



VOLUNTEER NEWS



Help! Volunteer needed this FRIDAY! 🖐️ Assist with Pro-D Day Art Fun for 6-10yrs Friday Feb 7th from 10am-2pm



Family Day Volunteering - give back this Family Day!

Monday, Feb 17th

12:00-2:00 Oversee the open gym (1 person)
Face paint (1 person)

2:15-3:45 Help out with the climbing wall (2 people)
(must be belay certified at Parkgate)



Spring Break Volunteering

Calling all teens who want to learn valuable skills and have fun helping at our fun Spring Break Camps!



March 17-19 (Tu, Wed, Thurs)

- Art 9:30-11:30
- Art 11:30-2:00
- Pottery 9:30-11:30
- Pottery 11:30-2:00
- Climbing 9:30-11:30
- Climbing 11:30-2:00

March 24-26 (Tu, Wed, Thurs)

- Art 9:30-11:30
- Art 11:30-2:00
- Pottery 9:30-11:30
- Pottery 11:30-2:00
- Climbing 9:30-11:30
- Climbing 11:30-2:00

Join us for our weekly Community Lunch!

Every Wednesday, 11:30am-12:30pm



Feb 12: Tomato soup & gourmet grilled cheese sandwich
Feb 19: Quiche & salad
Feb 26: Hot reuben sandwich & carrot ginger soup

Delicious Homemade Main Meal
+ Dessert + Tea & Coffee

\$8 adults
\$6.50 seniors with membership
\$10 family (1 adult + 2 kids)
\$4.50 soup or sandwich only

Looking for people to help out for North Vancouver's Homeless Count - March 3 & 4

Over 1200 volunteers participated in the last Metro Vancouver-wide count in 2017!

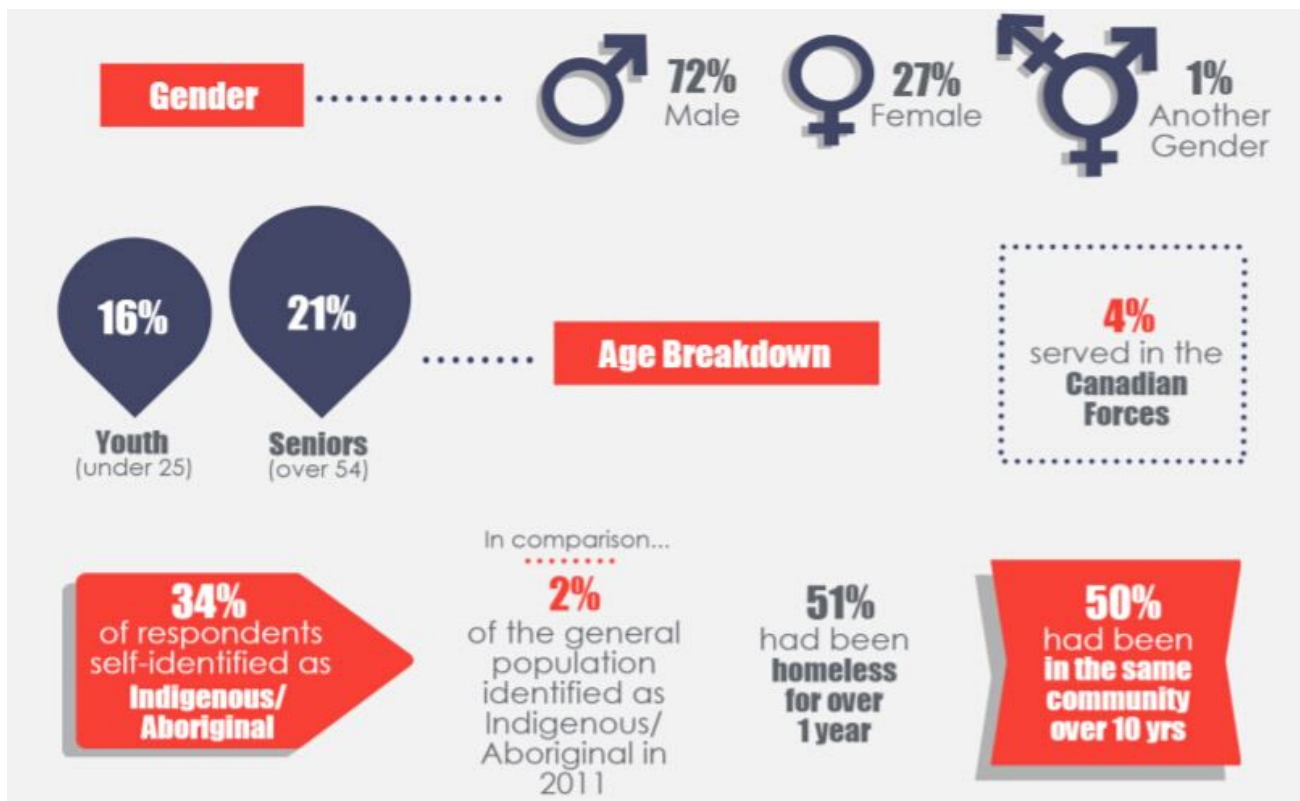
Help to gather information so governments, service providers, community groups, and funders can plan programs to address homelessness and measure progress in reducing homelessness.

