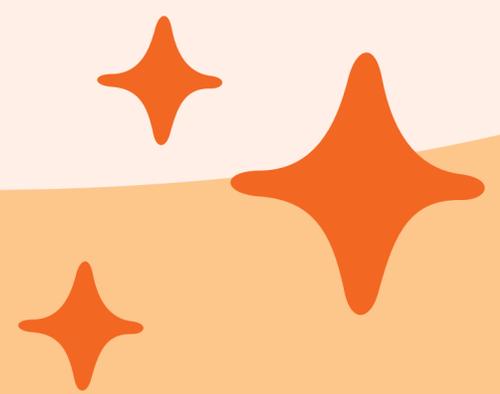




WELLNESS
Calendar
2026



ArchWell[™]
HEALTH

Primary Care for Adults Age 60+

January

A new year means a chance for new adventures. This year, think of goals that excite you.

Is there a class you've always wanted to take, a new hobby you've been curious to try, or a place you'd love to explore? Adding a "bucket list" item to your year is an excellent way to step out of your comfort zone and discover something new about yourself. Growth and joy don't stop with age; they take on new and meaningful forms.



Dates to remember:

1/1 New Year's Day
1/19 Martin Luther King Jr. Day

February

February is American Heart Health Month, a perfect reminder to care for your heart in everyday ways.

One easy habit is getting quality sleep. Rest allows your heart to recover and keeps your blood pressure in check. Aim for 7-9 hours each night by keeping a regular bedtime, limiting screen time before bed, and creating a calm environment. This month, give your heart the gift of rest. It's one of the easiest ways to show your body a little love.



Dates to remember:

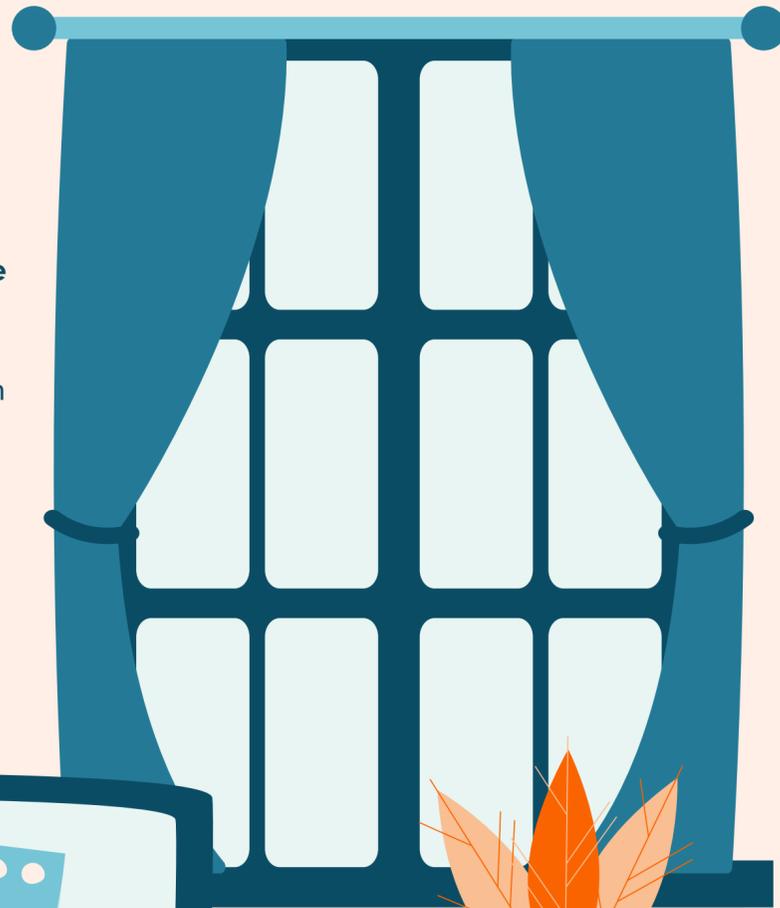
2/14 Valentine's Day
2/16 President's Day
2/18 Ash Wednesday

March

March is a good time to check in on your preventive health, including cancer screenings. Screenings can help find certain cancers early, when treatment is most effective. The type of screening that's right for you often depends on your age, family history, and overall health. From colonoscopies to mammograms, knowing what applies to you can make a big difference.

Dates to remember:

3/8 Daylight Saving Time
3/17 St. Patrick's Day
3/20 First Day of Spring
3/29 Palm Sunday



April

April is a wonderful time to reconnect with hobbies or try something new that brings joy and connection. Consider joining a book club, gardening group, or join us for an activity in your center. Remember, hobbies don't have to be perfect or productive; they're about enjoyment. This month, give yourself permission to explore interests that make you smile.

Dates to remember:

4/1 Passover
4/3 Good Friday
4/5 Easter
4/15 Tax Day
4/22 Earth Day



May

As the days grow longer and temperatures rise, it's important to prioritize your health while enjoying the outdoors. Protecting yourself from the sun can help prevent dehydration, sunburn, and heat-related illness. A wide brimmed hat, sunglasses and lightweight clothing are easy ways to stay cool and shield your skin. Don't forget sunscreen with SPF 30 or higher and reapply every two hours when outside. Staying hydrated is just as important, carry a water bottle with you and sip regularly, even if you don't feel thirsty.



Dates to remember:

5/10 Mother's Day
5/25 Memorial Day

June

June is Men's Health Month, a perfect reminder for men to take charge of their well-being. Regular checkups are key to catching health issues early, and screenings can make all the difference. This month, talk to your provider about your prostate health and colorectal cancer screenings. Don't overlook mental health; chatting with friends, family, or a professional can make a difference. If you're due for a screening, use this month as motivation to schedule it. Taking care of your health isn't just for you; it helps you stay strong and present for the people you love.



