

Upon approval as a volunteer, individuals/groups can begin attending events of their choice. Sign up for specific events by sending us a quick email or call (preferably at least a week before an event.) Select desired events to volunteer at via newsletter and website postings.

Event location, time, and details is published in our quarterly newsletter (available online). Volunteers should arrive 15-20 minutes before start time on newsletter (unless otherwise communicated). At all events, it is important that volunteers notify staff of any medical or behavior issues. Make sure you engage in activities with participants and have fun. Your time socializing and developing friendships is valuable to our participants.

### **Nighbird Dance**

#### **one Friday night a month**

Dress comfortable or wear shirt affiliated with group (if volunteering with group). Dressing according to the theme is welcome (costumes or accessories). Serve food, drinks, help in the kitchen, clean up, supervise the dance floor, and have fun! Notify staff of any medical or behavior issues.

### **STOP Trips**

#### **Saturday Time Outs for Parents- one Saturday a month**

Dress comfortable with Blue Counselor T-shirt. Chaperone participants on field trip and ensure their safety. Volunteer is usually assigned to 4-6 participants.

### **Bowling**

#### **every Monday, excluding holidays**

Dress comfortable or wear shirt affiliated with group (if volunteering with group). Assist participants at each lane by monitoring game play and writing down final scores.

### **Thursday Night Out**

#### **Karaoke & Cooking Night (3<sup>rd</sup> and 4<sup>th</sup> Thursday evening)**

Dress comfortable or wear shirt affiliated with group (if volunteering with group). Assist participants with creation of food item (led by an instructor) or song selection during Karaoke. Help serve snacks and drinks and facilitate/take part in activities.

### **Day Program- Clubhouse**

#### **Winter: 8 Wednesdays in Jan to Feb Summer: 8 Wednesdays in Jun to Jul Christmas Craft: 2 afternoons in Dec**

Dress comfortable with Blue Counselors T-shirt. Supervise a group of participants during activities. Additional training provided.

### **Ballroom Dance**

#### **Spring Session: Sundays in February- March Fall Session: Sundays in October-November**

Dress comfortable with Black program T-Shirt. Serve as a dance partner to an individual with special needs. Volunteers need to commit to the full workshop. No experience necessary. Additional training provided.

### **Cheerleading**

#### **Sundays from October-April**

Dress Code required. Assist special needs athletes with basic cheerleading and dance skills. As athletes prepare for competitions, spotters for stunts strongly needed. No experience necessary. Choose to assist for 1, 2, or 3 hours/squads. Additional training provided.

### **Belly Dance**

#### **2<sup>nd</sup> & 4<sup>th</sup> Wednesday evening from Jan-Oct**

Dress comfortable. Assist special needs dancers with basic choreography and dance skills. Belly dance experience necessary

### **Banquets/Special Events**

#### **Bowling, Belly Dancing, Holiday Gala**

Dress professionally, yet comfortable. Volunteer will most likely set up, clean up, serve food or help patrons find their seats.