

Random Acts of Kindness

BINGO




Scan for list of suggested resources



United Way of the Greater Capital Region



BUY A COFFEE FOR THE PERSON BEHIND YOU IN LINE	RETURN STRAY GROCERY CARTS	MAKE AND SEND THANK YOU CARDS FOR ESSENTIAL WORKERS	HELP WITH YARD CLEAN UP FOR LOVED ONES AND/OR NEIGHBORS	TAG UWGCR ON SOCIAL MEDIA WHEN YOU ARE DOING A RAK SQUARE
SEND A CARD TO A NURSING HOME OR ASSISTED LIVING FACILITY TO BRIGHTEN SOMEONE'S DAY	SIGN UP FOR AN ACTIVITY AND VOLUNTEER ON 518 DAY	CARRY AN EXTRA MASK IN CASE SOMEONE NEEDS A SPARE	DONATE FOOD ITEMS TO YOUR LOCAL PANTRY <small>(Scan the QR code for a list of resources)</small>	CLEAN UP THE LITTER AROUND YOUR LOCAL PARK AND/OR NEIGHBORHOOD
LEAVE A TIP OF \$5.18 AT A FAST FOOD SHOP	DONATE GENTLY USED FURNITURE/HOUSEHOLD ITEMS TO YOUR LOCAL FURNITURE BANK			LET SOMEONE WITH KIDS OR A FULL CART CUT IN FRONT OF YOU AT THE STORE CHECK OUT LINE
SEND A CARD OF APPRECIATION AND GRATITUDE TO A FRIEND	CREATE A FREE VOLUNTEER ACCOUNT ON UNITEDTOVOLUNTEER.ORG	LEAVE A POSITIVE REVIEW ONLINE FOR YOUR FAVORITE SMALL BUSINESS	DONATE HEALTH & HYGIENE PRODUCTS TO 518 DAY'S STUFF THE BUS	CHECK-IN ON AT LEAST 3 FAMILY MEMBERS OR FRIENDS YOU HAVEN'T TALKED TO IN A WHILE
FOLLOW 3 NON-PROFITS IN YOUR AREA ON SOCIAL MEDIA TO LEARN AND STAY UPDATED ABOUT THEIR WORK IN THE COMMUNITY	SEND A NOTE OR DONATE TO YOUR LOCAL VFW OR VETERAN SERVICE ORGANIZATION	CLEAN UP A MESS THAT ISN'T YOURS	DONATE NEW/ GENTLY USED CHILDREN'S TOYS, BOOKS, AND GAMES TO YOUR LOCAL EARLY LEARNING CENTER	DROP OFF YOUR SPARE CLOTHES AND TOWELS AT YOUR LOCAL SHELTER <small>(Scan the QR code for a list of resources)</small>