Volunteer Activities After Retirement

Are You looking for a volunteer opportunity as a Senior and don't know where to Start?

Here are a few tips. (A list of suggested volunteer web sites appears at the end of this handout.)

For starters, what are your interests and/or the kinds of activities that you like to do?

What are your strengths? If you aren't sure, talk to a close friend or family member. Sometimes those close to us see strengths in us that we don't realize we have.

People choose to volunteer for a variety of reasons. For some, it offers the chance to give something back to the community or make a difference to the people around them. For others, it provides an opportunity to develop new skills or build on existing experience and knowledge.

> *Do you have a friend or family member who could use some help?*
>
> *What are you passionate about?*
>
> *Are you looking for a local opportunity or an on-line activity?*

Here are some opportunities that may interest you:

1. Your local NFB chapter and or the Virginia Affiliate
2. Community and state boards of Directors
3. Local schools and other children and youth organizations; for example tutoring a student
4. Church activities, such as yard sales, dinners, pantry parties, etc.
5. Local homeless shelters
6. Food kitchens and food banks
7. Animal shelters
8. Veterans groups
9. Seniors centers: including calling trees, and local Areas On Aging

What do volunteer organizations look for in their volunteers?

1. Enthusiasm: being energetic and having a positive attitude can help to motivate yourself and others.
2. Flexibility
3. Reliability
4. Creative and Passionate
5. Integrity
6. Teamwork
7. Communication
8. Good Organizational Skills

Web Sites for Volunteers and Prospective Volunteers

Virginia Beach Volunteer Opportunities:
https://www.volunteermatch.org/search/org834920.jsp

Arlington County Volunteer Opportunities:
https://www.volunteermatch.org/search/opp3007762.jsp

Richmond Volunteer Opportunities:
https://www.volunteermatch.org/search?l=Richmond,%20VA, %20USA

Volunteer Opportunities Hampton Roads:
https://www.volunteerhr.org/

Volunteering – Virginia Service:
virginiaservice.virginia.gov/volunteering/

Volunteer Alexandria:
https://www.volunteeralexandria.org/

Volunteer Fairfax:
www.volunteerfairfax.org/