

## Senior Services & Community Transit (SSCT) Current Volunteer Opportunities

### Home Delivered Meals (HDM)

On-call substitutes are needed to cover during volunteer vacations. Volunteers deliver meals and provide social contact to homebound seniors on Mondays, Wednesdays, Fridays.

**Time commitment:** 1 ½ - 2 hours per week (app. 10:00 AM to noon)

**Age requirements:** Adults only

### Medical Transportation

Volunteer drivers transport clients to medical appointments using a county vehicle (if available) or their own personal vehicle (with mileage reimbursement). Volunteers can indicate preference for local or long-distance trips (Baltimore, Wilmington, DE).

**Time commitment:** Varies depending on volunteer's schedule and assignment

**Age requirements:** Adults only

### Friendly Visitor Program

The Friendly Visitor makes a weekly social, interactive visit to a homebound senior adult (who currently receives other SSCT services). Volunteers complete a questionnaire for client-matching purposes to indicate interests, time preference for visits, and travel preferences.

**Time commitment:** One hour per week

**Age requirements:** Adults only

### Fitness Volunteer — Healthy Lifestyles Fitness Center

The Fitness Volunteer assists the Fitness Coordinators in the direction of daily activities at the Healthy Lifestyles Fitness Center. Volunteers supervise established fitness routines with existing members and fulfill other job tasks associated with the Healthy Lifestyles Fitness Program.

**Time commitment:** Varies

**Age requirements:** Adults only

Please contact us with questions about these opportunities!  
410-996-8416 or [kgilmore@ccgov.org](mailto:kgilmore@ccgov.org)

*All potential volunteers must complete a Cecil County Senior Services & Community Transit Volunteer application, which includes granting permission for a background and driving record check (Transportation Volunteers). Due to the vulnerable senior population served by the SSCT Volunteer Program, we are unable to offer volunteer assignments to individuals with any type of criminal history.*