

## Attitude of Gratitude:

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 WIM Virtual Mindful Movements 8:30 AM  Connection Self Care Tips	3 Taco El Guadalajara comes to Coal City & Wilmington  Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	4 Taco El Guadalajara comes to Frankfort & Monee  Fast Break: Complete the activity and upload a completed picture to the connection!	5 PIC Annual Mother's Day Basket Auction  WIM rounding with Wellness Wagon at Bourbonnais Grove Senior Living, 100, 300 & 400 Bldgs	6 Food Trucks: Taco El Guadalajara, Crème of the Crop, BBQ & Baker, MiaBella's Pizza, & Monster Grilled Cheese comes to RMC  WIM Virtual Mindful Movements 11:30 AM	7 Taco El Guadalajara comes to RMC
8	9 Taco El Guadalajara comes to Atrium  WIM Virtual Mindful Movements 11 AM	10 Taco El Guadalajara comes to Watseka Grati-Tuesday- Write a thank you to a co-worker & upload to the connections! Night shift Coffee Rounding	11 Employee Appreciation Dinner 5:30 PM (invite only)  Fast Break: Complete the activity and upload a coted picture to the connection!	12 Annual Ice Cream Social  Wellness Wagon Rounding at Main Campus	13 Taco El Guadalajara comes to Senior Life Kankakee  WIM Virtual Mindful Movements 3 PM  Mental Health Awareness Fair Pavilion Lobby 10 AM to 1 PM	14 Taco El Guadalajara comes to Senior Life Kankakee
15	16 Connection Self Care Tips  Boost Your Mood Event (Johnson Lecture Hall) 10 AM-1 PM	17 Taco El Guadalajara comes to East Court & Meadowview Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!	18 Taco El Guadalajara comes to Momen & Pembroke  Fast Break: Complete the activity and upload a completed picture to the connection!	19 Wellness Wagon Rounding at Main Campus  WIM Virtual Mindful Movements 12 PM	20 Taco El Guadalajara comes to Bourbonnais Campus, Bourbonnais Senior Life , & RHFC	21 Taco El Guadalajara comes to Bourbonnais Campus, Bourbonnais Senior Life , & RHFC
22	23 Connection Self Care Tips  WIM Rounding with Wellness wagon hospita wide	24 Well in Mind Lunch & Learn at Bourbonnais Conference Room 12 PM  WIM Virtual Mindful Movements 3 PM	25  Fast Break: Complete the activity and upload a completed picture to the connection!	26 Taco El Guadalajara comes to Manteno & Peotone Wellness Wagon Rounding at Main Campus WIM Mindful Movements 9:30 AM	27 Taco El Guadalajara comes to Hoover	28
29	30 Memorial Day	31 WIM Virtual Mindful Movements 12 PM  Grati-Tuesday- Write a thank you to a co-worker & upload to the connections!				

