






Saturday/Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Month of May 31 DAY Gratitude &amp; Happiness Challenge</b>					<b>Day 1</b> Hop onto Facebook today or write us a hand written note tell us what you miss most about the Center! We miss U!
<b>Day 2</b> Write a letter to someone special	<b>Day 4</b> Take time today to sit in the stillness & breathe in deeply the fresh air around you.	<b>Day 5</b> Treat yourself to some Fresh flowers	<b>Day 6</b> Listen to music that reminds you of a special time in your life.	<b>Day 7</b> Dance like no one is Watching You.	<b>Day 8</b> Write down 5 things you are thankful for.
<b>Day 3</b> Bake Something					
<b>Day 9</b> Call someone You haven't lately	<b>Day 11</b> Meet Us...on Facebook or send us a card what should we do when we re-open?	<b>Day 12</b> Watch the Sunrise	<b>Day 13</b> Find a way to MOVE today walk outside, stretch Stand up sit Downs	<b>Day 14</b> What is one of the happiest times in your life? Take time today to cherish this memory.	<b>Day 15</b> Take sometime today to celebrate the small but big wins in your life mountains build character
<b>Day 10</b> Think of your Mom					
<b>Day 16</b> Message a Friend today	<b>Day 18</b> Shop locally today go through a local resturant drive up and enjoy a special meal	<b>19</b> Go for a Walk today Make Sure you Enjoy The Nature blooming Around you	<b>20</b> Do one thing today to.... 1) make yourself happy 2) someone else happy	<b>21</b> Sit with the window open Feel the Fresh Air That is coming through Listen to the Birds	<b>22</b> What was your favorite thing that happened this week? Make a point of doing that thing next week
<b>Day 17</b> Go for a drive in the country					
<b>23</b> READ Something today!	<b>25</b> <b>Memorial Day</b> Rememeber those that have left impact on you they are never gone.	<b>26</b> Enjoy a favorite spring treat Ice Cream Sunday Rootbeer floats Strawberry Short Cake	<b>27</b> Sit in your favorite Spot Cozy Up with a Blanket Sip your favorite drink Enjoy the simple things today is offering	<b>28</b> Connect with Us Let Us Know on Facebook or Written Card What you are dreaming of doing this summer	<b>29</b> Think about Your Legacy Who Can you share this with? Write, Call, Photos
<b>24</b> Enjoy the colors of the sunset.					
<b>30</b> Plant something					
<b>31</b> Take time today to give thanks for this month write down 5 things You Cherish today	<b>MARSHALL ADULT COMMUNITY CENTER</b> Making Memories Living Life <b>We Are In this TOGETHER</b>	104 South 4th Street Marshall, Mn 56258 <a href="https://facebook.com/adultcommunitycenter">https://facebook.com/adultcommunitycenter</a>			<b>We can't always choose the music life plays for us but we can choose how we dance to it..... Making the Most of May</b>