

## Handout #6

### Focus Couples/Single Connect Activities

- Cut flowers from your garden and give them to someone.
- During a special holiday (birthday, Easter, Christmas, etc.) prepare and deliver a special food/gift basket.
- Send a card of appreciation to someone. A handwritten note is priceless.
- Cook a meal for a neighbor or acquaintance.
- Sweep your neighbor's walk or driveway or mow his or her lawn.
- Help someone carry his or her groceries.
- Visit someone in the nursing home or assisted-living center.
- Buy someone coffee at a local coffee shop.
- Buy an extra bag of groceries for the local food pantry. Even better, personally take the bag to someone in need.
- Write a letter or make a phone call to individuals you like expressing to them how much their friendship means to you.