

Instructor: Share your talent with the community! Volunteer instructors teach a variety of activities to adults ages 50 and better including sports, fitness, performing and visual arts, games, cooking, and educational lectures. Must be willing to lead and create lesson plans, create positive experiences for participants, and have a passion for teaching. Ability to provide a safe and welcoming atmosphere in all interactions with patrons and staff, ability to assist in setting up and taking down program equipment.

Program Leader: Share your talent with the community! Volunteer program leaders facilitate and participate in a variety of drop-in and group activities geared towards adults 50 and better including book clubs, drop-in bridge, and art groups. Ability to provide a safe and welcoming atmosphere in all interactions with patrons and staff, ability to assist in setting up and taking down program equipment. <

Program Assistant: Volunteer Program Assistants provide needed support to Lifelong Recreation Programs. Possible needs are help with administering program surveys, delivering brochures, helping with large program set up and take down, acting as an instructor assistant, providing one on one trip assistance to a participant with a disability. Ability to provide a safe and welcoming atmosphere in all interactions with patrons and staff, ability to assist in setting up and taking down program equipment.

Walk Leader: Become a Sound Steps Walk Leader! Share your favorite daily walk, one time walk or short series of walks with other community members aged 50+. Volunteers are trained and walks are listed in our quarterly brochures.

Special Event Volunteer: Assist in providing special events geared towards participants 50 and better. Examples of events include progressive picnic, volunteer lunch, resource fairs, potlucks, holiday gatherings etc. Includes such jobs as greeting customers, answering questions, taking tickets, posting signs, making coffee, serving snacks, setting up and taking down equipment. Ability to provide a safe and welcoming atmosphere in all interactions with patrons and staff is a must.

Office Support: Assist Lifelong Recreation staff in completing work items that we don't have capacity to complete. Examples could include calling program participants to provide updates, creating flyers, organizing files, assisting in

administering surveys and acting as a 'host' in a facility or program. Ability to provide a safe and welcoming atmosphere in all interactions with patrons and staff is a must.

Driver: Drive 12-14 passenger vans on Lifelong Recreation excursions to various locations within the greater Seattle area. Must be able to provide a safe and welcoming atmosphere and ensure the safe conveyance of patrons to destination site and back to drop off locations. Needs to be comfortable using mobile communications and be able to problem solve in remote locations in line with Park/ARC policy and protocols. Must have a valid WA State Driver's License. Upon acceptance will be enrolled in City of Seattle Drivers Course, CPR and First Aid. Must have transportation to get to van pick up sites at 82nd and Densmore or Genesee lot. Drivers training in department vans provided by staff.

Dementia Friendly Program Volunteer: Dementia-Friendly Recreation offers meaningful recreation opportunities for people with memory loss and their loved ones throughout Seattle. Programs include walking, nature exploration, fitness, creative arts, social engagement, and special events. Specific volunteer responsibilities vary depending on the program and volunteer role. Experience with people with dementia and/or disabilities desired, but not required.