



Thank you for your kindness.

Acknowledging Acts of Kindness Club Newsletter - March 2025

*"I've been searching for ways to heal myself, and I've
found kindness is the best way."*

Lady Gaga

Our club is off to a 'bang up' start this year. Read on to see why. We have some great meetings planned along with some activities that will give our members a lot of chances to practice kindness.

Our March meeting is on Thursday, March 13th from 12:30 to 2:00 at the Bacall Recreation Center as usual. Our speaker will be Sally Palmer from the Forward Paths Foundation. She will share the wonderful story of how they help homeless youths and those aging out of foster care to create a path that leads to independence. We will also share some of the kindness activities which are coming up and maybe throw in a few surprises.

A short look at our next few meetings to put on your calendars:

- April 10th – We will have a demo of how beds for the homeless are made from “Plarn” made from plastic bags and be involved in making them.
- May 8th – We will have a mini version of the Enrichment Academy course on How to Live a Life of kindness taught by our President.
- June 12th – We will have our usual ice cream social to end our year prior to our summer vacation in July and August.

Welcome to Our New Members

A warm welcome to our new members, Dave Harrold from Pennekamp, Sandy Baker from LaZamora, Christine Ross from LaZamora, Ellen Gagnon from Bridgeport, and Jennifer Mills from Fenney.

There is no cost for membership in our club. A downside of this is that we have nearly half of our membership list that we haven't heard from in months. We expect members to attend meetings when possible and take part in some of our activities. Those who have not been involved will be getting a note from us soon to see if you want to continue your membership.

Acknowledging Acts of Kindness (AAOK) Events

It's a big month for our AAOK's events. Our Candidate Selection and Event Coordination Leader, Cathi Coy, is doing a great job organizing these events and we have these scheduled right up through September.

On Tuesday, March 4th we honored Rocco Tucker at a softball game at Everglades. Our thanks to his neighbor, Francois Hansen, for playing a part in this. Rocco was honored for his exceptional kindness. He recently rode his bike from The Villages to Paris Island to raise \$12,000, along with his softball team, to help those with brain injury.



On the same day we honored Al Arnold, president of VHA Helping Hands at their board meeting. Al has shown exceptional kindness in his work with this group, Villages Honor Flight, Military Officer's Assoc, and much more.



And we have another one coming on March 11th at an annual celebration honoring those who have helped in the Wildwood soup kitchen.

Kindness Opportunities

We will update you at our meeting on all the kindness opportunities coming up. The St Pat's Day Parade on the 17th at 3:00 in Spanish Springs is coming soon and we could use another 3 or 4 carts. Please let me know if you are interested – this activity is a lot of fun!



Website Updates

We finally have someone who has volunteered to keep our website up to date. Chris Coy has been doing a great job of making some changes that will ease navigation, enhance the club information, and make everything easier to find. Here are some of the things you will now find on the site:

- All newsletters will be there with the current one posted on the "Home" page.
- All kindness presentations will be easily accessed.
- Our calendar will include all our upcoming events.

- The form for nominating those to be acknowledged will be easy to download.
- And much more!

Thanks so much, Chris, for your help! Keep checking the site at aaokclub.org for more updates and pass it on to others.

Our Kindness Cards

When we started our club 6 years ago, we were all about handing out our kindness cards to people we spotted doing kind acts. This is still one of our strengths. Every time you acknowledge someone increases the chance they will continue their kind acts. People love to be recognized, and it makes you feel great too.

We always have plenty of cards at the meeting and, if you can't make the meeting, let me know how many you want, and we will figure out how to get them to you.



Areas Where We Need Your Help.

We could use your help in a couple of areas. I know many of you are busy, but we could really use some help in these areas. None of them will take a lot of your time.

- Social Director – Help organize events involving food and social activities. You won't be alone – a lot of us will help you out.
- Newsletter Editor – I've been doing this for 6 years. Time for someone else to take over.

Let me know if you are interested or would like to know more about a position. Your help will be greatly appreciated.

Club Sites to Visit

- **Our club's website**
- **[Our Facebook page](#)**
- **Our Facebook group**
- **Custom Apparel (go to businesses/groups A-L for our catalogue of shirts and other AAOK stuff)**

See you on March 13th

Stay Healthy, Happy and Kind!

Lindsay Collier, President, lindsaycollier@comcast.net.



*We make a living by what we
get, but we make a life by
what we give.
- Winston Churchill*

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