



## Staying connected *never* gets old.

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

1. Connect with your neighbours by choosing an act of kindness and making it happen today!
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 shoveling, grass cutting and groceries.
5. Invite a neighbour to join you for a regular walk and friendly conversation.
6. Deliver flowers to your neighbours.
7. Offer to have a virtual meal or distanced beverage with one of your neighbours.
8. Connect over a hobby or interest, like cooking, art, music, or gardening.
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!

Learn more at [calgary.ca/stayconnected](https://calgary.ca/stayconnected).

#stayconnectedyc

