

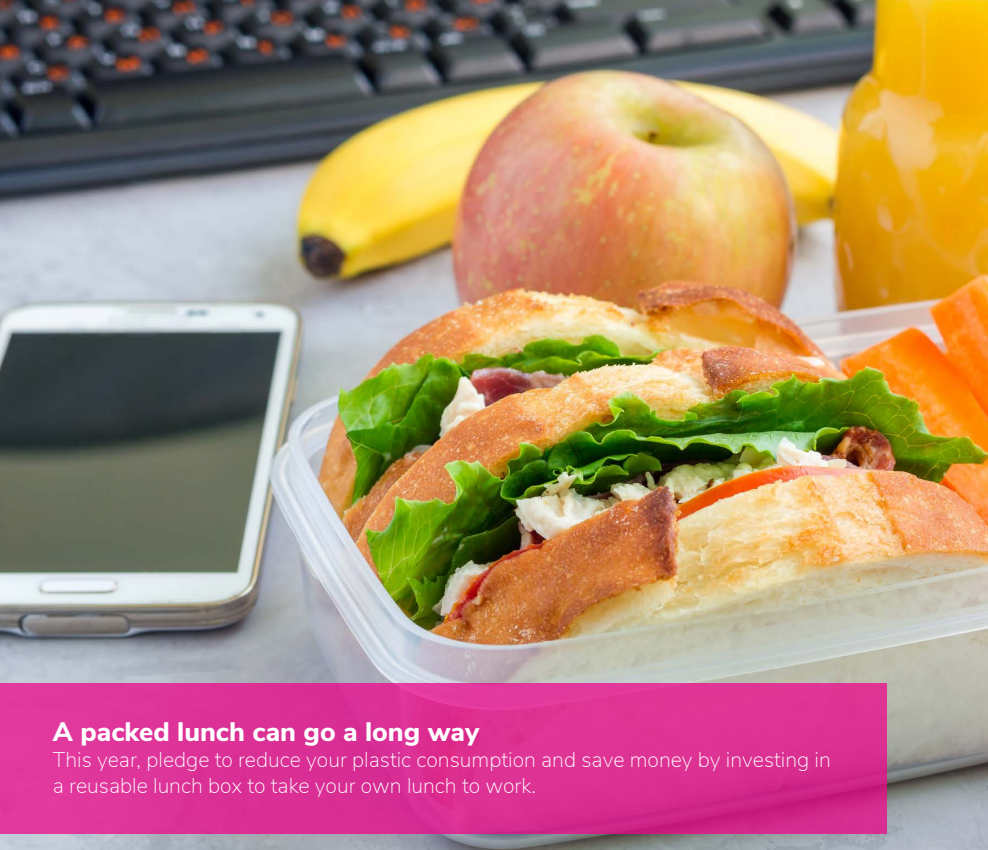


THE NRL GROUP CALENDAR 2022



We're making an effort to help build a greener future and leave a clean carbon footprint - that's why we've made a commitment to our environment by attaining Carbon Neutral Certified status.

Our Group calendar shares monthly tips, advice and insight on how you too can have a significant positive impact with just a few small changes to your lifestyle.



A packed lunch can go a long way

This year, pledge to reduce your plastic consumption and save money by investing in a reusable lunch box to take your own lunch to work.

1	Sat	
2	Sun	
3	Mon	New Year's Day
4	Tue	2 nd January Substitute Day (Scotland)
5	Wed	
6	Thu	
7	Fri	Coptic Christmas
8	Sat	
9	Sun	
10	Mon	
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	

17	Mon
18	Tue
19	Wed
20	Thu
21	Fri
22	Sat
23	Sun
24	Mon
25	Tue
26	Wed
27	Thu
28	Fri
29	Sat
30	Sun
31	Mon



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January 2022



A packed lunch can go a long way

This year, pledge to reduce your plastic consumption and save money by investing in a reusable lunch box to take your own lunch to work.



