

54. Stop and make sure the person on the side of the highway is OK

55. Host a block party or a holiday open house

56. Start a fix-it group—friends willing to help each other clean, paint, garden, etc.

57. Offer to serve on a town committee

58. Join the volunteer fire department

59. Go to church...or temple...or walk outside with your children—talk to them about why its important

60. If you grow tomatoes, plant extra for an lonely elder neighbor – better yet, ask him/her to teach you and others how to can the extras

61. Ask a single diner to share your table for lunch

62. Stand at a major intersection holding a sign for your favorite candidate

63. Persuade a local restaurant to have a designated “meet people” table

64. Host a potluck supper before your Town Meeting

65. Take dance lessons with a friend

66. Say "thanks" to public servants – police, firefighters, town clerk...

67. Fight to keep essential local services in the downtown area—your post office, police station, school, etc.

68. Join a nonprofit board of directors

69. Gather a group to clean up a local park or cemetery

70. When somebody says "government stinks," suggest they help fix it

71. Turn off the TV and talk with friends or family

72. Hold a neighborhood barbecue

73. Bake cookies for new neighbors or work colleagues

74. Plant tree seedlings along your street with neighbors and rotate care for them

129. Invite friends or colleagues to help with a home renovation or home building project

130. Join or start a local mall-walking group and have coffee together afterwards

131. Build a neighborhood playground

132. Become a story-reader or baby-rocker at a local childcare center or neighborhood pre-school

133. Contra dance or two-step

134. Help kids on your street construct a lemonade stand

135. Open the door for someone who has his or her hands full

136. Say hi to those in elevators

137. Invite friends to go snowshoeing, hiking, or cross-country skiing

138. Offer to watch your neighbor's home or apartment while they are away

139. Organize a fitness/health group with your friends or co-workers

140. Hang out at the town dump and chat with your neighbors as your sort your trash at the Recycling Center

141. Take a pottery class with your children or parent(s)

142. See if your neighbor needs anything when you run to the store

143. Ask to see a friend's family photos

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