**May 2020 Community Newsletter Content**

**Social Connections while Physical Distancing**

A message from the Federation of Calgary Communities



Now more than ever, being neighbourly is incredibly important. While these are difficult times, we have seen communities across the city step up to help support their neighbours. Keeping your safety, and the safety of others in mind, check out some of what we have seen below:

* Many communities are encouraging their residents to decorate their windows with crafts to encourage community building while still practicing physical distancing
* Some communities have started offering their program virtually! From yoga classes to weekly meetings, these programs are a great way to stay engaged while physical distancing
* For those with community gardens, some communities are encouraging their neighbours to paint rocks to contribute to the community garden for other neighbours to find while going for a walk
* Many communities have started up neighbour support programs to help those most vulnerable in their communities with getting groceries, snow shovelling, or dog walking.

These are just some examples of what our communities are doing across the city to help out during these difficult times. We are inspired to see communities across Calgary engaging their residents and providing support during these difficult times while practicing physical distancing.

Visit **calgarycommunities.com** to find your community association and find out how you can be part of it!