

# West Side Community House

## Group Volunteer Activity Suggestions

All activities take place Monday through Friday

### Healthy Aging

10:00 a.m. – 1:00 p.m. weekdays

Assist with activities and serving meals on one of our party days. We hold parties every month. Please check the Healthy Aging activities calendar for details.

<http://www.wschouse.net/programs/programs-for-seniors/healthy-bodies-healthy-minds/>

An alternative is to create a party theme of your own with games, activities and prizes, and we'll schedule a party day for you.

### Resilient Youth

3:00 p.m. – 7:00 p.m. Tuesdays thru Friday

Assist with tutoring and homework help. Teach/assist students with the use of software programs such as Word, Excel and Publisher.

### Strong Families

4:00 p.m. – 7:00 p.m. some weekdays

Supervise and engage children (ranging in age from infant to 12 years old) in age appropriate activities while their parents attend support and/or educational groups.

9:00 a.m. – 4:00 p.m. most weekdays

Clean and sterilize family visitation rooms including furniture, toys and books. Reorganize rooms once cleaned and items are sterilized.

### FOR ALL PROGRAMS

1:00 p.m.– 5:00 p.m. most weekdays

Clean and sterilize stairwells, handrails, and stair treads.

Wipe down community dining room chairs and tables including legs, with disinfectant. Wipe down walls wherever there are spills. Deep clean kitchen.

9:00 a.m. – 4:00 p.m. most weekdays (weather permitting)

Raking, trimming, weed pulling and general landscaping of grounds surrounding West Side Community House.