

SKYLANDS RSVP VOLUNTEER RESOURCE CENTER

ADDRESS: 53 Stickle Ave., Suite 2 (Administrative Office)
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WEBSITE: www.norwescap.org

HOURS: Monday - Friday 8:30 a.m. - 4:30 p.m.

FEES: None.

DESCRIPTION OF SERVICES

Skylands RSVP Volunteer Resource Center fills community needs through recruiting and placing volunteers age 55+, who are pursuing meaningful activity, in a non-profit organizations, public agencies, and proprietary healthcare organizations. SRVRC also provides some information and referral, as well as recruit volunteers for the following programs that are volunteer run.

- VITA (Volunteer Income Tax Assistance) FREE
- Healthy Bones - Exercise program using weights for those who suffer from Osteoporosis or for the prevention of Osteoporosis.
- Move Today - Exercise program using resistance bands
- Take Control of Your Health - Self-Management Program on how to manage your chronic condition.
- Matter of Balance - Teachers older adults how to manage their fears of falling.