



small enough to care...**BIG** enough to make a difference!®

2025 CALENDAR



Holiday Newsletter **From the Desk of Glenn Di Biasi, Fund Administrator**

Dear Participants, Employers, Partners, Professional Team and Union Officials,
As the year comes to a close, I want to take a moment to reflect on our shared achievements and express our sincere thanks for your continued partnership with the UFCW National Health and Welfare Fund. It's through our collaborative efforts that we've been able to support the health and well-being of our members while managing costs in a rapidly changing healthcare landscape.

Building a Strong Partner Ecosystem

This year, we've made significant strides in expanding and strengthening our partner ecosystem. Our goal remains clear: to provide additional access to quality care for our members while containing costs across the board. By working closely with our network partners, we've been able to negotiate favorable terms that benefit both the Fund and the participants we serve. These partnerships are helping us streamline services, improve care coordination, and offer innovative health solutions that support our members' diverse needs. Whether through expanded access to specialty providers or enhanced wellness programs, our ecosystem is designed to provide value at every level of care.

General Healthcare Updates

One of the most notable shifts has been the ongoing focus on mental health parity and the importance of ensuring equitable access to mental health and substance use disorder services. As part of our efforts, we continue to monitor regulatory changes to ensure our plans comply with the latest federal and state guidelines, including the Mental Health Parity and Addiction Equity Act (MHPAEA). Additionally, we've seen significant advancements in telehealth services. As this technology becomes a more integrated part of healthcare delivery, we're working with our partners to expand access to virtual care options that provide members with convenient, timely care when they need it most.

Looking Ahead

We are excited about the future and remain committed to improving our services. As we move into 2025, we will continue to focus on enhancing the benefits and resources available to our members while maintaining cost efficiency. Please be sure to visit our website at www.ufcws.com for more detailed information and updates throughout the year.

Happy Holidays

As we wrap up 2024, we want to extend warm wishes to you, your families, and friends. May this holiday season bring joy, relaxation, and good health to you all. We look forward to continuing our work together in the coming year, making strides toward a healthier and more secure future for our members.

Best regards,

A handwritten signature in dark ink that reads "Glenn L. Di Biasi". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Glenn L. Di Biasi
UFCW National Fund Administrator

Craft distilleries continue to expand rapidly, with thousands now operating across the U.S. These smaller producers often focus on quality over quantity, offering unique, local flavors.

Did you know the world of distilling dates back thousands of years? Ancient distillers used rudimentary techniques to extract essential oils before the process evolved into creating spirits. Modern distilleries combine science and artistry to produce everything from whiskey to gin. Barrels play a critical role in aging—whiskey gains up to 70% of its flavor and all its rich amber color from the oak casks it rests in. Some distilleries even age their spirits in unique environments, like underground caves or ocean voyages, for distinctive flavors. Plus, sustainable practices are becoming the norm, with many distilleries using renewable energy and recycling spent grains for animal feed.

Distilling isn't just about spirits—it's about innovation, history, and a touch of magic.



DECEMBER

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FEBRUARY

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JANUARY 2025

CBD Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 New Year's Day	2 Last Day of Chanukah	3	4 National Spaghetti Day
5 National Whipped Cream Day	6 Epiphany	7 Orthodox Christmas Day	8	9	10 National Milk Day	11
12 National Pharmacist Day	13	14	15	16	17	18
19 National Popcorn Day	20 Martin Luther King Jr. Day	21	22	23 National Handwriting Day	24 National Beer Can Appreciation Day	25 National Irish Coffee Day
26 International Customs Day	27	28	29 Lunar New Year	30	31	1
2	3	4	5	6	7	8

February is a month of remarkable recognition, celebrating the achievements that shape our world. Black History Month honors the legacy of trailblazers whose resilience and brilliance have left indelible marks on history and continue to inspire progress.

Simultaneously, Women's History Month highlights the strength and innovation of women across all fields, celebrating their contributions to shaping a more equitable future. In the realm of healthcare, we also spotlight advances in telehealth and the dedication of physicians who, through technology and compassion, have redefined access to care. Together, these celebrations remind us of the power of diversity, innovation, and perseverance in building a brighter tomorrow.



