

RSVP in Action

Make a Meaningful Difference

People like you use their life and job skills to work with others to strengthen their communities.

Through RSVP, those skills become meaningful connections and support for older adults - offering friendship and safety checks while helping older adults remain independent.

See how Bay Aging's RSVP volunteers impact the Middle Peninsula and Northern Neck.

Last year:

- Over 500 RSVP volunteers served across Bay Aging's service area
- Volunteers contributed over 16,000 hours of service
- Meal programs supported over 900 people through congregate and home-delivered meals
- Bay Aging volunteers delivered over 176,000 Meals on Wheels meals
- Another 7,855 congregate meals helped older adults stay nourished and connected

Get Involved

Join RSVP at Bay Aging and help make our region a stronger, more connected place to live for people of all ages.



RSVP is part of AmeriCorps Seniors, a national volunteer program that connects adults age 55 and older with meaningful volunteer opportunities in their local communities.

☎ 1-804-758-1260 Ext 1314

🌐 www.bayaging.org

📍 PO Box 610, Urbanna, VA 23175

RSVP is a program of Bay Aging, a nonprofit 501(c)(3) organization established in 1978.



Scan the QR code to learn more and complete a Volunteer Application

6/2026



RSVP

Retired and Senior Volunteer Program

Use your experience to help neighbors live independently and stay connected in the communities they call home.



WHAT IS RSVP?

Part of a nationwide network, RSVP is Bay Aging’s volunteer program for adults age 55 and older who want to make a difference close to home. With flexible opportunities across the Middle Peninsula and Northern Neck, you can put your experience to work in ways that strengthen community.

Whether you serve a few hours a month or more regularly, RSVP helps connect your time and talents to meaningful local needs.



WHY VOLUNTEER WITH RSVP

As an RSVP volunteer, you will:

- Choose a flexible opportunity that fits your schedule and interests
- Put your experience and talents to work in ways that matter
- Support neighbors and strengthen the place you call home
- Build connections and enjoy the satisfaction of giving back
- Receive volunteer placement and supplemental accident and liability insurance

WAYS TO HELP

- Deliver nutritious meals to homebound older adults
- Help at Bay Aging’s Active Lifestyle Centers and related programs
- Assist with food distribution and other community-based services
- Support local efforts that improve quality of life for older adults and caregivers

To Volunteer, contact:
Hyena Rose at
1-804-758-1260 Ext: 1314

WE WELCOME ADULTS OF ALL AGES

THE DIFFERENCE YOU MAKE

Your time helps older adults access meals, transportation, support, and connection that make everyday life safer and more independent.



“These folks are bringing the community to those of us that are homebound . . . they take the time to have a conversation. I am blessed to have such a wonderful meal and a friendly face to see every day.”
MOW client

