

what random acts of  
**kindness**  
will you do to make a  
difference in someone's life?

**Give a flower** Eat lunch with someone new  
**Smile** Say hello to a neighbor *Pick up litter*  
**OFFER A HUG** Give an unexpected gift  
**Help carry a load** Do a kind act daily **DONATE**  
*Make a new friend* Write a thank-you note  
**Cheer up a friend** **FORGIVE & FORGET**  
*Give a compliment* **Volunteer** Lend a hand  
**Open a door** **Call an old friend** *Be tolerant*  
**Hold a door** Do a favor **Respect others**  
**Donate your gently used items** **Laugh**  
**Listen with your heart** **Visit a sick friend**

kindness  
**MATTERS**

May is Older Americans' Month



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