

## THREE THINGS YOU CAN DO

### SAFETY

- Adhere to Calgary's new Distracted Driving law - don't text and drive.
- Make friends with your neighbours.
- Practice bike safety – follow speed limits on paths and wear a helmet.

### HOUSING

- Calgary's *10 Year Plan to End Homelessness* belongs to everyone. Learn, donate, volunteer .
- Join your community association's planning committee.
- Learn more about *Calgary Homeshare*....helping seniors and young people with housing needs.

### ARTS AND CULTURE

- Check out a local arts event or street festival...take a friend.
- Join a heritage walk or Jane's Walk.
- Buy gifts from a local artist, artisan or food producer.

### WORK

- Become a mentor at one of Calgary's immigrant agencies.
- Hire a student or welcome a co-op student.
- Check out *Calgary Dollars* – an alternative currency that supports the local economy .

### HEALTH AND WELLNESS

- Join a charity fun run or bike race .
- Visit [calgary.ca](http://calgary.ca) to see pathways and bikeways maps.
- Learn positive ways to cope with stress – hike, try yoga, meditate.

### FINANCIAL WELL-BEING

- Donate gently used clothing and goods to Women In Need Society.
- Help a new immigrant family get established...assist with writing a resume or a job search.
- Take advantage of the *City of Calgary's Secondary Suites Grant Program* – apply for up to \$25,000.

## GETTING AROUND

- Find your niche in Calgary's cycling community. Visit [bikecalgary.org](http://bikecalgary.org) to get started.
- Take public transit.
- Participate in *Calgary Car Share*. A cheaper and greener alternative.

## ENVIRONMENTAL SUSTAINABILITY

- Compost organic waste materials.
- Explore the scenic pathways of Calgary's Greenway.
- Reduce your water use – take short showers and install a low-flow toilet.

## CITIZEN ENGAGEMENT

- Volunteer at least twice a month at a nonprofit.
- Follow the City of Calgary on Twitter or visit [calgary.ca](http://calgary.ca) to add your voice to our City's discussions.
- Contribute your ideas to [calgaryisawesome.com](http://calgaryisawesome.com)

## LEARNING

- Be a book. Be part of the *Calgary Public Library's Living Library*.
- Join the parent council at your children's school.
- Be a lifelong learner...enrol in a continuing education class.

## NEIGHBOURHOODS

- Join your community association's "Meet Our Neighbours Day." If they don't have one, start one.
- Organize a progressive dinner party - have a great meal, a great walk and a great time with your neighbours.
- Cultivate a community garden. The food bank will be happy to take your surplus!

## AGING POPULATION

- Reach out to a senior in your neighbourhood - shovel their driveway, take them shopping or invite them to dinner.
- Talk to a senior – they could teach you a lot.
- Connect with Calgary's multicultural community of seniors through LINKages.