



Rydal Park & Waters (Jenkintown), a HumanGood community: John Bales powers through a vigorous Peloton workout at the Rydal Waters Clubhouse. John's drive and passion displays hope through his commitment to exercise and healthy living.



www.LeadinAgePA.org

FEBRUARY

NATIONAL SENIOR INDEPENDENCE MONTH

JANUARY 2023							MARCH 2023						
1	2	3	4	5	6	7							
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day National Caregivers Day	18
RANDOM ACTS OF KINDNESS WEEK						
19	20	21 Shrove Tuesday	22 Ash Wednesday	23	24	25
RANDOM ACTS OF KINDNESS WEEK		Presidents' Day				
26	27	28	1	2	3	4