



Retirement Volunteer Opportunities Checklist

Find Meaning • Stay Connected • Give Back

Community & Service

- ■ Volunteer at a local food bank
- ■ Help at a homeless shelter
- ■ Deliver meals to homebound seniors
- ■ Assist at community events

Education & Mentorship

- ■ Tutor children or adults
- ■ Mentor young professionals or students
- ■ Teach a skill or hobby
- ■ Read to children at libraries

Health & Wellness

- ■ Volunteer at a hospital or clinic
- ■ Provide companionship visits
- ■ Assist at blood drives

Environmental & Outdoor

- ■ Join a community garden
- ■ Participate in park clean-ups
- ■ Support tree-planting projects

Animal Care

- ■ Volunteer at an animal shelter
- ■ Foster pets temporarily

Virtual Volunteering

- ■ Provide online tutoring
 - ■ Help nonprofits with administrative tasks
 - ■ Offer virtual companionship calls
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Before You Commit, Ask Yourself:

- ■ Does this align with my passions?
- ■ Does the schedule fit my lifestyle?
- ■ Is the physical demand comfortable for me?
- ■ Will this bring me joy and fulfillment?