

# Kind-nections BINGO!



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Pick up any litter you see in your community and dispose of it appropriately

Share this Kind-nections BINGO card with a friend

Share a video / photo of you making a Kind-nection to social media

Make someone laugh today

Tip a delivery / service person

Cheer on someone else's success

Support a local business

Conserve water by taking a shorter shower

Comment on or like one of your favourite local Alzheimer Society social media posts

Donate used clothes or furniture to your local thrift store

Offer a helping hand to someone

Follow your local Alzheimer Society on social media

**FREE SPACE!**  
How can you make a Kind-nection today?

Give someone a gift card at a grocery store

Email a free Quest for Kindness invitation card to someone

Sign up for Quest for Kindness

Recycle or practice composting your food scraps

Put together a care package for someone in need

Help someone in your household with a chore

Talk to a person sitting alone

Call an elderly family member or a friend and have a conversation

Hold the door open for a stranger

Learn about Alzheimer's disease and dementia by visiting [Alzheimer.ca/on](http://Alzheimer.ca/on)

Use less plastic by using a reusable water bottle

Give away one of your possessions for free

Submit your BINGO card by using #KindnectionsBINGO by November 28

