

FROM JUNE 7-13, 2021...

CELEBRATE A SENIOR



CELEBRATE A SENIOR WITH AN ACT OF KINDNESS

To celebrate seniors safely, FCSS is encouraging southern Albertans to perform **random acts of kindness** for seniors, taking into account current COVID-19 restrictions. Share your kind act with us and be entered to win one of four prizes! You can enter one of three ways: on social media using the hashtag **#CelebrateASenior2021**, scanning the QR code, or by contacting Renee.

To enter the contest, contact Renee White at **(587) 370-8518** or **renee.white@fcss.ca**.

EXAMPLES OF KINDNESS

- Host a virtual concert
- Do some yardwork for a senior
- Make and deliver a care package
- Send flowers to a senior's lodge
- Let a senior go ahead of you in the grocery line
- Send a kind letter to a senior
- Write a kind note for seniors with chalk

**BE SAFE,
BE CREATIVE**

