



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"Steptember"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

50 Grassroots Fundraising Ideas

A Big

THANK YOU...

For raising funds to improve the lives of children and adults with disabilities!

Here are some fun, creative, and (almost) painless ways to raise funds for your Steptember team:

1. Around the World Potluck

Have a "world" class fundraiser. Ask friends or coworkers to bring a dish from a different country. Others can make a donation to enjoy this multicultural feast!

2. How Many Saltines Can You Eat?

How many Saltines can you eat in five minutes without taking a sip of water? Have your friends or colleagues make wagers with the winner splitting the pot 50/50.

3. Slipper Day at Work

Ask everyone in the office to wear slippers to work in return for a donation.

4. Bocce Ball Tournament

Organize a bocce ball tourney. All teams donate an entry fee. The winning team can take away bragging rights! (Don't have a bocce ball set? Borrow UCP-SLO's!)

5. Work Day at the Beach

Organize a work day at the beach for your office. Everyone who attends must pay for the privilege.

6. Master Chef

Prepare your signature dish for guests and ask them for a donation in return.

To Participate **Contact UCP** 805.543.2039 • contact@ucp-slo.org • www.ucp-slo.org



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"Stepember"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

Here are some fun, creative, and (almost) painless ways to raise funds for your Stepember team: (continued)

7. Throw a Tri-Tip on the Barbie!

Nothing beats a good ol' BBQ. So why not cook up a tri-tip bbq with all the fixin's for your coworkers or friends and ask for a tasty donation.

8. Race-Around-the -Office

Create a race within the office – chair races down the hall, quickest typist, or elevator races. Charge a fee for each entry.

9. House of Cards

Make your fundraiser a big deal with a card game night. Friends have to pay to play Poker, Gin Rummy, Black Jack or even Go Fish!

10. Swear Jar - #%\$@*!?

Start a swear jar at home or in the work place. \$1 per swear, \$2 for a really bad one!

11. Dance Party

Dance the night away... Create a fun theme – 80's, Disco, 60's – and charge admission to the dance!

12. Sandcastle Building Contest

Have a sand castle building contest and charge an entry fee.

13. Funky Fashion Show

Ask friends and family to donate their funkiest unwanted clothing and put on a fashion show. Sell clothes to the highest bidder and donate the proceeds.

14. Ultimate Sacrifice

Ask friends and family to sponsor you to give up that ONE thing that you simply can't live without – coffee, chocolate, beer or Facebook! If you've got the will, there's a way to fundraise!



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"Stepember"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

Here are some fun, creative, and (almost) painless ways to raise funds for your Stepember team: (continued)

15. Video Game Play Off

Charge an entry fee for a BIG video game play off.

16. Have a Day on Me!

Ask your boss to donate a day off and raffle it off in the office.

17. Host a Wine Tasting

Unleash the wine critic within by holding a wine tasting. Charge your friends a fee to sample a few different wines and see how well they really know their stuff!

18. The Big Fish

Invite your buddies to a "fish off" to see who can catch the biggest fish. Get them to tow the line and pay for the privilege.

19. Surf Contest

Host your own surf contest and charge an entry fee.

20. Candy Count

Can you guess how many jelly beans are in the jar? Charge \$1 per guess and the winner takes home the jar.

21. Book Ends

Sell your unwanted books to a second hand store or hold your own used book sale at work! Donate the proceeds.

22. It's a Dog's Life

Walk your neighbor's dogs in return for a donation (you'll also earn steps to count toward your day's step count!).



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"Stepember"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

Here are some fun, creative, and (almost) painless ways to raise funds for your Stepember team: (continued)

23. Hairy Situation

Set a certain dollar amount that will get you to shave or color your hair (purple anyone?). Once you reach that amount, throw a party to watch the transformation!

24. Virtual Party

Ask your friends to donate to the virtual party – a non-existent party! It's a win/win... you will raise money they and they will be off the hook for not turning up!

25. Trash Day

Wheel out the curbside trash cans for everyone on your street and ask for donations.

