



# January 2015

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Monthly Observances</u>					Happy New Year 1	2	3
Glaucoma Month Blood Donor Month Birth Defects Prevention Month Oatmeal Month Soup Month Bath Safety Month	4	National Bird Day 5 	6	7	8	9	10
<u>Monthly Fruits &amp; Veggies</u>	11	National Pharmacist Day 12 	13	14	15	16	17
Tangerines Dries Cranberries Sun Dried Tomatoes Raisins Yucca Root Jicama Sunchoke Taro Roots Water Chestnut	Winnie the Pooh Day 18 	M.L.King Jr Birthday 19 	20	21	22	National Handwriting Day 23 	24
	25	26	27	28	National Puzzle Day 29 	30	31

Monthly Birthstone & Flower

Garnet  
Carnation

*Life's most persistent and urgent question is,*  
**what are you doing for others?**  
**Dr. Martin Luther King Jr.**