



Sunday, May 22, 2011
18 Iyar 5771

CHECKLIST:

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|--------------------------------------------------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> wear old work clothes | <input type="checkbox"/> plenty of water |
| <input type="checkbox"/> picnic blanket | <input type="checkbox"/> picnic lunch (dairy) |
| <input type="checkbox"/> rakes, brushes, gloves | <input type="checkbox"/> sunscreen / umbrellas |
| <input type="checkbox"/> bicycle (for the bicycle rodeo run by the Framingham Police Department) | |

Donated items to support our community, including:

- | | |
|-------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> used cell phones | <input type="checkbox"/> gently used books |
| <input type="checkbox"/> baby wipes | <input type="checkbox"/> canned tuna fish |
| <input type="checkbox"/> toiletries | <input type="checkbox"/> crayons, markers and glue sticks |
| <input type="checkbox"/> gently used sports equipment | |



Register online at
www.mwjds.org/mitzvah_day

Dear Friends,

We are delighted to present the third annual Mitzvah Day, a day filled with acts of *tikkun olam*, organized by Temple Beth Am and MetroWest Jewish Day School. Building on our success of past years, the event is an opportunity for us to make a difference—"to change the world."

Thanks to our leaders Hillary Jacobson, Dana Grossman Leeman, Dara Grossman, Laurie Schneider, David Stearns, the Mitzvah Day Committee, our wonderful Captains, as well as partners Framingham Co-operative Bank, Jewish Family Network, and Combined Jewish Philanthropies, who all came together to organize this extraordinary event.

We are excited to provide opportunities through Mitzvah Day for families to develop habits of loving-kindness and generosity with their children. We look forward to working with you on May 22nd. We hope you will join us to celebrate Lag B'Omer with a special field day beginning at noon at MWJDS.

L'shalom,

Carolyn Keller

Cantor Jodi Schechtman



Lag B'Omer Celebration at MWJDS (Juniper Hill School)
12:00—1:30 pm

During the Celebration, children can brave hurricanes and house fires at the Fire Safety House, and young riders can receive bicycle safety tips and use their new skills on a Rodeo course.

Please bring your bicycle; the bank will be providing new helmets for the kids, and the police will be properly fitting them to any child that needs one.

Remember to bring your lunch (dairy) too! We will provide drinks and dessert and will hold a field day celebration!

Special thanks to Framingham Co-operative Bank and the Framingham Fire and Police Departments.

SOFTBALL GAME WITH SPECIAL NEEDS KIDS AND ADULTS (90 min.)

The special needs participants in the game have varying degrees of behavioral challenges. Some can talk; others cannot. Some need a lot of assistance and some do not. The key is to be encouraging and positive. Bring mitts.

Captain: David Stearns

Location: JJ Park Lane on Speen Street, Natick

Ages: 12+

SOLDIER PACKAGES (45 min.)

Say thank you to those fighting for our country by making cards and packaging personal care items for soldiers abroad.

Captains: Jen Rubin and Jodi Rubin

Location: Temple Beth Am

Ages: 7+

SOUP KITS (45 min.)

Join us to prepare heart-healthy vegetarian soup kits for families in transition.

Captains: Hope Casey and Shari Churwin

Location: MWJDS, 29 Upper Joclyn Avenue, Framingham

Ages: All

TEMPLE BETH AM BEAUTIFICATION (45 min.)

Join us as we beautify Temple Beth Am. We will be cleaning up the garden, weeding, and working on other small projects. Please bring your own gardening tools, rakes, and gloves.

Captains: Michael and Beth Adler

Location: Temple Beth Am

Ages: All

SCHOOL SUPPLIES FOR KIDS IN NEED (45 min.)

Help local kindergarteners start school right by filling backpacks with notes and much needed school supplies.

Captains: Terry Levin and Susan Rubin

Location: Temple Beth Am

Ages: 7+

LEARN TO KNIT AND CROCHET FOR A CAUSE (45 min.)

