



2022 At-A-Glance

1st Quarter



Intellectual Vitality

February Campaign:

Living It

Suggested Program:

A Generational Journey:
Women

Jan 10: Houseplant Appreciation Day

Jan 28: National Lego Day

Feb 7: Send a Card to a Friend Day

Feb 11: Intl. Day of Women in Science

Mar 18: World Sleep Day

Mar 19: National Let's Laugh Day

2nd Quarter



Physical Health

May Campaign:

Movement Matters

Suggested Program:

Aging Through Ages

Apr 6: National Walking Day

Apr 29: International Dance Day

May 24: National Scavenger Hunt Day

May 30: National Creativity Day

Jun 3: World Bicycle Day

Jun 23: National Hydration Day

3rd Quarter



Social Engagement

August Campaign:

Navigating Together

Suggested Program:

Unearthing Cultural
Wellness

Jul 3: National Eat Your Beans Day

Jul 20: International Chess Day

Aug 15: National Relaxation Day

Aug 30: National Grief Awareness Day

Sep 4: National Wildlife Day

Sep 28: National Good Neighbor Day

4th Quarter



Peace & Fulfillment

November Campaign:

Master the Moment

Suggested Program:

New Program Coming
Soon Focusing on
Peace & Fulfillment

Oct 10: World Mental Health Day

Oct 22: National Make a Difference Day

Nov 17: Great American Smoke Out

Nov 25: National Day of Listening

Dec 7: National Letter Writing Day

Dec 28: National Card Playing Day