



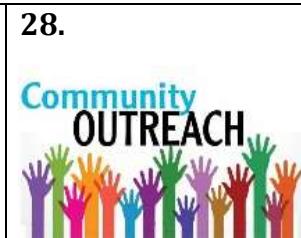
EOTR SENIOR HEALTH & WELLNESS PROGRAM
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 Kajah Watkins, Outreach Coordinator 202-423-6725
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January 2026 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January is National Awareness Month for: National Blood Donor Month Glaucoma Awareness Month Cervical Health Awareness Month National Eye Care Month Mental Wellness Month			1.	2.	
5.		7.	8.	9.	10.
12. The January Jumpstart Workshop 10am-12pm DHH/PT & Zion Location at PT Johnson	13.	14. The January Jumpstart Workshop 10am-12pm Penn		16. The January Jumpstart Workshop 10am-12pm Sarah Circle	17.
	20.	21. The January Jumpstart Workshop 10am-12pm Mayfair	22.	23. The January Jumpstart Workshop 10am-12pm Dunbar	24.

26.
**The January Jumpstart
Workshop**
10am-12pm
Kenilworth

27.



29.

30.

31.

Part of the Senior Services Network – Supported by the Department of Aging and Community Living