



Presents Random Act of Kindness  
Week February 12<sup>th</sup> – 18<sup>th</sup> 2023



## Random Acts of Kindness Senior Edition

GIVE A COMPLIMENT	HAVE LUNCH WITH SOMEONE DIFFERENT	HOLD THE DOOR OPEN FOR SOMEONE	HELP SOMEONE IN NEED WITH THEIR GROCERIES	READ A BOOK TO A YOUNGER CHILD
LEAVE A NICE NOTE IN A LIBRARY BOOK	WRITE A NICE CARD TO YOUR NEIGHBOUR	GIVE SOMEONE A WELCOMING SMILE	PLAY CARDS WITH A FRIEND	TELL A FAMILY MEMBER HOW MUCH YOU LOVE THEM
LET SOMEONE GO AHEAD OF YOU IN LINE	GO FOR A COFFEE WITH A FRIEND AND BUY THEIRS	F R E E   F R E E  <b>SCAN ME</b>	GO TO A MOVIE WITH SOMEONE DIFFERENT	DONATE SOMETHING TO SOMEONE IN NEED
MAKE A THANK YOU CARD FOR SOMEONE WHO HELPS IN THE COMMUNITY	PICK UP GARBAGE WHEN YOU SEE IT	DO A GOOD DEED FOR A NEIGHBOUR	OFFER TO CARRY SOMETHING FOR SOMEONE	TELL A FUNNY JOKE TO LIFT SOMEONES SPIRITS
CALL SOMEONE JUST TO SAY HI!	GIVE SOMEONE A HUG	LOOK IN THE MIRROR AND GIVE YOURSELF A COMPLIMENT	GREET EVERYONE WITH A GOOD MORNING	SUPPORT A SMALL BUSINESS IN TOWN

For every kind thing you do place an X in the square that matches it. Once you are done then bring your card to the Town office or email to [communityservices@olds.ca](mailto:communityservices@olds.ca) or scan the QR code on the free space for a chance to win \$100 in gift cards.  
Good luck and be kind!

Name \_\_\_\_\_

Phone # \_\_\_\_\_

As a result of Random Acts of Kindness Bingo I care more about others

1	2	3	4	5	6
Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree