



The idea is a simple one: what if everyone in Brentwood went out for a walk at the same time and we all started meeting and visiting with one another? And so it was that **MONdays** came to be. **MONdays** are days when we can all **Meet Our Neighbours**, get to know each other just a little bit and bring more life to the streets of Brentwood.

All you need to do is head down to your favourite sidewalk at 7pm on Monday evenings through the summer, pick a direction, start walking and say hello to anyone you meet. If you're a little shy, that's a great start but if you're feeling just a little bolder, stop and introduce yourself and ask your neighbour if they know about **MONdays**. Encourage them to spread the word with people *they* meet as they walk. You'll be amazed at the conversations you'll start this way.

Needing a little morale support to get the conversation started? Find a friend and arrange to meet and walk together. We suggest neighbourhood gathering spaces such as Northland Plaza, the Library, the Community Garden, one of the mural sites, Blakiston Park and more. Make it a regular Monday meetup, change the start point weekly, see who you run into.