



Mt. Juliet Senior Activity Center

Volunteer Form

Name: _____ Date _____

Address: _____

Phone: _____ Email: _____

Cell: _____

I would like to volunteer for: (Please Circle One)

Office Work Receptionist Cooking Club Special Events

Yard work Maintenance Painting Committees Teaching

Other: _____

Health restrictions: _____

Notes:

I am available: (Please circle)

Mon Tues Wed Thurs Fri Sat Sun

Morning Afternoon Evening

Time: _____

The MJSC has permission to use photos of me taken while participating in its programs for promotional purposes. (Signature) _____ (Date) _____

Remember to record your volunteer hours in the volunteer book