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January 2022

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

3rd - New Year's Day | 4th - 2nd January Substitute Day (Scotland)

December 2021

S	M	T	W	T	F	S	wk
			1	2	3	4	48
5	6	7	8	9	10	11	49
12	13	14	15	16	17	18	50
19	20	21	22	23	24	25	51
26	27	28	29	30	31		52

February 2022

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



Keep an eye out for Fairtrade

The Fairtrade symbol is reassurance that the products you are buying are sustainable – keep this in mind when doing your weekly shop.



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- 1 Tue
- 2 Wed
- 3 Thu
- 4 Fri
- 5 Sat
- 6 Sun
- 7 Mon
- 8 Tue
- 9 Wed
- 10 Thu
- 11 Fri
- 12 Sat
- 13 Sun
- 14 Mon
- 15 Tue
- 16 Wed

- 17 Thu
- 18 Fri
- 19 Sat
- 20 Sun
- 21 Mon Fairtrade Fortnight begins
- 22 Tue
- 23 Wed
- 24 Thu
- 25 Fri
- 26 Sat
- 27 Sun
- 28 Mon

February 2022



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February 2022

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

January 2022

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

March 2022

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



Switch to reusable bottles

Instead of buying plastic water bottles when you're out and about, why not invest in a reusable bottle to refill throughout the day?

1	Tue	
2	Wed	
3	Thu	
4	Fri	
5	Sat	
6	Sun	Fairtrade Fortnight ends
7	Mon	
8	Tue	
9	Wed	
10	Thu	
11	Fri	
12	Sat	
13	Sun	
14	Mon	
15	Tue	
16	Wed	

17	Thu	St. Patrick's Day (Ireland & Northern Ireland)
18	Fri	
19	Sat	
20	Sun	
21	Mon	
22	Tue	World Water Day
23	Wed	
24	Thu	
25	Fri	
26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	
31	Thu	



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March 2022



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March 2022

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

17th - St. Patrick's Day (Ireland & Northern Ireland)

February 2022

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

April 2022

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



Remember to turn off

You can save on your energy consumption by turning off your electrical appliances and lights after you've finished using them.

1	Fri
2	Sat
3	Sun
4	Mon
5	Tue
6	Wed
7	Thu
8	Fri
9	Sat
10	Sun
11	Mon
12	Tue
13	Wed
14	Thu
15	Fri
16	Sat

17	Sun
18	Mon
19	Tue
20	Wed
21	Thu
22	Fri
23	Sat
24	Sun
25	Mon
26	Tue
27	Wed
28	Thu
29	Fri
30	Sat

Easter Monday (exc. Scotland)

Earth Day

Good Friday (exc. Ireland)



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April 2022



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April 2022

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

15th - Good Friday (exc. Ireland) | 18th - Easter Monday (exc. Scotland)

March 2022

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

May 2022

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



Don't forget about the bees

Consider planting wild flowers or letting your lawn grow longer in the Spring and Summer months to give bees a place to thrive.

1	Sun	No Mow May begins
2	Mon	Early May Bank Holiday
3	Tue	
4	Wed	
5	Thu	
6	Fri	
7	Sat	
8	Sun	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	
16	Mon	

17	Tue	
18	Wed	
19	Thu	
20	Fri	
21	Sat	
22	Sun	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	No Mow May ends



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May 2022



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May 2022

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

2nd - Early May Bank Holiday

April 2022

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

June 2022

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



Make your commute greener

If possible, incorporate cycling into your everyday travel to help reduce your carbon emissions. Does your workplace offer a cycle to work scheme?

1	Wed	
2	Thu	Spring Bank Holiday (UK)
3	Fri	Platinum Jubilee Bank Holiday (UK)
4	Sat	
5	Sun	
6	Mon	June Bank Holiday (Ireland)
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	
14	Tue	
15	Wed	
16	Thu	

17	Fri	
18	Sat	
19	Sun	
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	



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June 2022



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June 2022

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

2nd - Spring Bank Holiday (UK) | 3rd - Platinum Jubilee Bank Holiday (UK)
6th - June Bank Holiday (Ireland)

May 2022

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

July 2022

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



Make your shopping more environmentally friendly

Reduce your plastic waste by making sure you're taking reusable bags on your weekly shopping trips.



