



# The William Breman Jewish Home

Skilled Nursing Care Since 1951

Jewish HomeLife

3150 Howell Mill Road, NW

Atlanta, Georgia 30327

404.351.8410

www.wbjh.org

## Mitzvah Monday Inspirations, Ideas & Instructions

Join the Jewish HomeLife Community and celebrate the **70th Anniversary** of our founding in a meaningful way - helping others! We hope you participate by picking one Mitzvah to complete - it can be 1 or 70- anything counts! Feel free to come up with your own Mitzvahs as well!

Please let us know what Mitzvahs you are doing by registering at [Mitzvah Monday](#) and using the hashtags: #MitzvahMondays & #WBJHturns70. We will post pictures of your Mitzvahs on Mondays- keep watch for all the joy we are spreading in honor of our big birthday!

Follow us on our social platforms to see Mitzvah Monday and we encourage you to share the good deeds with your community!



@WBJHome

@JewishHomeLife



@JewishHomeLife



@jewish\_homelife

**Here are a few ideas - 70 actually! - to do a few good deeds. Remember, you can be as creative as you like and come up with a Mitzvah of your own!**

1. Thank 70 community helpers for example: City Workers, Mailmen Policemen, Firemen, Ambulance workers and Doctors.
2. Donate 7 or 70 food items JF &CS Kosher Food Pantry.
3. Collect and donate 70 meals to those in need in honor of WBJH's Birthday.
4. Thank 7 teachers for their hard work this year.
5. Sign up to volunteer at 7 new places.
6. Time for Art! Make 70 cards to donate to a senior community or children's hospital.
7. Fill an expiring parking meter.
8. It is the William Breman Jewish Home Birthday! Post your favorite memory of WBJH and ask for donations in honor of WBJH's Birthday.



9. Write and decorate 70 "happy birthday" cards for residents at the William Breman Jewish Home.
10. Walk around your neighborhood and pick up trash.
11. Make a double-batch of something delicious and freezable and give it to an older neighbor who doesn't cook for him or herself as much anymore.
12. Brrr it is cold outside. Collect and donate 70 coats to those in need in honor of WBJH's Birthday
13. Donate Blood.
14. Plant flowers in honor of William Breman Jewish Home's Birthday in your yard or a neighbors!
15. Make a donation in honor of someone important to you for WBJH's Birthday to your favorite charity.
16. Track 70 hours of your time volunteering.
17. Love to Read? Collect and donate 70 large print books to WBJH.
18. Call a friend who may be isolated or alone.
19. Complete 70 pushups.
20. Raise \$18 from 70 different people to plant 70 trees in Israel in honor of WBJH's Birthday.
21. Create 7 or 70 Backpacks for the Backpack Project. Fill backpacks with clothes, food and toiletries and give to children in need.
22. Collect and donate 70 blankets to those in need in honor of WBJH's Birthday.
23. Love to dance? Make a 70-minute video of a musical performance.
24. Happy Birthday! Choose Jewish HomeLife your charity of choice on Facebook Birthday fundraising in honor of WBJHs 70th Birthday.
25. Time to read! Read and videotape 70-minutes worth of short stories.
26. Do 70 random acts of kindness.
27. Commit to 70 Mitzvot to complete in the year or complete all 70 on this page!
28. Create a playlist of 70s dance music and host a dance party at a senior community near you.
29. Decorate 70 picture frames for William Breman Jewish Home.
30. Donate \$10 to 7 different charities in honor of WBJH's Birthday.
31. Knit scarves and hats for residents of WBJH or for those who need it.
32. Share the love! Collect and donate 70 stuffed animals to William Breman Jewish Home.
33. Create a garden with 7 different types of fruits and vegetables.
34. Make a Shabbat dinner for 10 friends with the harvest from your garden in honor of WBJH's Birthday.



35. Spread the love. Tell 7 or 70 Friends about your favorite memory of the William Breman Jewish Home.
36. Do 1 Mitzvah every 7 days for a whole year.
37. Raise \$18 from 70 different people to purchase 4 iPads for residents of WBJH.
38. Swim 70 laps this year in honor of the big birthday!
39. Make 7 standing planters to deliver to the William Breman Jewish Home
40. Ask your friends to give \$70 in honor of the WBJH's Birthday.
41. Offer to walk a dog for a neighbor.
42. Collect 70 pennies for Tzedakah for Jewish HomeLife.
43. Make Birthday Boxes for Residents with your family.
44. Create 70 cards for all the holidays for an entire Calendar year for residents of WBJH.
45. Recycle 70 items.
46. Have a bake sale and donate the proceeds to The William Breman Jewish Home.
47. Love to bead? Make 70 beaded bracelets to give to residents at the William Breman Jewish Home.
48. Plant Flowers at the William Breman Jewish Home's garden.
49. Cycle 70 miles this year in honor of the big birthday!
50. Write a thank you note to the team members at the William Breman Jewish Home.
51. Offer to rack leaves, pick up sticks or mow the lawn for an elderly neighbor.
52. Run 70 miles this year in honor of the big birthday!
53. Have a Birthday Party with your family in honor of William Breman Jewish Home's Birthday!
54. Walk 70 miles this year in honor of the big birthday!
55. At your next celebration, ask for donations to the William Breman Jewish Home instead of presents.
56. Write a letter to senior adult in your family.
57. Post your favorite memory of the William Breman Jewish Home on Facebook. Make sure to tag us!
58. Leave extra money in a vending machine.
59. Introduce yourself to a new neighbor.
60. Collect 70 small soaps, shampoos, deodorants, and other small toiletries, and donate them to a women's shelters, rehab centers for teens, or other places that would benefit from them.



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61. Take Public Transportation for 7 days to help the environment.
62. Adopt a shelter animal.
63. Donate your old eyeglasses to an organization that will reuse them. Collect 7 pairs!
64. Pay the toll for the car behind you.
65. Write a letter to residents at the William Breman Jewish Home.
66. Let someone else take that primo parking spot.
67. Walk 7 miles in your favorite park.
68. Buy 7 strangers a cup of coffee.
69. Send 70 gift baskets to soldiers overseas.
70. Open a Tribute bank in honor of William Breman Jewish Home's Birthday. \$70 is a good number to start. Ask us how!