

**Mission:** *To lead and empower our community to live life better.*

## *Seniors' Cooking Team Volunteer Opportunity*

Do you like to cook, enjoy being part of a team, want to contribute to your community and help us meet our mission?

Parkgate Seniors' Centre is currently looking for volunteers to join a team or to form a new team to provide a nutritious lunch service. Teams plan and prepare a nutritious meal once or more per month on Mondays or Wednesdays in the Seniors' Centre.

Orientation and training provided by staff and experienced volunteers based on safe food handling practices.

**To apply:**

Contact Bronwyn James, Volunteer Coordinator at 604-983-6385 Tuesday and Wednesday or email at

[bjames@myparkgate.com](mailto:bjames@myparkgate.com)

