

# **Individual Volunteer Hours Form**

Name	Year

Date	Activity Description	Hours with Youth	Other Service Hours
	<b>%</b>		
		-	
		-	
7			

Sub Totals	_ +
Total # Hours	

## **Possible Volunteer Options**

## Neighbors, friends, family:

Drive to appt.'s	Phone shut-ins	Help with mail	Yard work
Snow removal	House sit	Laundry	Child care
Home repairs	Pay bills	Housework	Pet care

Shop for groceries Personal care Prescription pick up Take in meals or food

## Help at Church:

Choir	Church School	Office work	Telephone
Committees	Usher or greeter	Reader / Speaker	Church Board
Sunday School	Bus Driver	Visit the sick	Funeral dinners
Clean church	Provide flowers	Send cards	Prayer Circle
Serve at dinners	Repair church	Play piano or organ	Drive shut-ins
Raise funds	Yard work	Clothing drive	Quilt / knit
Snack Suppers	Prepare food	Receptions	Help with Communion

#### **Schools:**

Tutor	Read stories	Eat lunch & visit	Help with activities
Office work	Library	Judge events	After school programs
Bulletin Boards	Slide shows & talks	Help for teachers	Spelling Bee

## **Other Community Youth Programs:**

Parks & Recreation	Big Brother/Sister	Special Olympics	Boys & Girls Club
Tutoring	Arts Center	Museum Tours	Library Youth programs

## Hospital:

Gift Shop	Hospital Auxiliary	Visit Patients	Hospital volunteer
Send cards			

## **Community Programs:**

Historical Society	Nursing Homes	Art Museum	Zoo
Opera House	Blood Bank	Food Pantry	Senior Center
Library	Arts Center	Hospice	Fire Department
Service Clubs	Meals on Wheels	Adopt-a-highway	Community work
Holiday donations	Advisory boards	Recycling collection	Tax preparation
Mother to Mother	Health Fair	AARP programs	Community dinner
Insurance forms	4-H or Extension	Community Theater	RSVP programs

## Help with drives and other service work:

Goodwill	KARSP	United Way	Salvation Army
Cancer Society	Heart Association	Habitat for Humanity	Relay for Life
Easter Seals	Multiple Sclerosis	Diabetes Assoc.	Muscular Dystrophy
Boy Scouts	Girl Scouts	Master Gardener	Arthritis Foundation
Kiwanis	Rotary	Lions Club	Pilot Club
Red Cross	Optimists	Charity Auction	Election board
Animal Shelter	Service Elderhostel	Food & Clothing Coll	lection