

There are plenty of ways that you can connect with people...



...across generations



...and around the city!



#stayconnectedyyc

Visit: calgary.ca/stayconnected

Staying connected *never* gets old.

Here are some ideas on how you can reach out to neighbours who may be socially isolated:

1. Connect with your neighbours by performing 3 simple acts of kindness.
2. Greet your neighbours with a friendly hello or wave, to invite conversations.
3. Use sidewalk chalk to brighten pavement with positive messages & drawings.
4. Check in on neighbours and offer to do chores like grass and groceries.
5. Invite a neighbour to join you for a regular walk and friendly conversation.
6. Deliver flowers to your neighbours, from the store or from your garden.
7. Offer to have a virtual meal or distanced drink with one of your neighbours.
8. Connect over a hobby or interest, like gardening, art, music, or cooking.
9. Ask a neighbour if they would like to swap books, movies, and puzzles.
10. Invite neighbours to celebrate occasions like Neighbour Day and Canada Day.
11. Come up with your own ideas to stay connected!

