

ICLC Newsletter



Volunteer program
at a seniors day care in Carrillos



Students that learn Spanish at ICLC are able to help at **Centro Diurno Jerusalén**, in Carrillos, at the end of the Language Program.

Seniors receive day care (from 8 a.m. until 3 p.m.) including food and daily activities. The Administration works with funds from *Junta de Protección Social de San José* (lottery for social projects).

Their efforts contribute with the Costa Rican social health system because the goal is to keep them happy, active and healthy.



Participants help seniors during meals time, in recreational and physical therapy, assist them when crossing from one area to another one and provide advice and guidance on health issues and personal care.



They sell their work to visitors, to buy new materials.

