WesleyLife provides a wide array of care options for aging adults who find themselves needing assistance with day-to-day living and/or needing an increased level of health care including on-going care on a temporary basis due to illness or surgery or on a more permanent basis, each of the care options is designed to encourage and promote a happy, healthy and active lifestyle.

**Volunteer Opportunities**

**Classes:**
Creating a wellness class for the nursing floor residents like Tai Chi or yoga for the independent living residents, teaching computer classes, teaching poetry or writing classes, teaching arts and crafts

**Clubs:**
Assisting book clubs, participating in a men’s group playing table games or cards, taking part in a women’s club featuring tea parties or red hat club,

**Other Activities:**
Music and singing, participating in “social hours” or one-to-one interactions, creating “life books” filled with life stories, or assisting with grant writing.

**Assisting with Independent Living:**
We serve older adults by creating meaningful and purposeful opportunities that help keep individuals independent and in their homes for longer. Students would have the opportunity to work with independent individuals as well.

**Driving Directions**

1. Head east on Independence St toward W 4th St
2. Take the 1st left onto W 3rd St
3. Take the 3rd left onto Washington St
4. Turn right to merge onto IA-163 W toward Des Moines
5. Take the ramp to merge onto IA-14 N
6. Turn right onto IA-14 N
7. Turn right onto 1st Ave W
8. Turn left onto 1st St N
9. Destination will be on the right

**Contact**

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**ACE**

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