

Theme Month Calendar

Loneliness Food Pantry Native American/Culture Eat Well, Age Well Eat Well, Care Well

◀ December		January 2019					February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Bath Safety Month	Oatmeal Month Hot Tea Month	1 Nat'l Motivation and Inspiration Day	2 "Someday we will laugh about this" week	3	4 Spaghetti Day	5	
6 Bean Day Nat'l Technology Day	7 Elvis Bday Celebration Week	8 Winter Skin Relief Day	9 Apricot Day	10	11 Milk Day	12	
13 Healthy Weight Week & Sugar Awareness Week	14 Dress Up Your Pet Day	15	16	17 Get to Know Your Customer Day	18 Winnie the Pooh Day	19 Popcorn Day	
20 Cheese Lovers Day	21 Hunt for Happiness Week	22	23	24 National Compliment Day	25	26	
27	28	29 Puzzle Day	30	31	Be Kind to Food Servers Month, Celebration of Life Month, Get a Balanced Life Month, Soup Month, Self-help Group Awareness Month		

Created with [WinCalendar](#)

- ▶ For more layouts, colors, options & layouts download WinCalendar from [WinCalendar.com](#).
- ▶ WinCalendar supports importing data from Microsoft Outlook, Google Calendar, Yahoo Calendar, and ics.
- ▶ WinCalendar integrates with Microsoft Word and Excel and includes a free date picker calendar.

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February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Grapefruit Month Relationship Wellness Month	Heart Month Snack Food Month	Children's Dental Health Month	Library Lovers Month Barley Month	Canned Food Month Cherry Month	1	2
3	4 Medjool Date Day	5 World Nutella Day	6	7 Send a Card to a Friend Day Dry Beans Day	8 No One Eats Alone Day	9 Pizza Day
10 Jell-O Week	11 Shut-In Visitation Day	12	13	14	15	16 Almond Day
17 Random Acts of Kindness Day	18	19	20 Love Your Pet Day	21	22 Woolworth's Day	23
24	25	26	27 Strawberry Day National Chili Day	28 Digital Learning Day Floral Design Day		

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March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Quinoa Month National Nutrition Month	Frozen Food Month	Peanut Month Peanut Butter Lovers Month	Nat'l Craft Month Optimism Month		1 Employee Appreciation Day	2 Dr. Seuss Day
3 Celebrate Your Name Week	4 Fun Facts about your Name Day	5 Pancake Day	6 Nat'l Dentist Day	7 Cereal Day Nat'l Be Heard Day	8	9
10 Land Line Telephone Day	11 Nat'l Napping Day	12	13	14 Popcorn Lovers Day & Write Your Story Day	15	16
17 Nat'l Bubble Week	18 Act Happy Week	19	20 Int'l Day of Happiness & World Story Telling Day	21 World Poetry Day	22	23
24	25	26 Spinach Day	27	28 Virtual Advocacy Day	29	30
31 Nat'l Crayon Day						

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April 2019							
◀ March							May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Parkinson Awareness Month Stress Awareness Month	1 Volunteer Month Laugh at Work Week	2	3 Walking Day	4 Carrot Day Vitamin C Day	5	6	
7 Library Week	8 Dental Hygienist Week	9	10	11 Pet Day	12	13	
14	15	16	17	18	19	20	
21 Nat'l Park Week	22 Nat'l Jelly Bean Day	23 English Muffin Day	24	25	26 Pretzel Day	27 Nat'l Sense of Smell Day	
28	29	30 Raisin Day Adopt a Shelter Pet Day	Nat'l Humor Month, Grilled Cheese Month, Soy Foods Month, Emotional Overeating Awareness Month				

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May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stroke Awareness Month Arthritis Month	Better Hearing & Speech Month Photography Month	Celiac Awareness Month Mental Health Awareness Month	1 BBQ Month High Blood Pressure Ed. Month	2 Salad & Salsa Month Older Americans Month	3	4
5 Pet Week World Laughter Day	6 Anxiety & Depression Awareness Week	7	8	9	10	11 Stamp-Out Hunger Food Drive
12 Travel & Tourism Week Mother's Day	13	14	15	16	17 Walnut Day	18
19	20	21	22	23	24 Scavenger Hunt Day	25
26	27	28 Hamburger Day	29 Senior Health & Fitness Day	30	31 Osteoporosis Prevention Month	Nat'l Egg Month, Mediterranean Diet Month, Military Appreciation Month,

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June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
PTSD Awareness Month	Migraine & Headache Month	Alz. & Brain Awareness Month	Dairy Month Iced Tea Month	Fresh Fruit & Veggie Month	Dairy Alternative Month	1 Nat'l Say Something Nice Day & Pen Pal Day
2	3	4	5 Nat'l Veggie Burger Day	6 YoYo Day	7	8 Best Friend Day
9	10 Men's Health Week	11	12	13	14	15 Elder Abuse Awareness Day
16 Fathers Day	17 Eat Your Veggies Day	18	19	20	21	22
23 Nat'l Hydration Day	24	25	26	27 Handshake Day	28	29
30						

