



VOLUNTEER UNITED

Volunteer Express

September 2019



Get Moving for Healthy Kids 5K Walk/Run

September 15 at Liberty High School Track

Volunteers Needed for Several Shifts

To Volunteer: [HERE](#)



UAY Ride For Youth

Sunday, September 29,

Annual Bike Ride to benefit United Action for Youth
volunteers needed at times between 7am – 7pm

To Volunteer contact: meg.quigley@unitedactionforyouth.org

To Ride or Join a Team: [Here](#)



HACAP Mobile Food Pantry

Volunteer Opportunity: September 9, 4:00 to 5:00pm

Location: Cross Park Housing, 820 Cross Park
Ave in Iowa City

To Volunteer Contact: (319) 393-7811 x1089 or email: bandrlik@hacap.org



Secret 1883 Octagonal Barn

Painting Project supported by State Historical Grant

Dates: September 28, October 19 and 20

To Volunteer contact: richardiowa1883@gmail.com or
319-337-2544



coralville community
FOOD PANTRY

Coralville Food Pantry

Free Community Meal

Friday, September 27, 5 – 7 pm

Volunteer Opportunities: prep, cook, serve, etc (26 & 27)

To Volunteer: [HERE](#)



Move It! Dig It! Do It

September 15, in parking lot outside Children's Museum

shifts: 10:45 – 1:45 or 1:30 – 4:30

To Volunteer contact: volunteer@theicm.org



Renegade Run

October 5, 7:30 am – 11am in Kalona

Volunteers needed to help direct runners/bikers, proceeds
Benefit Cancer Society and YMCA of Washington

To Volunteer contact: aschulte@washingtoney.org



DVIP

Shop for Shelter Event

October 5, 9 am – 4 pm

Volunteers needed for various shifts, handing out shopping lists
for shoppers to support the shelter

To Volunteer contact: rose@dviopiowa.org



Zombie Run

October 19, 3:30 – 7 pm in Wellman

Kids Obstacle Fun Run to support youth programs

Volunteers needed to help with scary obstacles and inside

Activities (bounce house, pumpkin painting, etc.)

To Volunteer contact: aschulte@washingtoney.org



Shelter House

3rd Annual BBQ Bash

Friday, September 27 5:30 – 8:30 pm

Johnson County Fairgrounds

Volunteer Shifts at various times through the event To Volunteer: [HERE](#)



Prelude

Art of Recovery Event

Art Display, Kid's Art Activities, Live Music, Group Walk

Sunday, September 15,

Volunteers needed at various shifts 11 am - 4:30 pm

To Volunteer contact: sdurbala@preludeiowa.org

For more information and volunteer opportunities:

<http://volunteer.unitedwayjwc.org>

United Way Volunteer Center

319-337-8657 or email: vol@unitedwayjwc.org



Patti Fields

VP for Community Impact & Engagement

United Way of Johnson & Washington Counties

(319) 338-7823