Dates to remember:

6/14 Flag Day
6/19 Juneteenth
6/21 Father's Day
6/21 First Day of Summer

July

July is the perfect time to focus on staying active. Regular movement helps maintain strength, balance and overall health, which is especially important as we age. You don't need a gym, short walks, gardening, or even stretching at home can make a difference. Try to move for at least 20-30 minutes each day and remember to listen to your body. Pair activity with plenty of water and sun protection, and you'll enjoy the summer safely while supporting your long-term wellness. Staying active is one of the simplest ways to feel stronger, healthier and more energized every day.

August

As we age, our sense of thirst can decrease, making it easier to become dehydrated without realizing it. Drinking water regularly helps your kidneys filter waste, maintain blood pressure, and keep your energy levels up. Aim for water throughout the day and include water-rich foods like fruits and vegetables. Limiting excess salt and processed foods can also support healthy kidney function. Small, consistent habits can make a big difference. Hydration isn't just refreshing; it's a simple way to care for your whole body.

Dates to remember:

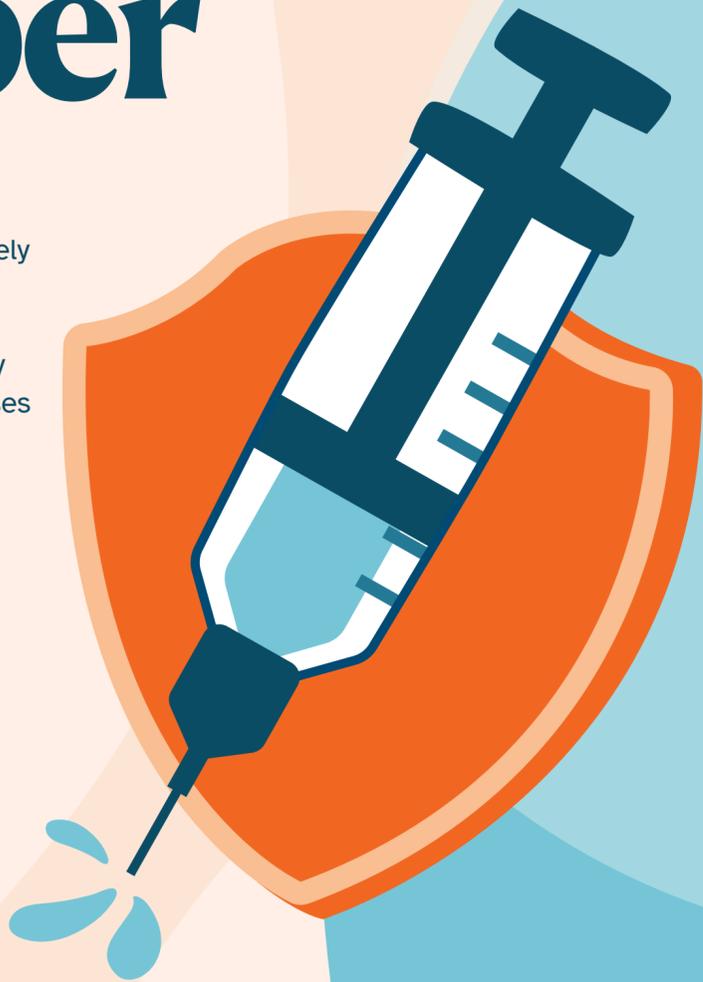
7/4 Independence Day

7/15 Pink Letter Project Day



September

September is the perfect time to think about protection for the months ahead. Four important vaccines - Flu, COVID, RSV and Pneumonia are now widely available and each plays a role in keeping older adults healthy. These vaccines can protect against respiratory infections, transmitted from person to person. Especially during the fall and winter seasons when respiratory viruses are most common. Talk to your provider about which vaccines are right for you and when to get them. A quick appointment now can give you peace of mind and help you stay well all season long.



Dates to remember:

9/7 Labor Day
9/11 Patriot Day
9/11 Rosh Hashanah
9/13 Grandparent's Day
9/20 Yom Kippur
9/23 First Day of Fall

October

October is breast cancer awareness month, and a reminder of the importance of early detection. Breast cancer is the most common cancer in women, but regular screenings can save lives. Mammograms remain the best tool for finding breast cancer early, when it's most treatable. This month, take a moment to prioritize your health or encourage a loved one to do the same.



Dates to remember:

10/12 Indigenous Peoples' Day
10/12 Columbus Day
10/15 Open Enrollment Begins
10/31 Halloween

November

This time of year can be joyful, but it can also bring stress or feelings of loneliness. Taking care of your mental health is just as important as caring for your body. Staying active, keeping a routine, and reaching out to others can make a big difference during the winter months. Attending events, like activities at your local ArchWell Health center, can help you feel connected and supported. Remember, it's okay to ask for help if you need it. Prioritizing your well-being this season allows you to enjoy the holidays in a healthier, more meaningful way.



Dates to remember:
11/1 Daylight Saving Time
11/3 Election Day
11/11 Veteran's Day
11/26 Thanksgiving

December

As the year comes to a close, December is a wonderful time to pause and reflect. Reflect on the goals you've achieved, the challenges you've overcome. Did you learn something new about yourself? Did you try something you never thought you would? Taking time to celebrate both big and small accomplishments can bring a sense of gratitude and encouragement as you move into the new year. Reflection isn't just looking back; it's also preparing yourself to keep growing, learning, and enjoying life in the months ahead.



Dates to remember:
12/4 Hanukkah
12/7 Open Enrollment Ends
12/21 First Day of Winter
12/24 Christmas Eve
12/25 Christmas Day
12/26 Kwanzaa Begins
12/31 New years' Eve