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On Spring Mitzvah Day**

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UJA-Federation cares for those in need, rescues those in harm's way, and renews and strengthens the Jewish people in New York, in Israel, and around the world.

www.youngleadership.org • 130 East 59th Street • New York, NY 10022

Be a part of Young Leadership's Hands On Mitzvah Day on Sunday, April 25, 2004.

Volunteer at one of UJA-Federation's beneficiary agencies and then toast your accomplishments at a Mitzvah Day happy hour.

Signing up for Mitzvah Day is as easy as 1 - 2 - 3!

1. Send an e-mail to mitzvahday@ujafedny.org with:

- Your top three choices of mitzvah projects
- Your name
- Your phone number
- Your home address

2. Stay tuned for an e-mail confirming where and when to report for your project.

3. Come on down and meet the members of your mitzvah team.

GET HAPPY!

Join all Mitzvah Day participants for a cash-bar happy hour at Mo's Caribbean Bar & Grill
1454 Second Avenue at the corner of 76th Street
4:30 to 7:30 p.m.

Put your hands where your heart is.

There's no better way to understand UJA-Federation's work than to delve right into a Hands On project. Volunteer at one of our beneficiary agencies as part of these senior-centric projects. It's all part of **UJA-Federation Companions**, an exciting opportunity to get to know – and assist – elders in our communities.

1. Chips Ahoy! Mind your "Bs" and "Gs" During this Fast-moving Game of Bingo

Young Lawyers Division
10:00 a.m. – 12:00 noon

2. Wax Maternal: Brighten Up a Nursing Home for Mother's Day

Young Leadership Division's Education and Enrichment Task Force
10:00 a.m. – 12:00 noon

3. Deliver a Hot Meal and a Warm Visit to Older Adults

Young Leadership Russian Division
10:30 a.m. – 12:30 p.m.

4. Happy 56th, Israel! Discuss, Reminisce, and Celebrate with Seniors

Young Couples and the Volunteer & Leadership Development Division's Observership Program
12:15 – 2:30 p.m.

5. Get a Pizza the Action with Teens! Play Hoops, Pool, and Ping-Pong

Young Leadership Division's Social Events Task Force
12:30 – 3:00 p.m.

6. Samovar Talk: Coffee, Cookies and English Conversation with Russian Emigrés

Ben-Gurion Society and Young Leadership Cabinet
12:30 – 2:30 p.m.

7. Kibbitz about Kibbutzim and All Things Israeli

Young Publishing Division and Young Entertainment, Media & Communications Division
1:00 – 3:00 p.m.

8. Viva Tel Aviv: Toast Israel with Some Savvy Seniors

Business & Professional Women
1:00 – 3:00 p.m.

9. Hora, Hummus, and Hebrew Songs: Dance, Pop, Eat, and Sing in Celebration of Israel

Young Physicians, Dentists & Allied Health Care Professionals Division and Young Wall Street Division
2:30 – 4:15 p.m.