Get Involved Today!

Benefits of volunteering

- Meet new friends
- Learn new skills
- Use existing skills
- Gain leadership skills
- Give back to your community
- Work with others
- Meet new challenges
- Stay active and involved
- Work in a fun and friendly atmosphere
- Make a difference in your community

Centre Office Hours
9:00 a.m.—4:00 p.m.
Monday - Friday

Volunteer a lot or a little.
At the Centre or from home.

Everyone has something to contribute.

Good Neighbours Active Living Centre
720 Henderson Hwy
Winnipeg, Manitoba R2K 0Z5
Phone: 204-669-1710 ext 223
Fax: 204-661-0750
E-mail: volunteer@gnalc.ca

Want to...
Stay connected
Share your experience
Expand your horizons
Act on your passions
Shape society

PHONE: 204-669-1710
WEBSITE: www.gnalc.ca

“Providing Programs and Services to Individuals 55 and older”
Are you interested in... Consider...

- Being with people? ........................................ Customer Service Representative in our Bookstore or Cafe
- Sharing your skills? ....................................... Recreation or Education Program Leader
- Keeping fit? ................................................... Maintenance Volunteer
- Achieving goals? .......................................... Special Events Planner/Board or Committee Member
- Keeping mentally sharp? ............................... Reception or Administration Volunteer
- Working from home? ................................. Phone Caller or Special Projects Volunteer

What is Good Neighbours Active Living Centre?

A multi-purpose centre that provides programs, services and opportunities for social interaction for individuals aged 55 and older.

“Good Neighbours means a great deal to me since becoming a volunteer ten years ago. My evolving leadership has allowed me to participate in the life of the centre in ways I would have not thought possible when I first joined. New friendships have blossomed, horizons have expanded, hand in hand with the pride of accomplishment and a new sense of purpose.”

Don King, Volunteer

Volunteers play such an important role. We could not operate without them.