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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Flower of the month: Marigold 	Birthstone of the month: 					Order a fancy coffee.  International Coffee Day
2	3	4	5	6	7	8
Take a scenic drive.  Get Out and Drive Day	Model how you treat others with kindness and respect. World Day of Bullying Prevention	Time to take out that hairbrush and sing "Your So Vain" by Carly Simon. 	Reach out to a teacher and thank them. World Teacher's Day	Watch "Lady and the Tramp, best noodle date." National Noodle Day	Try to make someone in your life smile.  World Smile Day	Today is the day to pamper yourself.  Tender Loving Care Day
9	10	11	12	13	14	15
Start making a habit of drinking water throughout the day.	Do something that makes you happy.  World Mental Health Day	Dance the Mexican Cumbia to Selena's song "Como la Flor" 	Visit a Farmer's Market this week and show your support. National Farmer's Day	Depress for 5 minutes <i>Just Breathe</i>	Satisfy your sweet tooth and have a dessert of your choice. National Dessert Day	Practice handwashing.  Global Handwashing Day
16	17	18	19	20	21	22
Love your cat if you have a cat.  Global Cat Day	Celebrate your boss.  National Boss's Day	Listen to a Legend: Stevie Nicks, "Edge of Seventeen" <i>Legend!</i>	Try a new route to work. <i>Journey</i>	Write down five things that were positive today. 	Have anything with apple. 	Volunteer in your community. <i>VOLUNTEER</i>  Make a Difference Day
23	24	25	26	27	28	29
Make a menu for the whole week. 	This day reminds us to be grateful for the food we have on our table. Food Day	Tribute to Olivia Newton-John: Listen to "Hopelessly Devoted to You" <i>Tribute</i>	Carve a pumpkin.  National Pumpkin Day	Move for at least 30 minutes a day. 	Have anything with chocolate.  National Chocolate Day	Unplug after dinner each night. <i>unplug</i> 
30	31					
Grab a handful of Candy Corn  National Candy Corn Day	Trick or Treat  Halloween		Breast Cancer Awareness Month National Audiology/Protect Your Hearing Month	National Depression Awareness Month Global Diversity Awareness Month	National Bully Prevention Month National Dental Hygiene Month	Eat Better, Eat Together Month Emotional Wellness Month