



**EL CERRITO RECREATION**

# Cards for Seniors

At-Home Volunteer Opportunity

A simple card, picture, or painting made with pieces of paper, paint, crayons, glue, and scissors is all someone needs to lift their spirit up, give them hope and bring a smile to their face. You are invited to create greeting cards for local El Cerrito senior citizens to be delivered along with our weekly meal program.

## CARD GUIDELINES

1. Cards should be handmade, not typed or printed. Writing should be legible in large print.
2. Exclude the date (day, month, and year). Do not reference COVID, isolation, or quarantine– focus your letter on making the recipient feel good!
3. Get Creative! Recipients love it when their cards reflect the time and effort put into them. We encourage you to make your cards colorful and fun.
4. Keep it simple, kind, & thoughtful. This is a one-way card exchange, so you will not receive a card back. Receiving nothing in return is part of the beauty of your act of kindness, and recipients aren't burdened by feeling obligated or unable to respond. Short and sweet messages like "Thinking of You" or "Have a Great Day" or "Happy Spring" are perfect.
5. Messages should apply to anyone and everyone. Avoid religion, politics, and all profanity/inappropriate language. Letters will be reviewed prior to delivery.
6. Create as many cards as you'd like! We accept letters on an ongoing basis, and they are usually delivered within 2-3 weeks of receipt (though it could be shorter or longer).
7. Ready to participate? Deliver your card(s) in a large envelope labeled with your full name, phone #, and email address (cards will be removed from envelopes prior to delivery) to the El Cerrito Community Center at 7007 Moeser Lane. Use the mail slot near the front entrance to drop-off your envelope.

