



# Whitby 55+ SELF-CARE CALENDAR



MARCH  
2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 Reduce one stressor	2 Write morning pages	3 Phone-free morning	4 Organize your month	5 Meal plan for 3 days	6 Create a bedtime routine	7 Review your goals
8 Bake something comforting	9 Start a creative project	10 Quiet evening with a candle	11 Wear something cozy	12 List 5 gratitudes	13 Move your body St. Patrick's Day Dance #65542 	14 Help someone
15 Write a thank-you note	16 Reconnect with a friend	17 Do nothing hour	18 Let go of one thing	19 Go to bed early	20 Drink extra water	21 Take a 10 minute walk
22 Listen to your favourite song	23 Stretch for 5 minutes	24 Be creative Paint Workshops  #67990/#67989	25 Watch something funny	26 Wear clothes you love	27 Spend time outdoors	28 Do a brain dump
29 Read a chapter of a book	30 Roll your shoulders 10 times	31 Sit quietly with a warm drink				

< JANUARY / 01. >

2026

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	