Join members of TBA's Knitting and Crocheting group and learn to create beautiful hats, scarves and blankets to be distributed to local organizations.

Captain: Marion Wollmeringer

Location: Temple Beth Am

Ages: 10+

LETTERS TO SOLDIERS & CELL PHONE COLLECTION (45 min.)

For those serving our country abroad, hearing from home and being able to communicate with loved ones is crucial. Participants in this project will help package used cell phones & create cards for soldiers in Iraq. These packages will be sent as part of the Major Adam Stuart Wolfer Institute.

Captain: Orly Bejerano

Location: MWJDS, 29 Upper Joclyn Avenue, Framingham

Ages: 5+

BOOK COLLECTIONS (45 min.)

Participants will decorate bookmarks and sort and package gently-used books for individuals in need and for patients at the Dana Farber Cancer Institute. The bookmarks will be shared with patients during treatment.

Captain: Audrey Reed

Location: Temple Beth Am

Ages: 7+

SANDWICHES FOR LOCAL SHELTER (45 min.)

Make someone's day by helping put food on their plate. Come prepare healthy sandwiches for individuals who can't get to the grocery store.

Captain: Rebecca Byard

Location: MWJDS, 29 Upper Joclyn Avenue, Framingham

Ages: All

MITZVAH DAY SCHEDULE

Time	Activity	Location
8:30-9:30	Breakfast & Registration	Temple Beth Am, 300 Pleasant St., Framingham
9:30-10:00	Opening Ceremony	Temple Beth Am
10:15-12:00	Mitzvah Day Projects*	Disperse to Project Sites
12:00-1:30	Closing Celebration and Lag B'Omer (Lag B'Omer = a festive Jewish field day)	MWJDS, 29 Upper Joclyn Ave., Framingham (Bring a blanket and dairy picnic lunch.)

*All off-site projects will run from 10:30-12:00 (allowing time to/from sites).

*All on-site projects will run in two shifts: 10:15-11:00 and 11:15-12:00.

Mitzvah Day projects require your energy and enthusiasm. They also cost money to implement.

This year we are asking each family to pay \$10 to participate.

Your money will be collected at the registration table on Mitzvah Day. Your contribution will help buy the necessary supplies for each project.

Thank you!

VOLUNTEER OPPORTUNITIES

This year participants will have the opportunity to participate in either two, 45 minute projects or one, 90 minute project. When registering online, please choose your projects accordingly.

In addition, please note the location of each project when you make your selection.

MAKE DOG BISCUITS AND BEDS FOR DOGS AWAITING ADOPTION (45 min.)

Join members of BATY and help our four legged friends by baking dog treats and cutting up fleece for blankets for dogs at Buddy Dog in Sudbury.

Captains: Carly Davidson and Jamie Rich Location: Temple Beth Am Ages: 12+

BIRTHDAY IN A BAG (45 min.)

Participants will decorate gift bags and create birthday cards to create a birthday in a bag. Bags will be filled with cake mix, frosting, candles, birthday hats, and a small toy. These bags will be donated to Haven for Hunger and the NE Home for Little Wanderers and allow families to always be able to celebrate a child's birthday without having to sacrifice something else.

Captains: Jaime Brody and Tracy Cranson Location: Temple Beth Am Ages: 7+

CLEAN-UP / FLAG PLACEMENT AT JEWISH CEMETERY (90 min.)

Participants will take part in a clean-up and place flags at the gravesites of Jewish veterans. Members of the Jewish War Veterans will be on hand to oversee and identify the graves, as well as share history about the cemetery, which contains a buried Torah scroll and children's Holocaust memorial. Please bring your own rakes and yard trash bags.

Captains: Steve Lockwood and Joy Lapidus.

Location: Framingham-Natick Hebrew Cemetery, 16 Windsor Avenue, Natick Ages: All

SENIOR CITIZEN CELEBRATION AT SUMMERVILLE AT FARM POND (90 min.)

Spend a few hours playing board games with the residents of Summerville at Farm Pond, an assisted living facility in Framingham.

