



# Mitzvah Day is here!

**SUNDAY, FEBRUARY 21, 2010**  
**9:30 - NOON**

**Choose from one of the three options:**

**1. PAINT YOUR HEART OUT PALM BEACHES**

This is a volunteer based non-profit organization sponsored by the Solid Waste Authority. The exterior of qualifying single family homes is painted with SWA recycled paint at no charge to the elderly, disabled, low income and families with children.



**We will be painting the house of a disabled man**

This home is located near the Temple on 8th street in West Palm Beach.

This project will take 4 hours and between 20-30 people to complete.

Our goal is to begin work at 8:00 am but if you are unable to get there early please let us know when you would be able to join us.

**2. QUANTUM HOUSE at St. Mary's Medical Center**

Quantum House provides temporary lodging and emotional support during a family crisis so that parents may focus all of their time and energy on their hospitalized children



**We will be Quantum house "Chef's for a Day"**

This wonderful program prepares home cooked meals for the families staying at Quantum House. We will be preparing brunch for between 20-25 residents. If you are creative in your cooking or just love to cook, this is the project for you. If you are unable to join us but would like to bake or prepare a dish (can be for any meal) for the residents, we would be happy to have your treat. For those who would like to come to Quantum House but have two left thumbs in the kitchen, you can help us clean up and mulch the garden.

**3. FRENCHMAN'S FOREST NATURAL AREA - PALM BEACH GARDENS**

We will again be joining our friends from the Palm Beach County Department of Environmental Resources Management for hiking trail maintenance, trash removal and exotic plant removal. We'll be working in brush-filled areas so you should wear your old long pants, t-shirts and hiking boots or sneakers.



**MITZVAH DAY REGISTRATION FORM**

**YES, I want to make a difference and volunteer!**

**Children under the age of 18 must be accompanied by an adult!**

NAME	AGE	Choice 1	Choice 2
1.			
2.			
3.			
4.			
5.			
6.			

Family Phone #: \_\_\_\_\_ Family email: \_\_\_\_\_

Mail your form back to Temple Israel \* 4 Harvard Circle, Suite 600 \* West Palm Beach, FL 33409 by **February 17<sup>th</sup>**

Questions...contact our Social Action chairwomen, Lori Ackerman at [Lori.Ackerman@tenethealth.com](mailto:Lori.Ackerman@tenethealth.com) OR Suzette Gingold at [shadowshir@aol.com](mailto:shadowshir@aol.com)

For more information contact the Temple Israel Office at 833-8421 or our web-site at [www.temple-israel.com](http://www.temple-israel.com)

