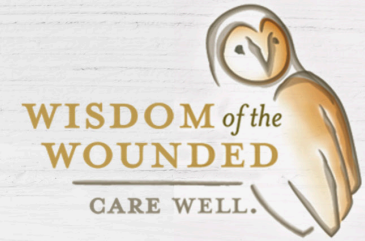


NOVEMBER

2019 CARE WELL CALENDAR

Small acts of caring make a big difference.



GIVE THANKS
IN ALL
CIRCUMSTANCES:
FOR THIS IS
GOD'S WILL
FOR YOU IN
CHRIST JESUS.
1 THESS. 5:18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Bake pumpkin muffins, put them in a freezable bag and bring them to a shut-in to enjoy all month long.	4	5	6	7 It's Family Caregiver Month. To provide respite, offer to spend time with a caregiver's loved one so the caregiver can take a break.	8	9
10	11	12 Compliment three people today.	13 World Kindness Day	14	15	16 Offer to run errands for a recently bereaved person.
17 Write a kind note or send a text to someone "just because."	18	19	20	21 Read the board book "Llama Llama Gives Thanks" to a small child.	22	23
24	25	26 Leave money on a vending machine with a note: "Enjoy your snack."	27	28 Thanksgiving	29	30 Holidays are difficult for lonely or grieving people. Take a friend to a movie on Thanksgiving weekend.

Visit WISDOMoftheWOUNDED.com/care-well-calendar for calendar downloads.

