



Lima Estates, An Acts Retirement Community (Media): Mary Lou Grant sees hope for our future in this beautiful Monarch butterfly delicately perched on her hand.



www.LeadingAgePA.org

SEPTEMBER

HEALTHY AGING MONTH | NATIONAL WORKFORCE DEVELOPMENT MONTH
 NATIONAL SENIOR CENTER MONTH | NATIONAL PREPAREDNESS MONTH

AUGUST 2023											OCTOBER 2023										
6	7	8	9	10	11	12					8	9	10	11	12	13	14				
13	14	15	16	17	18	19					15	16	17	18	19	20	21				
20	21	22	23	24	25	26					22	23	24	25	26	27	28				
27	28	29	30	31							29	30	31								

*Begins in evening **Ends in evening ***Begins evening of prior day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5 International Day of Charity	6	7	8	9
10 Grandparents' Day	11 Labor Day Patriot Day / National Day of Service and Remembrance	12	13	14	15 Rosh Hashanah*	16
NATIONAL ASSISTED LIVING WEEK						
17 Rosh Hashanah ends**	18	19	20	21 International Day of Peace	22 Falls Prevention Awareness Day	23 First Day of Autumn
FALLS PREVENTION AWARENESS WEEK						
NATIONAL REHABILITATION AWARENESS WEEK						
24	25 Yom Kippur***	26	27 Mawlid al-Nabi***	28	29 Sukkot*	30
NATIONAL REHABILITATION AWARENESS WEEK						