

Carlin Senior Center

City of Carlin

320 Chestnut Street 754-6465

February 2018

HOW TO PRACTICE KINDNESS

I have made a New Year's Resolution to practice kindness. I am finding that it is very easy to do so I thought I would share some tips with you because after all this is the month of love.

Hold doors open. Even for people who are a little further away from the door than usual.

When a person is talking to you – really –listen.

Tell your loved ones that you love them. Regularly.

Does someone owe you money? Forgive the debt.

Stop complaining.

Stand up for others.

Stop speaking ill of others.
Let your words be kind.

**NO ACT OF
KINDNESS,
however small,
IS EVER
WASTED.**

Aesop

Volunteer.

Say Please and Thank you.

Don't wait to be asked.

Offer to help.

Smiles are irresistible.

Don't hesitate to smile warmly at friends, family, colleagues and even strangers.

Pay it forward.

That thing you are going to sell? Why not give it away for free.

Send flowers unexpectedly. No reasons needed. Just because.

Thank someone who helps you every day for all they do.

Try one a day! Let's see what happens when we all try to be a little more full of love.

CARLIN MEMORIES



The newly formed Carlin Historical Society is looking for interested persons to help with the development of a museum in Carlin. We are looking for historical artifact, photos, information, stories, knowledge, and helping hands.

Please call Ella at the Senior Center for more information about the next meeting.

754-6465

This institution is an equal opportunity provider and employer.