

May Wellness



2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 1 May Day Doctor's Day Be kind & smile! | 2 Mental Health Week Sign up for the NBSRT AGM! | 3 Ramadan Ends Teacher Appreciation Day Thank You! | 4 Star Wars Day Firefighter's Day | 5 Go for a walk with a pet or friend. | 6 Air 1,000 Challenge! | 7 Free Comic Book Day Visit Heroes Beacon |
| 8 Mother's Day Share a moment with a mother. | 9 Nurse's Week Send a thank you card | 10 Prov. NBSRT AGM Woodstock (tonight and tomorrow) | 11 Sign up for SJ AGM Luncheon , May 25. Eat What You Want Day | 12 Donate | 13 1,000 Strong | 14 Police Week Migratory Bird Day |
| 15 Chocolate Day Indulge | 16 Living In Peace Day | 17 Telecommunication & Communication Day | 18 Museum Day NBSRT Exec. Meeting @10am | 19 Career Day Reflect! You inspired many! | 20 Go for a Bike Ride | 21 Cultural Diversity Day |
| 22 Biological Diversity Day Goth Day | 23 Victoria Day Turtle Day | 24 Use your Gift Cards! | 25 Saint John AGM Luncheon 11:30am Cookie Monster's Birthday | 26 Ascension Relaxing Art Projects | 27 15 Perennials To Plant | 28 Hamburger Day Quiz |
| 29 UN Peacekeepers Day | 30 Intro. Lawn Bowling for Retired Teachers (Bring a Buddy) 1-3:30pm @ Seaside Park- FREE! | 31 No Tobacco Day Challenge yourself for longer. | Enter SJ NBSRT May Wellness Recipe & Photo Contests. | What you do makes a difference! Jane Goodal | If you change the way you look at things, the things you look at will change. Wayne Dyer | Do something today that your future self will Thank you for. |