




# November 2024

Let's Have a Little Fun!

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday                        | Friday | Saturday   |
|--|---|---|--|---------------------------------|--------|--|
|  |   |   |  |                                 | 1      | 2  |
| Wellness Theme:<br>Health Benefits of Gratitude<br>Therapy Theme:<br>American Diabetes Month |   |   |  |                                 |        |  |
| 3<br>        | 4   | 5   | 6<br>   | 7                               | 8      | 9  |
| 10   | 11<br><i>Veterans Day</i>   | 12  | 13<br> | 14                              | 15     | 16<br> |
| 17   | 18<br> | 19  | 20   | 21                              | 22     | 23   |
| 24   | 25  | 26<br> | 27   | 28<br><i>HAPPY Thanksgiving</i> | 29     | 30   |

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