JANUARY

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FEBRUARY 2025

Black History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Groundhog Day	National Women Physicians Day	National Hemp Day		National Chopsticks Day	National Wear Red Day	
9	10	11	12	13	14	15
Superbowl Sunday National Bagel Day				Galentine's Day	Valentine's Day	
16	17	18	19	20	21	22
National Engineers Week Begins	Presidents' Day	National Drink Wine Day		National Love Your Pet Day		George Washington's Birthday National Engineers Week Ends
23	24	25	26	27	28	1
					First Day of Ramadan	
2	3	4	5	6	7	8



The U.S. shoe manufacturing industry has a fascinating history, blending craftsmanship and innovation. New England was once the heart of American shoemaking, with towns like Lynn, Massachusetts, dubbed the 'Shoe Capital of the World' in the 19th century.

Today, while much production has moved overseas, several American companies still craft high-quality footwear domestically, often focusing on durable leather shoes and boots. Did you know that a single pair of handcrafted shoes can involve over 200 individual steps? Modern manufacturers are also embracing sustainability by using recycled materials and innovative designs to reduce waste. The rise of 3D printing and custom-fit technology is helping bring a fresh wave of creativity to the industry, showing that American shoemaking is still stepping forward with style and ingenuity.

FEBRUARY							APRIL						
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MARCH 2025

Women's History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1
2	3	4	5	6	7	8
Read Across America Day		National Pancake Day	Ash Wednesday		Employee Appreciation Day	
9	10	11	12	13	14	15
Daylight Saving Time Starts			National Plant A Flower Day		Holi Pi Day	World Consumer Rights Day Shoe the World Day
16	17	18	19	20	21	22
	St. Patrick's Day	World Social Work Day		International Day of Happiness	World Down Syndrome Day	World Water Day
23	24	25	26	27	28	29
National Chip & Dip Day National Tamale Day			National Spinach Day	International Whiskey Day		Last Day of Ramadan National Mom and Pop Business Owners Day
30	31	1	2	3	4	5

A person wearing a white lab coat, a white hairnet, safety goggles, and a yellow face mask is holding a large, green cannabis leaf. They are standing in a greenhouse filled with cannabis plants. A blue plastic basket is visible in the foreground, containing more cannabis plants. The background shows the structure of the greenhouse and other plants.

The U.S. cannabis industry is one of the fastest-growing markets, blending agriculture, science, and innovation. Legal cannabis sales reached over \$25 billion in recent years, with projections only climbing higher as more states legalize its use. Did you know cannabis plants can grow up to 20 feet tall and have been cultivated for thousands of years for their versatile uses?

The industry isn't just about recreational use—hemp, a variety of cannabis, is used to make eco-friendly products like textiles, biodegradable plastics, and even construction materials. Advances in technology have also revolutionized production, with indoor facilities using LED lights and precise climate controls to maximize yield.

Fun fact: Colorado was the first U.S. state to legalize recreational cannabis in 2012, and today, it's home to some of the most innovative cannabis companies in the world.

MARCH							MAY						
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30	31												

APRIL 2025

Autism Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 April Fool's Day	2	3	4 National School Librarian Day	5
6	7 National Beer Day World Health Day	8	9	10	11	12 Passover
13	14	15 National Laundry Day	16 National Healthcare Decisions Day	17	18 Good Friday	19
20 Easter Sunday National Cannabis Day	21	22 Earth Day	23 Administrative Professional Day	24 International Sauvignon Blanc Day	25 Arbor Day	26
27	28 World Day for Safety and Health at Work	29	30	1	2	3
4	5	6	7	8	9	10

The U.S. wine industry is a vibrant and diverse part of American agriculture, with over 10,000 wineries across the country. California reigns as the powerhouse, producing nearly 90% of the nation's wine, but states like Oregon, Washington, and New York also contribute with unique regional varieties.

Did you know that the oldest continuously operating winery in the U.S. is located in California and dates back to 1857? American wineries produce over 1,000 varieties of wine, from bold Cabernet Sauvignons to refreshing Chardonnays. National Wine Day, celebrated each year on May 25th, is the perfect occasion to raise a glass to this rich history and indulge in the complex flavors created by generations of winemakers. Whether you're a fan of red, white, or rosé, it's a day to savor and appreciate the craftsmanship behind every bottle.



APRIL							JUNE						
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20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30					

MAY 2025

Asian American and Pacific Islander Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 National Day of Prayer	2 National Space Day	3 National Textile Day
4 Star Wars Day National Lemonade Day	5 Cinco de Mayo	6 National Nurses Day	7	8 World Red Cross Day	9 National Provider Day	10
11 Mother's Day	12 International Nurses Day	13 World Cocktail Day	14	15	16 Endangered Species Day	17 Constitution Day (Norway)
18	19	20	21 World Day for Cultural Diversity for Dialogue and Development National Waitstaff Day	22	23 National Chardonnay Day	24 National Brother's Day
25 National Wine Day	26 Memorial Day	27	28	29	30 National Creativity Day	31
1	2	3	4	5	6	7



The U.S. food container industry has evolved dramatically, driven by the need for convenience, sustainability, and preservation. Did you know that the first glass jar used for canning was patented in 1858 by John Landis Mason, and it laid the foundation for today's modern packaging?

