES

- **Campus Greeter:** Bring joy to our visitors by meeting and assisting them at our main BCHD Campus.
- **Center for Health & Fitness Front Desk:** Greet and check-in members as they arrive and leave the gym, assist with health center operations by providing customer service in a friendly and positive manner.
- **Conversation Companion:** Provide social interaction to homebound residents and enjoy a variety of fun activities together.
- **Errand Volunteer:** Support the independence of older adults by running errands required for daily living, such as grocery shopping and pharmacy visits.
- **Garden Angel:** Build, maintain and harvest Redondo Beach elementary school gardens so kids can watch vegetables grow from seed to plate!
- **MoveWell Volunteer:** Guide clients through simple exercises at their residence once a week.

GET INVOLVED!

View all our opportunities and fill out an online application at: bchd.org/volunteer, or call (310) 374-3426 for more info.



Referred by:

