

December in Australia is a wonderful time of year. Lets enjoy the time we spend outdoors with our family, celebrating the year before us, sharing food and stories over this holiday period. So, during the final month of the year, please enjoy the following wellness tips from the 2024 December Wellness Calendar to help keep your mind and body balanced during the festivities.

# December 2024 Wellness Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday


Start a Wellness Journal today **1**



Write 3 things in your Journal that you are grateful for today **2**



Take a look at the holiday craft ideas we have on our website **3**




Start a conversation with someone you may not usually speak to **4**

Start reading a new book, and try to maintain reading 20 pages a day **5**



Start your holiday gift list **6**



Try one of the holiday recipes on our website **7**




Enjoy a roast dinner this Sunday **8**




Catch up for a cuppa with someone you have not seen lately **9**




Make a donation. Not only does it make you feel good, it helps others too **10**




Spend some time in the garden **11**



Share a photo of your holiday decorations with the MOWNSW Facebook page **12**



If you haven't been in a while, book a checkup with your doctor **13**




Share your favourite holiday recipe on our Facebook Page **14**




Write in your journal what makes you happy about the festive season **15**



Spend some time in silence. Listen to nature **16**



Spend some time outdoors. Maybe go for a picnic **17**



Set aside some time today for a walk with a friend **18**



Double check your holiday gift list **19**




Disconnect from screens tonight, and try for 30 pages in your book **20**


Bake some holiday treats to share with friends **21**




Do a little something for yourself today **22**



Smile at a stranger. You may make their day! **23**




Hanukkah begins tomorrow. Visit our website for our Sufganiyot recipe **24**



Merry Christmas to you and your loved ones from Meals on Wheels NSW **25**




Boxing Day **26**




Time to relax **27**



and put your feet up **28**




Enjoy the good weather, and go for a walk or a swim **29**



Looking for a New Year's resolution? Volunteer with your local Meals on Wheels service! **30**

New Year's Eve **31**



Like us on Facebook and keep an eye out for our craft activities and recipes during December.

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[www.youtube.com/mownsw](http://www.youtube.com/mownsw)



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New South Wales

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