

February 2012 Family Volunteering Opportunities

February 1 - 29th

Project Linus Make a Blanket Month

Get to together with your friends and make blankets for kids in need ☺

All blankets made go to Children's Hospital, Ronald McDonald House, Hope Resource Center, Child Advocacy Centers, domestic violence shelters and more....

Go to www.projectlinuseasttn.org for more info.

Friday, February 3rd

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

Saturday, February 4th at Farragut High School

Saturday, February 11th at Chilhowee Park

Plug Into Your Community Recycling Event - 9:00 am - 3:00 pm

Drop off your old computers, cell phones, printers, small TVs, speakers, etc.

Event is free but donations accepted for the Optimist Club of West Knoxville - this organization provides free labor for this event.

Help keep lead, mercury & cadmium in these items out of our water supply ☺

For a list of acceptable items, go to www.pluginintoyourcommunity.info

Sunday, January 6th

Host a "Game Day. Give Back." Party during the Superbowl for St. Jude Hospital

Have your friends over for the big game and help the kids of St. Jude! ☺

Go to www.stjude.org to register your party and for more information.

Friday February 10th at 5:00 pm - Sunday, February 12th at 10:00 am

13th annual Jammin' in Your Jammies at the Holiday Inn Worlds Fair Park

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 541-8441 or go to www.etch.com

February 11th

Registration deadline for Ice Chalet's 8th Annual Skate-a-Thon

At the Ice Chalet at Shops of Western Plaza from 3:00 - 6:00pm on March

Proceeds go to Ice Chalet Skating Club & Special Olympics of Greater Knoxville

Go to www.chaleticerinks.com/skateathon.htm for more info.

February 13th - 19th

Random Acts of Kindness Week - Extreme Kindness Challenge

The Random Acts of Kindness Foundation is asking everyone to do one act of

kindness every day during this week ☺ - and you can also share your act of

kindness - by posting it on their website during that week - to inspire others!

Go to www.randomactsofkindness.org for a list of ideas and more info.

February 26th - March 2nd

Second Harvest's Knoxville Restaurant Week

Local restaurants will offer a 3-course prix fixe dinner for either \$25 or \$35 -

and \$5 of that dinner will be donated to Second Harvest Food Bank of East TN ☺

Reservations are recommended - beverages, taxes & gratuities are not included.

Go to www.secondharvestknox.org for more info and the list of restaurants.