

JUNE

2019 CARE WELL CALENDAR

Small acts of caring make a big difference.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Say Something Nice Day
2 Play catch or throw a frisbee with a child.	3	4 Brighten someone's day: offer a compliment to a friend (or a stranger!)	5	6	7 Write a love letter and mail it.	8
9	10 Give respite to a fulltime caregiver.	11	12 Help a father or grandad with a project.	13	14	15 Help a child list 10 things they like about their dad.
16 Father's Day	17	18 Send an encouraging text to someone who's had a hard month.	19	20 Participate in your library's summer reading program with a child.	21	22
23	24 Sunshine is good for the soul. Invite a lonely friend to join you for a stroll or a picnic.	25	26	27	28	29 Leave a flowering plant and a note on the doorstep of a grieving person.
30						

Honor your father and mother. Then you will live a long, full life in the land of the LORD your God is giving you.

Exodus 20:12