Today, innovation in food containers focuses on reducing waste and improving shelf life. From biodegradable packaging made from seaweed to plant-based plastics, manufacturers are finding creative ways to protect food while being environmentally friendly.

Advances in vacuum-sealing technology also help keep food fresher longer, while smart packaging with QR codes and sensors are revolutionizing food safety by offering consumers real-time information on freshness. With innovation driving the industry forward, the future of food containers is both eco-friendly and high-tech.

MAY							JULY						
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25	26	27	28	29	30	31	27	28	29	30	31		

JUNE 2025

Pride Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Global Day of Parents National Cancer Survivors Day	2	3	4 National Cheese Day	5	6	7 World Food Safety Day
8 National Best Friend Day	9	10	11 National Corn On The Cob Day	12	13	14 Flag Day National Rosé Day National Bourbon Day
15 Father's Day	16	17	18	19 Juneteenth	20 American Eagle Day	21 International Yoga Day
22 World Rainforest Day	23	24	25	26 Islamic New Year	27 National PTSD Awareness Day	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

The U.S. grocery industry is experiencing an exciting transformation as consumers increasingly prioritize fresh, local, and organic products.

Did you know that organic food sales in the U.S. have grown to over \$60 billion annually, with nearly 6% of all food sales now classified as organic? Farmers' markets, local co-ops, and grocery chains are embracing this trend, offering farm-to-table options and working directly with local producers to stock their shelves. Shoppers are also turning to community-supported agriculture (CSA) programs, where they can receive seasonal produce straight from nearby farms.

This movement isn't just about health—it supports local economies, reduces carbon footprints by cutting down on food transportation, and promotes sustainable farming practices. Grocery stores are even adapting by dedicating larger sections to organic, natural, and minimally processed foods, making it easier than ever for Americans to shop consciously and eat well



JUNE							AUGUST						
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29	30						24	25	26	27	28	29	30
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JULY 2025

Chemical Safety Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4 Independence Day	5
6	7 Global Forgiveness Day	8	9	10 National Piña Colada Day	11	12
13	14	15	16	17 World Emoji Day	18	19
20 International Chess Day	21	22	23	24 National Tequila Day	25 National Wine & Cheese Day	26
27	28	29 NASA is Founded	30	31	1	2
3	4	5	6	7	8	9



The U.S. linen industry has a rich history of craftsmanship and innovation, with linen fabric being one of the oldest textiles known to humankind. While flax, the plant used to make linen, was once widely cultivated in the U.S., today much of the production is focused on high-quality linen products such as bedding, tablecloths, and clothing.

Did you know that linen is naturally anti-bacterial, moisture-wicking, and can become softer with each wash? Linen Celebration Day, observed every August 22nd, is a perfect time to honor this timeless fabric. The day celebrates linen's durability, its sustainable qualities, and its enduring presence in homes around the world. In fact, linen is one of the most eco-friendly fabrics available—biodegradable and requiring fewer pesticides to grow than cotton. From luxurious bed linens to stylish summer wear, August is the ideal month to appreciate the beauty and benefits of this versatile fabric.

JULY							SEPTEMBER						
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27	28	29	30	31			28	29	30				

AUGUST2025

World Cancer Support Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3 National Friendship Day	4	5	6	7 Purple Heart Day	8	9 International Coworking Day
10	11 National Son and Daughter Day	12	13 Left Handers Day	14 National Financial Awareness Day	15 National Relaxation Day National Leathercraft Day	16 National Rum Day
17 National Nonprofit Day	18 World Humanitarian Day	19	20	21 Senior Citizens Day	22 Linen Celebration Day	23
24	25	26 National Dog Day	27	28	29	30 National Beach Day International Cabernet Sauvignon Day
31	1	2	3	4	5	6



The U.S. chemical industry is one of the largest and most diverse sectors in the world, employing over 500,000 workers across the country. Chemical companies play a crucial role in developing products that impact nearly every aspect of modern life—from pharmaceuticals to food production, plastics, and clean energy solutions.

