



Date _____

VOLUNTEER FORM

Thank you for contacting us about volunteering with older adults! **Please carefully consider your schedule and our hours of operation before submitting a volunteer form** (we are not open evenings or weekends). The Grand Forks Senior Center is open Monday through Friday from 8 am - 4:30 pm (Tues evenings until 7 pm).

Name _____

Mailing Address _____ Apt # _____

City _____ State _____ Zip _____

Date of Birth ____/____/____

Email address _____

Best phone number to reach you _____

The above number is a Land Line Cell Phone

Check which areas you would like to volunteer:

- Assist with Mailings (weekdays a.m.)
- Library
- Bingo (T, W, Th 12:30 pm - 3:30 pm)
- Making Gift Shop Items
- Board Member
- Home Delivered Meals (M-F 11 am - 12:30 pm)
- Book Club Coordinator
- GFSC Meals on Wheels (M-F 10:30 am - Noon)
- Commodity Pick-up (Th 9:00 am)
- Office Help
- Dining Room (M-F 11:15 am - 12:30 pm)
- Silvertones Chorus (Practice: F at 10:30 am)
- Entertainer (usually T at 6 pm, F at 1 pm)
- Special Events
- Exercise Class Leader
- Tech Support for Seniors
- Health Dept. Volunteer

Any other areas of volunteering interest or talents you would like to share?

Acknowledgment of Enrollment

I understand the Greater Grand Forks Senior Citizens Association, Inc. may obtain a statewide database background check if deemed necessary (primarily for our Meal Delivery volunteers).

Signature of Volunteer

Date