



# SENIOR ADULTS CALENDAR

MONTH: OCTOBER

**JOIN THE  
MOVEMENT!**

Our world is in need of a little kindness these days. Join us in participating in Kind30 - 30 days of kindness - using our calendar prompts or some other act of kindness each day.



Su	M	Tu	W	Th	F	Sa
			Call, text or send a note to friend or acquaintance who needs cheering up. 1	Look at and smile at people you encounter daily 2	Say "Thank You" to someone who is trying really hard to help 3	Leave a kind note for the mail carrier 4
Write a handwritten note of appreciation to someone 5	Make someone laugh today 6	Take fresh flowers or a gift to a friend 7	Remember to speak loudly and distinctly for those with hearing issues 8	Listen more than you talk 9	Invite a lonely, grieving friend or relative over for coffee or tea 10	Say thanks to someone who is helping you 11
Let someone ahead of you in line 12	Ask a friend how they are doing and really listen without bringing up something about yourself 13	Look in the mirror and say three positive things about yourself 14	Tell your family you love them 15	Offer a kind word of support to someone going through a hard time 16	Remember not to mention bad health outcomes to a person who is ill 17	Surprise someone with a positive note 18
Ask about a friend's family and really listen 19	Volunteer to help someone - at the front desk or the dining room 20	Invite someone to an outing or sit with someone who is alone 21	Tell a speaker or group leader that you enjoyed the presentation 22	Give someone a small surprise gift. 23	Tell someone you care about that you are proud of them 24	Tell a service person, "Thank you for your service" 25
Stop yourself from saying something negative at least once a day 26	Search for reasons to be grateful each day 27	Send someone a picture, or article to cheer them up 28	Offer to lend someone your favorite book 29	Look for opportunities to BE KIND each day 30	Say "Thank You" to someone who is trying hard to help 31	