

Join our celebration of World Kindness Day (November 13) and Kindness Week Worldwide (November 9-16) by giving your time, treasure, and/or talent!

At the City Council meeting on Tuesday, November 12, Mayor John McCann will present a proclamation. Club members are encouraged to attend.

Volunteer

Contact Shauna Stokes by Oct. 31 to sign up

- **Veterans Day:** In partnership with Chula Vista Rotary, serve lunch and play board games at the Veterans Home on Monday, Nov. 11 from 11 a.m. to 1 p.m.
- **National Young Readers Week:** Read donated books to Mi Escuelita preschool students and/or deliver requested books and classroom supplies through our club's Grant-A-Wish for Teachers between Tuesday, Nov. 12 and Friday, Nov. 15.
- **National Recycling Day:** Join ASTRA Club members and volunteer to harvest produce and turn compost at South Bay Sustainable Communities farm on Friday, Nov. 15 from 9 a.m. until 12 noon.

Donate

Bring your contributions to the Oct. 16 or Nov. 6 club/board meetings

- **Board games,** backgammon, and decks of cards for the Veterans Home
- **Books** for ages 3-6 will be delivered to Mi Escuelita therapeutic preschool
- **Non-perishable items** to help ASTRA stock the JAG Kitchens at the Chula Vista, National City, and San Ysidro Southwestern College campuses

Spread Kindness

Our International President challenged all Altrusans to participate in Acts of Kindness as part of this year's biennium. Need some ideas?

- Craft kindness cards or decorate #KindnessRocks to share in your community
- Bring small floral arrangements or non-slip socks/slippers to a senior care center
- Pay it forward by buying coffee or lunch for the person in line behind you
- Deliver a treat or token of appreciation to public safety, medical offices, schools, or other locations where people deserve support and recognition

Let us know how you and your loved ones will share kindness during the week!

Send your stories to TheKindnessClub619@gmail.com and tag Altrusa International of Chula Vista if you post updates on Facebook or Instagram.

