



Join us for a week of Health, Wellness and Random Acts of Kindness. Your registration fee and participation in this fundraiser makes you eligible to win **ONE OF FOUR \$100.00 gas cards @ BigBul's**

For one week, I pledge to complete one or more of the following items on a daily basis.

Health & Wellness

- Drink 8 glasses (64 oz) water
- Exercise at least 30 minutes
- Stop eating before 9:00 p.m.
- No sugary treats six of the seven days
- Eat three servings of vegetables and two servings of fruit
- Keep a food journal
- Be kind to yourself. Spend 10 minutes doing something you love
- Other \_\_\_\_\_
- Other \_\_\_\_\_

- Donate blood (go to bloodhero.com code Crawford or Chadron)
- Make 2 lunches instead of 1 and give one away at work or school
- Leave extra quarters at the laundromat or car wash
- Put positive notes around town (car, window, gas pump, desk, mirror)
- Take time to listen to a senior reminisce about the "good old days"
- Scrape the ice off a neighbor's windshield after you've finished doing yours
- Praise someone's performance in front of other co-workers
- Put your phone away when in the company of others and do not keep checking it
- Give up your place in line at the bank, grocery store, etc.
- Give someone a thoughtful gift (it does not have to be expensive)
- Send or drop off a note of appreciation to police, hospital, school, business, post office, city hall, etc.
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Random Acts of Kindness

- Give out at least three compliments
- Pick up trash that you see
- Find a volunteer opportunity
- Do a favor for your neighbor
- Pay the bill for a car behind you in the drive through
- Call a friend or family member for no reason other than to chat
- Let someone cut in in traffic
- Cook or buy some food for someone
- Do not gossip about anyone the entire day
- Leave a treat in the mailbox for your mail carrier
- Make a donation to a worthy cause (it does not have to be a lot)

Did you have a great experience? Please share your story via social media #FeedaSeniorinNeed, mail to Feed a Senior in Need, 251 Pine Street, Chadron, or drop in the box at the Senior Center entry way.



**Fundraiser  
\$25 REGISTRATION FEE**

NAME \_\_\_\_\_

PHONE # \_\_\_\_\_

**FEED A SENIOR IN NEED FUNDRAISER**  
**100%** of funds raised supports the Feed a Senior in Need Program providing low-income Chadron Seniors a nourishing daily meal. Your \$25 registration fee will provide more than a week's meals distributed through the Senior Center's Meals on Wheels and in-house programs. Drop this registration form and payment in the box at the Senior Center entry way or mail to: Feed a Senior in Need, 251 Pine Street, Chadron.

For more information and/or a registration form contact: Sheila @ 308-430-1847 or Sharon @ 308-430-4059.

**DRAWING MAY 3, 2021**  
**Your generosity is GREATLY appreciated!**