



Verde Valley Senior Citizens' Association, Inc.

5TH Annual "Mayors' March A Mile For Meals"

Saturday, March 23rd, 2013

8:00 a.m. Check in & 9:00 a.m. Start

"Pledge Sheet"

"The satisfaction of knowing that you can help others without expecting compensation is the best reward for volunteer service!"

Suggested pledge ideas:

Ask your spouse/roommate/parents for	\$30.00
Ask two teachers for \$10.00	\$20.00
Ask three friends for \$10.00	\$30.00
Ask your extended family via Facebook	\$50.00
Ask your boss & co-workers via e-mail	\$50.00
Put in your own \$20.00	<u>\$20.00</u>
TOTAL	\$200.00

The Verde Valley Senior Center is offering a unique opportunity for you or your group to "pound the pavement" and bring awareness to the plight of our aging population in our local communities. The "Mayors' March a Mile for Meals" begins at the Senior Center, 500 E. Cherry St., and proceeds east along 89A to the Chase/Walgreen intersection and then back to the starting point. (A round trip of less than two miles). A pancake breakfast prepared by the Clarkdale-Jerome Kiwanis Club will be served at the end of the march. Help keep our seniors healthier, longer! Support your local Senior Center - serving all of the Verde Valley. All walkers making a donation of \$25.00 or more will receive a complimentary breakfast and a T-Shirt at the event. Non-walkers eating breakfast will be charged \$5.00. Reservations must be made in advance by non-walkers.

Name of Walker _____ Phone # _____ Organization/Team _____

Sponsor's Name (Please Print)	Contact Information Home Address	E-Mail Address	Phone #	\$ Amount Pledged
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____

Registration forms: Due by Wednesday, March 20th, 2013. Pledge Sheets due: Saturday, March 23rd, 2013

(All pledges will be receipted by the Verde Valley Senior Center.)

How to pledge:

By check made out to the Verde Valley Senior Center.

By Mail: P.O. Box 681, Cottonwood, Az. 86326. In Person: 500 E. Cherry St., Cottonwood, AZ 86326

By Credit Card via Pay Pal at www.verdevalleyniorcenter.org

For more information contact Debbie Moore at V.V. Senior Center, 634-5450 OR Lisa Valentine at V.V. Community Hospice, 634-1073.

This year's event sponsored by Hospice of the Pines, Granite Mountain Hospice, Northern Arizona Hospice and Verde Valley Community Hospice.

Location 500 E. Cherry Street ♦ Mailing Address P.O. Box 681 ♦ Cottonwood, AZ 86326

Phone 928.634.5450 ♦ Fax 928.649.0520 ♦ E-Mail seniorcenter@verdenet.com ♦ Web-Site www.verdevalleyniorcenter.org