

Volunteer opportunities are plentiful at the Ipswich Council on Aging. There are a variety of options available or you can create your own based on your personal talents. Contact the Senior Center at 978-356-6650 for more information or to sign up. Some of the areas in which we utilize volunteers are:

**Blood Pressure Nurse** – Join our group of nurses who take seniors' blood pressures every Friday from 10:30 a.m. to 12 p.m. Each nurse might work once every 4-6 weeks.

**Friends of the Ipswich Elderly** – The Friends group is a non-profit corporation designed to financially support Council on Aging programs and services that are not funded by other sources. Call Treasurer, Ron Graves, at 978-356-5190 for information.

**Intergenerational Program** – Help us the first Wednesday of each month at 9:30 a.m. when children from Small World Preschool visit the Senior Center. Seniors and preschoolers work on a project together and share a refreshment.

**Intergenerational School Volunteer** – Be a volunteer at one of our local elementary schools. Contact the Paul F. Doyon Memorial School at 978-356-5506 or the Winthrop Elementary School at 978-356-2976 for more information.

**Ipswich Public Library** – Volunteers are always needed at the library. Call the library at 978-356-6648 for more information.

**Newsletter Mailer** – Help at the Senior Center once a month by placing mailing labels on the monthly newsletters.

**Out-of-town drivers** – Volunteers are scheduled through our Outreach Coordinator to provide transportation to medical appointments, shopping trips, etc. The schedule is very flexible. Mileage reimbursement is available through a generous grant.

**Outreach Volunteers** – These volunteers provide assistance to home-bound seniors by being a friendly visitor, telephone reassurance provider, grocery shopper, etc.