



**Fellowship Community (Whitehall), Lehigh Valley:** Fellowship Community residents hosted a pep rally for our local Whitehall High School Football team. The rally was inspirational for both the team and our residents as they formed an intergenerational bond and mutual respect giving us hope for a future without ageism.



www.LeadingAgePA.org

# AUGUST

NATIONAL WELLNESS MONTH

JULY 2023

SEPTEMBER 2023

							1							1	2
2	3	4	5	6	7	8		3	4	5	6	7	8	9	
9	10	11	12	13	14	15		10	11	12	13	14	15	16	
16	17	18	19	20	21	22		17	18	19	20	21	22	23	
23	24	25	26	27	28	29		24	25	26	27	28	29	30	
30	31														

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7 Purple Heart Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21 National Senior Citizens Day	22	23	24	25	26 Women's Equality Day
27	28	29	30	31	1	2