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| **February Purposeful Programming** | |
| Start gearing up for the **Living It! Campaign. Living It** is a four-week campaign to inspire and challenge participants and team members to try new pursuits in the four components of successful aging. These are the social, intellectual, physical, and spiritual components of wellness. Focusing on one component a week, participants are encouraged to try four new pursuits each week.  Use this [Engagement Survey](https://mymasterpieceliving.com/resource/engagement-survey/) or [Human Capital Survey](https://mymasterpieceliving.com/resource/human-capital-survey-2/)  to discover the human capital in your community and use the talents, expertise, and knowledge of team members and residents to maximize the experience. | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| Feb. 5th  **National Wear Red Day** | **National Wear Red Day, is an annual campaign by The American Heart Association to raise awareness about heart disease in women:** <https://bit.ly/2IBl8gA>   * **Red Color Meaning – The Color Red Symbolizes Passion and Energy:** <https://bit.ly/3lSZt1P> (Explore wearing red for the day, and notice all the times the color red shows up for you.) * **The RED HAT SOCIETY® is an international women’s social society that encourages women to connect from all over the world:** <https://www.redhatsociety.com/> * **What’s It Mean to Have a Red Aura? Find Out Here!** <https://bit.ly/32QJlWM> * **Is red your favorite color? How about decorating with red:** <https://bit.ly/3f8xPej> |
| Feb. 7th  **Send a Card to a Friend Day** | **Write or call a friend each day of this week, to catch up on news and highlight why you enjoy their friendship.**   * **Send an eCard:** [https://bit.ly/2IKQelo](https://bit.ly/2IKQelo%20) * **Article - Five myths about Valentine’s Day:** <https://wapo.st/3kEBzWm> * **Create Your Own Greeting Card:** <https://bit.ly/3pyobXv> * **Send a Letter to Someone Serving in Our Military:** <https://amillionthanks.org> * **Is there someone in your life who helped you become who you are today that you have not thanked yet?** Write them a letter, call, or send them an email. If they are someone you cannot contact, write a journal entry about what their support meant to you. * **Article –** Benefits of Journaling (and the Lost Art of Letter Writing): <https://bit.ly/3lJgPxR> |
| Feb. 11th  **Make a Friend Day** | **Reach out to someone around you that you see but may not really know. Invite them to chat with you or have a cup of coffee (at a distance) and see what you can learn about their interests.**   * **Find a new pen pal:** <https://www.penpalworld.com/> * **Join a spiritual-based online support or prayer group (Christian**): <https://bit.ly/3lEcgVG> * **Join an online book club:** <https://bit.ly/3pCLwXR> * **Meet a new virtual friend on FriendMatch:** <https://www.friendmatch.com> |
| Feb. 17th:  **Random Act of Kindness Day** | **Random Acts of Kindness Day is a day to celebrate and encourage random acts of kindness.**   * **AARP Community Connections*:*** [*https://bit.ly/32QLstG*](https://bit.ly/32QLstG) * **101 Best Random Acts of Kindness Ideas:** <https://bit.ly/38YOrnI> * **Begin a Resident-led Zoom program with younger students at a local daycare, school, or church (or for grandchildren of community residents and team members) and offer a series on Kindness. Consider using Kindness Cards or reading a Kindness books written for children, then offer chat time and an activity:** <https://bit.ly/32SPn9k> * **PODCAST - RAKtivism and Volunteering (Even When You’re Socially Distancing):** <https://www.spreaker.com/user/masterpiece_living/raktivism> * **TedX - How one act of kindness a day can change your life:** <https://bit.ly/35Dm5gJ> * **Article –** Kindness in Chaos: <https://mymasterpieceliving.com/17844-2/> |