



Weekly Acts of *Kindness*

MONTH: _____ DATES: _____

SUN	MON	TUES	WED	THURS	FRI	SAT

ADDITIONAL NOTES:

- MORE IDEAS:**
- Donate time or contribute to local senior group
 - Wave to a neighbor
 - Support a senior caregiver
 - Call or text a senior
 - Give a compliment
 - Share a favorite Bible verse
 - Tell someone you love them
 - Send flowers or a card