

# July

## JULY BIRTHDAYS

7/3 Michael T  
 7/5 Lisannette G  
 7/6 David P  
 7/15 Theresa T  
 7/18 TJ B  
 7/25 Chris C

Disability Pride Awareness Month  
 Fragile X Awareness Month(FXS)  
 National Fireworks Safety Awareness Month

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 National Postal Workers Day-Thank your mailman today!	2
3 National Stay Out of the Sun Day-Take a break from the sun today!	CLOSED 4 Independence Day 	5	6 National Fried Chicken Day	7 Global Forgiveness Day-Practice forgiveness for yourself and towards others.	8 Be a Kid Again Day- Play your favorite childhood game today!	9
10	11 Cheer Up the Lonely Day- Call a friend that has been feeling sad lately and offer cheer!	12	13 National French Fry Day- Need we say more?	14	15 National Give Something Away Day- Clean out at room in your house.	16
17	18 World Listening Day- Sit outside and meditate!	19	20 National Hot Dog Day	21	22	23 National Vanilla Ice Cream Day-Make sundaes for dessert tonight!
24 National Seasonal Affective Disorder Day(SAD)	25	26 Americans with Disabilities Act Awareness Day(ADA)	27 National New Jersey Day-Take time to learn something new about NJ!	28	29	30 Paperback Book Day-Snuggle up with your favorite book today!