

☀️ Sunshine Committee Holiday Fun Calendars ☀️

Hello Team!

Based on feedback from previous years, we're excited to provide all three holiday calendars (October, November, and December) in advance so everyone has plenty of time to plan ahead, gather any needed items, and coordinate if they'd like to participate.

As you'll see, there are quite a few fun activities, dress-up days, celebrations, and team spirit events throughout the next few months. Please don't feel like you need to participate in every event. The calendars are simply meant to provide options so you can join in on the days that sound fun, meaningful, or manageable for you.

Participation is always encouraged, but never required.

Our goal is to create opportunities to:

- **Spread kindness**
- **Build team spirit**
- **Celebrate together**
- **Have fun**
- **Bring a little extra joy to our workplace during the holiday season**

Whether you participate in one event or twenty, we're glad you're part of our team and appreciate all that you do for our patients, families, and each other. Thank you for helping make our workplace such a positive and supportive place!

💎 Have fun and Happy Holidays! 💎

~Your Sunshine Committee

Good Teams Make Great Care! ❤️



POD WARS

OCTOBER 2026

SAME CLINIC. DIFFERENT PODS. A SPOOKTACULAR TEAM.

DIFFERENT PODS. SAME MISSION. BRIGHTER DAYS. HEALTHIER KIDS. ❤️



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 OCTOBER KICK-OFF Wear something Halloween or fall themed! 	2 FLANNEL & JEANS FRIDAY 	3
4	5 POD COLOR DAY Wear your pod color with pride! 	6 SUPERHERO DAY Wear your favorite superhero costume or shirt! 	7 POD DECORATING DAY 1 Get creative and start decorating your pod! 	8 POD DECORATING DAY 2 Finish up your pod decorations! 	9 FOOTBALL JERSEY DAY Rep your favorite team! 	10
11	12 CRAZY SOCK DAY Show off your fun socks! 	13 KINDNESS DAY Do something kind for a coworker! 	14 DISNEY PRINCESS (or Disney character) DAY Wear your favorite Disney character attire! 	15 HAT DAY Wear a fun hat! 	16 ORANGE & BLACK DAY Show your Halloween spirit! 	17
18	19 SNACK ATTACK Sunshine Committee will be handing out snacks throughout the day! 	20 TWIN DAY Match with a coworker (or a group)! 	21 HALLOWEEN CHARACTER DAY Dress as your favorite Halloween character! (keep it clinic appropriate!) 	22 SPOOKY SHIRT DAY Wear your favorite Halloween shirt! 	23 TEAM/SPIRIT DAY College, professional team, or just team spirit! 	24
25 	26 PJ DAY Keep it cozy (and appropriate!) 	27 FALL ACCESSORIES DAY Show off your fall accessories (socks, earrings, etc.) 	28 FAVORITE MOVIE/TV CHARACTER DAY Dress as your favorite character! 	29 HALLOWEEN COSTUME DAY Dress up and have fun! 	30 HALLOWEEN COSTUME DAY (for everyone) Dress up and have fun! 	31 HAPPY HALLOWEEN! 

❤️ FUN PEOPLE. BRIGHTER DAYS. HEALTHIER KIDS. ❤️

POD WARS INSTRUCTIONS

October is all about team spirit, positivity and having fun while we continue to do amazing things for our patients and families!

Pod Wars is a friendly competition between our 6 pods with fun dress-up days, activities and challenges throughout the month.

Let's make October spooktacular! ❤️



THE PODS & COLORS



Pod A

Pod B

Pod C

Pod D

Pod E

Pod F

WEAR YOUR COLOR LOUD & PROUD ON POD COLOR DAY! (OCTOBER 5TH!) ❤️



POD WARS POINTS CATEGORIES

-  Best Pod Group Photo
-  Most Creative Costume (by specialty or pod)
-  Most Pod Color Participation
-  Best Pod Decor
-  Most Pod Participation
-  Best Pod Halloween Spirit
-  Best Pod Teamwork

POINTS WILL BE TALLIED AT THE END OF THE MONTH AND THE WINNERS IN EACH CATEGORY WILL BE ANNOUNCED!

A FEW GUIDELINES

- ✓ Keep outfits clinic appropriate.
- ✓ Costumes on Oct. 29th & 30th should be family-friendly and follow HR guidelines.
- ✓ Participation is encouraged, not required.
- ✓ Be respectful of all team members.
- ✓ Have fun and help spread positivity across the clinic!

