Mental Health America of East Central Florida, Inc.

927 Beville Rd Suite 6 South Daytona, FL 32119 (386) 252-5785 & (386)-255-7560

NATIONAL DIABETES AWARENESS MONTH

NOVEMBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	R, E, A, D, I, N, G,	4 Election Day	5 LYLW	6	7 SINGO	8 Thankful
9	11 EXERCISE	Arts & Crafts	12 LYLW	13	14	15
	Medication Medication	Artis E Crafts	Ho Mo	Arts & Crafts	BUNGO	
Thank You Veterans	R, E, A, D, I, N, G,	Game Day	19 ROUND TABLE	Arts Crafts	align	22
23	24 Thanksgiving Dinner	EXERCISE HYGIENE	Arts & Crafits	27 CLOSED	28 CLOSED Happy Thanksguing	29
THERE IS always, ALWAYS something to be thankful for						thankful FOR Today