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1	Fri	
2	Sat	
3	Sun	International Plastic Bag-free Day
4	Mon	
5	Tue	
6	Wed	
7	Thu	
8	Fri	
9	Sat	
10	Sun	
11	Mon	
12	Tue	Battle of the Boyne (Northern Ireland)
13	Wed	
14	Thu	
15	Fri	
16	Sat	

17	Sun	
18	Mon	
19	Tue	
20	Wed	
21	Thu	
22	Fri	
23	Sat	
24	Sun	
25	Mon	
26	Tue	
27	Wed	
28	Thu	
29	Fri	
30	Sat	
31	Sun	

July 2022



Make your shopping more environmentally friendly
Reduce your plastic waste by making sure you're taking reusable bags on your weekly shopping trips.

July 2022

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

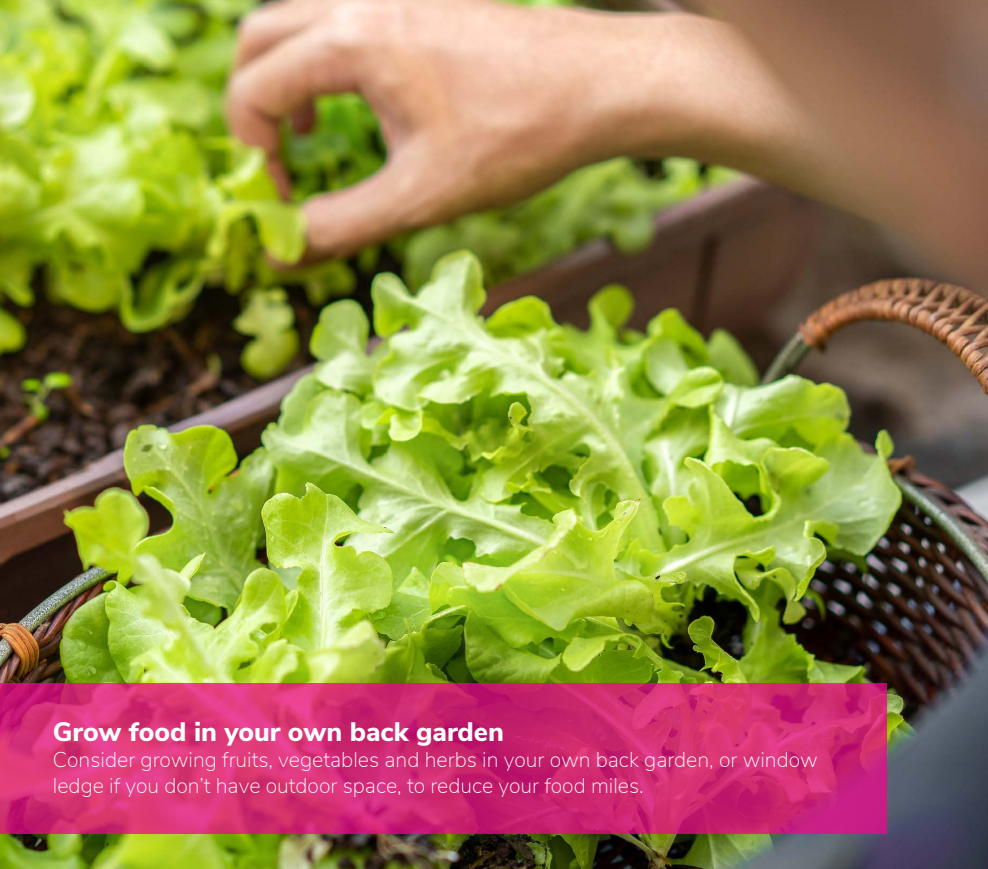
12th - Battle of the Boyne (Northern Ireland)

June 2022

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

August 2022

S	M	T	W	T	F	S	wk
		1	2	3	4	5	31
7	8	9	10	11	12	13	32
14	15	16	17	18	19	20	33
21	22	23	24	25	26	27	34
28	29	30	31				35



Grow food in your own back garden

Consider growing fruits, vegetables and herbs in your own back garden, or window ledge if you don't have outdoor space, to reduce your food miles.



