



Senior Resource ASSOCIATION

Promoting Independence in Our Community

VOLUNTEER OPPORTUNITIES

MEALS ON WHEELS

Every year we deliver more than 100,000 hot, nutritious meals to homebound seniors throughout Indian River County. Here's how you can help ensure even more older adults get the daily nutrition they need.

- Volunteer your lunch hour to deliver hot meals and a warm smile
- Deliver meals one day or every day
- Help pack and organize meals in our kitchen

ADULT ENRICHMENT & RESPITE

Share your talent! Our clients love to be entertained with music and other special performances.

- Engage our clients in an activity, including exercise classes, arts and crafts, and more
- Volunteer any day, Monday through Friday, at our Vero Beach or Sebastian locations

OFFICE SUPPORT

If meal deliveries or sharing talents are not your calling, consider volunteering in one of our offices.

- Assist with administrative tasks, including filing, making calls, and data entries
- Assist with event mailings and preparation
- Assist with clerical tasks on an as-needed basis

EVENT COMMITTEES

Help us plan the next big event! Join a committee to assist with the planning and execution of SRA events, including annual fundraising benefits and community outreach projects.

- Assist with organizing event logistics; Solicit items for auctions and raffles
- Assist with community engagement and marketing efforts
- Attend monthly committee meetings

SILVER TONES CHOIR

Love to sing? Join us! Our volunteer chorus of 70+ voices perform three seasonal concerts at First Presbyterian Church in Vero Beach each year and multiple small performances at private events during the summer.

- Audition may be required

TRAVEL TRAINER

If you enjoy public speaking and group interaction, consider becoming a travel trainer. Knowledge of Indian River County's geographic areas is required.

- Provide travel instructions and group training on the use of public transportation
- Assist clients and riders while boarding and departing the bus