Must be 19+. Working in teams of two, you will count inside shelters on Tuesday evening (March 3) and on streets throughout the day and evening on Wednesday, March 4. The street survey involves walking, biking, or driving around a neighbourhood looking for individuals to survey. Shifts will be 2-3 hours and you will be required to attend a 2-hour training session between February 10 and March 2.

For more information & to apply:

www.vancitycommunityfoundation.ca/initiatives/2020-homeless-count

Some of the 2017 results:



**The following is a repeat of what I sent out in January.
So no need to re-read unless you missed it!**

VOLUNTEERS NEEDED

Volunteering with children:

- Children's Pottery Classes, Volunteer Helpers:
 - Saturdays, 9:30-10:30am, 10:30-11:30am, 11:30am-12:30pm (come to 1, 2, or all 3)
- Birthday parties: Sat Feb 9: 10-11:30, 12-1:30, 2-3:30 / Sat Feb 22: 10-11:30, 12-1:30, 2-3:30, 1:30-2:30, 2:45-3:45, 1-3pm, Sun Feb 23: 1-3, Sat Feb 29: 10-11:30, 12-1:30, 2-3:30... contact neskes@myparkgate.com for more details
- Gain skills while participating in activities with children in child care
 - Infants & Toddlers: 9-11am Mondays, Tuesdays, Wednesdays & Fridays or Thursday 3:30-5:30pm
 - 3-5 Year olds: 9-11am Mon, Tues, Wed, Thurs or Fri
 - School Age Daycare helpers to play with the 6-12 year olds, 3:30-5:30pm or 4-6pm
- Child Care, help to prepare snacks for 3-5 year olds, weekdays 8am-9am
- Badminton Assistant, Sundays 10:30-11:30, for the "Learn the Skills" class, ages 7-12
- Sports Class Assistant for the following Saturday classes:
 - Soccer 3-5 Year Olds, Saturdays, 10-10:30am
 - Ball Sports 2-4 Year Olds, Saturdays, 10:35-11:05am
 - Soccer 3-5 Year Olds, Saturdays, 11:10-11:40am
 - Sports – All Sorts 3-5 Year Olds, Saturdays, 11:45am-12:15pm
 - Floor Hockey 3-5 Year Olds, Saturdays, 12:20-12:50pm

Volunteering with older adults:

- Wednesdays, 11:30am-3pm: Parkgate Mini Break & Tues/Thurs 11-4pm Parkgate Break would like volunteers to help with its fun programs for people living with dementia.
- 2 Tuesdays/month between 11am-1pm: Partner with a senior! Parkgate Society is starting a new Access Bus to help isolated seniors get out and shop. Your role will be to help with shopping. Private bus transportation provided.



Volunteering with older adults (continued)

- **Monday** coffee service, 9:55 – 1pm. Prepare coffee and fill a tray with treats – then roll the coffee trolley to offer coffee service to various seniors programs

Volunteering pre-teens:

- Volunteer at Parkgate's famous pre-teen dance, Saturday, February 8th 4:30pm-10:30pm (we ask everyone to commit to at least 4hrs and be minimum grade 11 onwards).

Shifts:

- 4:30pm – 8:30pm: Set-up for concession area, games room, put up signs, etc
 - 5:30pm – 9:30pm: Get the gym ready: lights, speakers, tent, chairs & tables, etc.
 - 6pm – 10pm - help out at the dance!
- Volunteer with local youth in our School's Out Program, Mondays and Tuesdays, 3pm – 5pm.

Parkgate Society has started a new after school program for Cove Cliff youth in grades 5-7. "School's Out" will feature swimming at Ron Andrews, arts and crafts, sports, cooking, ice skating, laser tag, complimentary snacks and bus pass, and much more!



REMINDER: Volunteering at Parkgate qualifies you for our awesome Parkgate Scholarships!

Volunteer Now - Apply in April 2020

1. **Student Volunteer Award:** for a secondary school student graduating in 2020 who has provided outstanding commitment and non-remunerated service to Parkgate Society's programs and activities.
2. **Al and Jan Argent Award:** for a volunteer of any age who would like training to better serve the community (this can be a training program, course, or seminar).
3. **PF Yong Memorial Scholarship:** for a post-secondary student who lives in our community and is pursuing vocational training with the aim of a career in applied & natural sciences, engineering, computing, or trades & apprenticeship.