

# MITZVAH DAY IS APRIL 7TH!

BETH  
ABRAHAM  
JACOB



B'NAI  
SHOLOM



Check-in and Lunch at Beth Emeth begins at 11:30 am (prepared at Ohav Shalom).

## REGISTRATION DEADLINE: MARCH 31

Online: <https://goo.gl/forms/3MTqqTLld9PZq9FB2>

Mail this form: Mitzvah Day, c/o Beth Emeth, 100 Academy Rd, Albany NY 12208

Email a scan of this form: 40rosedale@gmail.com

### ON MITZVAH DAY PLEASE BRING:

Can pop tops for Ronald McDonald House | New or gently-used bath-size towels for Joseph's House

## REGISTRATION INSTRUCTIONS

Please indicate 3 choices of a Mitzvah Day Team. Some locations limit the number of volunteers we can send. We will try to place you in your first choice, but will place you where you are needed most. We will keep your family together if you make the same choices. Please review the team descriptions (on the other side of this flyer) which include information on volunteer time, location, and age restrictions for kids. Kids under 18 must be accompanied by an adult.

Family Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ Contact email: \_\_\_\_\_

Please indicate your choice of program by completing the chart below. Refer to the back of this sheet for the list of available programs. Indicate the number corresponding to the program you prefer in the choice column. We'll let you know your team assignment in advance of Mitzvah Day.

VOLUNTEER NAME	AGE IF UNDER 18	1ST CHOICE	2ND CHOICE	3RD CHOICE

Questions? Contact Gail at 40rosedale@gmail.com or 518-505-4963

# MITZVAH DAY PROGRAMS

	PROJECT	WORK LOCATION	CAPTAIN	AGES
1	Mitzvah Day Check-In/T-Shirt Station	Beth Emeth	Deborah Stayman	12+
2	Sort Food Donations for Hungry People	Regional Food Bank	Jenna Shersky	4+
3	Cook Dinner for Families at Ronald House	Ronald McDonald House	Amanda Gurock & Nicole Geiger	18+
4	No-Sew Blankets for Mary's Corner	Beth Emeth	Ellen Reohr & Joni Lieberman-Basen	10+
5	Peanut Butter Bag Lunches for City Mission	Beth Emeth	Julie Levin & Amy Krenzel	All
6	Lunch for Mitzvah Day Volunteers	Ohav & Beth Emeth	Men's Clubs/ Brotherhoods	18+
7	Meatballs for Soup Kitchen	Beth Emeth	Laura Alpert & Peter Perry	12+
8	Supply Bags for Refugees	Beth Emeth	Dan Cotton	All
9	Bake for City Mission Homeless	Beth Emeth	Elise Beams	All
10	Soup Kitchen Garden Prep & Plant	Beth Emeth	Marni Tesser & Sara Salitan-Thiell	All
11	Welcome Bags for Teens at Equinox Shelter	Beth Emeth	Amy Horwitz	All
12	Birthday Boxes for Homeless Children	Beth Emeth	Judy Avner	All
13	Ribbons for To Life! Breast Cancer Education	Beth Emeth	Phyllis Shapiro	All
14	Cemetery Clean Up Grounds/Chapel	Beth Emeth Cemetery	Mark Swyer	All
15	After-School Snack Bags for Trinity Alliance	Beth Emeth	Elana Kamenir	All
16	Pack Towels for Joseph's House for Homeless	Beth Emeth	Frank & Nancy Allen	All
17	Lap Quilts for Veterans	Beth Emeth	Becky Marvin & Valerie Tabak	All
18	Welcome Bags for Ronald McDonald House	Beth Emeth	Marcia & Mike Horelick	All
19	Letters for IDF Lone Soldiers; alone in Israel	Beth Emeth	Eric Schwartz	All
20	Breakfast-to-Go bags Ronald McDonald House	Beth Emeth	Robyn Easton & Emily Kurlander	All
21	Red Cross Blood Drive Help or Donate Blood	Beth Emeth, 8am-1pm	Debbie Sokoler	16+
22	Pack Passover Food Baskets	Bethlehem Chabad	Rachael Schertzer (Woren)	All
23	Baby Fleece Balls for Trinity Alliance	Beth Emeth	Aviva Schwartz	10+
24	Bandanas for Shelter Dogs and Cats	Beth Emeth	Tanya Schwartz	10+