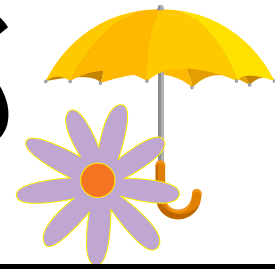




ARA NEWS

April 2023



Happy April!

This month we will be focusing on volunteering.

We will touch base on what volunteering is, how can you volunteer and volunteering opportunities in our community.

Volunteering is not only good for others, but also for yourself. It can boost your health, happiness and skills in surprising ways.

Benefits of Volunteering

- 1 Gives you a sense of purpose
- 2 Provides a sense of community
- 3 Helps you meet new friends
- 4 Increases your social skills
- 5 Improves self-esteem
- 6 Teaches you valuable skills

Remember that the happiest people are not those getting more, but those giving more

H. Jackson Brown JR.

I'm really not into spring cleaning.



Come to think of it, I'm not into summer, fall or winter cleaning either.

Volunteer Opportunities

Kitchen Helper:

Karing Kitchen

Kitchen Helper:

Ray of Hope Kitchen

Community Connector:

Canadian Red Cross

Bingo Volunteer:

Dieppe Boys & Girls Club

Contact Lauren for more information [\(506\) 866-8558](tel:5068668558)



Let's welcome spring by celebrating ARA's new Activity Shack!

In the activity shack we have:

(5) Bicycles

Washer Toss

Horse Shoes

Axe Throwing Game

And MUCH more to come!

Contact the office (506) 854-7229 to book equipment

IMPORTANT

If you are interested in participating in the community garden this year please start thinking about what kind of vegetables you would like to have in the garden. We will likely be planting all veggies the **first week of June**

Contact your Community Support Coordinator Lauren if you have any questions

csc@arainc.org or (506) 866-8558