



**Use Life
Experience
for Life's
Work...**

Volunteer.

By joining CSVP, you'll be affiliated with many others who give their time to improve the lives of people in the Conejo Valley.

With CSVP, you can match your talents and interests to the needs of our community.



Volunteer Opportunities

What is CSVP?

Studies show that adults who volunteer live longer, healthier, and more fulfilling lives. The Conejo Senior Volunteer Program (CSVP) helps seniors stay active and involved within our community.

CSVP volunteers do just about everything. They tutor students, prepare taxes, plant gardens, and support our troops. However they choose to serve, CSVP volunteers meet community needs and make a lasting difference.

Conejo Recreation and Park District has sponsored a senior volunteer program for the past 45 years. Today, more than 1,000 adults age 55+ participate in CSVP, making it one of the largest senior volunteer programs in California.

You can be part of this extraordinary family. Join CSVP today!

How can I become a CSVP Volunteer?

If you are 55+, you can unite with 1,000 other local volunteers making a difference in our community. This brochure outlines some of the many volunteer opportunities available. To sign up, just stop by our office or give us a call. Our contact information is on the back of this booklet.

We hope to see YOU soon!

Groups Meeting at the Goebel Adult Center

CSVP BUSY BEES

Mondays, 9:30am-noon

Sew, knit, or crochet items for children, service members, and older adults as well as make various items to sell in the CSVP Boutique.

CSVP TEDDY BEAR WORKSHOP

Mondays, 1:30-3:00pm

Stuff handmade bears for underprivileged children using donated fabric, ribbons, and fiberfill. Sewers, stuffers, and artists are welcome.

CSVP CRAFTERS

Wednesdays, 9:00-11:30am

Knit and crochet items that are sold in the CSVP Boutique to benefit the Conejo Senior Volunteer Program.

NIFTY LADIES

Wednesdays, 12:30-3:00pm

Sewing projects such as blankets, bibs, and pillowcases for underprivileged adults and children.

INSTRUMENTAL and VOCAL GROUPS

Rehearsals are held at the Goebel Adult Community Center

Groups bring entertainment to local skilled nursing facilities several times each month.

- Forever Young Singers meet ***Fridays, 9:00-11:00am***
- Conejo Valley Senior Dance Orchestra practices on ***Thursdays, 11:30am-1:45pm***
- Ukulele Strummers & Singers meet ***Wednesdays, 2:30-4:15pm***

***If you are interested in any of these opportunities, contact CSVP:
805-381-2742 or csvp@crpd.org***

Community Volunteer Opportunities

ADULT CARE CENTERS

Assist seniors by engaging them in activities: walking, dancing, music programs, companionship, arts and crafts, games and more; assist as a front desk receptionist, provide clerical support, and other opportunities.

AMERICA SUPPORTING AMERICANS (ASA)

Help support our troops!

Volunteers needed for sending out packages, writing cards, helping with newsletter, website, special events, & board positions.

CANCER SUPPORT COMMUNITY

Offers free programs that provide psychological, social, and emotional support for cancer patients and their families. Volunteer for clerical and receptionist tasks at their Westlake office.

CHUMASH INDIAN MUSEUM

Volunteer opportunities include school tour assistants, gift shop associates, handy-work help, and more.

CONEJO FREE CLINIC

Receptionists, data entry assistants, doctors, nurses, dentists, and lawyers to work with the low-income and homeless population.

CONEJO OPEN SPACE FOUNDATION/NATIONAL PARK SERVICE

Educates patrons about their roles as custodians and protectors of our open space and the environment. Volunteers needed for Adopt-a-Trail, Trail Patrol, Trail Watch, Trail Building, Trail Maintenance, and Trail Education Days. Volunteers needed at Visitor Centers.

CONEJO VALLEY ADULT LITERACY PROGRAM

Tutor adults in reading and writing at the Conejo Valley Adult School Literacy Center. Volunteers and students are matched and meet weekly. Training workshops are held throughout the year.

Community Volunteer Opportunities

CONEJO VALLEY BOTANIC GARDENS

Plant, prune, learn to propagate plants, or conduct tours for school children and adults. Our local botanic garden, located at Conejo Community Park, is maintained and managed by volunteers who set their own schedules.

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Make a difference in the life of a child!

If you have an hour or two a week to spend in the classroom to help children (under the direction of the teacher), you can give an extra boost to a child's learning experience.

CONEJO VALLEY VILLAGE (CVV)

Provide services to help older adults stay in their homes. Drivers needed to provide rides for medical appointments and other local errands. Volunteers to help with household support, electronics set-up, and more.

COURT APPOINTED SPECIAL ADVOCATES (CASA)

A CASA Volunteer is a trained community volunteer appointed by a juvenile court judge to speak for the best interests of a child or non minor dependent who has been abused or neglected. Non-advocate opportunities also available.

