



BE KIND.
Especially to yourself.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 Election Day	3	4	5	6
7 Daylight Saving Time	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving	26	27
28	29	30	1	2	3	4