



WAYS YOU CAN **IGNITE GOOD!** & **MAKE A DIFFERENCE**



1. Offer to pick up mail for your elderly neighbors.

2. Call or video chat with an elderly friend to help them feel less isolated.



3. Teach an elderly person how to text or use social media so they can keep in touch with their families and friends.

4. Make birthday cards for senior citizens in your community.



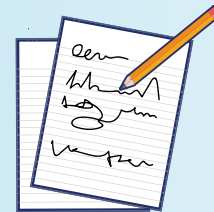
5. Do a dance routine outside of a retirement home so seniors can watch from their windows.

6. Create flower arrangement for the elderly to decorate their homes with.



7. Offer to do house/yard/snow removal chores for the elderly in your neighborhood.

8. Become pen pals with an elderly person. This can be a family member or someone who lives in a nursing home/assistant living.



9. Have a movie night with a grandparent or elderly person and let them pick a movie from their childhood.

10. Ask your guardian to help you make a meal to bring to an elderly person.

