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| **MITZVAH DAY****Sunday, March 12, 2023****9:00 a.m. - 4:00 p.m.** |

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**MORNING**

**PROGRAMS FOR ADULTS AND TEENS**

9:00 - 9:30 Bagels and Coffee

9:30 - 3:30 Blood Drive (open to the public)

9:30 - 10:00 Opening Program – Led by Rabbi Kaiserman “Mitzvah Day–One Mitzvah Leads to Another” & Guest Meditation Teacher Rachel Krieger “Spiritual Preparation for a Day of Doing Good”

10:00 - 12:00 **What Mitzvot Will Make You Feel Good (AM)?**

◊ Donate Blood – NY Blood Center Drive continues until 3:30

◊ Bring Gently Used or New Plastic Toys and Electronics for Children in Need and Earth Day – Second Chance Toys – ToFHY Welcomes all Teens to Help Clean and Prep for Donation after lunch

◊ Stuff Bears for Hospitalized Infants – NY Presbyterian Hospital

◊ Assemble Care Packages for Homeless LaGuardia Community College Students

◊ Crochet/knit Blue Hats for Peace and Quilt Squares and Blankets for Children –Project Linus

◊ Make Cards and Donate Money for our Troops - Eagles Up!

◊ Donate Money for Ukraine – Razom

**PROGRAMMING DURING RELIGIOUS SCHOOL**

9:00 - 9:30 Tefilah

 (over)

9:30 - 9:50 Making Bagged Lunches for Corona Seventh-Day Adventist Church (SDA) and Gift Bags for Seniors – 7th Grade

9:55 - 10:15 Making Bagged Lunches for Corona SDA & Gift Bags for Seniors – 4th Grade

10:10 - 10:20 “Storytime with Lois: Shine Your Light” – Grades K-1

10:15 - 10:35 Making Bagged Lunches for Corona SDA & Gift Bags for Seniors – 2nd & 3rd Grades

10:20 - 10:40 Making Bagged Lunches for Corona SDA & Gift Bags for Seniors – 5th Grade

10:45 - 11:05 Making Bagged Lunches for Corona SDA & Gift Bags for Seniors – Grades K-1

10:45 - 11:15 “Climate Change and How You Can Make a Difference” – Presented by Mark Laster and Eric Arnum, Forest Hills Green Team, and Noah Greene-Hourvas, Fridays for Future – 4th Grade

10:45 - 11:45 “Caring for Newly Arrived, Immigrant Schoolchildren” Speakers: Dominique Fils-Aime, Community School Director, and Yoselyn Vega, Outreach Specialist, Variety Boys and Girls Club at PS112Q

Assembling Hygiene and School Supply Welcome Kits, including Card Making for Elementary Schoolchildren in Astoria - 5th Grade

11:00 - 12:00 “Better Together” Intergenerational Team Program

Making Bagged Lunches for Corona SDA & Care Packages for Homeless Community College Students – LaGuardia Cares – 6th Grade

“Using Your Superpowers: How to Be an Upstander” – Facilitated by Center for Anti-Violence Education– 7th Grade

11:10 - 11:30 “Storytime with Roberta: Shine Your Light” – 2nd & 3rd Grades

**AFTERNOON**

12:00 - 1:00 Community Lunch for Volunteers

1:00 - 3:30 **What Mitzvot Will Make You Feel Good (PM)?**

 **All morning activities listed above, plus:**

◊ Assemble School Supply and Hygiene Welcome Kits for Newly Arrived Immigrant Schoolchildren, plus Card Making, PS112Q in Astoria

◊ Prepare Personal Sanitary Items for Girls Worldwide - Days for Girls - Adults and Children 9+

◊ Make Bagged Lunches for Corona SDA (ToFHY, 1:00 – 2:00)

◊ Help Clean and Prep Toys for Donation – Second Chance Toys (ToFHY/Teens, 2:00 – 3:00)

2:15 Violin Youth Concert with Karen Davidowitz at Atria

 Junior Choir performs at Forest View followed by Fairview

3:30 - 4:00 End of Day Reflections and Meditation with Rabbi Kaiserman & Cantor Pincus