

# NOVEMBER 2018

## Westside Communities in Action

Sunday	Monday	Tuesday	Wednesday	Thursday 1 Be mindful	Friday 2 Take a walk outside with a neighbor	Saturday 3 Make your bed
4 <b>Daylight savings ends</b>	5 <b>National Doughnut day</b> Buy an Officer a doughnut	6 Take out someone else's trash	7 <b>National Stress Awareness day</b> Meditate	8 Tell a child you believe in them	9 Send a Thank you note to someone	10 Be thankful & tell someone
11 <b>Veterans Day</b> Give a hug to veteran	12 <b>Veterans Day observed</b> Give Thanks to a Veteran	13 <b>WORLD KINDNESS day</b> Bake a neighbor a cake	14 Write a Thank you to the mail carrier	15 Walk a neighbor's dog	16 Phone a relative	17 <b>National Take-a-hike day</b> Take your parents hiking
18 Bring reusable bags to the grocery store	19 Wave at passing cars	20 Leave a word of encouragement for someone	21 Say Thank you to those you encounter	22 <b>Thanksgiving</b> Invite someone new over for dinner	23 Forgive today	24 Reminisce with a friend
25 Have a judgement free day	26 Take beautiful picture and send it to someone	27 Donate clothes to a shelter	28 Hold the door for someone	29 Offer to babysit for free	30 Leave a surprise in a library book	 <p style="text-align: center;">www.westsidecia.org</p>