

Mission: With coordinated networks of volunteers and staff, enrich the well-being and quality of life for people wherever they call home.

Volunteer Position: Dining Assistant – Sunrise Seniors Place

Why should I get involved in volunteering?

- Meet new people and develop lasting relationships.
- Increase your happiness and better your well-being.
- Learn new skills and increase your self-esteem.
- Stand out on job applications and further your career.
- Help make a difference and give back to your community.

How can I help?

Reporting to Sunrise Supportive Housing staff, assist with meal delivery and kitchen routines.

What is expected of me?

The dining room is open Monday through Friday from 4:00pm until 7:00pm. Flexible shifts based on your availability with a time commitment of one day per week. Duties may include:

- Light meal preparation, serve coffee, tea and meals.
- Set and clear tables.
- Wash dishes, load and empty dishwasher.
- Wipe down kitchen and dining room surfaces.
- Deliver meals to residents' apartments.
- Provide light assistance to clients with mobility issues (no lifting or transferring).

Find a location close to you.

Sunrise Seniors Place is located at 75 John Street West and 130 Centre Street South, Oshawa.

What training will I receive?

- CCD Orientation and Training (virtual)
- Program specific training

What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.
- Adhere to **COVID-19** safety practices.
- Must work in a safe manner and promote the health and safety of all staff, volunteers, clients and the community as outlined within CCD policies.
- Physically able to work on your feet, basic knowledge of safe food handling.

Apply now or click **here** to see other opportunities.