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1	Mon	Summer Bank Holiday (Ireland & Scotland)
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	National Allotments Week begins
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	
14	Sun	National Allotments Week ends
15	Mon	
16	Tue	

17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	Summer Bank Holiday (UK exc. Scotland)
30	Tue	
31	Wed	

August 2022



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August 2022

S	M	T	W	T	F	S	wk
	1	2	3	4	5	6	31
7	8	9	10	11	12	13	32
14	15	16	17	18	19	20	33
21	22	23	24	25	26	27	34
28	29	30	31				35

1st - Summer Bank Holiday (Ireland & Scotland)
29th - Summer Bank Holiday (UK exc. Scotland)

July 2022

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

September 2022

S	M	T	W	T	F	S	wk
				1	2	3	35
4	5	6	7	8	9	10	36
11	12	13	14	15	16	17	37
18	19	20	21	22	23	24	38
25	26	27	28	29	30		39



Take a break from driving

Where possible, introduce public transport or car-sharing with a friend into your everyday travel to reduce your carbon emissions on the road.

1 Thu

2 Fri

3 Sat

4 Sun

5 Mon

6 Tue

7 Wed

8 Thu

9 Fri

10 Sat

11 Sun

12 Mon

13 Tue

14 Wed

15 Thu

16 Fri

17 Sat

18 Sun

19 Mon

20 Tue

21 Wed

22 Thu

World Car-free Day

23 Fri

24 Sat

25 Sun

26 Mon

27 Tue

28 Wed

29 Thu

30 Fri



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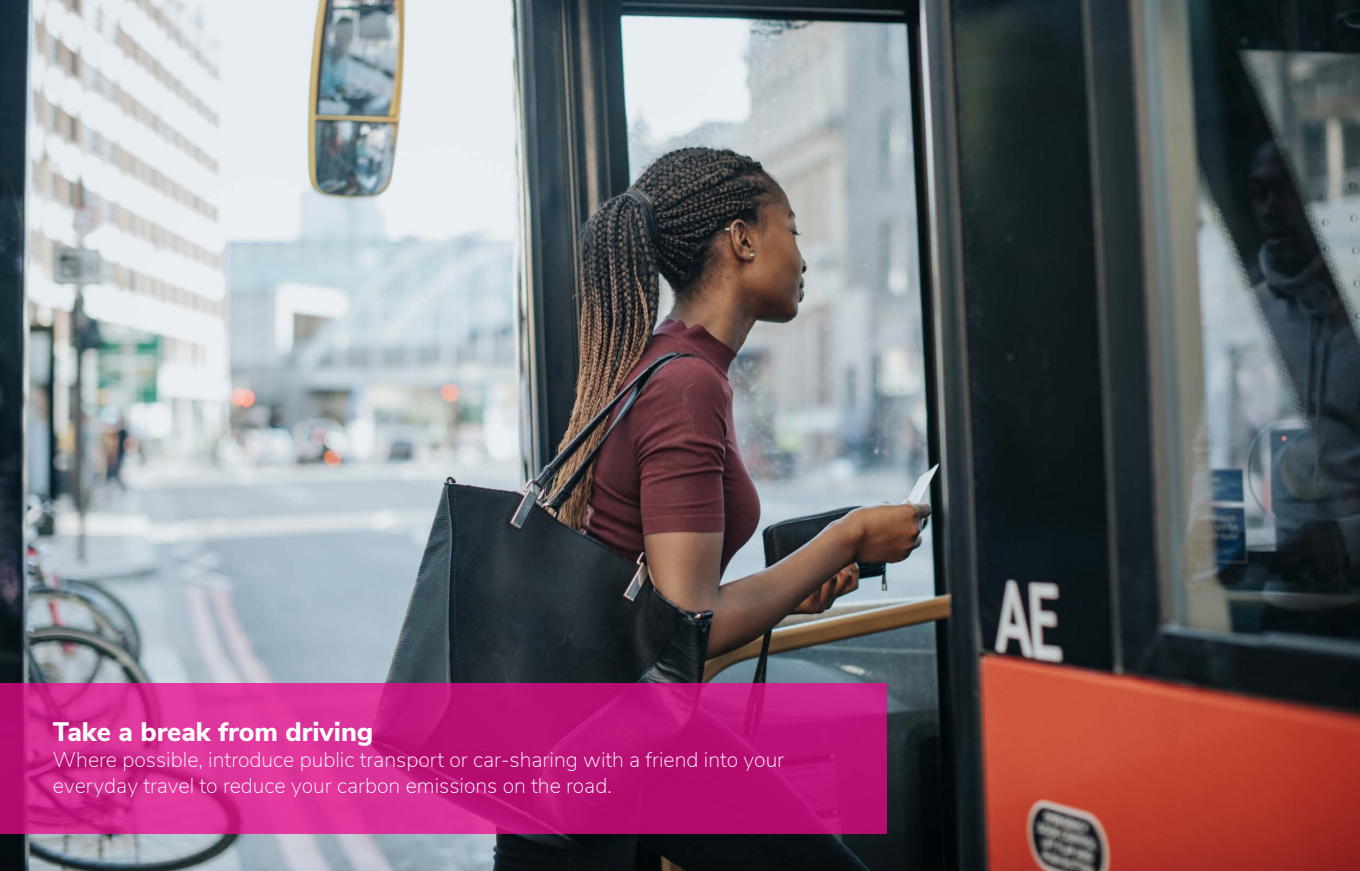


