

## St. Alphonsus *Young at Heart* Senior Program

The Young at Heart Senior Program started October 2014 with a handful of volunteers who helped design the program and lead the classes.



As we head toward completing 5 great years of growth, we are looking for more volunteers to assist our current crew as we continue to expand.

In 2018, we had 154 registered participants and 2500 volunteer hours of direct service. In 2019, we have new enrichment classes, and educational opportunities planned, along with all the favorites.



We love to welcome new participants as well as volunteers. Currently, we use volunteers to lead classes, help with hospitality, work behind the scenes to guide and support the program, help manage social

media and creative design, as well as scheduling presenters and outings. Some volunteers commit to serve weekly, some once a month. The frequency is up to you and how you choose to be involved.



This wonderful, creative, energetic program could not function without its equally wonderful volunteers. Please consider joining the team.

There is no age requirement. The benefits of gaining new friends, laughing, growing in health and spirituality, gaining new skills, giving back to the community, and more, are priceless.

**Interested? Please contact Virginia at 616.913.4419 or [vscholten18@gmail.com](mailto:vscholten18@gmail.com)**