

## Want to make a difference without leaving the house?

#### Zoom 101

Helping a senior in town feel comfortable and learn technology from the comfort of their home. We have many virtual activities that we offer to our Thriving In Place members. Some members may need a little guidance in feeling comfortable meeting virtually with friends and would appreciate help from you.

We are looking for volunteers to help guide seniors with loading the Zoom app on their device, creating an account and logging in and joining in group activities with other friends and family.

## Reading to a friend

Anyone of any age who may be interested in reading to the elderly for companionship via the phone or virtually through Zoom.

# Phone a friend/Adopt a grandparent

Befriend a senior in town and get to know them and learn all about them! We ask that you may be call them once a week to chit chat about life and happenings going on in the world.

### Create a card for a friend/Pen Pal

Put those art skills together, create a drawing or card to send to members to brighten their day. Our members love getting mail the old fashion way! If you would like, send them a letter, they would love a Pen Pal too!

#### Talent show

If you have a secret talent that you would love to share, send me a video! We would love to share your talent with our members in our weekly newsletters. If you play an instrument or have some dance moves or crazy magic tricks-share away! We would love to virtually see you! All videos will be approved by our Executive Director prior to sharing.

#### Write an article

Do you love to write? Send us an article that would interesting to our senior population and we will be happy to publish it in our newsletter. We ask that no religion or politics be discussed. *All articles will be approved by our Executive Director prior to printing*.

#### Knit and Knot

Who doesn't love a new baby? If you knit or crochet, why not make a baby hat or blanket for one of the many babies born at Advent Health Hospital? I would love to share how to make this possible. You are responsible for your own materials.

## Record a video for our SAS program (Serious About Science)

Wanna help challenge the 3<sup>rd</sup> and 4<sup>th</sup> graders of Celebration K8? Record a video of a science activity for kids. You would need to film yourself talking through directions for a simple, athome science activity. These videos will be posted to our Facebook page each week.

I hope you find something on this list that interests you, please feel free to give me a call. I look forward to working with you in the future.

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