



VPAS Café Programs/Activities Volunteer Position Description

Providing interesting, educational and entertaining programs at our VPAS Cafes is a wonderful way to share your time and talents with older adults, helping to keep them active and engaged in the community.

Program Description	VPAS Cafes, formerly Senior Centers, provide a welcoming place where seniors can enjoy a hot lunch, meet new people and learn new things. VPAS Cafes provide a variety of life enriching activities including: exercise programs, educational programs, health related programs, crafts, music, guest speakers. Locations and times vary but are offered in nearly all of our service area.
What will I be responsible for?	Volunteers with our Cafés share experiences from their work lives, hobbies, interests, talents and travels with the Cafe members. They present programs of interest relevant to older adults, lead arts and crafts projects, and provide musical or theatrical entertainment. Volunteers also may be utilized to provide general assistance to the Program Coordinator during scheduled activities.
What is my time commitment?	Volunteers give their time during the usual operational hours of the Café which vary. Time commitment on the day you volunteer is usually from 1 to 1.5 hours.
What skills or abilities do I need?	Volunteers should enjoy working with older adults, have a pleasant personality, exhibit patience and have the ability to communicate effectively.
What will VPAS require of me before I begin to volunteer?	<p>In some cases, you will need to complete the following forms prior to your orientation:</p> <ul style="list-style-type: none"> • Volunteer Application • Confidentiality Agreement • Photo Release Form <p><i>If you are presenting a program on behalf of the company/organization you work for/with and are being paid for your time by that company, the above documents need not be completed.</i></p>
What training is required?	We will provide an orientation to the mission vision of VPAS and the programs offered in the community. Volunteers at the Cafés usually do not require any specific training as they are presenting programs of their own knowledge or assisting the Program Coordinator.

Do you have additional questions about the volunteer position or the application process and the documents you have received?

Please reach out to Pam Bennett, Administrative Services Coordinator at 540-949-7141 or pam@vpas.info for further assistance.

Additional information about VPAS can be found at www.vpas.info