

VOLUNTEER POSITION DESCRIPTION

Title: Senior Exercise Leader

Purpose: The Senior Exercise Leader will be available to help the Satellite Senior Program by leading a 45min to 1 hour exercise activity for clients before or after the meal service. This will be mostly chair exercises for a small group. Volunteers are also encouraged to socialize with seniors, and provide assistance as needed. The Senior Exercise Leaders will be instrumental in encouraging better health and nutrition, promoting safety and wellness, and keeping seniors connected to their community.

Description of Duties:

- Leading a small group of seniors adults in exercise activities for 45 minutes to 1 hour
- Encourage seniors adults to participate in the exercise class
- Socialize and get to know the clients with positive, friendly interactions
- Assist the site supervisor and/or clients as needed

Qualifications:

- Experience leading exercise classes or trained to do so
 - Including but not limited to registered nurses, retired nurses, occupational therapists, personal trainers, yoga instructors, group exercise instructors
- Experience working with senior adults
- Positive energy and personality
- Bonus: CPR/First Aid Certifications

Time Requirements:

- At least once a month at one of these program days and locations:
 - Mondays
 - The Ring House in Rockville
 - Temple Solel in Bowie
 - Wednesdays
 - Shomrai Emunah Synagogue in Kemp Mills (every 1st and 3rd Wednesday of the month)

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- Thursdays
 - The Ring House in Rockville
 - Har Tzeon Synagogue in Silver Spring

Orientation/Training: Orientation and training will be on the first day of service

Benefits:

- Helping senior adults in the community stay healthy and active
- Practice/experience leading senior adults
- Networking and socializing
- Free lunch at sites

Locations:

See Time Requirement section for when we are at each site:

Ring House - 1801 East Jefferson Street, Rockville, MD 20852

Har Tzeon - 1840 University Boulevard West, Silver Spring, MD 20902

Shomrai Emunah - 1132 Arcola Avenue, Wheaton-Glenmont, MD

Temple Solel - 2901 Mitchellville Road, Bowie, MD 20716

Supervisor and Agency Contact:

Jennifer Wenk, Member/Guest Services Director, 301-348-3850, jwenk@jccgw.org

About the Organization: The mission of the Jewish Community Center of Greater Washington (JCCGW) is to create a welcoming and inclusive environment, connecting people of our Jewish community with each other, Israel, and the broader community. We provide programs, classes, and safety-net services to people of all ages and backgrounds, enhancing their social, physical, intellectual, and spiritual well-being.