FOOD PANTRY PROGRAMS

Work at food pantry collecting and distributing food/produce to families in and around the Conejo Valley.

GARDENS OF THE WORLD

Rewarding volunteer opportunities in a beautiful garden setting. Docents are trained to lead educational tours.

GOEBEL ADULT COMMUNITY CENTER

Array of opportunities include front desk, blood pressure, Goebel Cafe, CSVP Boutique, Saturday night dances, mailings, tax greeters, and more!

Community Volunteer Opportunities

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

After receiving extensive training and additional internship hours, volunteers are certified to provide free counseling to Medicare recipients relating to Medicare, Medicare Advantage plans, long-term care insurance, and prescription drug coverage.

HOSPICE OF THE CONEJO

Hospice volunteers are special people!

Some work directly with terminally ill patients and their families to provide emotional support, companionship, and respite care. Other volunteers help with the Tree of Life as well as other special events throughout the year.

JAMES STOREHOUSE

Support children in foster care and those aging-out by providing resources that will ease transitions and improve living conditions. Opportunities include organizing donations, delivering goods, helping shop, marketing, and fundraising.

LONG TERM CARE OMBUDSMAN

As advocates for the elderly, these volunteers visit, observe, advise, protect, and help solve problems in long term care facilities in Ventura County. Excellent training is provided.

MANY MANSIONS

This non-profit, affordable housing provider has on-site services to help residents break the cycle of poverty. Various volunteer opportunities including receptionist, filing, fundraising, event planning, and more.

MEALS ON WHEELS

Drivers are needed to deliver meals to Meals on Wheels clients. Help older adults who are unable to drive or cook for themselves.

Community Volunteer Opportunities

MEDICAL CENTERS

Interest, compassion, and caring are the attributes you need to volunteer at a local healthcare facility.

Meet people, learn new skills, and help your community!

PET PROGRAMS

Do you love dogs? Local agencies are looking for volunteers to walk dogs, sit with dogs, fold laundry, answer phones, and organize supplies.

SCHOOL ON WHEELS

Provides academic tutoring to children living in shelters, motels, vehicles, group foster homes, and on the streets. Services for students grades K-12. Volunteer today and become a positive role model and mentor in the life of a child.

SENIOR NUTRITION PROGRAM

Make new friends while assisting in the dining room, the kitchen, or at the check-in table at the Goebel Adult Community Center.

SHOP AHOY

Volunteers shop and deliver groceries to seniors to help them remain living independently in their homes.

SOCIAL SERVICES

Volunteers help the vulnerable population with emergency support, sorting donations, pantry support, and making lunches.

STAGECOACH INN MUSEUM

Volunteers are a dedicated group with a passion for Conejo Valley History. Become a docent, lead school tours, help with special events, set-up displays, work in the garden, library, office, grounds, and more. The opportunities are endless!

Community Volunteer Opportunities

STUDY BUDDY PROGRAM

You can make a difference! Looking to improve the lives of children and families living in our community? Tutor 1st-3rd graders in the CVUSD school system on Tuesdays and/or Thursdays.

TAX PREPARERS

Be a part of a team of volunteers that provide FREE Income Tax Assistance. Accounting experience not necessary, but must be comfortable using computers and commit to one day/week February-April. Training takes place in January.

THOUSAND OAKS GRANT R. BRIMHALL LIBRARY & NEWBURY PARK LIBRARY

Volunteer at your local library today. Numerous opportunities including tutoring programs, book sorting, book displays, and more.

THRIFT SHOPS

Several local thrift shops can use your help sorting, pricing, or assisting as a cashier. Thrift shops raise funds for local nonprofit organizations.

VOLUNTEERS IN POLICING (VIP)

Volunteers perform routine police functions allowing deputies to concentrate on the duties that sworn personnel can perform.

WESTMINSTER FREE CLINIC

This non-profit organization provides basic health care to homeless and low-income population. Physicians, nurses, dentists, and other health care professionals are needed on Wednesday evenings.



“The best way to find yourself
is to lose yourself
in the service of others.”

~ Mahatma Gandhi

CONEJO SENIOR VOLUNTEER PROGRAM

Julie Spivack, Director

Janet Adair, Volunteer Coordinator

Myra Byrne, Volunteer Coordinator

GOEBEL ADULT COMMUNITY CENTER

1385 E. Janss Road • Thousand Oaks, CA 91362

805-381-2742 • Fax 805-495-5430

csvp@crpd.org • crpd.org/csvp

CSVP Office Hours:

Monday–Friday • 9:00am–4:00pm



*Conejo Senior Volunteer Program
is sponsored by the Conejo Recreation & Park District*