**

CHICAGO AREA

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| **Activity** | **Location** | **Description** |
| Arts and Eats with Seniors at Lincoln Perry | 3245 S. Prairie AveChicago, IL 60616(312) 225-2464 | “Share time, attention, and creative talents with low-income seniors! Volunteers will help prepare a snack for lively participants and interact with them during a fun craft project. You’ll give seniors an outlet to express their artistic abilities and build community by bringing residents together for a group activity.”**Age Minimum (with Adult)** – 8 yrs old |
| Bingo Fun at Britton Budd | 501 W. Surf St.Chicago, IL 60657(773) 388-8101 | “Build community by joining in a friendly (but competitive!) game of Bingo with low-income seniors. Volunteers will chat with residents, participate in the game, and encourage attendees to invite their neighbors to play. By doing so, you’ll help create an atmosphere that fosters companionship and provides a fun social outlet for seniors who often live alone.”**Age Minimum (with Adult)** – 12 yrs old* **Train access:** Brown and Purple Lines
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| Rise and Shine at Men’s Center | 402 N. St. Louis AveChicago, IL 60624(773) 346-1785 | “Help cook and serve a hearty, pre-planned breakfast for men living in interim housing. While volunteers will clean as they go, the residents will finish tidying the kitchen after the meal. And besides providing breakfast, volunteers will have the opportunity to talk with the men to better understand the diverse circumstances and faces of homelessness.”**Age Minimum (with Adult) –** 14 yrs old* **Train access:** Green Line
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| Senior Diners Club at TRC Senior Village | 346 E 53rd St, Chicago, IL 60615(773) 924-9270 | “Enrich a senior’s life by preparing a meal and socializing! Volunteers will cook and serve dinner for up to 30 residents of the Senior Village and then interact with the group and play a fun interactive game. Your participation in this enrichment program will help build community among seniors, stave off isolation, and provide a warm meal.”**Age Minimum (with Adult)** – 12 yrs old**Easy El access**: Green Line |
| Nature Area Restoration - Burnham Nature Sanctuary | Burnham Nature SanctuaryChicago, IL 60615Sign up at chicagocares.com | “Escape into a green oasis in the middle of the city. Volunteers assist the Burnham Stewardship group with a variety of activities including trail maintenance, invasive plant species removal, brush cutting, seeding and planting.There are no bathrooms on site at this project.Participants are strongly encouraged to wear sturdy shoes and clothing that can get dirty. Other friendly suggestions: dress in layers that can be peeled off as the day warms up; wear a hat to protect your head; wear long-sleeves and long pants to protect against the sun, as well as from scratches and scrapes from thorny branches.”**Age Minimum (with Adult) –** 14 yrs old |
| Senior Lunch Club at Lake Parc Place | Sign up at chicagocares.com for more information | “Enrich a senior’s life simply by socializing and helping to prepare a meal! Volunteers will cook and serve lunch for up to 30 lively senior residents and then interact with the group and play fun Bingo games. With your help, seniors will have a fun opportunity for socialization that helps decrease loneliness and isolation. Residents will also feel special having their birthdays recognized, and your participation will expand the facility’s capacity for improving residents’ overall quality of life.”**Age Minimum (with Adult) –** 10 yrs old |
| Senior Birthday Club at Flannery Apartments Annex | 1507 N Clybourn Ave, Chicago, IL 60610Sign up at chicagocares.com for more information | “Throw a birthday bash for low-income seniors! This monthly party includes music, line dancing, and card games or a spirited game of Bingo. You’ll join in the fun, assemble special goody bags for residents, and cap off the party by singing “Happy Birthday” and enjoying cake with the seniors. By bringing residents together for a fun celebration and socialization, you will help build community among seniors who often feel isolated. Your participation also expands Flannery Apartments’ capacity for improving residents’ overall quality of life.The project alternates between the main building and the annex each month.”**Age Minimum (with Adult) –** 12 yrs old**Easy El access:** Red Line |
| Greater Chicago Food Depository Repacking | 4100 W Ann Lurie Place Chicago, IL 60632(773) 247-3663-or-Sign up atvolunteers.chicagosfoodbank.org | “The Greater Chicago Food Depository regularly needs volunteers to help with repacking donated food and other products. The repack session is a great introduction to the Greater Chicago Food Depository, the work we do here, and the need that we see in Cook County. A lot of the food we receive at our warehouse comes in bulk quantities and volunteers are scheduled to help us break it down into more manageable sizes. In a repack session you might be sorting produce, looking over a shipment of bread, or repacking bulk dry goods (cereal, pasta, rice) into smaller quantities. Together, we can properly and efficiently distribute quality food to participating food pantries, soup kitchens and shelters in Cook County.”**Age Minimum (with Adult)-** 14 yrs old |
| ServiceSaturdays | 4711 N Ravenswood Ave, Chicago IL 60640, 2nd Floor(773) 784-9000 | “Volunteers help to sort donationsand to pack safe sex or personalcare kits.”**Age Minimum-** 12 yrs old |

**References**

1. <http://www.chicagocares.org/>
2. <http://www.chicagocares.org/HOC__Volunteer_Opportunity_Details_Page?id=a0CA000000k3mNAMAY>
3. <https://volunteers.chicagosfoodbank.org/index.php?section=IndividualOpportunities&action=calendar>
4. <http://www.thenightministry.org/002_volunteer/>
5. <http://events.r20.constantcontact.com/register/event?oeidk=a07edbkob4s1501bc99&llr=h4xkuzeab>
6. <https://ucsc.uchicago.edu/page/saturdays-service>