

Volunteer Activity	MRM	Days	Times	Ages	Space	
<i>Family Opportunities</i>						
Breakfast Preparation – Foothills Shelter Help make breakfast for guests, staff & volunteers.	Volunteer Groups Foothills – Kitchen	Every Day	6am – 8am	12 and older w/ adult supervision	6 people	
Building Food Hampers – Centre Street Making food/gift hampers for neighborhood residents and those in need.	Volunteer Christmas Centre Street – Hampers Volunteer Groups Centre Street – Prep Kitchen	Dec 19	1pm - 4pm	All ages w/ adult supervision	10 people	
Cutlery Packages – Centre Street Make up cutlery packages that contain special Christmas messages to our guests.	Volunteer Groups Centre Street – Prep Kitchen	Dec 12 – Dec 24	10am – 5pm (various shifts)	All ages w/ adult supervision	2-4 people	
Cutlery Packages – Foothills Shelter Make up cutlery packages that contain special Christmas messages to our guests.	Volunteer Groups Foothills	Dec 12 – Dec 24	10am – 5pm (various shifts)	All ages w/ adult supervision	2-4 people	
Gift Wrapping / Sorting/ Inventory – Centre Street Sort donated gifts and wrap them for our guests. Take inventory at the end of each day.	Volunteer Christmas Centre Street – Gift Wrapping	Dec 19&22	9am – 4pm (3 hour shifts)	All ages w/ adult supervision	10 people	
Santa’s Toy Shoppe – Centre Street Assist parents choose new unwrapped presents for their children and wrap gifts.	Volunteer Christmas Centre Street – Toy Shoppe	Dec 15 – 24	10am – 8pm (2 hour shifts)	10 and older w/ adult supervision	2 people	
Santa’s Toy Shoppe – Set-Up Set-up Toy Shoppe space, decorate & stock shelves.	Volunteer Christmas Centre Street – Toy Shoppe	Dec 6 – 12	9am – 8:30pm (various shifts)	12 and older w/ adult supervision	10 people	
Christmas Socks – Foothills Shelter Help sort incoming donations of Christmas Socks, take daily inventory &	Volunteer Christmas Foothills – Socks	Dec 12 – 24	9am – 4pm (3 hour shifts)	12 and older w/ adult supervision	2 people	

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prepare for distribution to SEED locations.						
Santa Clause & Elves – Foothills Assist with gift delivery to guests. One person to play Santa Clause (must provide own suit)	Volunteer Christmas Foothills	Dec 24	7pm – 11pm	All ages w/ adult supervision	4 people	
<i>Group Opportunities</i>						
Living Room Music – Centre Street Provide entertainment through music to our guests on the main floor.	Volunteer Groups Centre Street – Entertainment	Everyday	11:30am – 2:30pm 6:30pm – 8:00pm	12 and older w/ adult supervision	5 people	
Living Room Music – Foothills Shelter Provide entertainment through music to our guests on the main floor.	Volunteer Groups Foothills – Entertainment	Everyday	11:30am – 2:30pm 6:30pm – 8:00pm	12 and older w/ adult supervision	5 people	
Clean-Up Crew – Foothills Shelter Assist staff with cleaning up after breakfast and setting up for the day. May involve other work projects.	Volunteer Groups Foothills – Living Room	Dec 1 – 31	9am – 11am	12 and older w/ adult supervision	15 people	
Decoration Clean Up – Centre Street Help put away our Christmas decorations.	Volunteer Christmas Centre Street – Housing Centre Street – Building 106	Jan 2 – 4	9am – 8:30pm (various shifts)	All ages w/ adult supervision	10 people	
<i>Individual/Couple Opportunities</i>						
Administration Assist staff with administration, phone calls & opening mail.	Volunteer Christmas Centre Street – Admin Support	Dec 3 – 21 (weekdays)	9am – 4pm (3 hour shifts)	18 and older	2 people	
Dinner Gift Giveaways – Foothills Shelter Assist staff in giving away various packages and gifts to guests.	Volunteer Group Foothills – Living Room	Dec 5 / 12 / 19	6:30pm – 8:30pm	18 and older	4 people	

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Donation Table – Centre Street Assist staff with incoming donations	Volunteer Christmas Centre Street – Donation Table	Dec 8 - 24	10am – 7pm (3 hour shifts)	18 and older	1 person	
Donation Pick-Up Driver Assist in picking up donated goods from various locations in Calgary. Must have own vehicle.	Pick-Up Excel	Dec 10 - 24	1pm – 4pm	18 and older		
Shipper / Receiver – Centre Street Assist staff with incoming donations and moving to the appropriate areas and facilities.	Volunteer Christmas Centre Street – Shipper/Receiver	Dec 17 - 24	10am – 6pm (4 hour shifts)	18 and older	2 people	
Shipper / Receiver – Foothills Shelter Assist staff with incoming donations and moving to the appropriate areas and facilities.	Volunteer Christmas Foothills – Shipper/Receiver	Dec 17 - 24	10am – 6pm (4 hour shifts)	18 and older	2 people	
New Years Eve Movie – Foothills Shelter Make popcorn and distribute to Guests while watching movie on the Main Floor.	Volunteer Group Foothills – Living Room	Dec 31	10pm – 12am	18 and older	6 people	
New Years Eve Party – Centre Street Assist with hosing party for Step-Up & Transitional Housing guests.	Volunteer Christmas Centre Street – Housing	Dec 31	9pm – 2am	18 and older	4 people	
<i>Recreation Activities with Guests</i>						
Arts & Community Night Assist in staff in putting on this event where guests get to share their music, poetry and other art mediums.	Volunteer Group Centre Street – Living Room	Dec 5	5:30pm – 9:00pm	18 and older	2 people	
Bowling Trip Assist staff in taking guests and residents bowling	Building 102&106 Off-Site Activity	Dec 9	12:00pm – 4:30pm	18 and older	2 people	

