



**United Way  
of Northeast Louisiana**

2024 **FEBRUARY**

SUN      MON      TUE      WED      THU      FRI      SAT

"Without community service, we would not have a strong quality of life. It is important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."  
Dorothy Height

**1**  
Donate an item to charity

**2**  
Share a hug

**3**

**4**

**5**  
Give a compliment

**6**  
Treat someone to coffee

**7**  
Share a favorite recipe

**8**  
Check in on someone

**9**  
Share encouraging words

**10**

**11**

**12**  
Send a thank you note to law enforcement

**13**  
Take lunch/dinner to someone

**14**  
Share a smile 

**15**  
Hold the door open for someone

**16**  
Run an errand for a friend

**17**

**18**

**19**  
Spend time with a senior in our community

**20**  
Share a favorite memory

**21**  
Check in on a family member

**22**  
Share a flower with a friend

**23**  
Thank a colleague who has helped you with a task

**24**

**25**

**26**  
Be a good listener for someone in need

**27**  
Tell someone you love them

**28**  
Thank a veteran for their service

**29**  
Share a positive quote



For other volunteer opportunities, visit [unitedwaynela.org](http://unitedwaynela.org)