



2023 Individual Development Monthly Themes

January Start off the year building good habits! For example, eating, sleeping, or exercising. Members could learn about such things as goal setting, identifying obstacles to starting or continuing, and accountability.

February Sustainability starts in the home! Learn about actions for house/apartment energy conservation and efficiency. For example, weatherization, cleaning and maintenance, light bulbs, window coverings, etc.

March Fight Food Waste! Learn about food preservation and food storage and safety to reduce food waste. For example, canning, freezing, or prep before refrigeration.

April Reduce, Reuse, Recycle! For example, run an ID project on repairing or upcycling items or learn what is recyclable and recycling locations/options in your area.

May Mentorship Matters! Hold training on mentorship. Team up your members to act as a mentorship partner to each other for improved orientation, activation, and retention.

June Flora and fauna! Learn about plants and animals. For example, tour a plant nursery, garden or zoo, identify animals/birds or plants, create plant art (pressed flowers/rubbing).

July Me time! Explore mindfulness, meditation, and relaxation indoors or outdoors.

August Keep it Up! Run an ID project about home or car maintenance.

September Make a new friend! Learn a skill or story from the elderly.

October Planning for the long run! Learn about documents to have in order, Medicare, retirement, senior living facilities or home care, or healthy habits to prepare for getting older.

November Career Improvement! For example, work from home tips, interview skills, resumes, career planning, or increasing job satisfaction.

December Cookie contest! Will you judge on taste, festiveness, or both?