

| Abfallkalender - In den Helden - Januar 2026 |          |          |            |         |         |         |
|--|----------|----------|------------|---------|---------|---------|
| Montag                                       | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|  |          |          | 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      |         |

| Abfallkalender - In den Helden - Februar 2026 |          |          |            |         |         |         |
|---|----------|----------|------------|---------|---------|---------|
| Montag  | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|   |          |          |            |         |         | 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      |         |

## Abfallkalender - In den Helden - März 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        |          |          |            |         |         | 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       |          |            |         |         |         |

### Abfallkalender - In den Helden - April 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        |          | 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         |         |         |         |

## Abfallkalender - In den Helden - Mai 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        |          |          |            | 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      |

### Abfallkalender - In den Helden - Juni 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
| 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       |          |            |         |         |         |

## Abfallkalender - In den Helden - Juli 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        |          | 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      |         |         |

### Abfallkalender - In den Helden - August 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        |          |          |            |         | 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     |          |          |            |         |         |         |



## Abfallkalender - In den Helden - September 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        | 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       |            |         |         |         |

## Abfallkalender - In den Helden - Oktober 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------|----------|----------|------------|---------|---------|---------|
|        |          |          | 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      |         |

| Abfallkalender - In den Helden - November 2026 |          |          |            |         |         |         |
|--|----------|----------|------------|---------|---------|---------|
| Montag   | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|  |          |          |            |         |         | 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   |          |          |            |         |         |         |

| Abfallkalender - In den Helden - Dezember 2026 |          |          |            |         |         |         |
|--|----------|----------|------------|---------|---------|---------|
| Montag   | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|  | 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         |         |         |         |