

100 Ways to Make a Difference in Your Community

1. Help teach a younger child to read.
2. Help cook and/or serve a meal at Christmas time.
3. Organize a bottle drive to raise money for a local charitable organization.
4. Make "I Care" kits with combs, toothbrushes, shampoo, etc. for the homeless.
5. Pack and hand out food at a food bank (Parkland Food Bank).
6. Adopt a "grandfriend" and write them letters and visit them.
7. Visit seniors at a senior's lodge.
8. Rake leaves or shovel snow for a senior in the community (Adopt A Driveway).
9. Pick up groceries for an elderly person.
10. Go for a walk with a senior in your community.
11. Deliver meals to homebound individuals (Meals on Wheels).
12. Hold an afternoon dance for your local seniors.
13. Teach a senior friend how to use a computer and the Internet.
14. Get involved in the Christmas bird count.
15. Tutor a student who needs help learning English or some other subject.
16. Organize a canned food drive.
17. Clean up a vacant lot or park.
18. Organize a fundraising event to raise money for a good cause.
19. Plant flowers in public areas that could use some color.
20. Volunteer to help at a special event in the community (Canada Day Stony Plain or Spruce Grove).
21. Set up a buddy system for kids with special needs in your community.
22. Raise money for Braille books for visually impaired people.
23. Read books or the newspaper on tape for visually impaired people.
24. Collect and bring toys to the children in the hospital.
25. Contact your local political representative about key issues.
26. Register people to vote.
27. Organize a public issues forum for your neighbourhood.
28. Volunteer at a polling station the day of an election.
29. Take a friend to the polling station.
30. Help clean up a local cemetery.
31. Offer to pass out election materials.
32. Plant a garden or tree where the whole neighbourhood can enjoy it.
33. Set up a recycling system for your home.
34. Organize a carpooling campaign in your neighbourhood.
35. Adopt an acre of the rainforest.
36. Clean up trash along walking paths or in a park.
37. Create a habitat for wildlife.
38. Create a campaign to encourage walking and biking.
39. Be a foster home for abandoned or rescued dogs and cats.
40. Walk a neighbour's dog or pet sit while they are on vacation.
41. Teach Sunday school.
42. Learn to be a peer counsellor.
43. Send a letter to one of Canada's veterans or overseas soldier.
44. Volunteer at your local Youth Centre (Stony Plain Youth Centre).
45. Participate in a marathon for your favourite charity.
46. Become a friendly visitor at the hospital (WestView Health Centre).
47. Mentor a young person.
48. Donate books to your local library.
49. Start a book club in your area.
50. Hold a door open for someone.

51. Donate your old computer to someone who needs one.
52. Give blood.
53. Coach a child's sports team.
54. Become an organ donor.
55. Teach a dance class.
56. Organize a project for National Youth Service Day.
57. Be a children's camp volunteer.
58. Go Christmas carolling in your neighbourhood.
59. Write a letter to the editor about an issue you care about.
60. Learn first aid.
61. Become a Big Brother or Big Sister.
62. Take groups on historical tours of your community.
63. Write a note to a teacher who had a positive impact on you.
64. Get together with some friends to buy holiday presents for a family in need.
65. Tell a custodian that you appreciate him/her.
66. Hold a teddy bear drive for foster children, fire victims, etc.
67. Make a care package for an elderly person.
68. Teach at an adult literacy center (Parkland Adult Literacy).
69. Sing for residents at a senior's lodge or at the hospital.
70. Befriend a new student or neighbour.
71. Babysit for a family so they can have an afternoon out.
72. Coordinate a book drive.
73. Donate money to your favourite charity.
74. Make quilts or baby clothes for low-income families.
75. Bake cookies and bring them to your local fire department or RCMP detachment.
76. Donate toys to the thrift store.
77. Visit with people in the hospital.
78. Start a neighbourhood welcome committee.
79. Clean windows at the gas station.
80. Carry out groceries for people at the local grocery store.
81. Help shelve books at the library.
82. Read stories to children at the library.
83. Help people on the computer at the library.
84. Fill up water jugs for patients in the hospital.
85. Make Christmas Hampers for local families.
86. Join a Youth Council.
87. Input data into a computer for an organization.
88. Help teach swimming lessons at the local swimming pool.
89. Do computer research for an organization.
90. Design a website for an organization.
91. Organize a BINGO at the senior's lodge.
92. Host a Turkey Dinner for seniors in your neighbourhood.
93. Paint over neighbourhood graffiti.
94. Help give tours of your local museum.
95. Volunteer at the local arts theatre.
96. Call to check up on local senior.
97. Deliver flyers for local businesses.
98. Listen to the stories of seniors.
99. Setup a recycling program in your school.
100. Contact the Stony Plain Volunteer Centre for more information on possible volunteer opportunities!



Stony Plain
Volunteer Centre

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