Holiday Volunteer Opportunities

One-Time Events • Seasonal Projects • Donations

Spread joy throughout our community this holiday season. Support individually, or inspire your own group to serve from your personal, professional, or community networks, and help spread the word!

Full Life Care is a 501(c)(3) not-for-profit organization dedicated to enhancing the quality of life for vulnerable seniors, adults with disabilities, and their families in King and Snohomish counties. Our goal is to help the people we serve to more fully experience and enjoy their lives – regardless of age or health challenges.

Deliver a Meal on Thanksgiving Day



Be a part of our holiday tradition; Sign up for Full Life's 31st annual Thanksgiving Day delivery event, supporting ElderFriends and Care Teams program participants. Pick up festive packages and reheatable meals in the morning at our Beacon Hill headquarters. Offer friendly phone calls and deliveries to the homes of 1-3 elders or caregivers in Seattle or greater King County, who may otherwise be alone for the holiday. "You get to hear a bit of their life story, and they're always so appreciative," shared one volunteer. Another volunteer added, "You get as much out of it as the person that you're visiting."

Perform Holiday Music • Lead Holiday Group Activities



Help our Adult Day Health Care program in Beacon Hill get into the holiday spirit on weekday mornings or afternoons. Sing or perform holiday music (by bringing your own musical instrument to play), or lead a holiday group activity. Choose from premade activities, such as games, crafts, and show-and-tell, or design and lead your own. One client expressed, "There are a lot of people that have disabilities that need some place to go, enjoy themselves, and get better. See what you can do to make things better and have a great time!"

Sort Greeting Cards & Seasonal Supplies



Support behind-the-scenes by organizing our Beacon Hill headquarters' inventory of supplies on weekday mornings or afternoons. Sort hundreds of greeting cards, donations, and other seasonal supplies. Categorize and label cards, and prepare mailings, in addition to handwriting your own inspirational messages in blank cards. One administrative staff explained, "Office support is so important to help our nonprofit thrive, so we can both sustain and amplify our services."

Handcraft Holiday Greeting Cards



Contribute to our annual collection of over 1000 greeting cards for seniors and adults with disabilities, offering them a sense of connection and cheer. Use your own craft supplies to craft cards to be flat (no 3D stickers, no glitter, etc.), 5x7 or smaller, and include an uplifting handwritten message on the inside. Do not reference any specific holidays or religion, considering cards will be randomly distributed. Additional contributions of envelopes (blank and unsealed) and postage stamps are appreciated, but not required. One recipient described each card as "a wonderful gift to find in my mailbox."

Handmake Hats and Scarves



Calling all knitters and crocheters! Handmake donations of hats, scarves, and shawls to spread joy to Full Life's clients. We welcome your creativity in choosing patterns, designed for adults. We also request contributions to be soft and tightly woven for warmth, washable, and ready to use. Additional gift items (small pouches/bags, ornaments, coasters, etc.) may be accepted as well. Each item will be hand-delivered to clients during the winter holiday season. One staff reflected, "The smiles of delight are amazing! Having new items brings a sense of comfort and care."

Host a Giving Tree



Your generosity is the heartbeat of our mission. Each donation helps us provide compassionate, life-changing support to our neighbors in need, ranging from essential food and supplies to enrichment activities. Help coordinate your own donation drive by hosting a Giving Tree to collect gift cards for grocery stores, coffee shops, and more. Gift cards will enable us to offer flexible and customizable support to individuals when they need it the most. One staff explained how donations help "clients feel seen and remembered. It's incredibly special."

Questions/Comments? Ready to Sign Up? Support one (or more!) of our opportunities by contacting Jessica*, Volunteer Program Supervisor; 206-224-3764;* *jessicac@fulllifecare.org*

Learn More and explore ongoing volunteer opportunities at *https://fulllifecare.org/ways-to-give/volunteer*

Thank you. Together, we're building a fuller life for all.