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September 2022



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September 2022

S	M	T	W	T	F	S	wk
				1	2	3	35
4	5	6	7	8	9	10	36
11	12	13	14	15	16	17	37
18	19	20	21	22	23	24	38
25	26	27	28	29	30		39

August 2022

S	M	T	W	T	F	S	wk
	1	2	3	4	5	6	31
7	8	9	10	11	12	13	32
14	15	16	17	18	19	20	33
21	22	23	24	25	26	27	34
28	29	30	31				35

October 2022

S	M	T	W	T	F	S	wk
30	31					1	
2	3	4	5	6	7	8	40
9	10	11	12	13	14	15	41
16	17	18	19	20	21	22	42
23	24	25	26	27	28	29	43



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Let's dispose properly and save our seas

Remember to dispose of items such as oils, fats, wet wipes, and grease properly – never down the drain. Use kitchen foil to collect any liquids, for safer disposal.

1	Sat	Unblocktober begins
2	Sun	
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	

17	Mon	
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	
24	Mon	
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	
30	Sun	
31	Mon	October Bank Holiday (Ireland) Unblocktober ends



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October 2022



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October 2022

S	M	T	W	T	F	S	wk
30	31					1	
2	3	4	5	6	7	8	40
9	10	11	12	13	14	15	41
16	17	18	19	20	21	22	42
23	24	25	26	27	28	29	43

31st - October Bank Holiday (Ireland)

September 2022

S	M	T	W	T	F	S	wk
				1	2	3	35
4	5	6	7	8	9	10	36
11	12	13	14	15	16	17	37
18	19	20	21	22	23	24	38
25	26	27	28	29	30		39

November 2022

S	M	T	W	T	F	S	wk
						1	44
6	7	8	9	10	11	12	45
13	14	15	16	17	18	19	46
20	21	22	23	24	25	26	47
27	28	29	30				48



Plan to be more energy efficient this Christmas

As Christmas approaches, think about switching your old Christmas lights to more efficient and sustainable LED lights.

