

Attention National Honor Society Members and High School Students looking for Community Service Hours!!

The Sherborn Council on Aging is looking to partner up with Dover-Sherborn HS Students who are willing to make a difference in their community. We have a bunch of opportunities for committed students looking to lend a hand and offer their help.

- **Weekly Baking** – a once a week commitment to provide homemade baked goods (roughly 2 dozen) to seniors for their various activities.
- **Outside landscape work** – weeding, leaf raking, stick pickup, etc. This can be an after school job or a weekend job.
- **Snow Shoveling** – Live in Sherborn? Live next to an elderly person who could use your help in the winter months? Let us know where you live and we'll let you know if there's a senior who lives close by who needs help clearing their walkway once the snow arrives.
- **Computer work** – Are you good with the computer? Good with MS Office and the internet? Offer to help a senior one on one with basic computer skills. Most often this takes place at Woodhaven Elderly Housing in Sherborn. We'd set up a mutually agreed upon time for both parties.
- **Nintendo Wii** – We're sure you know how to play the Wii. The Sherborn Council on Aging has one, and we're looking for someone to teach our seniors the basics of Wii Sports. Patience and people skills are a must! You can even host a tournament!
- **Movie Night** – OK, maybe Movie Day. Either way, we're looking for someone to host a series of Movies throughout the year. Movies normally take place on Friday afternoons at Woodhaven Elderly Housing. Come early, set up, and pop popcorn. Stay for the movie and enjoy the company of the many seniors that participate. Create a survey at the beginning of the program to see what movies people are interested in. Make flyers to advertise.
- **PenPals** – We are looking for students who are looking to foster relationships with the Seniors in Sherborn. Why not be a penpal with someone and then meet every few weeks for tea or hot chocolate? Social relationships are critical for the elderly. The stories they have to tell are amazing. Find out what it was like growing up during the depression or when they had to go to work just to put food on the table.

Please contact the Sherborn Council on Aging office at 508-651-7858 if you are interested. Ask to speak to Ani Gigarjian, Volunteer Coordinator. You may also email her at coavolunteer@sherbornma.org. We're looking forward to hearing from you!