



# DECEMBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 26     | 27     | 28      | 29        | 30       | 1      | 2        |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |
| 31     | 1      | 2       | 3         | 4        | 5      | 6        |

Homemade  
GIFTS MADE EASY

Holidays and Observances: 24: Christmas Eve, 25: Christmas Day, 31: New Year's Eve

## Be Kind in December

Be kind to yourself- we are so busy during the holidays. Today, choose one thing to do and celebrate when you are done.

Make room for another driver to merge into your lane.

Take the shopping cart back to the store, or the cart corral (so they don't run away)

Hold the door for the person behind you.

Offer to help someone having difficulty reaching something.

Pick up litter and place in the trash receptacle.

Make eye contact with the store clerk and smile.

Wish someone a good morning.

Listen with complete attention, instead of thinking about your response.

Visit the local elementary school and make a donation to pay off lunch debt.

Ask a neighbor if they need anything from the store when you go shopping.

Call a friend you haven't spoken to in a while

Send a "thinking of you" card or email.

Compliment another person.

Donate your time.

Let the person behind you in line check out first.

Say "Thank you" and "I'm sorry."

Say "I love you"

Offer a hug to a family member or close friend.

Tell someone they are wonderful and how happy you are to have them in your life.

Let them sleep late.

Offer them some water.

Respect someone's wishes.

Send a copy of a photo to someone in it.

Share a good recipe or ask someone to share their recipe with you.