

we build community vitality



Guelph's kindest day of the year

Random acts of kindness will run rampant on **Friday, November 1**, when over 200 organizations and community groups join together to participate in the Guelph Community Foundation's 4th Annual **Random Act of Kindness Day**.

Random Act of Kindness Day is an opportunity to do something kind for someone else, to appreciate our fellow citizens and for community building. The concept is simple - one person does a kind act for another and gives that person a Random Act of Kindness card. The recipient of the act "Pays it Forward" by doing something kind for someone else. With over 50,000 RAK cards in circulation, imagine the impact across our community!



Acts of kindness can be large or small. And they don't have to cost money; hold a door open for someone, let someone ahead of you in line, or organize a potluck at work. If you are short on ideas, check out our list of [101 RAK ideas](#), or come out to the Stone Road Mall parking lot on Friday where Magic 106/CJOY will be broadcasting live from 10-2. Volunteers will be accepting donations of non-perishable food items for the Guelph Food Bank, blankets and towels for the Guelph Humane Society, eye glasses for the Lion's Club and toiletries for Women in Crisis.

Pick up your Random Act of Kindness Day "Pay it Forward" cards before Friday at The Guelph Community Foundation. For more information, visit www.guelphcf.ca.

On Friday, please join the conversation. Share your stories and photos on:



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