Captain: Janis Kamin

Location: Summerville at Farm Pond, 300 W. Farm Pond Rd. Framingham Ages: 7+

TEDDY BEAR BRIGADE (90 min.)

Few things are as comforting as a teddy bear to children facing difficult times. Project participants will make and stuff teddy bears to be distributed to children experiencing traumatic situations. **This project costs an additional \$10 per child.**

Captain: Penni Rochwerger, Jewish Family Network

Location: Heritage at Framingham, 747 Water Street, Framingham Ages: 3-6

SPRING CLEAN UP AT THE DANFORTH ART MUSEUM (90 min.)

Use your talents to help clean up outside the Danforth Art Museum and then go inside for a complimentary tour of a watercolor exhibit "Yankee Seder" by Adam Gustavason.

Captains: Debka Janak and Howard Schwartz

Location: Danforth Art Museum, 123 Union Ave. Framingham Ages: 7+

BAKE SALE TO BENEFIT VICTIMS OF RECENT NATURAL DISASTERS (45 min.)

Bake cupcakes and cookies which will be sold at the afternoon Mitzvah Day Lag B'Omer celebration at MWJDS. All bake sale proceeds will be sent to benefit the victims of the recent earthquake and tsunami in Japan and the tornado in Alabama.

Captains: Lauren Ayzenberg and Ellen Fink

Location: MWJDS, 29 Upper Joclyn Avenue, Framingham Ages: 5+

MWJDS PERENNIAL GARDEN – SPRING CLEANING (45 min.)

Long before MWJDS opened its doors at Juniper Hill School, parents at the original site planted a beautiful garden of perennial plants. Help preserve this important legacy and keep the garden looking beautiful for generations to come.

Captain: Jan Schwartz

Location: MWJDS, 29 Upper Joclyn Avenue, Framingham Ages: 7+

ORGANIZE LUCY & JOE'S FOOD PANTRY (90 min.)

A service of Jewish Family Services of Metrowest, Lucy and Joe's Pantry provides food to seniors and families in need. Come and help organize the shelves of this important food distribution center in our community.

Captain: Stephanie Levine

Location: Lucy & Joe's Pantry, 475 Franklin Street, Framingham Ages: 7+

PLAY IT FORWARD (45 min.)

Play It Forward is an organization that collects and distributes gently used sports equipment to local organizations. Come and help clean, sort and distribute donated sporting goods to local kids.

Captain: Rick Reed

Location: Temple Beth Am Ages: 7+

BOOK MARKS FOR LOCAL LIBRARIES (45 min.)

Share the joy of reading by creating beautiful bookmarks to be distributed to local libraries.

Captain: Marsha Massey

Location: Temple Beth Am Ages: All

WOODLANDS CLEAN-UP (45 min.)

Help clean up the wooded and marshland areas around Temple Beth Am. Help remove the trash and restore nature to its original beauty.

Captains: Rob Cohen and Bill Habelow

Location: Temple Beth Am Ages: All

SING-A-LONG AT HERITAGE ASSISTED LIVING (90 min.)

Brighten up the day and bring smiles to young and old alike! Hang out with the residents of Heritage at Framingham Assisted Living. We'll play fun, interactive games, sing songs, and chat with the elders.

Captains: Don Levey, Dan Wulf and Susan Pell

Location: 747 Water Street, Framingham Ages: 7+

BIRTHDAY WISHES (45 min.)

Birthday Wishes provides birthday parties for homeless children. Project participants will package up collected items (e.g. juice boxes, party supplies: themed wrapping paper and solid cover table covers, and gifts for children 3 and under) and make birthday cards for Birthday Wishes.

Captains: Amy Salinger and Julie Wolf

Location: Temple Beth Am Ages: 3+

SNACK BAGS FOR GRAFTON FOOD BANK (45 min.)

Summer is coming and kids need healthy snacks. Help decorate and fill summer snack bags to be distributed to those in need from the Grafton Food Bank.

Captain: Nancy Rotatori

Location: Temple Beth Am Ages: 5+