SAME TEAM. A STRONGER CLINIC. BRIGHTER DAYS. HEALTHIER KIDS. ❤️





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>A new month, more reasons to be thankful</i> ♥	2	3 KINDNESS DAY  Write a kind note to a coworker!	4	5 FALL COLORS DAY Wear your favorite fall colors! 	6 JERSEY DAY  Rep your favorite team!	7
8	9 PJ DAY  Keep it cozy (and appropriate!)	10	11 VETERANS DAY  Today we honor and thank our veterans!	12 WHAT ARE YOU THANKFUL FOR? Add what you're thankful for on the breakroom board! ♥	13 JEANS FRIDAY  ♥	14
15 <i>Grateful for this team</i> ♥	16	17 TWIN DAY Match with a coworker (or a group!) ♥ ♥	18 DISNEY DAY  Wear your favorite Disney shirt or accessories!	19	20 FRIENDSGIVING Food. Friends. Appreciation. More details soon! ♥	21
22	23 THANKSGIVING SHIRT DAY  Wear your Thanksgiving or turkey themed shirt!	24	25	26 NO WORK <i>Thanksgiving</i> ♥ 	27 NO WORK <i>Black Friday</i> ♥ 	28
29 <i>Be kind. Be grateful. Make a difference.</i> ♥	30	 <i>Small acts of kindness make a big difference.</i> ♥				

NOVEMBER INSTRUCTIONS

November is all about gratitude, kindness and showing appreciation for the amazing people we work with. Join in the dress-up days, activities and small acts of kindness as we celebrate our team and everything we're thankful for! ♥

*Grateful Teams
Do Great Things*

A FEW GUIDELINES

- ✓ Keep outfits clinic appropriate.
- ✓ Participation is encouraged, not required.
- ✓ Be respectful of all team members.
- ✓ Have fun and help spread positivity across the clinic!

*Same Team.
Brighter Days.
Healthier Kids.* ♥

REMEMBER...

- ♥ A kind word can make someone's day.
- ♥ Gratitude turns what we have into enough.
- ♥ We're stronger when we support each other.
- ♥ Thankful people are happier people.

*Thank you for all
you do!* ♥



SAME CLINIC.
SAME MISSION.
BRIGHTER DAYS.
HEALTHIER KIDS. ♥



DECEMBER 2026

Same Clinic. Same Team. Brighter Days. ♥



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 POD DECORATING DAY 1 	2 POD DECORATING DAY 2  Finish up your holiday decorations!	3 WRITE A THANK YOU NOTE DAY  Write a note to a coworker who makes a difference!	4 JOLLY SOCK DAY  Wear your fun holiday socks!	5
6	7 CHILL OUT DAY  Wear blue!	8 PJ DAY  Keep it cozy (and appropriate!)	9 HOT CHOCOLATE DAY  Sunshine Committee will be providing hot chocolate in the breakrooms!	10 HOLIDAY CHARACTER DAY  Wear your favorite holiday character (Grinch, Santa, Elf, etc.)	11 FAVORITE SWEATER FRIDAY  Wear your favorite holiday or cozy sweater!	12
13	14 RED & GREEN DAY  Show your holiday spirit!	15 CANDY CANE DAY  Wear red & white or stripes!	16 SPREAD KINDNESS DAY  Do something kind for a coworker, patient or family today!	17 HOLIDAY HEADWEAR DAY  Wear your favorite holiday hat, headband or festive accessories!	18 JEANS FRIDAY  Jeans + holiday shirt are always a good idea!	19
20	21 TEAM TINSEL DAY  Add a little sparkle! Wear tinsel, lights or anything shiny!	22 PLAID DAY  Wear your favorite flannel or plaid!	23 CHRISTMAS SHIRT DAY  Wear your favorite Christmas or holiday shirt!	24 CLINIC CLOSED <i>Happy Holidays!</i> ♥	25 CLINIC CLOSED <i>Merry Christmas!</i> ♥	26
27	28 MOVIE/TV HOLIDAY DAY  Wear a shirt from your favorite holiday movie or show!	29 WINTER WONDERLAND DAY  Wear white, silver, light blue or anything wintery!	30 NEW YEAR, SAME AMAZING TEAM  Wear something sparkly or festive as we wrap up the year!	31 HAPPY NEW YEAR EVE!  Here's to another year of brighter days and healthier kids!	 Thank you for making this year so special! ♥	

DECEMBER INSTRUCTIONS

December is all about celebrating our amazing team, spreading kindness and bringing some holiday cheer to the clinic! Join in the dress-up days, activities and small acts of appreciation as we close out the year together.

*Grateful Teams
Brighter Tomorrows!* ♥

A FEW GUIDELINES

- ✓ Keep outfits clinic appropriate.
- ✓ Participation is encouraged, not required.
- ✓ Be respectful of all team members.
- ✓ Have fun and help spread positivity across the clinic!



*Same Team.
Brighter Days.
Healthier Kids.* ♥

SUNSHINE COMMITTEE EVENTS



Hot Chocolate Day
(December 9th)



Look for extra treats and surprises throughout the month!



Keep an eye out for additional pop-up moments of holiday cheer!

*It's the little things
that make a big difference!* ♥

LET'S SPREAD THE HOLIDAY MAGIC

- ✓ Say thank you.
- ✓ Show appreciation.
- ✓ Be kind.
- ✓ Lift each other up.
- ✓ Make the clinic a brighter place for our patients, families and each other.



Happy Holidays! ♥