

- **Quinte West**  
**High School Volunteer Opportunities Contact Volunteer Info Quinte at 613-969-8862 attn. Brenda Snider**
  
- **Ontario Humane Society** -613-968-4673  
[http://www.quintehumanesociety.com/documents/volunteer\\_form.pdf](http://www.quintehumanesociety.com/documents/volunteer_form.pdf)  
Monday to Friday morning and afternoons, Saturday mornings, Sundays afternoons. Volunteers are required to walk animals and help teach dogs to walk properly on a leash- good exercise for you as well.
  
- **Trent Valley Lodge Nursing Home** 613-392-9235  
Monday Afternoons, Tuesday Mornings, Tuesday Afternoons, Wednesday Afternoons, Thursday Mornings, Thursday Afternoons, Friday Afternoons, Saturday Afternoons  
Volunteers are needed to help with our scheduled group activities such as bingo, card games, crafts, church services, group outings, afternoon entertainment, special events etc. You would be assisting residents to and from the program, helping with set up, assist with serving the snacks and basically assisting the residents' to enjoy their activity. You will be sure to have fun yourself while enriching the lives of our residents! Children under the age of 15 will need to be accompanied by an adult.
  
- **Trent Valley Lodge Nursing Home** 613-392-9235  
Mondays to Sunday's morning, and afternoons  
We are seeking volunteers to visit with one or more resident, preferably on a weekly basis. Reading material and other props are available on site. Students requiring community involvement hours are welcome. Children under 15 must be accompanied by an adult. Orientation will be provided to all volunteers.
  
- **Quinte West Greenhouse and Gardens** 613-961-7149  
Monday to Sunday mornings, afternoons and evenings  
Volunteers start seeds in greenhouse in mid March. Throughout April the seeds are transplanted and maintained until mid May. The bedding plants are planted out in one of 42 garden plots. The vegetables will later be harvested and the food donated to Quinte West Food Bank and soup kitchen. This is a non-profit organization. If you like gardening and helping your community we need you.