

MEA-Retired Community Participation Committee
Volunteer Hours and Physical Activity Hours Tally Sheet

Name: _____

Affiliate: _____

Please record the number of hours you volunteer and/or participate in physical activities each month below. Volunteer and physical activity programs run from *April 1 thru March 31*.

Volunteer Hours April 1-March 31

April _____

October _____

May _____

November _____

June _____

December _____

July _____

January _____

August _____

February _____

September _____

March _____

Total Volunteer Hours _____

Physical Activity Hours April 1-March 31

April _____

October _____

May _____

November _____

June _____

December _____

July _____

January _____

August _____

February _____

September _____

March _____

Total Physical Activity Hours _____

Please report your total volunteer hours and/or your total physical activity hours to your affiliate President or Chair by April 1.

Affiliate Presidents or Chairs will submit the name of the member with the most hours volunteering and the name of the member with the most hours of physical activity by April 1 to the Chair of the Community Participation Committee. *These members will be recognized at the annual meeting April 30.*

Contact Belinda Micucci (bmicucci80@gmail.com)

July 23, 2025