

BETTER TOGETHER

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Send a kind text or email to someone you haven't spoken to in a while.	2 Smile and say hello to at least three people today.	3 Write a thank-you note to someone who's made a difference in your life.	4 Share a meal with a family member or friend.	5 Compliment someone on something you admire about them.	6 Call a loved one to check in and say hello.	7 Join a community group.
8 Volunteer your time to help someone or a local organization.	9 Host a small gathering, like a coffee morning or lunch.	10 Offer to help a neighbor with a task, like carrying groceries or yard work.	11 Say hello to your neighbor and ask how they are doing today.	12 Invite someone to take a walk or exercise with you.	13 Send a funny meme or uplifting message to a group chat.	14 Introduce yourself to a co-worker or classmate you don't know well.
15 Share a favorite book, recipe, or playlist with a friend.	16 Host a game night or virtual trivia session.	17 Help others by giving away something you no longer need.	18 Cook a meal for someone who might need a little extra support.	19 Visit a local park with a friend and enjoy nature together.	20 Schedule a video call with a long-distance friend or relative.	21 Share a meaningful story that has inspired you with others.
22 Attend a local community event or workshop and meet new people.	23 Recommend a local business or service to someone you know.	24 Compliment a stranger—something simple like "I love your shoes!"	25 Organize a group activity like a book club or study session.	26 Help a child, older adult, or friend learn something new.	27 Write a positive review for a local business or service provider.	28 Start a gratitude journal and share your reflections with someone.
29 Buy an extra item and donate it to a local food pantry.	30 Host or attend a potluck dinner to celebrate community.	31 Reflect on your connections this month—what did you learn?				

Celebrating the Power of Connection

HEALTHYOXFORDAREA.ORG

