









EOTR SENIOR HEALTH & WELLNESS PROGRAM  
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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.	3. 
5.	6. 	7.	8.	9.	10.
12. <b>The January Jumpstart Workshop</b>  10am-12pm DHH/PT & Zion Location at PT Johnson	13.	14. <b>The January Jumpstart Workshop</b>  10am-12pm Penn	15. 	16. <b>The January Jumpstart Workshop</b>  10am-12pm Sarah Circle	17.
19. 	20.	21. <b>The January Jumpstart Workshop</b>  10am-12pm Mayfair	22.	23. <b>The January Jumpstart Workshop</b>  10am-12pm Dunbar	24.

<b>26.</b> <b>The January Jumpstart Workshop</b>  <b>10am-12pm</b> <b>Kenilworth</b>	<b>27.</b>	<b>28.</b>  	<b>29.</b>	<b>30.</b>	<b>31.</b>
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*Part of the Senior Services Network – Supported by the Department of Aging and Community Living*