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July 2019						
← June						August ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Picnic Month	1 Int'l Joke Day	2	3 Compliment Your Mirror Day	4 Caesar Salad Day	5	6
Ice Cream Month	Medicare's Bday					
Anti-Boredom Month						
7 Macaroni Day	8	9	10 Teddy Bear Picnic Day	11	12	13
Global Forgiveness Day						
14 Everybody Deserves a Massage Week	15 Gummi Worm Day	16	17	18	19	20 Toss Away the Could Haves and Should Haves Day
21	22	23	24 Tell an Old Joke Day	25	26 Garlic Day	27 Nat'l Dance Day
28	29 Lasagna Day	30 Day of Friendship	31	Blueberry Month, Honey Month, Watermelon Month		

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August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Eye Exam Month Family Fun Month	Hair Loss Awareness Month	Indian Heritage Month Nat'l Wellness Month	Boomers Make a Difference Month	1 Spider-Man Day	2 Coloring Book Day	3 Watermelon Day
4 Friendship Day	5 Farmers Market Week Nat'l Fraud Awareness Week	6 Fresh Breath Day Rootbeer Float Day	7	8 Cat Day	9 Book Lovers Day	10
11	12	13	14	15 Relaxation Day	16 Tell a Joke Day	17
18	19 World Photo Day	20	21 Senior Citizens Day	22 Be an Angel Day	23	24 Waffle Day
25	26	27	28	29 More Herbs, Less Salt Day	30	31

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September 2019						
← August						October →
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Grandparents Day	9 Teddy Bear Day	10	11	12 Day of Encouragement	13 Kids Take Over the Kitchen Day Scooby-Doo Day	14 Banana Day
15	16	17 No Senior Eats Alone Day	18	19	20	21 Locate an Old Friend Day Eat an Apple Day
22 Dear Diary Day & Nat'l Centenarians Day	23	24	25	26	27 Ancestor Appreciation Day	28 National Good Neighbor Day
29	30	Suicide Prevention Month, Emergency Preparedness Month, Pain Awareness Month, Hunger Awareness Month, Hispanic Heritage Month (9/15 to 10/15), Rice Month				

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October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Blindness Awareness Month Dental Hygiene Month	Emotional Wellness Month Literacy Month	1 Vegetarian Day	2 Nat'l Kale Day	3	4 Smile Day Taco Day	5 Do Something Nice Day & World Card Making Day
6 Post Card Week Mental Illness Awareness Week	7 Nat'l Forgiveness Day Mystery Series Week	8	9	10 Cake Decorating Day World Mental Health Day	11	12
13 Train Your Brain Day Silly Sayings Day	14	15 I Love Lucy Day	16	17 Pasta Day	18	19
20	21	22 Nut Day	23	24	25 Pumpkin Day	26 Make a Difference Day
27	28 Chocolate Day	29 Cat Day Stroke Day	30	31 Eat Better, Eat Together Month, Talk About Medicine Month	ADHD Awareness Month, Cancer Awareness Month, Positive Attitude Month, Family History Month, Cookbook Month, Apple Month	

More Calendars: [2019](#), [Word Calendar](#), [PDF Calendar](#)

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November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Caregivers Month Alz. Ds. Month	Diabetes Awareness Month Veteran & Military Families Month	Vegan Month Healthy Skin Month	Gluten-Free Diet Awareness Month COPD Month	Inspirational Role Models Month Native American Heritage Month	1 Plan Your Epitaph Day	2 Cookie Monster Bday
3 Hunger & Homeless Awareness Week	4	5	6 Stress Awareness Day	7	8 Nat'l Men Make Dinner Day	9
10 Split Pea Soup Week	11 Veterans Day	12	13 World Kindness Day	14	15 Clean Out Your Fridge Day	16
17	18 Mickey Mouse Day	19	20	21 World Hello Day Nat'l Rural Health Day	22 Random Acts of Kindness Friday	23
24 Nat'l Day of Listening Nat'l Game & Puzzle Week Celebrate Your Unique Talent Day	25 Family Week Better Conversation Week	26 Nat'l Cake Day	27	28 Nat'l French Toast Day	29 Nat'l Native American Heritage Day Flossing Day	30

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December 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Nat'l Day of Giving	4 Cookie Day	5	6	7 Microwave Oven Day
8 Pretend to be a Time Traveler Day Brownie Day	9 Handwashing Awareness Week	10	11	12	13 Cocoa Day	14
15 Cupcake Day	16	17	18	19	20	21 Crossword Puzzle Day
22	23	24	25	26 Nat'l Thank-you Note Day	27	28
29	30	31 Look on the Brightside Day	Food Service Safety Month, Nat'l Pear Month			