

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	International Tattling Day April Fools Day Be a HAPPY fool for love	Autism Awareness Day Reach out to a parent with an autistic child and ask how to help	Lailat al Miraj National Walking Day Leave bubbles in the park today as a surprise	Clean out the toy box today - donate what isn't needed	Leave a note of encouragement for someone	International Day of Sports for Development Collect unused sports equipment donate to SportsGift.org
7	8	9	10	11	12	13
World Health Day Start an exercise program	Compliment Day - Give them out	Give the gift of your full attention to someone	National Siblings Day Call your siblings	Deliver coffee or tea to a teacher	Write Thank You letters to soldiers - send to Operationgratitude.com	Burmese New Year Cambodia New Year Lao/Tai New Year Family Game Night, you pick the game!
14	15	16	17	18	19	20
Palm Sunday Bengali New Year Tamil New Year Buy flowers for your home	Tax Day Tell someone how important they are to you	National Librarian Day Give a flower to your Librarian	Buy bus passes and pass out to the homeless	Holy Thursday Bake bread for a friend	Good Friday Take time to breathe and write in your journal	First Day of Passover Lailatul Barat Honor a friend with homemade unleavened bread
21	22	23	24	25	26	27
Easter Sunday Spend time with your family.	Earth Day Easter Monday Dyngus Day	World Book Day Donate gently used books to the library	Admin Professionals Day Buy a balloon for your helpful staff member or school office	World Malaria Day Donate to UNICEF to purchase mosquito nets	Arbor Day Plant a tree	Passover Ends Buy a treat through the drive thru and tell them it is for the next car
28	29	30				
Orthodox Easter Sunday Wash your parents car	Collect gently used bras and send to SupporttheGirls.org	Make reusable grocery bags & donate to the thefoodgroupmn.org				 westsidecia.org

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			May Day Place a Treat Bag on a Neighbor's door Save The Rhino Day	National day of Prayer Holocaust Remembrance Day Be kind to all you encounter	World Press Freedom Day Give someone a special book	Kentucky Derby Invest time in a Friend
5	6	7	8	9	10	11
Cinco de Mayo Share food with someone today	National Nurses Day Ramadan Send a thank you note to a Nurse	National Teachers Day Donate school supplies to a Teacher	VE Day World Red Cross Day Donate Blood	Lost Sock Memorial Day Have a complaint free day	Military Spouse Day Bake cookies and leave on a neighbors porch	National eat what you want day Eat dessert before dinner
12	13	14	15	16	17	18
Mother's Day Do your mom's chores ALL day	Invest time in a relationship	Read to residents at a nursing home	Encourage someone today	Police Officers Memorial Day PEACE Day Wear Purple	National Bike to Work Day Use your bike for transportation today	Armed Forces Day Write a few thank yous and send to: <i>The Heinzen Ditter VFW, 19020 Hamel Rd., Plymouth 55446, C/O PBYR</i>
19	20	21	22	23	24	25
Boys Club Day Play a game with a sibling	Victoria Day National Patriots Day and Rescue Dog Day Make homemade dog toys and drop off at the Animal Humane Society	Find out something new about a co-worker today	Give someone a flower	Lag B'Omer Bake tahini cookies for a friend	Leave coins in the park under the swings for a child to find	National Missing Children's Day Hug your CHILDREN today Tell your children why they are special
26	27	28	29	30	31	
Have a coloring contest with the family	Memorial Day Thank a Solider today	Amnesty International Day Volunteer at a local organization - check out WestsideCIA.org for ideas	International Day of UN Peacekeeper Invite a neighbor over for dinner, share the gift of community	Ascension Forgive yourself and others	World NO Tobacco Day Lailatul Qadr Give time or money to your favorite charity	 westsidecia.org

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						National Trails Day Take a walk in the wild Give up one thing this month & save the money
2	3	4	5	6	7	8
Connect with someone very different	Say thank you to as many people as possible today	Eid al Fitr Offer a bag of fruit to a neighbor	World Environment Day Pick up trash in the park	D-Day Remember a Vet today	National Donut Day Buy a dozen for co-workers/family	Best Friends Day World Ocean Day Call a friend today
9	10	11	12	13	14	15
Nurses Assistants Day Pentecost Share a meal with friends	Clean out your closet and donate to a local women's shelter	Send a note to a friend telling them why you love them	Philippines Independence Day Red Rose Day Think of 3 things you need to forgive and let it go	Love someone today like it is your last day	World Blood Donor Day Donate Blood	National Nature Picture Day Share your picture with a friend
16	17	18	19	20	21	22
Fathers day Celebrate your Father by mowing the yard for him Trinity day	Eat Your Veggies Day Fix a Vegetarian meal for the family	Go Fishing Day Take fresh veggies & fish to a neighbor	Juneteenth Day Attend a local celebration	World Refugee Day Purchase fair-trade products from WorldCrafts.Org	Take Your Dog to Work Day Summer Solstice	Host a BBQ for friends
23	24	25	26	27	28	29
Write a note to someone you admire and mail	Find a new charity and share it on social media WestsideCIA.org	Pass out bottles of cold water to workers in the sun	Forgiveness Day Do someone else's chore today	Make it a complaint free day	Go out to eat today and buy someone else's dinner	Hug Holiday Hug as many people as you can
30						
Donate all of the money you saved this month from giving up 1 thing to your favorite charity						 westsidecia.org