

## February 2010 Family Volunteering Opportunities

Friday, February 5<sup>th</sup>

National Wear Red Day - American Heart Association

Help to raise awareness that heart disease is the No 1 killer of women (and men)

Encourage family and friends to visit their doctor for a heart check-up, cook heart-healthy meals, get some exercise together and wear something red!!

To make a donation or for more info, go to [www.goredforwomen.org](http://www.goredforwomen.org)

Friday February 12<sup>th</sup> - Sunday, February 14<sup>th</sup>

Jammin' in Your Jammies at the Holiday Inn Select at Cedar Bluff

An overnight event of dancing, games, swimming, pajama contest, etc

A family of four costs \$130 and additional guest are \$30 per person

All proceeds benefit Children's Hospital Child Life Department

For more info and reservations, call 541-8437 or go to [www.etch.com](http://www.etch.com)

Friday, February 12<sup>th</sup>

IHOP's 5<sup>th</sup> Annual National Pancake Day - 7:00am - 10:00am

Guests are invited to enjoy a free short stack (three) of IHOP's pancakes

In return, guests are asked to consider making a donation ☺

All proceeds benefit the Children's Miracle Network - [www.ihoppancakeday.com](http://www.ihoppancakeday.com)

Saturday, February 13<sup>th</sup>

Mardi Growl Parade - 11 am-2 pm

Parade begins at the new Downtown PetSafe Dog Park at Summit Hill & Central Avenue, continues thru the Old City to Gay Street and ends at Market Square

Registration \$10/ Morning of event \$15 - benefits Young-Williams Animal Center

Go to [www.cityofknoxville.org/mardigrowl](http://www.cityofknoxville.org/mardigrowl) for more info

Saturday, February 13<sup>th</sup>

2<sup>nd</sup> Annual "Fall in Love with Knoxville"

11:30 am - 3:00 pm at the Knoxville Center Mall

The mall is hosting a community volunteer fair and inviting the public to "Fall in Love with Knoxville" by supporting community organizations ☺

Valentine themed children's craft for Kidget members by KnoxvilleMommies.com

For more information, contact Christin Cagle at 544-1501

Saturday, February 20<sup>th</sup>

Princess Party - Father/Daughter Dance

6:00pm to 9:00pm at YWCA in Downtown Knoxville for girls ages 4-12

All proceeds benefit the East Tennessee Children's Hospital

For ticket info, call Ashton or Cheri Jones at 938-3857

or ETCH at 541-8437 or go to [www.etch.com](http://www.etch.com)