

## Bright Lights

St. Mark's Episcopal Church's Children & Family Commission sponsors a community service program called "Bright Lights" to help children learn about helping others. The purpose is to:

- Teach children the joy of giving and about helping others
- Brighten the lives of seniors in the nursing home.

### How It Works

Bright Lights meets twice monthly: a prep session and a trip to the nursing home a week or two later. At the nursing home, the kids:

- Sing a short program of songs related to a monthly theme
- Distribute of a small handcraft made by the children to all the residents and staff

**Audience:** The target age for the program is 4-12, but any child, including infants and teens, is welcome to participate.

**Parents are welcome to take part in the program.** *Children who are pre-first grade must be accompanied by an adult.*

**2015-16 Dates (\*\*'ed months are not 1<sup>st</sup>, 2<sup>nd</sup> Friday):**

September 11 & 18 \*\*

October 2 & 17\*\*

November 6 & 13

December 4 & 11

January 8 & 15\*\*

February 5 & 19\*\*

March 4 & 18\*\*

April 15 & 22\*\*

May 6 & 13

Questions? Contact Gail Grant at (650) 380-6679 or [grant@glgc.com](mailto:grant@glgc.com) or visit [www.GLGC.com/brightlights/](http://www.GLGC.com/brightlights/)

## Bright Lights Details

Sessions are generally held on the first and second Friday of the month, Sept. through May, PAUSD vacations permitting. Where a Friday conflicts with vacation/staff days, adjustments are made. Both sessions start with a snack. *There is no charge for the program but each family is asked to bring snacks 1-3 times a year. Donations to help defray the cost of craft supplies/thank-you gifts are encouraged but not required..*

**PREP SESSION: 3:30-5pm at St. Mark's Episcopal Church, 600 Colorado Ave, Palo Alto, in the Classroom wing**

Before going to the nursing home, we prepare the program we will be presenting to the seniors. We gather, snack, make crafts and learn songs. The songs are a mixture of secular and sacred, with many "oldies" that are familiar to the nursing home residents. The session ends with a dry run of the program. Kids are offered the opportunity to announce songs and sing solos/duets, if they want to do so.

**NURSING HOME TRIP: 3:30-4:15pm Palo Alto Sub-Acute & Rehab. Ctr, 911 Bryant (btwn Addison & Channing) 327-0511**

We meet at the nursing home. After a snack, we sing and pass out crafts to the residents. We go to all the rooms, giving crafts to those unable to leave their beds. The children wear simple costumes (provided in most cases) to match the monthly theme. At the end, each child receives a thank-you gift for participating.

*Bright Lights is always sweeter when shared with a friend; consider inviting your children's classmates!*

***Bright Lights is open to all. Come join us!***