

## **Current Volunteer Opportunities** Updated November 7<sup>th</sup>, 2018

Please note these opportunities are in addition to the ongoing need for Meal Delivery Volunteers across our catchment area. If you are interested in any of our opportunities, please fill out the on-line application.

Contact information:

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Manager of Volunteer Services

Meals on Wheels

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### **Meal Delivery**

#### **Mondays**

- **Depot driver needed on Mondays. Depot drivers pick up meal bags from the Good Companions Centre at 11:00 and drop them off at the depot location at the Olde Forge for 11:30am.**
- **Drivers needed on Mondays to deliver in Britannia, Lincoln Heights and Carlingwood area. Meals are picked up at the Olde Forge at 11:30am.**
- Driver and server needed for Mondays to deliver in the in the Westboro area. Meals are picked up at the Good Companions Centre at 11:10 am
- Driver/server needed on Mondays to deliver in the Vanier area. Meals are picked up at the Centre d'accueil Champlain at 11:00am.

#### **Tuesdays**

- Driver and server needed for Tuesdays to deliver in the in the Westboro area. Meals are picked up at the Good Companions Centre at 11:10 am
- Driver/server needed on Tuesdays to deliver in the Vanier area. Meals are picked up at the Centre d'accueil Champlain at 11:00am.
- Driver/server needed for Tuesdays to deliver in the downtown/Centretown area. Meals are picked up at the Good Companions Centre at 10:50 am

### Wednesdays

- Driver/server needed Wednesdays to deliver in the Vanier area. Meals picked up at Centre d'accueil Champlain at 11:00am
- Server needed for Wednesdays to deliver in the in the Westboro area. Meals are picked up at the Good Companions Centre at 11:10 am.

### Thursdays

- Driver /Server needed for Thursdays to deliver in the Centretown area. Meals are picked up at the Good Companions Centre at 10:50 am
- Driver/server needed on Thursdays to deliver in the Vanier area. Meals are picked up at the Centre d'accueil Champlain at 11:00am.

### Fridays

- **Depot driver needed on Fridays. Depot drivers pick up meal bags from the Good Companions Centre at 11:00 and drop them off at the depot location at the Olde Forge for 11:30am.**
- **Drivers needed on Fridays to deliver in Britannia, Lincoln Heights and Carlingwood area. Meals are picked up at the Olde Forge at 11:30am.**
- Driver /Server needed for Fridays to deliver in the Little Italy area. Meals are picked up at the Good Companions Centre at 10:50 am.
- Server needed Fridays to deliver in Westboro area. Meals picked up at Good Companions Centre at 11:10am.
- Driver(s)/server(s) needed on Fridays to deliver in the Vanier area. Meals are picked up at the Centre d'accueil Champlain at 11:00am.
- Driver /Server needed for Fridays to deliver in the Sandy Hill/Byward Market area. Meals are picked up at the Garry Armstrong Centre at 11:30 am

### Saturdays

- Driver /Server needed for Saturdays to deliver in the Sandy Hill/Byward Market area. Meals are picked up at the Garry Armstrong Centre at 11:30am.
- Driver /Server needed for Saturdays to deliver in the Hunt Club-South Keys area. Meals are picked up at the St Patrick's home at 11:00am.

- Driver /Server needed for Saturdays to deliver in the Alta Vista, Billings Bridge area. Meals are picked up at the CHEO hospital at 11:00am.