



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Canada Day International Joke Day Bring a dessert to a neighbor	Check-in with an elderly relative	Compliment what's in the Mirror Day Show yourself some kindness	Independence Day National Country Music Day Buy bus passes for the homeless	Workaholics Day Write down 3 positive things about your life today	National Fried Chicken Day Read to kids at the library
7		9	10	11	12	13
Chocolate Day Check WestsideCIA.com for Kids Summer Activities	National Blueberry Day Send coloring books to a children's hospital	National Sugar Cookie Day Mow the lawn of a neighbor	National Pina Colada Day Celebrate a friend	World Population Day Cheer Up the Lonely Day Give a hug	Pecan Pie Day Help someone with a job search	National French Fries Day Feed birds at a park
14	15	16	17	18	19	20
Bastille Day Pay for a strangers library fees	Give Something Away Day Donate food to a food bank	World Snake Day Bring your co-workers a treat	National Hot Dog Day Cook hot dogs for the family	National Daiquiri Day Be a "Mother's helper" to a friend	National Raspberry Day Make and carry cards that say "Thank you for making my day."	National Ice Cream Day Buy ice cream for a child
21	22	23	24	25	26	27
National Junk Food Day Say nothing negative on social media for a week	Hammock Day Create a 'Special' holiday for someone you care about	Vanilla Ice Cream Day Do a favor without expecting anything in return	Cousin's Day Diffuse your stress by diffusing someone else's	National Merry-Go-Round Day Do an extra chore	Aunt and Uncle Day Donate the flowers to a nursing home after the party/wedding	National Day of the Cowboy Donate books to the hospital
28	29	30	31			
Parents Day Praise a Parent for their Child's Behavior	International Tiger Day Give up your seat to someone	International Day of Friendship Send a 'Hello' note to someone you haven't talked to in awhile	National Mutt Day Give a stranger a compliment			 westsidecia.org

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
 Westside Communities in Action westsidecia.org				National Girlfriends Day Bring your Co-Workers a treat	National Ice Cream Sandwich Day Buy Ice Cream for a Child	Campfire Day Celebrate with a Cookout
4	5	6	7	8	9	10
International Friendship Day / Forgiveness Day Leave Pool Toys & Sunscreen at the Pool	Make and Carry "Thank you for Making my Day" Cards for People you Encounter	Check in with an Elderly Neighbor	National Lighthouse Day Checkout FreeRice.com for Fun and easy Way to Give Back	Universal Infinity Day Create a Special Holiday for Someone you Love	International Day of the World's Indigenous People Create Care Packages for Others	Lazy Day Diffuse Your Stress By Helping Someone else Diffuse Theirs
11	12	13	14	15	16	17
Donate books to Local Children's Hospital	International Youth Day Leave a Scratch off in the Park for Someone	Left Handers Day Make a Friendship Bracelet for Someone New	World Lizard Day Give Away Smiley Faces to People	Give a Stranger a Compliment	Leave Tennis Balls at the Dog Park	National Honeybee Awareness Day Leave Packets of Bird Seed in the Park
18	19	20	21	22	23	24
Bad Poetry Day Leave a Poetry Book at the Local Free Library	Let Someone in Front of You in Line	National Radio Day Leave a Positive Compliment on a Blog	Senior Citizen's Day Mow Your Neighbor's Yard	Be an Angel Day Feed the Birds in the Park	International Day of the World's Indigenous People Create Care Packages for Others	Vesuvius Day Give out Water Bottles on a Hot Day
25	26	27	28	29	30	31
Kiss and Make up Day Leave your Favorite Restaurant A Great Review	Women's Equality Day Make Spa Beauty Kits for the Ladies in your Life - Lotion, Nail Polish, Files	Just Because Day Give up your Seat on the Bus to Someone	Offer to Give Someone a Ride Home	More Herbs/Less Salt Day Offer to Carry Something Heavy	Leave Coins in Someone's Parking Meter	International Bacon Day Offer to Snap Someone's Photo

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Leave Coins at Wishing Fountain	Labor Day Make a Helpful Introduction	Pay For Someone's Coffee	Plan a Surprise Party for Someone	International Day of Charity If Someone Looks Lost, ask if You Can Help	Fight Procrastination Day Show the New Kid Around School	Share Toys With a Sibling
8	9	10	11	12	13	14
International Literacy Day Learn to Say 'Hello' in different Languages	Bring Your Teacher Flowers	Suicide Prevention Day Eat With Someone New for Lunch	Patriot Day 911 Remembrance Say Thank You to Your Local Emergency Teams	D-Day Remember a Vet Today	Positive Thinking Day Have Students Perform Random Acts of Kindness, then Write them on Hearts & Make a collage for them	Spend a Day at a Homeless Shelter
15	16	17	18	19	20	21
National Women's Friendship Day Set the Table for Dinner	American Legion Day Take a Vet Out to Lunch	Constitution Day Tell People You Love Their Smile	AIDS and Aging Day Help a Neighbor with Yard Work	Talk Like a Pirate Day Send the Wackiest, Craziest, Zaniest, Gift You Can Find to Someone	MIA Recognition Day Do One Nice Act for Someone today	International Day of Peace Send a Pizza to Someone Feeling Down
22	23	24	25	26	27	28
World Rino Day Offer to Give a Neighbors Dog a Bath	Autumn Equinox Leave a Plant at the School Office	National Voters Registration Day Help Someone With a Job Search	National One Hit Wonder Day Offer Someone your Pen	National Pancake Day Pack Someone a Lunch	World Tourism Day Native American Day Take Someone New on a Tour of the City	National Good Neighbors Day Give your Umbrella to Someone
29	30	1	2	3	4	5
Rosh Hashanah Write Down 3 Things you Adore About a Friend & Send it to Them	Show Yourself Some Kindness					 westsidecia.org