



## Institute on Aging

Helping Bay Area Seniors Live Independently

### Program of All-Inclusive Care for the Elderly

On Lok Lifeways centers provide a welcoming, safe place for members to receive outstanding healthcare, as well as to **socialize, learn, play and be creative**. Each center gives seniors full access to healthcare services, with a fully operating **medical clinic**, complete with exam and treatment rooms, and a **rehabilitation gym** designed to help seniors regain and maintain functional independence. These programs are considered a valuable alternative to nursing home care.

#### Volunteer opportunities include:

- Entertaining seniors with **comedy, music or dance**.
- Leading or assisting with **art programs**.
- Current or retired health care professionals can provide **health education** to clients and staff.
- Love **computers**? So do many seniors. Help them to feel comfortable checking their emails, surfing the internet, and more!
- Taking seniors on bi-monthly outings to fun places such as a **Giants game, the DeYoung Museum or the San Francisco Zoo**
- Internships in the fields of **nursing, physical therapy and occupational therapy** are available.
- Think about **your own special skills and interests**, and we are sure to find a way for you to share these with our wonderful clients!
- Our centers provide a multicultural atmosphere, and bilingual volunteers in **Spanish, Cantonese, Mandarin and Russian** are welcome.

Institute on Aging partners with two San Francisco On Lok center sites:  
**1426 Fillmore Street & 2700 Geary Blvd.**

Flexible Schedule between 10:00am - 3:00pm, Monday through Friday

Please fill out our [Volunteer Application](#) and return to [volunteer@ioaging.org](mailto:volunteer@ioaging.org) or fax to 415-750-4127. For more information about this and other IOA programs and volunteer opportunities, please contact Susan Lee Lindeman.

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