26. Bad Taste Day

Ask colleagues or friends to pay to express their bad taste. Get everyone to come to work or go out for happy hour in their worst tie, hair-do or most gaudy clothes.

27. Walk this Way

Have a walking-free period: you must hop, skip, jump, or moon walk to get around. Anyone seen walking will be fined.

28. Backyard Campout

Invite your friends over for a backyard campout. Charge a fee for them to set up their tent and fine them if they head indoors before the night is through.

29. "Office" Olympics

Following the lead of Jim on "The Office" tv show, set up your own Office Olympics replete with "Dunderball," paper football, and yogurt lid medals. Each athlete must place a wager on themselves. The person who wins gold keeps their money, silver has to donate half, bronze must donate $\frac{3}{4}$ and anyone who doesn't place must pay the full amount.



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"Stepember"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

Here are some fun, creative, and (almost) painless ways to raise funds for your Stepember team: (continued)

30. On Yer Bike

Give up your car for a day, it's great for the environment and for your pocket – donate the money you save.

31. Carpool with a Friend (or take the bus)

Donate the money you save by not driving.

32. Bake Sale

Get your friends or coworkers to bake up some delectable goodies and sell them at work.

33. Tea for Two

Host a morning tea for your friends or work colleagues. Get participants to donate to be involved.

34. Host a Coffee Event

Host a morning coffee get-together at a local coffee shop and charge admission. Take it one step further and ask the local shop owner if they'll donate a portion of the proceeds to support your team.

35. Fancy Pants

Dare a work mate to dress up for the day (don't tell them what or who they'll be dressed as) and ask the rest of the staff to sponsor them.

36. Girls Night Out In

Invite the girls over for a girl's night in. Donate what you'd normally spend on a night out!

37. Movie Night

Host a movie night either on the big screen or outside on the garage door! Charge admission and for refreshments and donate the proceeds.



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"Stepentember"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

Here are some fun, creative, and (almost) painless ways to raise funds for your Stepentember team: (continued)

38. A Weighty Matter

Guess the weight of various items. Charge per guess and the winner gets to keep the item!

39. Zip It!

Charge for guesses at how long you can go without talking – especially hard if you're a chatterbox!

40. Will Work for Peanuts

Donate your day's pay – see if your boss will do the same.

41. Give Change – Change Lives

Ask your coworkers to donate the loose change in their pockets or wallets every night for a week. Their small change can make a big difference!

42. Go Ahead, Make my Day!

Make up a trivia contest, charge to play, and give out a prize for the winner.

43. Karaoke Night

Organize a karaoke night and charge per song!

44. Talent Night

Got a party trick? Think you can dance? Organize a talent show and pay to enter, as well as to attend. Give a prize to the winner.

45. So You Think You Can Spell?

Host a spelling bee. Charge to enter and to attend.



CELEBRATION OF ABILITIES

UCP'S UPCOMING 2014 EVENTS



"September"

Fitness with a Cause

September 3 - October 1



Walk & Roll

a Festival of Mobility

October 18

Here are some fun, creative, and (almost) painless ways to raise funds for your Steptember team: (continued)

46. Who's That Baby?

Find out if your coworker was the world's cutest baby or if they had a face only a mother could love! Have a competition to see who can match the baby face to the corresponding adult.

47. Bring Your Pet to Work

Bring your pet to work in exchange for a donation.

48. Car Wash

Hold a car wash in your neighborhood, a local parking lot or at your workplace. Charge per wash.

49. Game Night

Host a Bunko, Dominos, Twister, or Scrabble (or a combination of all!) game night. Charge for admission and refreshments and donate the proceeds.

50. And \$1 Charity Donation

Ask your customers to donate \$1, \$5, or \$10 to UCP & Steptember. Offer them the opportunity to be recognized for their donation by displaying a small piece of UCP/Steptember artwork, that they can sign, on your wall. (UCP provides artwork)

HAVE FUN AND HAPPY FUNDRAISING!!!

To Participate **Contact UCP** 805.543.2039 • contact@ucp-slo.org • www.ucp-slo.org