1 Tue

2 Wed

3 Thu

4 Fri

5 Sat

6 Sun

7 Mon

8 Tue

9 Wed

10 Thu

11 Fri

12 Sat

13 Sun

14 Mon

15 Tue

16 Wed

17 Thu

18 Fri

19 Sat

20 Sun

21 Mon

22 Tue

23 Wed

24 Thu

25 Fri

26 Sat

27 Sun

28 Mon

29 Tue

30 Wed

St. Andrew's Day (Scotland)



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November 2022



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November 2022

S	M	T	W	T	F	S	wk
		1	2	3	4	5	44
6	7	8	9	10	11	12	45
13	14	15	16	17	18	19	46
20	21	22	23	24	25	26	47
27	28	29	30				48

30th - St. Andrew's Day (Scotland)

October 2022

S	M	T	W	T	F	S	wk
30	31					1	40
2	3	4	5	6	7	8	41
9	10	11	12	13	14	15	42
16	17	18	19	20	21	22	43
23	24	25	26	27	28	29	44

December 2022

S	M	T	W	T	F	S	wk
						1	48
4	5	6	7	8	9	10	49
11	12	13	14	15	16	17	50
18	19	20	21	22	23	24	51
25	26	27	28	29	30	31	52



Reduce paper waste from Christmas gifts

This Christmas, be conscious about how much wrapping paper you really need for gifts and remember to recycle or reuse.

1 Thu

2 Fri

3 Sat

4 Sun

5 Mon

6 Tue

7 Wed

8 Thu

9 Fri

10 Sat

11 Sun

12 Mon

13 Tue

14 Wed

15 Thu

16 Fri

17 Sat

18 Sun

19 Mon

20 Tue

21 Wed

22 Thu

23 Fri

24 Sat

25 Sun

26 Mon

Boxing Day / St. Stephen's Day

27 Tue

Christmas Day (Substitute Day)

28 Wed

29 Thu

30 Fri

31 Sat



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December 2022



Reduce paper waste from Christmas gifts

This Christmas, be conscious about how much wrapping paper you really need for gifts and remember to recycle or reuse.

December 2022

S	M	T	W	T	F	S	wk
				1	2	3	48
4	5	6	7	8	9	10	49
11	12	13	14	15	16	17	50
18	19	20	21	22	23	24	51
25	26	27	28	29	30	31	52

26th - Boxing Day / St. Stephen's Day | 27th - Christmas Day (Substitute Day)

November 2022								January 2023							
S	M	T	W	T	F	S	wk	S	M	T	W	T	F	S	wk
						1	2	3	4	5	6	7	1		
6	7	8	9	10	11	12	45	8	9	10	11	12	13	14	2
13	14	15	16	17	18	19	46	15	16	17	18	19	20	21	3
20	21	22	23	24	25	26	47	22	23	24	25	26	27	28	4
27	28	29	30				48	29	30	31					5

2021

January							February							March								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
31					1	2		1	2	3	4	5	6		1	2	3	4	5	6		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13		
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20		
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27		
24	25	26	27	28	29	30	28							28	29	30	31					
April							May							June								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1	2	3	30	31				1		1	2	3	4	5			
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12		
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19		
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26		
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30					
July							August							September								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1	2	3	1	2	3	4	5	6	7					1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11		
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18		
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25		
25	26	27	28	29	30	31	29	30	31					26	27	28	29	30				
October							November							December								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
31					1	2		1	2	3	4	5	6		1	2	3	4				
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11		
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18		
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25		
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31			

2022

January							February							March							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
30	31					1			1	2	3	4	5			1	2	3	4	5	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	
23	24	25	26	27	28	29	27	28						27	28	29	30	31			
April							May							June							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2		1	2	3	4	5	6	7			1	2	3	4	
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			
July							August							September							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
31					1	2		1	2	3	4	5	6						1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30		
October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
30	31					1			1	2	3	4	5			1	2	3	4	5	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	

2023

January							February							March							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7					1	2	3	4				1	2	3	4
8	9	10	11	12	13	14		5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21		12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28		19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31						26	27	28					26	27	28	29	30	31	
April							May							June							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
30						1		1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		
July							August							September							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
30	31					1					1	2	3	4	5					1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30	
October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7					1	2	3	4	31				1	2	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	