

L'Arche Cleveland is a faith-based community for adults with and without disabilities. Core Members are what we call the people with developmental disabilities, because they are at the core of our mission.

- Visit a house and play board or card games with the Core Members.
- Play video games with a Core Member at one of the homes.
- Paint Core Members' fingernails of our homes.
- Bring a friendly pet to visit one of our homes.
- Bring a plate of cookies or brownies to one of the homes.\*
- Give Core Members haircuts at home.
- Teach the Core Members at a house a skill (art class, craft project, sewing, knitting, crocheting, music, etc.).
- Visit a home and teach a religious lesson or scripture.
- Lead a sing-along or perform music at one of our homes.
- Take a Core Member on an outing:
  - o To go get coffee
  - o To the park for a walk
  - To the bowling alley
  - To the movie theatre or to see a play
  - To get a haircut
  - To a church service (on Sunday or during the week)
  - To the store
  - To a volunteer opportunity
- Help with spring cleaning (organize basements, garages, deep clean homes, etc.).\*
- Paint rooms in the homes when needed.
- File paperwork at our office (alphabetize, put in chronological order, scan files, etc.).\*
- Do yardwork (weeding, mowing, plant flowers, and/or trim bushes).\*
- Spend an evening with Core Members in their home and cook or bring dinner.
- Join us for prayer night (opportunities to lead prayer or reflection available).
- \* Indicates task can be done during COVID restrictions

If you can help support L'Arche Cleveland, contact Alex Bell at 216-904-9325, or at alex@larchecleveland.org!