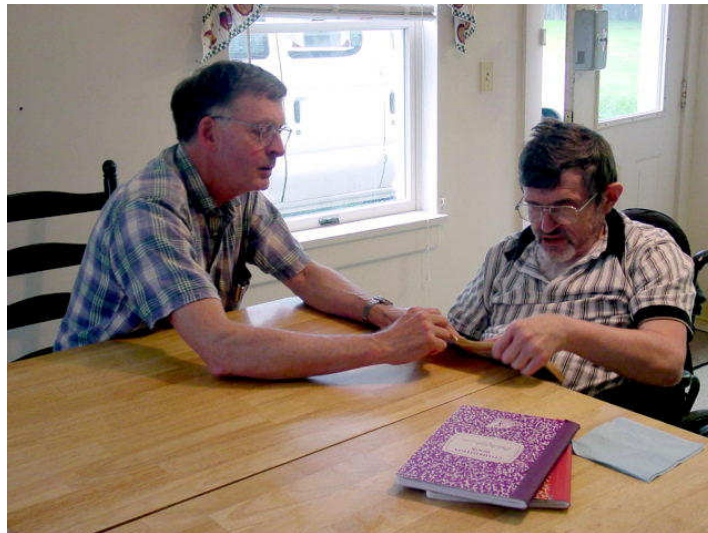


Be a friend; make a friend!

Want to make a difference?

VOLUNTEER WITH US!



Minute Man Arc has volunteer opportunity for community members who want to work with adults with developmental disabilities.

Volunteer needs include:

Day Habilitation Program Support – Anytime between 9:00 and 3:00

Monday thru Thursday

- **Teach piano** – and fulfill one woman's wish to learn to play
- **Teach numbers** - so that this woman can learn to use the phone

Residential Support – Weekday afternoon and evening and weekend hours

- **Teach reading** – to a woman who is interested in improving her skill
- **Teach numbers** - so that this woman can learn to use the phone
- **Take a friend to the movies** – Tickets are discounted on Saturday morning
- **Read** - to a non-reader
- **Help a friend to volunteer** – and decide where and when together
- **Help with transportation** – so that someone can visit a friend on the weekend. You can join in the fun!
- **Take a friend shopping** – in local stores
- **Take a friend for a walk** – or share other physical activities outdoors
- **Help a friend or a group to cook** – by preparing a meal and sharing it
- **Support a weekday or weekend arts and crafts group**
- **Help an individual or small group to take train rides**

Want to learn more? Have other ideas?

Please contact Patty Ochoa, Development Director, at Minute Man Arc:
978/287-7932 or email her at pochoa@minutemanarc.org.