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Candle Making Assist guests in making candles	Volunteer Group Centre Street – Living Room	Dec 3	12:30pm – 4:00pm	18 and older	2 people	
Ceramics Assist staff in taking guests out to paint ceramics	Building 102&106 Off-Site Activity	Jan 2	12:00pm – 4:30pm	18 and older	2 people	
Christmas Cards – Foothills Shelter Assist guests with the creation & mailing of Christmas Cards.	Volunteer Group Foothills – Living Room	Dec 6 / 13 / 20	12:30pm – 3:30pm	18 and older	2 people	
Christmas Kick Off! Run a booth for the Christmas Kick Off.	Volunteer Group Centre Street – Living Room	Dec 2	12:30pm – 4:30pm	18 and older	6 people	
Games Afternoons – Centre Street Play board & card games with guests.	Volunteer Group Centre Street – Living Room	Dec 5 Dec 12 Dec 19 Dec 26 Jan 2	2:00pm – 4:30pm 2:00pm – 4:30pm 2:00pm – 4:30pm 2:00pm – 4:30pm 2:00pm – 4:30pm	18 and older	2 people	
Games Afternoons – Foothills Shelter Play board & card games with guests.	Volunteer Group Foothills – Living Room	Dec 4 Dec 11 Dec 18 Dec 27 Jan 1	4:00pm – 6:30pm 4:00pm – 6:30pm 4:00pm – 6:30pm 4:00pm – 6:30pm 4:00pm – 6:30pm	18 and older	4 people	
Gingerbread House Competition Help staff in putting on this event.	Volunteer Group Centre Street – Living Room	Dec 11	12:30pm – 4:00pm	18 and older	2 people	
Hitman “Teddy Bear” Hockey Game Assist staff in taking guests to the Teddy Bear Hockey Game	Building 102&106 Off-Site Activity	TBD		18 and older	2 people	
Ice Skating Assist staff in taking guests and residents skating	Building 102&106 Off-Site Activity	Dec 23	12:00pm – 4:30pm	18 and older	2 people	

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Movie & Popcorn – Centre Street Assist staff with popcorn and movie event	Volunteer Group Centre Street – Living Room	Dec 11 Dec 18 Dec 27 Dec 27 Jan 1	2:00pm – 4:30pm 2:00pm – 4:30pm 9:30am – 12:00pm 2:00pm – 4:30pm 2:00pm – 4:30pm	18 and older	2 people	
Movie & Popcorn – Foothills Shelter Assist staff with popcorn and movie event	Volunteer Group Foothills – Living Room	Dec 5 Dec 12 Dec 19 Dec 26 Jan 2	4:00pm – 6:30pm 4:00pm – 6:30pm 4:00pm – 6:30pm 4:00pm – 6:30pm 4:00pm – 6:30pm	18 and older	4 people	
New Years Fiesta! Run a booth for the Fiesta. Help staff in putting on this event.	Volunteer Group Centre Street – Living Room	Dec 31	12:30pm – 4:30pm	18 and older	6 people	
Roller Skating Assist staff in taking guests and residents roller skating	Building 102&106 Off-Site Activity	Dec 3	5:00pm – 9:00pm	18 and older	2 people	
Theatre Play Attend a play with guests and residents	Building 102&106 Off-Site Activity	Dec 18	6:00pm – 10:30pm	18 and older	2 people	
Warm Fuzzies Craft Assist guests in making these pompom crafts	Building 102&106 Off-Site Activity	Dec 24	12:30pm – 4:00pm	18 and older	2 people	
Zoo Lights Trip Help staff with annual zoo trip with guests and residents	Building 102&106 Off-Site Activity	Dec 16	5:00pm – 9:30pm	18 and older	2 people	

Shine-A-Thon - Dec 4, 2008

Pledge Phones Process pledges & donations over the phones.	Shine-A-Thon Excel		5:30am – 9:30pm (3 hour shifts)	18 and older	10 people	
Challenge Runner Listen to the radio and record any incoming challenges on white boards in the Phone Rooms.	Shine-A-Thon Excel		5:30am – 9:30pm (3 hour shifts)	18 and older	1 person	
Coin Rollers Assist staff with the sorting and rolling of coin donated throughout the day.	Shine-A-Thon Excel		1pm – 9pm (3 hour shifts)	15 and older w/adult supervision	12 people	
Volunteer Lunch Help with the setup and cleaning of the Volunteer Lunch.	Shine-A-Thon Excel		11:30am – 2:30pm	18 and older	1 person	