

TimeBanksNYC Service Checklist

	G i v e	G e t
Services		
Transportation		
Carpooling		
Large hauls		
Driving locally		
Driving long distance		
Medical appointments		
Shopping escort		
Train/Bus/Airport		
Delivery work *		
Meeting escort *		
Taking groups of people on field trips *		
Errands		
Shopping for apparel/beauty supplies		
Gift purchases		
Drugstore shopping		
Grocery shopping		
Item pick-up/drop-off		
Shopping for party items/special occasions		
Mail courier *		
Making copies/Faxing/Scanning *		
Personal shopper *		
Returning items *		
Waiting in line for items/events *		
Help for Home/Office		
Baking/Cooking		
Prepared foods		
Catering		
Hair & Beauty		
Feng Shui		
Furniture rearranging		
Interior design		
Composting		
Gardening		
Lawn mowing		
Leaf raking		
Pruning		
Recycling		
Snow removal/Ground salting		
Trash		
Party help		
Pet Care/Sitting		
Alterations/Making clothes		
Sewing		
Baby proofing *		
Bartending *		
Cleaning *		
Moving/Packing *		
Organizing *		
Seasonal work *		
Waiting for a delivery *		
Washing/Ironing clothes *		
Companionship		
Bereavement visiting		
City/Neighborhood orientation		
Email/Instant messenger buddy		
Entertainment/Events companion		
Hospital visits		
Peer Support		
Telephone visiting		

	G i v e	G e t
Services		
Community Service Activities		
Canvassing/Outreach		
Clean-ups/Recycling		
Fundraising		
Helping TimeBanksNYC		
Special events		
Community gardens *		
Conducting surveys *		
Focus groups *		
Newsletter production *		
Wellness		
Licensed - Alternative/Complementary therapy		
Nonlicensed - Alternative/Complementary therapy		
Licensed - Massage		
Licensed - Counseling		
Exercise partner		
Licensed - Fitness trainer		
Meditation		
Yoga		
Health Services/ Support		
Coordinating medical discharge		
Medical visit escort		
Prescription delivery		
Research		
Support groups		
Education Workshops/ Services		
Advocacy		
Budget planning		
Financial literacy		
Health & Nutrition		
Braille		
Language practice		
Literacy		
Sign language		
Teaching foreign language		
Mentoring		
Technology		
Translating/Interpreting		
Standardized test preparation		
Tutoring		
Career/Admissions counseling *		
Cooking lessons *		
Driving lessons (Over 21) *		
Theft protection *		
Travel *		

Please complete both sides.

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Services	G i v e	G e t
Arts, Crafts, Music and Recreation		
Classes/Lessons		
Crafts		
Floral arrangement		
Gift baskets		
Henna Tattoos		
Origami		
Quilting and Needlearts		
Woodwork		
Dancing		
Entertainment/Performers/DJ-ing		
Music/Instruments/Vocal		
Games (Board/Cards/Video)		
Photography		
Video (Editing/Filming/Lending/Watching)		
Sports (Coaching/Refereeing/Pick up games)		
Glass blowing		
Pottery		
Studio Art		
Theater		
Do It Yourself projects *		
Party arrangements *		
Reading/Writing *		
Tarot Cards/Astrology/Numerology/Palm Readings *		
Repair and Maintenance		
Car care		
Car wash/Wax/Vacuum		
Carpentry & Construction		
Electrical		
Equipment		
Furniture		
Handy work & Manual labor		
Painting		
Wallpapering		
Plumbing		
Licensed - Security/Locks		
Appliances *		
Licensed - Exterminator *		
Fixtures *		
Floors *		
Heating & cooling systems *		
Insulation *		
Musical instrument repair *		
Picture hanging *		
Plastering *		
Roof repairs *		
Shoe repair *		
Tile work *		
Upholstering *		

Services	G i v e	G e t
Business Services		
Budgeting		
Tax planning		
Clerical		
Shorthand		
Transcription/Dictation		
Typing/Word processing		
Licensed - Legal Services		
Licensed - Notary		
Marketing/Ad design		
Outreach/public speaking		
Research		
Certified or Licensed Appraiser *		
Conducting surveys *		
Licensed - Counseling *		
Graphic design and illustration *		
Licensed - Security guard/Crowd control *		
Supply inventory *		
Computer/ Internet Technology		
Comparison shopping		
Computer buddy		
Email set-up		
Computer training		
Installing programs/Equipment		
Internet research		
Photo/Video editing		
Computer maintenance		
Repairs		
Troubleshooting		
Social networking		
Web design		
Computer networking *		
Computer programming *		
MP3 players *		
Transitioning between Mac/PC *		

* These services can be entered in the "Other" category on the database. Members are not authorized to perform any service not listed on this document.

Please complete both sides.