



## Acknowledging Acts of Kindness Club Newsletter

**January 2020**

Welcome to 2020! I hope you all had an enjoyable holiday season. I'm looking forward to a great year for our club! We have so many things going for us including the wonderful support we have received from our community, some terrific ideas for moving forward, the learnings from our 2019 experiences, and (most of all) our talented, kind membership.

**Our January meeting will be on Thursday, January 9th, at 12:30 at the Bacall Recreation Center. Be there if you can. This is an important meeting for kicking off the New Year.**

A warm welcome to our new members **Susan Sittman from the Village of St. James and Susan Chicoine from Pennecamp**. I am anticipating that we will experience significant growth in the next few months. We had some wonderful exposure at The Villages Christmas Parade and I have been posting lots of club information on social networks. Please take some time to promote our club as you see fit with neighbors, friends and other clubs. When we reach a milestone of 100 members I am told we will get more media attention.

### **Club Officers and Positions**

As we mature as a club we need to establish more structure to operate effectively. In our last meeting we somewhat informally agreed on our officers:

Lindsay Collier – President

John Maiorino – Vice President

Jen Smith – Treasurer

Carol Cholette – Membership

Secretary – looking for a volunteer

We also have three committees – Candidate Selection, Event Coordination, and Publicity. We need to shore up this effort and this will be discussed in our upcoming meeting.

### **Villages Christmas Parade and Market Nights**

In December we participated in several Villages events. We had a table at all three Market Nights (Market, Town, and Paddock Squares). We got some exposure but, all in all, it was a bit disappointing due to the turnout. Thanks to all who helped out – we had a great time anyway.



The annual Villages Christmas Parade was an incredible experience! With minimal preparation time we decorated 3 golf carts and had an exciting group of members walking beside them distributing cards (over 1500) to those along the route. We also managed to give away all of our Kindness Rocks made by Shirley Knight to kids along the way (hey Shirley – we need more rocks). The reception we received was just wonderful, and I think the event was thoroughly enjoyed by all who attended.



We will definitely plan on this as a yearly event, and we have some great ideas as to how to really beef it up!

## Kindness Card Fliers

The idea of displaying our Kindness Card Fliers is catching on rather nicely. We currently have these on display at several social clubs as well as a few businesses. These include Angel Snugs (4 locations), Boomer Loomers, Twiddle Pockets, Brylah Fashions, Bella Hair Studios, Chicken Salad Chick, Havana Country Club, Hair Works Pros, The Waterfront Inn, VCR Buffalo Ridge Animal Hospital, and several other possibilities. If any of you have an idea of a place to display these we will supply the cards and holders. **Please help to promote our cause and do what you can to promote this idea.**



## **Nomination of Possible Level Two AOK's**

**Do you know of someone who has displayed extraordinary kindness who we should consider for our next Level Two AOK?** We have had four of these events so far and each one has been hugely successful. We are getting better and better at this with experience and those club members who have been involved have all left very excited by the process. Attached is a form that we use to get things started. Nominate someone today – it will make you feel good all over!

## **Giving Clubs Showcase**

On Saturday, Feb 1<sup>st</sup>, 2020, from 10-2 at Lake Miona Recreation Center there will be the second annual **Giving Clubs Showcase**. Last year featured 35 clubs (including ours) that engage in activities of kindness, and this year will likely be many more. It will be a great way to see what's going on, and promote our mission. Save the date and let me know if you would like to be involved.

## **January Social Event – Himalayan Golf**



On Thursday, Jan 16<sup>th</sup> from 10:30 am – 12 pm we will gather for some Himalayan Golf at Palmer's Country Club. This just might be The Villages most fun activity and you don't want to miss it. Remember, if you have never even played golf you may have an advantage. And it's free! Afterward you can join us for lunch at Palmers. Reserve your space soon by emailing Jen Smith at [jpsmith@comcast.net](mailto:jpsmith@comcast.net).

## Nametags

We now have magnetic nametags available for members. These are just \$6 each and can be ordered through our Membership Chair, Carol Cholette ([carolcholette@yahoo.com](mailto:carolcholette@yahoo.com)).



## Dayton Club Update

Our Dayton Club has benefitted from the endless energy of Anne Sheehan (a Kindness Energizer Bunny). Her hard work and dedication have resulted in the distribution of an estimated 18,000 Kindness Cards to schools and other organizations in the Dayton area! She and her husband will be spending March in The Villages so we will all get a chance to meet her then.

They have a very nice website of their own at <https://aaokdayton.org/>.

## December Kindness Calendar

[Actionforhappiness.com](http://Actionforhappiness.com) publishes a monthly Kindness Calendar and I thought it would be nice to include this in our newsletter each month. Make a copy of this, and see how many you can check off.

**HAPPY NEW YEAR CALENDAR - JANUARY 2020**

"Happiness is not something ready made. It comes from your own actions" - Dalai Lama

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Find three good things to look forward to this year.	2 Make time today to do something kind for yourself.	3 Spread a bit of happiness by doing kind things for others.	4 Write a list of things you feel grateful for in life and why.
5 Get moving. Do something physically active (ideally outdoors).	6 Say something positive to everyone you meet today.	7 Take ten minutes to sit still and just breathe.	8 Look for the good in others and notice their strengths.	9 Learn something new and share it with others.	10 Thank three people you're grateful to and tell them why.	11 Have a friendly chat with a stranger.
12 Switch off all your tech 2 hours before bedtime.	13 Be gentle with yourself when you make mistakes.	14 Take a different route today and see what you notice.	15 Put a worry into perspective and try to just let it go.	16 Get outside and notice five things that are beautiful.	17 Eat healthy food which really nourishes you today.	18 Make something happen for a good cause.
19 Get back in contact with an old friend you miss.	20 Go to bed in good time and give yourself time to recharge.	21 Take a small step towards an important goal.	22 Try out something new to get out of your comfort zone.	23 Decide to lift people up rather than put them down.	24 Today do something fun and invite others to join you.	25 Put away your devices and focus fully on who you're with.
26 Say hello to a neighbour and get to know them better.	27 Challenge your negative thoughts and look for the upside.	28 Count how many people you can smile at today.	29 Use one of your personal strengths in a new way.	30 Ask other people about things they've enjoyed recently.	31 Write down your hopes and plans for the future.	

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## One more thing

Maybe it's time to give our newsletter a creative name. Here's your chance to get those creative thinking juices going and suggest some possibilities. Anyone want to give it a shot?

See you at our meeting? **Lindsay Collier**

***“To the world you might be just one person, but to one person you just might be the world”.***

***Mark Twain***