












REGULAR VOLUNTEERING OPPORTUNITIES

TIME / DATE	ACTIVITY	VOLUNTEER ROLE
1st Mon of each month, 9am-11am	Nagomi Art	Join our therapeutic art class and help our residents to create their pastel works of art. 
Every Mon & Fri, 9am - 11am	Gardening 	Get our residents to connect with nature by cultivating plants. <i>*Gardening experience is a plus</i>
Every Mon, 1pm - 4pm	Reminiscence	Take a walk down memory lane with our residents as you chat and get to know them. 
Every Tues, 9am - 11am	Karaoke	Coax our residents out of their shells and cheer them on as they belt out their favourite tunes. 
Every Tues, 1pm - 4pm	Sports /  Physical Games	Help to get our residents moving! They'll be working out their upper body while you facilitate and ensure their safety.
Every Wed, 1pm - 4pm	Tabletop Games	Challenge our residents to game of mahjong or introduce them to new games. 
Every Thur, 1pm - 4pm	 Art & Crafts	Guide our residents in unleashing their creativity by making art. These art works will also help to brighten up our Home!
Every Fri, 1pm - 4pm	Cooking	Do you enjoy cooking? Spend some time with our residents and whip up a delicious meal together! 
Saturdays, 10am-12pm	Befriending 	Join our long time volunteer group, <i>Betty's Fabulous Volunteer club</i> , in bringing hawker fare and befriending our residents on Saturdays (2-3 times a month).



AD HOC VOLUNTEERING / CSR

SMALL EVENTS



Gather your friends, family, or colleagues!

Engage a bigger group of our residents with activities that you think they will enjoy. We have a huge space (120 pax or more) that you can utilise.

Some of the more common activities include: Bingo, Lucky Draw, Karaoke, Local Hawker Fare, Mass Exercise ... etc

OUTINGS



Our residents love going out to *jalan jalan*. From nearby coffeshops to new attractions, they enjoy it all!

For outings, we will need a 1-1 resident to volunteer pairing to help push their wheelchairs.

Wheelchair transport is also required for locations that are not nearby to our Home.

SIGN UP!



To sign up as a regular volunteer, simply fill up this form and email it to us.

You can contact us at:

- Volunteer@societyagedsick.org.sg
- 6922 1529
- 9119 9914

AD HOC SKILLED VOLUNTEERING

ARCHIVING



Founded in 1965, we have many memories that need to be preserved. Help us to digitalise photo library.

RUNNERS



Help our residents on their grocery runs or get some of outside food.

**Cost of items will be reimbursed*

SUGGESTIONS?



We are always open to new suggestions!

If you have any ideas for resident activities or fundraisers, feel free to get in touch with us.

STAY UPDATED ON OUR LATEST NEWS

