Grade 7 Appendix G

Volunteer Day

Volunteer Day

Have you ever heard someone use the phrase "be a good neighbor"? They were likely talking about how we can be good to our neighbors by being friendly and getting to know them, by offering them help when they need it or even when they don't ask for it. Well, if we applied that belief system to the world in general, we'd find that it would be a better place to live. One way we can do this is by "being a good neighbor" to the community in which we live. It not only feels good to help others in our communities, but it also enables us to be more involved in building and strengthening our communities. It's important to be more than just a resident in a community; getting involved allows you to be an active, participating citizen.

There are many different ways we can be involved in helping others in our communities. Any interest you might have can usually translate into an opportunity to help your community by doing something you enjoy. At Volunteer Day, you can choose from a long list of community needs and select the activity that best fits your interests. What better way is there to enjoy your own hobbies while helping others at the same time?

Come to Volunteer Day, choose which activity you'd like to participate in for the day, and hopefully the feeling you have at the end of the day will inspire you to become a volunteer on a regular basis. See below for a schedule of events on Volunteer Day.

Volunteer Day Schedule:

7:30 a.m.: Meet at the Community Center for juice and bagels.

8-8:30 a.m.: Visit with representatives from the many participating organizations. Choose which activity you'd like to help with for the day.

8:30-9 a.m.: Board the bus for your chosen activity, and ride with the organization's representatives and other volunteers to your activity site.

9 a.m.-Noon: Work as a volunteer.

Noon–1 p.m.: Share lunch with your volunteer group. Don't forget to bring a sack lunch from home!

1–3:30 p.m.: Continue your volunteer work.

3:30 p.m.: Board the bus that will take you back to the Community Center, where you will be able to talk with other volunteers and share your experiences.

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See below for a list of volunteer opportunities for Volunteer Day so you can begin thinking about which activity you might want to join.

Paint houses: Do you enjoy making art? If so, this volunteer opportunity might be just right for you! Happy Homes is a local organization that provides home repairs for needy people in the form of painting. For elderly or physically disabled people who cannot do repairs to their homes, Happy Homes provides volunteer painters to repaint old homes, outside or in. Happy Homes also provides painters to create beautiful murals inside schools or community centers.

Play games at nursing homes: If you enjoy board games and talking with people, Elder Care might be the right organization for you. Elder Care provides companionship to nursing home residents by sending volunteers into nursing homes to spend time with them, play board games with them, and talk with them.

Plant flowers: Do you enjoy being outside in nature? City Parks Association has many great opportunities for people who love to be outdoors. Help plant flowers and bushes in city parks, help lay trails at Cave Springs Park, or help pick up trash around the river banks. These activities are very active, so remember to be prepared with plenty of drinking water!

Read to children with learning disabilities: Do you enjoy working with young children? Do you like books? Love and Learning is an organization that provides volunteers to help children with learning disabilities. Read books out loud to groups of children four to six years old, or read one-on-one with struggling readers seven to eight years old.

Play with animals: Do you love animals? Furry Friends is an organization that visits local animal shelters and provides volunteers to spend time with the animals while their cages are being cleaned. Walk dogs, play with puppies, snuggle with cats, or hand-feed rabbits.

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