



90 for 90

What is it?

90 for 90 is an opportunity for all clubs to celebrate Founder's Day and the Association's 92 years of service by doing a 90-minute service project February 18-19, 2012.

How do we do it?

Here's a list of 90 service project ideas to jump start the brainstorming at your club.

We will compile a total number of service hours devoted to this project and announce it at National Convention 2012.

Please let us know:

- what your club did
- how many volunteers participated
- how many hours were spent on your club's project

How do we share it?

To report the activity your club will champion — or if you have any questions — please contact National Service Director Robin Stanton (rmlstanton@shaw.ca) or the Service Coordinator at National, Cristen Quigley (cquigley@kincanada.ca).

90 Community Service Ideas

(reduce, reuse, recycle ideas)

1. Work in a concession stand to raise money for a good cause like local youth sports.
2. Take photos during an event and donate them to the event organizers.
3. Host a coffee & dessert fundraiser (perhaps combine with an ugly tie or sweater theme).
4. Create and facilitate a Sunday School project.
5. Host a pancake breakfast at your club, for some friends or neighbourhood kids.
6. Host a snowman/snow sculpture building contest.
7. **Collect gently-worn clothes and donate them to the Salvation Army.**
8. Make birthday cards for the elderly.
9. Stage an event to promote community spirit.
10. Run errands for an elderly person in your neighbourhood.
11. Practice random acts of kindness.
12. Team up with a local youth group and take them bowling.
13. Plan a program at a rehabilitation centre or nursing home.
14. **Organize a coat drive in which old coats are donated for use by needy people.**
15. Decorate for St. Patrick's Day at a nursing home, hospital, school or homeless shelter.
16. Provide hot chocolate or cider at an outdoor rink or tobogganing hill.
17. Drive an elderly person to church.
18. **Plan for St. Patrick's Day! Don't only wear something green — do something green! Get your club together to organize a recycling program or promotional initiative.**
19. Give "Get Well" and recently-read magazines to patients at the local hospital.
20. Make baskets for seniors' residential facilities, neighbours or homeless shelters.
21. Salt the sidewalks and driveways of the elderly in your neighbourhood.
22. Celebrate a birthday by asking friends to donate items for causes instead of gifts.
23. Knit, crochet or quilt baby blankets or hats for the newborns at your local hospital.
24. Conduct a clothing repair or sewing workshop for needy people.
25. Assemble a new parents' kit for the arrival of a newborn.
26. **Collect old magazines and donate them to day-care centres for crafts.**
27. Collect unused make-up, perfume and toiletries for a women's shelter.
28. Make a cancer or aids quilt or mural to remember people who have died from these diseases and to remind others of their lives.
29. Write to a children's book author and ask them to donate signed copies of their book; auction the books off and donate the money to your local library.
30. **Collect old stuffed animals and dolls. Clean them up, repair them and donate them.**
31. Organize a baby-sitting service for foster families.
32. Offer a fire safety workshop (candles, fireplaces) with the local fire department.
33. Drive a senior to their doctor or dentist appointment.
34. Volunteer at the community health department.
35. **Organize a gently-used prom dress drive and donate the dresses to inner-city schools or a group working with disadvantaged youth.**
36. Volunteer to be a teacher's aide.
37. Work with local schools and encourage the school cafeteria to donate left over food to local homeless shelters.
38. Tutor children and adults who are learning English as a second language.
39. **Collect school supplies and donate them to children in need.**
40. **Collect children's books for the needy.**
41. Provide child care during PTA meetings at your local schools.
42. Assist at an after-school program for younger children.
43. Volunteer to serve as a crossing guard before and after school.
44. Organize a reading hour for children at your local school or library.



Kin Canada

Kinsmen • Kinettes • Kin

Volunteering and Your Health Facts:

Feeling connected to your community can play a key role in how healthy you feel and volunteering is a reflection of social connectedness.

Health benefits of doing a good deed are similar to those experienced by people practicing yoga, spirituality and meditation as it slows the heart rate and can cause a decrease in blood pressure.

There is a sense of calmness that comes from helping others, these feeling can reinforce the sense that ones life has purpose and in turn enhance ones self-esteem.

People with higher self esteem have the motivation to make better lifestyle choices.

45. Conduct a food bank drive at your club or church.
46. Help cook and/or serve a meal at a homeless shelter.
47. **Gather clothing from your neighbors and donate it to a local shelter.**
48. Help with building repairs at a local homeless shelter.
49. Have a coupon clipping party and donate coupons to a local food bank.
50. Pack and hand out food at a food bank.
51. Bake a batch of cookies and deliver it to a soup kitchen or homeless shelter.
52. Assist with sorting and organizing items donated to a homeless shelter.
53. Set up a Saturday Reading Hour where you visit a homeless shelter and bring books to share and leave behind.
54. **Create a campaign to encourage using public transportation.**
55. Collect used business clothing and conduct basic job training and interview skills (etc.) for the less fortunate in your community.
56. Volunteer at an agency that works with children with disabilities.
57. Bring toys to children in the cancer ward of a hospital.
58. Cook meals for a family that has a loved one in the hospital.
59. **Collect gently-worn mittens and hats for needy children.**
60. Offer to take kids skating or tobogganing.
61. Help neighbors paint and repair their homes.
62. Contact your local Habitat for Humanity to see how you can support them.
63. Work with the local health department to volunteer at the flu clinic.
64. Organize a newcomers group in your neighborhood to welcome new families.
65. **Volunteer to clean up trash at a community event.**
66. Take the Christmas lights off a senior's house.
67. Host a Trivia Pursuit fundraiser.
68. Volunteer at the grocery store to carry bags for seniors to their cars.
69. Organize a neighbourhood kids' craft afternoon.
70. **Organize a "walking school bus" in your neighbourhood.**
71. Spruce up and paint the community and/or youth centre.
72. Shovel snow for the elderly in your community.
73. Volunteer at a local blood donor clinic.
74. Shovel snow and care for the plants of neighbors who are away on vacation.
75. Lend a helping hand at a local community centre.
76. Take a senior to the movies or bring a video to watch at their home.
77. **Start a collection drive for old sports equipment and donate it to needy families.**
78. Volunteer at a local race or sporting event.
79. **Take a plant to someone at a local retirement home.**
80. **Organize a craft afternoon at a seniors' centre using recycled items.**
81. Visit a nursing home to play games, read books and teach residents how to use the internet, etc.
82. Hold an afternoon dance for your local nursing home.
83. Deliver meals to home-bound individuals.
84. Offer to pick up groceries with/for a senior citizen.
85. Organize entertainment (music, magic, comedy) at a local senior centre or retirement home.
86. Volunteer at an animal shelter. Help clean up, play with the animals or do whatever's needed to make the shelter a nicer temporary home for the animals.
87. **Adopt highways and clean up the trash.**
88. Collect and sort newspapers to donate to a local animal shelter.
89. Collect food and supplies needed for a local animal shelter.
90. See if you can take your pet to a nursing home to cheer up the residents.