



ANCHORAGE SENIOR ACTIVITY CENTER

1300 East 19th Ave Anchorage, Alaska 99501 Ph: 907-770-2032 or 907-770-2000

Application for Volunteer Position

Date: _____	Organization and POC: _____
Print Name: _____	Date of Birth: _____
Mailing Address: _____	Over 18? <input type="checkbox"/> Yes <input type="checkbox"/> No
Zip: _____	Cell Phone: _____
Email: _____	Home Phone: _____

Career Experience: _____

Volunteer Experience: _____

Training and/or Degrees: _____

What type of tasks do you enjoy doing? Hobbies / Interest: _____

Do you speak a 2nd Language Fluently? _____

Do you have a medical condition that would restrict physical labor, movement or any type of Volunteer work? If so, please explain your limitations: _____

What is the heaviest weight you can/should pick up?
 10 Lbs. 20 Lbs. 30 to 40 Lbs. 50 and over

How long can you stand on your feet?
 20 minutes or less 2 hours or less 4 hours or less 6 to 8 hours

Do you require a chair or stool so you can be seated while you're volunteering?
 Yes No

REFERENCES		
Name	Phone or Email	Relationship

EMERGENCY CONTACTS		
Name	Phone AND Email	Relationship

ASAC MEMBER? Yes or No

Please **Circle** all areas of interest for Volunteering

Committees or Departments

Advisory Council	Board of Directors	Garden Gala Committee	Membership
Art Room	Craft Room	Library	Marketing
Borealis	Fitness		

Volunteer Opportunities

Art Exhibits / Classes	Gardening
Chorus	Garden Gala
Computer Instructor / Assistant	Gift Gallery Back Room Organizer
Crafts / Quilting / Crocheting	Gift Gallery Sales Rep.
Creative Writing / Drama	Health & Wellness Programs
Decorating for Events	Library / Book Sales
Dish Washer	Meals Program
Driver	Medicare Office
Entertainment	Office Assistant / Administration
Event Set-up / Take-Down/Server	Organizer / Decorator
Fitness Department	Photography / Videography
Front Desk and Fitness Dept. Desk	Veterans Programs
Games / Cards/ Recreation	Volunteer Data Entry

Please note if you are willing to be an "Instructor" in any areas in which you have expertise i.e.: Computer Skills, Art Classes, Bead working, Scrapbooking, Digital Photography, etc.

Availability Schedule: once a week once a month special events
 Volunteer Commitment Duration a few weeks 3 to 6 months

Most convenient times to volunteer (**Please be specific**):

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Morning</i>							
<i>Afternoon</i>							
<i>Evening</i>							

Release of Recording Waiver:

The Anchorage Senior Activity Center (ASAC) occassionally photographs, videos, and/or audio records onsite classes, programs and events. I understand that these may be used for advertising, trade, display, exhibits, or editorial use. Examples of these publications may include but are not limited to newsletters, brochures, reports, websites, slideshows, PowerPoint Presentations, program photo albums, and/or audio-visual public service announcements. No media shall be used for exploitation or promotion of activities unrelated to ASAC.

I consent: _____ **I "do not" consent:** _____

Please Print your name: _____

Signature: _____ Date: _____