



# Pembina Active Living (55+)

*"Enhancing the lives of Older Adults"*

R.P.O. Box 34056, Winnipeg, MB R3T 5T5

[Office@pal55plus.ca](mailto:Office@pal55plus.ca) 204.946.0839

## Volunteer Application Form

Participant's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell No: \_\_\_\_\_

E-mail: \_\_\_\_\_ Member Number: \_\_\_\_\_

Why are you interested in volunteering at Pembina Active Living (55+)? \_\_\_\_\_

\_\_\_\_\_

What are your special skills or hobbies? \_\_\_\_\_

\_\_\_\_\_

What is your current/previous work or volunteer experience? \_\_\_\_\_

\_\_\_\_\_

How often would you like to volunteer? \_\_\_\_\_

How long of a commitment are you prepared to make? \_\_\_\_\_

Please note the times of year that you are not available to volunteer: \_\_\_\_\_

Please note any health conditions that you would like us to take into consideration when determining a volunteer placement: \_\_\_\_\_

### **Please check all areas of interest below:**

#### Committee work/Governance

Board

Finance

Human Resource

Policies

Fundraising

Grants/Funding

#### Committee work/Operations

Programming

Facilities

Social/Events

Communications

Membership

Special Events

- Coordinator
- Planning
- Greeter
- Decorations

- Selling Tickets
- Photograph
- Fundraising
- Baking

- Kitchen
- Set-up
- Clean up
- Shopping

Administration

- Computer Data Entry
- Virtual Reception (phone/email)

- General Office
- Phoning

- Book Keeping (QuickBooks)

Programming

- Volunteer Instructor

- Convener

- Convener Liaison

Outreach

- Postering

- PAL Ambassadors

- Phoning

Newsletter

- Design
- Folding/ Stuffing/stamping

- Delivery
- Shopping

Marketing & Media

- Website Maintenance
- Media Contact

- Visual Historian
- Poster Design

- Copywriting

Fundraising

- Coordinator

- Ticket Sales

- Prize Solicitation

Volunteers

- Retention
- Recruitment

- Recognition
- Training & Support

Grants/Funding

- Write/Grant Applications

- Develop & Manage Fund/Legacy/Donor Programs

- Solicit Donations

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Date

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Signature