



**Bay County Council on Aging, Inc.**  
**Volunteer Program**

1116 Frankford Ave. Panama City, Fl. 32401  
850 769-3468

***Volunteer Opportunities!***

- Deliver meals once a week, twice a month, or once a month
- Drive someone to the doctor or grocery shopping
- Befriend a senior and visit them in their home
- Call to check in on a homebound senior
- Drive a van for Respite Care or a Congregate Meal Site
- Assist staff at the Respite Center:
  - Read stories to small groups
  - Feed a meal to a participant
  - Assist with art and crafts projects
- Assist staff at congregate Meals sites
- Provide home maintenance/repair services:
  - Yard work
  - Help with minor plumbing or electrical repairs
  - Paint a house inside or outside
- Build wheelchair ramps
- Assist with the agency's fund raiser (Fall Fest) held in November
- Become a member of the Volunteer Advisory Council
- Perform administrative tasks

**For Information Contact:**

**Diane Rodriguez, Volunteer Coordinator**

**850 769-3469 ext. 105**