




# Whitby 55+ SELF-CARE CALENDAR



**A P R I L**  
**2 0 2 6**

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Sit in silence for 2 minutes	2 Repeat a positive affirmation 5 times	3 Visualize your day going well	4 Open a window for fresh air
5 Tidy a small space	6 Forgive yourself for one thing	7 Enjoy a cup of tea	8 Go for a walk outside	9 Light a candle	10 Stretch for 5 minutes	11 Phone an old friend
12 Roll your shoulders 10 times	13 Journal for 5 minutes	14 Do something creative	15 Drink an extra glass of water	16 Listen to a calming song	17 Learn about something new  68814- Workshop	18 Take 5 deep belly breaths
19 Do a 5 minute meditation	20 Smile!	21 Do a light workout	22 Prep something for tomorrow	23 Reflect on something you are proud of	24 Read 10 pages of a book	25 Add something colourful to your home
26 Try a new restaurant	27 Connect with a family member	28 Visit a library	29 Have coffee with a friend	30 Set goals for next month		