



## Seeking Enthusiastic Volunteers!

We are a non-profit social adult day program for people living with dementia known for our Spirit-Centered Care® philosophy that believes all persons, regardless of physical or cognitive abilities, have the ability to grow, experience joy and thrive in a nurturing place of community. We would love you to join our team!

### OUR PROGRAM DAY CONSISTS OF:

- Morning Café & Group Discussion Guided
- Outdoor time in a garden or “forest-path” setting
- Watercolor painting through a Spirit-Centered Flow
- Communal Lunch
- Singing/ Music, Movement & Breathing

### VOLUNTEERS NEEDED TO:

- **Help bring joy and purpose to people who are living with dementia**
- Help set-up, clean-up and support our staff facilitators
- Help serve lunch and snacks
- Be on call for last minute changes (when another volunteer is sick, etc.)
- Play an instrument during singing (timeframe between 1:00-2:00)

### LOCATIONS:

- Bellevue at the Temple de Hirsch Sinai (Wednesdays)
- Seattle at the Memory Hub (Mondays-Thursdays)

**TIME:** 9:30 AM-2:00 PM (can be broken into 2-hour shifts or full day)

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