

# Volunteer Hours

**Year** \_\_\_\_\_

**Name** \_\_\_\_\_

Date	Activity Description	Hours with Kids	Hours with Adults	Other Service Hours
<b>Sub Totals</b>				

**TOTALS**

## Possible Volunteer Options

### **Neighbors, friends, family**

Drive to apt. 's	Phone shut-ins	Help with mail	Yard work
Snow removal	Car repair or washing	Laundry	Child care
House sit	Take in meals or	Housework	Prescription pick-up
Home repairs	food	Shop	Personal care
Pay bills	Shop for groceries	Pet care	

### **Help at church**

Choir	help w/communion	quilt / knit	office work
committees	church school	provide flowers	telephone
food pantry	clean church	usher or greeter	reader/speaker
visit the sick	yard work	repair church	prayer circle
funeral dinners	drive shut-ins	serve at dinners	raise funds
clothing drive	Sunday school	bus driver	
shop for food	play piano or organ	church board	

### **Schools**

tutor	read stories	help with activities	slide shows & talks
eat lunch & visit	office work	library	
after school	clerical work for	judge events	
programs	teachers	chaperone field trips	

### **Other Community Youth Programs**

Big brother/sisters	Arts Center	Boys & Girls Club	Museum Tour
Special Olympics	Parks & Recreation	Tutoring	

### **Hospital**

Gift shop	Office work	Hospital volunteer	
Hospital auxiliary	Visit patients		

### **Community Programs**

CASA	Library	Health Fair	Meals on Wheels
Food Pantry	Community dinner	Nursing homes	DCARSP work
Hospice	Service clubs	Advisory boards	Recycling collection
Historical Society	Arts Center	Zoo	"55 Alive" Driving
Senior Center	Holiday donations	Tax preparation	RSVP programs &
Beach museum	Fire Department	Insurance forms	activities
Committee work	AARP programs	Blood bank	Mother to Mother
Widow to Widow	Council on Aging	Adopt-a-highway	

### **Help with drives and other service work**

Salvation Army	Multiple Sclerosis	Goodwill	KARSP
Boy Scouts	Kiwanis	Arthritis Foundation	Rotary
Girl Scouts	Learning Center	AA and Al-Anon	Food & Clothing
Multiple Sclerosis	Easter Seals	United Way	collection
Diabetes Assoc.	Muscular Dystrophy	Rotary	Sertoma
Heart Association	Cancer Society	Habitat for Humanity	Service Elderhostels

**\*Volunteer hours may be submitted to your Unit President OR may be submitted directly to KARSP at [volunteerhours@karsp.org](mailto:volunteerhours@karsp.org)**