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## Done-In-a-Day Volunteer Activities

HPREC Bay Area has what are called “**Done-In-a-Day**” activities. These are opportunities for you to spend a few hours working with (and socializing with) your fellow retirees and come away with a good feeling that you have given of yourself to help a worthy cause.

There are *four* activities that we do on a rotating basis several times a year. They are **Sunnyvale Community Services, Padua Dining Room, La Comida Dining Room, and R.A.F.T. (Resource Area for Teaching)**. In addition, there are *four* activities that we do on an annual basis. They are the **Synopsis Science Fair, Marine Science Institute, the Bill and Dave Charity Golf Classic, and the Family Giving Tree Wish Drive**.



**Sunnyvale Community Services** is an independent, nonprofit emergency assistance agency. Their mission is to prevent homelessness and hunger for low-income families and seniors facing temporary crises. They provide financial aid, food, and other support that prevents larger problems with more expensive solutions. HPREC Bay Area volunteers sort and bag produce and groceries, and give them to SCS clients.



For the past 35 years, the St. Anthony's **Padua Dining Room** has pursued its mission to provide hot, well balanced meals to people in the community. They serve low-income people with as many as 600 hot nourishing meals a day, six days a week. HPREC Bay Area volunteers prepare and serve food.

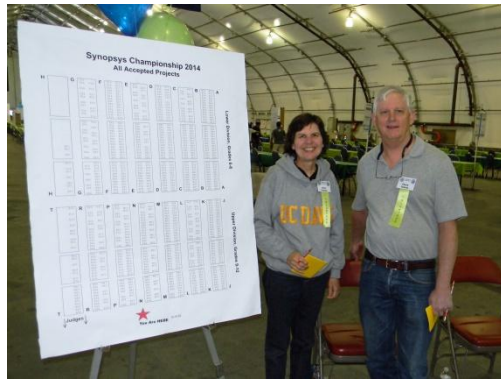


**La Comida Dining Room** in Palo Alto plays invaluable roles in ensuring seniors receive a nutritious and affordable meal, as well as enjoy opportunities to socialize and get connected to activities and services that promote healthy aging.

HPREC Bay Area Done-In-a-Day volunteers help set up the dining room, greet guests, serve food and refreshments, and assist with cleanup to make this meal special for local seniors while they dine.



**R.A.F.T. (Resource Area for Teaching)** is a nonprofit organization that believes hands-on teaching is the best way for teachers to teach and students to learn. They provide creative hands-on activity kits, educational resources, workshops and inexpensive materials to enrich pre K-12 education and community group programs. Their goal is to assist teachers, nonprofits and community groups by providing materials and ideas for day-to-day teaching and for supporting professional growth. HPREC Bay Area volunteers sort and collate donated materials into kits which are used to teach scientific and mathematical concepts.



The **Synopsis Science Fair** is a Santa Clara County-wide regional science fair for students in grades 6-12. Each year, over 1000 local students present science projects that are reviewed and scored by a variety of judges. HPREC Bay Area volunteers help students through the process of setting up their projects and assist judges in the judging process.



The **Marine Science Institute** puts students in direct physical contact with their local bay environment to help cultivate their natural sense of curiosity while enriching their understanding of science and fostering a responsibility to protect their environment. HPREC Bay Area volunteers judge poetry and drawings submitted to the Institute by attendees for inclusion in MSI's annual fund raising publication, "Translating the Tides."



The **Bill and Dave Charity Golf Classic** is a charity that honors Bill Hewlett and Dave Packard with respect, fond memories and dedication to their philanthropy. Proceeds from the event benefit the Teen Health Van, a community outreach project of the Lucille Packard Children's Hospital at Stanford. The Teen Health Van provides free expert care, custom-designed for high-risk youth ages 10-25 in Santa Clara, San Mateo and San Francisco counties, most who rely exclusively on the Teen Van as their only link to a network of services and knowledge they urgently need. HPREC Bay Area volunteers help make this charity event a success.



You probably remember the Christmas trees in the HP lobbies and cafeterias with names and wishes of local needy children. The **Family Giving Tree Wish Drive** is the organization that makes this successful. HPREC Bay Area volunteers sort, wrap and organize gifts for pickup by local organizations.

If you are interested in volunteering for any of these HPREC Bay Area Done-In-a-Day activities, to find dates and times, see the **Calendar of Events** link or the **Newsletters** link in the left navigation bar (select latest posted newsletter and look for Volunteer Opportunities). Or, email [hp.agilent.volunteers@hotmail.com](mailto:hp.agilent.volunteers@hotmail.com) for further information, as well as to sign up for specific events.