November 2023

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
This Month's Theme **GRATITUDE** **Month** • Native American Heritage Month • National Homeless Youth Awareness Month	• 10/31 - 11/2: Día de Los Muertos • 11/11: Veteran's Day • 11/12: Diwali • 11/16: International Day for Tolerance • 11/20: World's Children Day • 11/23: Thanksgiving	1 Día De Los Muertos Honoring Lost Loved Ones Library @ Lunch	2 Día De Los Muertos Calm Coloring Library @ Lunch Coco Movie in R-4	3 Día De Los Muertos Lunchtime Performance & Treats
6 **FOR STAFF:** **Start 21 Day Gratitude Challenge** **Wellness Club @ Lunch in R-4**	7	8 **Wellness Club @ Lunch in R-4**	9	10 **VETERANS DAY** HONORING ALL WHO SERVED NO SCHOOL
13 **Wellness Club @ Lunch in R-4**	14 Celebrating Diwali Monday - Wednesday @ Lunch	15 **Wellness Club @ Lunch in R-4**	16 INTERNATIONAL DAY FOR TOLERANCE	17
20 grateful	21 **THANKSGIVING HOLIDAY BREAK!**	22	23	24
27 Snooze Time **Wellness Club @ Lunch in R-4**	28 Giving Tuesday Click for Ideas on how to participate	29 **Wellness Club @ Lunch in R-4**	30 **FOR STAFF:** **Turn In Your 21 Day Gratitude Challenge to be entered in raffle!**	*FOR MORE INFO ON WELLNESS TOPICS CLICK HERE OR*