

Volunteer Program

We are a community-based non-profit organization located at San Mateo Central Park since 1992, dedicated to improving older adults' quality of life, by providing a comprehensive range of multicultural and multilingual services designed to promote the independence, dignity and self-worth of seniors. Our 1000+ seniors thrive and continue to do so, in a safe and protected environment.

Volunteers are a much needed and relied upon resource within our senior center. It is with the assistance of volunteers that our senior center is successful in providing a continuum of care for seniors. There are many areas in which you can volunteer.

* Volunteer Service Areas

Nutrition

- **Home Delivered Meals Drivers :**

Delivery of meals to home-bound seniors.

M– F: 12:30—2:00pm

Office Assistance

- **Receptionists:** Answer phones, greet and assist visitors. Help seniors to reserve lunch, check in seniors for lunch & activities., and help seniors to complete intake forms if needed..

M-F: 1– 3 pm



Volunteers are needed for a minimum weekly commitment of 4 hours.

Bilingual in English and Chinese is preferable.



**Self-Help for
the Elderly**
安老自助處

Inquiry upon 650– 375– 8626 or yunjiey@selfhelpelderly.org

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