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 **The Giving Heart**

 **Secret Senior Valentine Bags**

Thank you for your interest in The Giving Heart’s Secret Senior Valentine Bag Project. We appreciate the interest that this project has in our Community! We’ve listed below, some ideas for what you might wish to incorporate in your own gift bag. Each created bag should include a detachable label to identify it for male, female or unisex recipients. To keep everything simple this year, we are not creating any “personalized” bags, so feel free to create what you desire.

We encourage a minimum of 4-6 items per recipient. Unable to create bags this year? Please visit <https://www.paypal.com/donate?hosted_button_id=UCN7CRM6SH7T4> to make a monetary donation.

Call or email The Giving Heart (info noted below) if you have items that you would love to pass on to our Seniors.

**Suggested Senior Items**

Shampoo

Conditioner

Soap

Deodorant

Toothpaste

Toothbrush

Lotion

Hand Sanitizer

Chap Stick

Tissues

Band Aids/First Aid Kit

Flashlight

2021 Calendar

Lighted Keychain

Socks

Hat

Scarf

Gloves

Lap Blanket

Umbrella

Nail Clippers

Adult Coloring Book

Colored Pencils

Crossword or Activity Book

Pens/Pencils

Current Magazine

Forever Stamps

Gift cards (grocery, fast food, etc.)

Candy (regular or diabetic)

Snacks or nonperishable food items

**DEADLINE TO RECEIVE DONATIONS: February 3rd at The Giving Heart office.**

**Contact Information:** The Giving Heart, 11527 Primrose Lane, Rockville, Va. 23146

(804) 749-4726. [www.thegivingheart.org](http://www.thegivingheart.org). Email: vneilson@thegivingheart.org