

Hands On

Be The Change. Volunteer. | ASHEVILLE • BUNCOMBE

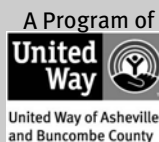
June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5 ● Shake and Bake	6 ● Bonding Blankets
7	8 ● Cookie Night	9 ● Flower Express ● Pack and Sort at MANNA	10	11 ● Meals for Hope	12	13 ● Fair-Trade Stock-Up
14	15	16	17	18 ● Knit-n-Give	19	20 ● In the Garden ● Cooking for Comfort
21	22	23	24	25 ● Fair-Trade Stock-Up	26	27
28 ● Flower Express	29	30	1	2	3	4

Hands On Managed Projects usually last 2-3 hours and don't require a long term commitment. These projects are managed by Hands On and led by trained volunteer Project Coordinators. To learn more & sign up for these or other opportunities at our partner agencies, visit

www.handsonasheville.org

Hands On Asheville-Buncombe
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Bonding Blankets (Mission Hospital's Neonatal Intensive Care Unit)

Help make "lovies" for premature babies. A love is a tiny blanket that a new mother sleeps with for several nights so it acquires her scent. The love is then placed in the incubator so that the baby can start bonding with the mother while in the hospital. Sewing skills are not required.

Cookie Night (The Rathbun Center)

Help bake homemade cookies for families who are staying at The Rathbun Center which provides free lodging for families from out of town who have a loved one in an area hospital.

Cooking for Comfort (Care Partners Hospice & Palliative Care)

Show support to hospice patients and their families by cooking and serving a meal. This is a wonderful way to nurture these families and give them an opportunity to support one another while dining on a home-cooked meal.

Fair-Trade Stock-Up (Ten Thousand Villages)

Ten Thousand Villages is a fair-trade retail store that sells handcrafted items made by artisans in more than 30 developing countries. Volunteers will assist with unpacking and pricing the merchandise to be displayed and sold.

Flower Express (Second Bloom)

Help brighten someone's day with the gift of fresh flowers. With the help of volunteers, Second Bloom collects and recycles flowers from events and area retailers that would otherwise be headed to the landfill. Volunteers help by making bouquets and passing them on to nursing home residents, rehab centers and Hospice. No previous flower arranging experience necessary.

In the Garden (Children First/Community in Schools Family Resource Center at Emma)

Volunteers will be preparing the garden for fertilization, planting, and harvest! Much of this garden's harvest will go directly into the Emma food pantry and back into the community.

Kids Care: 4-6 year olds (Hands On Asheville-Buncombe)

This is a project where kids are the volunteers! Each month's project will involve an age-appropriate learning component and a hands-on activity. **This project is geared towards 4-6 year olds.** ***Adult volunteers not needed unless bringing youth participants.

Kids Care: 7-12 year olds (Hands On Asheville-Buncombe)

This is a project where kids are the volunteers! Each month's project will involve an age-appropriate learning component and a hands-on activity. **This project is geared towards 7-12 year olds.** ***Adult volunteers not needed unless bringing youth participants.

Knit-n-Give (Buncombe County Health Center)

Help make hats to be given to newborns served by the Health Center's Community Health Program. These hand-knitted hats are treasured by the client families and help provide incentive to keep important appointments with Community Health Nurses. All skill levels welcome.

Meals for Hope (YWCA)

New Choices is an empowerment program for displaced homemakers in need of counseling and assistance in order to achieve economic self-sufficiency. Volunteers cook & serve a meal for women and children attending its meetings.

Pack & Sort at MANNA (MANNA Food Bank)

Help sort and pack food at MANNA Food Bank to be given to agencies serving hungry people in WNC.

Shake and Bake (ABCCM Veteran's Restoration Quarters & Inn)

Cook and serve a homemade lunch at ABCCM's men's program. Take an afternoon to give back to these men who have served our country and are now in need of assistance. Both men and women are encouraged to participate.