



B'NAI TZEDEK
Kids who care

Tzedakah opps

Hands-on service and granting opportunities




We know how important community is to you - that's why you joined B'nai Tzedek! One of our objectives is to generate lots of opportunities to give of your time to help others and make meaningful allocations. So check this list often and we hope you'll join us!

Alyssa & Adam

BT Council co-chairs

Hands on opportunities

Date	Event /Agency	Program	Description	Contact
April 17, 2011	Community-wide day of service with J-Serve	B'nai Tzedek	Hands-on community service for teens Gr. 6-7	
Anytime evening and / or Saturdays	Spending time with an elderly lady	Personal request	To spend time with my mother who lives at Jewish Eldercare. My mother loves to go to the Saturday morning and afternoon services at Eldercare and would benefit by someone sitting with her to help her follow the service (she reads some Hebrew) and to just be there.	Roselyn Blacker 514-566-1183
Ongoing	 Agencies of Federation CJA	Good Food Box	The Good Food Box (GFB) is a city-wide project that provides fresh fruits and vegetables at reduced rates. The produce is	Volunteer opps

			<p>predominately grown by local farmers at "volume" prices. The GFB purchases the produce in bulk and redistributes it at cost, therefore allowing people to take advantage of the savings. The program is particularly attractive to the most vulnerable amongst us. The produce is seasonal and packaged in 3 sizes. The contents vary from week to week. It is offered twice monthly at depots around the city. One such depot is operated at Cummings House.</p>	
		Meals on Wheels	<p>A daily kosher Meals on Wheels service is coordinated by the Cummings Jewish Centre for Seniors, but supplied through the Jewish General Hospital, among other Jewish organizations. This program is designed for people who need to have a fresh meal provided as frequently as five times per week. The purpose is to allow people who are still capable of living at home, but not to prepare food for themselves, to maintain their independence for as long as possible.</p>	
	Cummings Jewish Centre for Seniors	Le Café	<p>Le Café provides hot, nutritious kosher meals in a comfortable and welcoming environment. It operates out of the cafeteria at the Cummings Centre for Seniors' and serves over 550 meals a week, every Tuesday and Thursday. The meals are prepared and served by volunteers.</p>	lynn@cummingscentre.org
		Other volunteer and training opportunities	<p>Advocacy/Social Action Craft Centre Fine Arts Food Services Wellness Centre</p>	

	OMETZ Employment	English and French conversation	"Practically Speaking" matches volunteers with participants for a weekly phone conversation	Lori Rubinger
	OMETZ Family Services	Various projects	Tutor Classroom partner Mentor Tassi	Linda Mestel
	Jewish Public Library	Various	Clerical tasks, telephoning, delivery of books to shut- ins, book processing, book tagging, used book sale, and in the archives (preparing finding aids).	Penny Fransblow
winter months 1x weekly weekends and evenings weekly	Maimonides Geriatric Centre	Meals on Wheels Therapeutic recreation Pet Visiting M.I.S.S.I.V.E.	Drivers and Deliverers Assist staff with Bowling games and entertainment programs Visit residents in their rooms with centre's pets For students between the ages of 16-30. The aim is to provide students who are contemplating a career in a healthcare related profession with an interdisciplinary experience of working with older adults.	Patti Derstenfeld

N.B: There may be age minimum requirements for some programs