Name of community agency/organization:
Cawthra Gardens Long Term Care Residence

Description of community agency/organization:
Managed by Chartwell, Cawthra Gardens Long Term Care Residence is located in a residential neighbourhood close to Mississauga City Centre. The home supports the needs of 192 residents that have helped shape this community. This modern residence boasts an Internet café, library, hair salon and a secure outdoor courtyard. Cawthra Gardens is comprised of six community neighbourhoods, each with its own activity room, and baking centre. With 24-hour nursing care, assistance with daily living activities and high levels of personal care available, our skilled and caring staff team has earned a positive reputation for delivering excellent care with the respect and dignity our residents deserve.

Position title:
Recreational Program Volunteer

What will the student do:
Students will work alongside recreation staff to assist with a variety of programs. These include:

- Exercise Classes
- Baking and Cooking
- Women’s/Men’s club
- Mentorship program
- Music Entertainment
- Art & History Classes
- Bingo
- Special events
- 1:1 Social & Spiritual Support
- Book clubs

During these programs volunteers will be able to socialize and converse with residents, help assist residents to and from programs, aid residents in completing activities, help with set up and clean up and create an everlasting relationship with our seniors.

Volunteers play an active and important role at Cawthra Gardens, and we are always looking for caring and compassionate people who are eager to make a difference.

Skills required:
- Good communications skills
- Able to complete tasks independently and within a team
- Respectful, mature and able to use good judgement
- Over the age of 16

**Skills students will learn:**

- Enhanced communication and interpersonal skills
- Compassion & empathy
- Experience working with older adults
- Health care experience
- Planning and prioritization
- Problem solving and decision making
- Leadership
- Time management

**Length of time required:**

Commitment is required. You must be able to volunteer a minimum of 1hr per week.

**What is the registration deadline for volunteer positions?**

Year-round

**Location:**

590 Lolita Gardens, Mississauga, Ontario L5A 4N8

**How students can get involved/How to apply:**

Pick up a volunteer application at Cawthra Gardens or

Email Volunteer Coordinator at – dhanley@delcare.com

**Contact person:**

Daniel Hanley, Program and Support Service Manager

[dhanley@delcare.com](mailto:dhanley@delcare.com)

905-306-9984 ext. 231