



## Volunteer Interest Form

Thank you for your interest in volunteering in the programs and activities of the Sterling Senior Center. We appreciate your willingness to help Sterling develop and maintain programs and activities in support of its senior citizens. For further information, please contact us at 978-422-3032.

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ (street address/po box)  
\_\_\_\_\_ (town, zip)

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Best times to contact you: \_\_\_\_\_ morning \_\_\_\_\_ afternoon \_\_\_\_\_ evening

May we contact you by text? \_\_\_\_\_ yes \_\_\_\_\_ no

E-Mail Address: \_\_\_\_\_

May we contact you by e-mail? \_\_\_\_\_ yes \_\_\_\_\_ no

### Volunteer Interest (check as many as are applicable)

<input type="checkbox"/> receptionist	<input type="checkbox"/> special events	<input type="checkbox"/> pancake breakfast
<input type="checkbox"/> kitchen work	<input type="checkbox"/> newsletter	<input type="checkbox"/> gardening enthusiast
<input type="checkbox"/> baker	<input type="checkbox"/> intergenerational programs	<input type="checkbox"/> program committee member
<input type="checkbox"/> grocery shopper	<input type="checkbox"/> friendly visitor	<input type="checkbox"/> senior transport
<input type="checkbox"/> marketing/communications	<input type="checkbox"/> instruction (e.g. computers, languages, etc.) _____	
<input type="checkbox"/> other: _____		

### Preferred days and times to volunteer (check all that apply)

Monday	Tuesday	Wednesday	Thursday	Friday
Morning _____	Morning _____	Morning _____	Morning _____	Morning _____
Afternoon _____	Afternoon _____	Afternoon _____	Afternoon _____	Afternoon _____

Note: You will need to have a current CORI check on record. Please contact us to determine if you need to obtain a CORI check.

**Sterling Council on Aging** *It shall be the duty of the Council to initiate and carry out programs, solve problems, promote projects, make purchases and in general meet the problems of the aging, keeping in mind at all times, the needs, wants and wishes of the elderly, all actions of the Council to be in accordance with the provisions of the General Laws.*