

Volunteer Opportunities

SPRING BASKET PROGRAM

Bellflower's Volunteer Center works closely with community groups, schools and organizations to provide Spring baskets for our most needy children in the Bellflower Unified School District. We will provide you with details of the child you "adopt" (name, age, etc.). You create a basket based on the information we provide, and contact the family to arrange delivery or you can arrange to drop off the basket at the volunteer center.*

If you would like to be a part of this important program, please contact the Volunteer Center, located at Simms Park.

Bellflower Volunteer Center
16614 S. Clark Avenue
(562) 925-9003

**Suggested items to include: school supplies, books, toys, candy, socks, underwear, toiletries (Please include new items only).*

Bellflower Volunteer Center

Located at Simms Park, 16614 S. Clark Ave. (562) 925-9003

Do you have some free time? Have you considered giving something back to your community? The Bellflower Volunteer Center is looking for you!

We offer a wide range of volunteer opportunities, including:

- ▣ Nutrition Program Assistance
- ▣ Ushering at the William Bristol Civic Auditorium
- ▣ Community beautification
- ▣ Assisting at community special events, local thrift store, and family donation programs

As a Bellflower Volunteer, you can benefit as well. You can learn new skills, meet interesting people, use your unique talents, and have the satisfaction of knowing you have done something worthwhile for your community.

If you would like to learn more about becoming a volunteer, or if you would like to make a donation of goods or services, please call the Bellflower Volunteer Center.

Senior Activities

Thompson Park Seniors Club

Meets each Tuesday, from 9:00 a.m.-12:00 p.m. in Rooms A & B. Play bingo, cards and more. For information call the park at (562) 866-8614 or visit the general meeting at 11:00 a.m.

Meals-on-Wheels

The Human Services Association will deliver low-cost meals to those confined to their homes due to health problems. For program information and registration call (562) 806-5400.

Senior Nutrition Program

Low cost, nutritious meals are served cafeteria style at 11:30 a.m., Monday through Friday, in the John S. Simms Park auditorium. Call from 9:00 a.m. to 12:00 p.m. for a reservation, (562) 925-6485. Donation is \$2.25. Operated by the Human Services Association.

Shuffleboard Club

Join this winning team! Club meets at Simms Park Thursday & Saturday, 8:30 a.m. to 12:00 p.m.

Exercise for Seniors

Meets each Monday, from 9:00-10:00 a.m. at Simms Park. This low impact fitness class focuses on stretching, cardiovascular conditioning and relaxation techniques. \$1 per meeting, no pre-registration required.

BELLFLOWER

Dial-A-Ride

Senior & Handicapped Transport

For Bellflower residents over 55 years or the physically handicapped.

Dial-A-Ride will go to destinations within the City of Bellflower for any purpose for a charge of 50¢ each way. Outside Bellflower city limits, Dial-A-Ride may be used for medical trips only, for a charge of \$2 each way (restrictions apply).

For registration information, please call
(562) 804-1424, ext. 2267
or view the information brochure at
www.bellflower.org