












# January 2021

Let's Have a Little Fun!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Wellness Theme: **Healthy Resolutions**  
 Therapy Theme: **Managing Pain Naturally**  
 January is **Bath Safety Month**

1  
 New Year's Day  
 Happy New Year 2021  
 2

|  |   |   |   |  |  |   |
|--|---|---|---|--|--|---|
| 3  | 4<br>National Spaghetti Day<br> | 5   | 6   | 7  | 8  | 9   |
| 10   | 11<br>National Milk Day<br>   | 12  | 13<br>National Rubber Ducky Day<br>   | 14<br>National Dress Up Your Pet Day<br>     | 15   | 16  |
| 17   | 18<br>MLK Jr. Day<br>        | 19<br>National Popcorn Day<br> | 20<br>National Cheese Lovers Day<br> | 21<br>National Squirrel Appreciation Day<br> | 22   | 23<br>National Handwriting Day<br> |
| 24<br>National Compliment Day<br> | 25  | 26  | 27  | 28   | 29<br>National Puzzle Day<br> | 30  |
| 31   |   |   |   |  |  |   |

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