OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JANUARY 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH 2025

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL 2025

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

MAY 2025

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2025

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY 2025

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2025

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2025

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
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DECEMBER 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24	25 Christmas Day	26 Boxing Day (Canada) First Day of Hanukkah	27	28
29	30	31				

Change your thoughts and you change your world.
Norman Vincent Peale

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr. Day	21	22	23	24	25
26	27	28	29 Lunar New Year	30	31	

You are never too old to set another goal or to dream a new dream.
C.S. Lewis

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents' Day	18	19	20	21	22
23	24	25	26	27	28	

The only way to do great work is to love what you do.
Steve Jobs

MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Ash Wednesday	6	7	8
9	10	11	12	13	14	15
16	17 St. Patrick's Day	18	19	20 First Day of Spring	21	22
23	24	25	26	27	28	29
30	31					

The journey of a thousand miles begins with one step.
Lao Tzu

APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 April Fool's Day	2	3	4	5
6	7	8	9	10	11	12
13 Palm Sunday First Day of Passover	14	15	16	17	18 Good Friday	19
20 Orthodox Easter Easter	21 Easter Monday	22 Earth Day	23	24	25	26
27	28	29	30			

Every moment is a fresh beginning.
T.S. Eliot

MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19 Victoria Day (Canada)	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

The best way to predict the future is to create it.
Peter Drucker

JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19 Juneteenth	20 First Day of Summer	21
22	23	24	25	26	27	28
29	30					

I am the master of my fate. I am the captain of my soul.
William Ernest Henley

JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Canada Day (Canada)	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Live in the sunshine, swim the sea, drink the wild air.
Ralph Waldo Emerson

AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Civic Holiday (Canada)	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Like seashells our true beauty lies within waiting to be discovered.
Unknown

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day	2	3	4	5	6
7 Grandparents Day	8	9	10	11 Patriot Day	12	13
14	15	16	17	18	19	20
21	22 First Day of Fall	23 Rosh Hashanah	24	25	26	27
28	29	30				

Like a sunflower stand tall and find the light within yourself.
Unknown

OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Yom Kippur	3	4
5	6	7	8	9	10	11
12	13 Columbus Day Thanksgiving Day (Canada)	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

Autumn is a second spring when every leaf is a flower.
Albert Camus

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Election Day	5	6	7	8
9	10	11 Veterans Day Remembrance Day (Canada)	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Day	28	29
30						

Start each day with a positive thought and a grateful heart.
Roy T. Bennett

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 First Day of Hanukkah	16	17	18	19	20
21 First Day of Winter	22	23	24	25 Christmas Day	26 Boxing Day (Canada)	27
28	29	30	31			

Winter is the season of recovery and preparation.
Paul Theroux

JANUARY 2026

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2026

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MARCH 2026

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21	22	23	24	25	26	27
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APRIL 2026

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MAY 2026

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JUNE 2026

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JULY 2026

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12	13	14	15	16	17	18
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AUGUST 2026

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SEPTEMBER 2026

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20	21	22	23	24	25	26
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OCTOBER 2026

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NOVEMBER 2026

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29	30					

DECEMBER 2026

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20	21	22	23	24	25	26
27	28	29	30	31		

Kitchen Conversions

1 GALLON: 4 QUARTS, 8 PINTS, 16 CUPS, 128 OZ

1 QUART: 2 PINTS, 4 CUPS, 32 OZ, 950 ML

1 PINT: 2 CUPS, 16 OZ, 480 ML

1 CUP: 16 TBSP, 48 TSP, 8 OZ, 240 ML

1/4 CUP: 4 TBSP, 12 TSP, 2 OZ, 60 ML

1 TBSP: 3 TSP, 1/2 OZ, 15 ML

SUBSTITUTIONS

Baking Powder – 1 tsp.
1/4 tsp. baking soda
+ 1/2 tsp. cream of tartar

Butter – 1 c.
1 c. margarine or 1 c. shortening
+ 1/4 tsp. of salt

Cocoa – 1/4 c.
1 square unsweet chocolate (1 oz.)

Cream (1/2 & 1/2) – 1 c.
7/8 c. milk + 1 Tbsp. butter

Cream (Heavy/Light) – 1 c.
1 c. evaporated milk

Flour (Self-Rising) – 1 c.
7/8 c. all-purpose flour
+ 1/2 tsp. baking powder
+ 1/2 tsp. of salt

Garlic – 1 clove
1/8 tsp. garlic powder

Mayonnaise – 1 c.
1 c. sour cream

Sour Cream – 1 c.
1 c. plain yogurt

Vinegar – 1 tsp.
1 tsp. lemon or lime juice