



## **Roll Call and Thought of the Day for KEHA Monthly Club Meetings**



### **July 2023**

Thought for the Day: "It's not how many miles you walk, it's how many smiles you share." -  
Unknown

Roll Call: What is the farthest you have ever traveled?

### **August 2023**

Thought for the Day: "Outside of a dog, a book is a man's best friend. Inside of a dog it's too  
dark to read." - Groucho Marx

Roll Call: Celebrate the "dog days of August" by naming your favorite book – or dog!

### **September 2023**

Thought for the Day: "Every leaf speaks bliss to me, fluttering from the autumn tree." –  
Emily Bronte

Roll Call: Fall begins in September. What is your favorite type of tree?

### **October 2023**

Thought for the Day: "Authenticity is the daily practice of letting go of who we think we are  
supposed to be and embracing who we are." – Brené Brown

Roll Call: In October we celebrate Halloween. What was your favorite costume ever?

### **November 2023**

Thought for the Day: "The holiday season is a perfect time to reflect on our blessings and  
seek out ways to make life better for those around us." – Terri Marshall

Roll Call: In November, we celebrate Thanksgiving. Name one of your blessings this year  
OR how you plan to be a blessing for others.

### **December 2023**

Thought for the Day: "Small cheer and great welcome make a merry feast." – William  
Shakespeare

Roll Call: December is the holiday season. What is your favorite holiday tradition?

## **January 2024**

Thought for the Day: "The journey of a thousand miles begins with a single step." - Lao Tzu

Roll Call: January rings in the new year. Share one goal you have for your new year's "journey."

## **February 2024**

Thought for the Day: "If the winter is too cold and summer is too hot, you are not a hiker." - Unknown

Roll Call: Which is your favorite season and why?

## **March 2024**

Thought for the Day: "Think outside – no box required." - Unknown

Roll Call: Thinking of spring, share your favorite outdoors activity.

## **April 2024**

Thought for the Day: "Alone we can do so little; together we can do so much." – Helen Keller

Roll Call: April is National Volunteer Month. What is your favorite way to volunteer?

## **May 2024**

Thought for the Day: "Every life matters. Be like Mother Nature and love everyone without judging." – Debasish Mridha

Roll Call: In May, we celebrate mothers. Share a favorite memory with your mother.

## **June 2024**

Thought for the Day: "A father is the one friend upon whom we can always rely." – Emile Gaboriau

Roll Call: In June, we celebrate fathers. Share a favorite memory with your father.