

# JANUARY 2023

National Glaucoma Awareness Month

National Bath Safety Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>New Year's Day</i>	2	3	4 <b>Guided Group @ 6pm, sign up here.</b>	5 <b>Have you booked your annual eye appointment?</b>	6	7
8	9	10	11 <b>Guided Group @ 6pm, sign up here.</b>	12	13	14
15	16 <i>Martin Luther King Jr. Day</i>	17	18 <b>Guided Group @ 6pm, sign up here.</b>	19 <b>Bathroom safety check. Check for secure rugs, lifts, grab bars, ventilation. Clean out pills in medicine cabinets.</b>	20	21 <i>Grandma's Day</i>
22 <i>Lunar New Year</i>	23	24	25 <b>Guided Group @ 6pm, sign up here.</b>	26	27 <b>National Activity Professionals Day</b>	28
29	30	31				

**January 1-March 31: Medicare General Enrollment**