Did you know that the U.S. is a global leader in the production of specialty chemicals, which are often used to create high-tech materials like smartphones and electric car batteries? Innovations in the chemical industry are driving sustainability efforts, such as the development of biodegradable plastics, carbon capture technologies, and greener manufacturing processes that reduce waste and energy consumption.

Workers in this field are at the forefront of groundbreaking research, with some companies even using artificial intelligence to improve chemical processes and create smarter, more efficient products. The U.S. chemical industry is constantly evolving, ensuring that science and innovation continue to power progress across many industries.

AUGUST							OCTOBER						
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31													

SEPTEMBER2025

Hispanic Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Labor Day	2	3	4	5 National 401(k) Day	6 Fight Procrastination Day
7 Grandparents' Day	8 International Literacy Day	9	10	11	12	13 International Chocolate Day
14	15 Hispanic Heritage Month Begins	16	17	18 International Equal Pay Day	19 National Dance Day	20
21 World Alzheimer's Day	22 Rosh Hashanah	23 International Day of Sign Languages	24 World Bollywood Day	25	26	27 National Public Lands Day
28	29 National Coffee Day World Heart Day	30	1	2	3	4
5	6	7	8	9	10	11

The U.S. pharmaceutical industry is a powerhouse of innovation, producing life-saving medications and treatments that improve global health.

Did you know that the U.S. is home to some of the world's largest pharmaceutical companies, responsible for developing cutting-edge therapies in areas like cancer, diabetes, and rare diseases? Innovations such as gene editing, personalized medicine, and mRNA technology are revolutionizing how we treat diseases, with the COVID-19 vaccine being a prime example of rapid pharmaceutical breakthroughs.

Chemical Week, celebrated each October, shines a spotlight on the role the chemical and pharmaceutical industries play in advancing global health, sustainability, and technology. From creating vaccines to developing new delivery systems for drugs, the industry continues to push the boundaries of what's possible. The U.S. pharmaceutical sector also leads in producing essential ingredients and developing sustainable, green chemistry practices, further driving positive change in healthcare and the environment.



SEPTEMBER							NOVEMBER						
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28	29	30					23	24	25	26	27	28	29
							30						

OCTOBER 2025

Breast Cancer Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Yom Kippur	2	3 National Manufacturing Day	4 National Taco Day National Vodka Day
5 World Teachers' Day	6	7	8	9	10 World Mental Health Day	11
12	13 Columbus Day	14	15 Global Handwashing Day	16 National Sports Day National Liquor Day	17 National Pasta Day	18
19	20 Diwali National Health Education Week Starts	21	22	23	24 United Nations Day National Health Education Week Ends	25 International Artist Day
26 National Pumpkin Day	27	28 National First Responders Day	29	30	31 Halloween	1
2	3	4	5	6	7	8



The U.S. sheet metal industry plays a crucial role in manufacturing many of the products that keep the transportation sector running smoothly. Sheet metal, which is created by rolling or pressing metal into thin sheets, is a key material in the production of everything from cars and airplanes to trains and ships.

Did you know that the automotive industry alone uses millions of tons of sheet metal every year for body panels, frames, and structural components? The strength, versatility, and lightweight nature of sheet metal make it perfect for reducing weight while maintaining durability, which is essential for fuel efficiency and safety in vehicles. Additionally, innovations in sheet metal fabrication, like advanced welding techniques and 3D printing, are allowing manufacturers to create more complex designs and improve performance. From reducing emissions in electric vehicles to enhancing the safety features of airplanes, sheet metal production continues to be a driving force in transportation innovation.

OCTOBER							DECEMBER						
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26	27	28	29	30	31		28	29	30	31			

NOVEMBER

2025

Native American Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Daylight Saving Time Ends			National Stress Awareness Day		National Merlot Day	
9	10	11	12	13	14	15
World Adoption Day		Veterans Day ♥	National Happy Hour Day National Pizza Day	World Kindness Day		National Philanthropy Day
16	17	18	19	20	21	22
	National Hiking Day	National Entrepreneurs' Day	National Zinfandel Day		World Television Day	
23	24	25	26	27	28	29
				Thanksgiving Day	Black Friday	
30	1	2	3	4	5	6
National Personal Space Day						



The U.S. engineering industry is a cornerstone of the nation's economic growth, driving innovation, infrastructure, and technological advancements. Engineering contributes to nearly 6% of the country's GDP, and U.S. engineers are behind some of the most groundbreaking achievements in history, from skyscrapers to space exploration.

Did you know that engineering innovations help improve nearly every aspect of daily life, from the design of more efficient vehicles to the development of clean energy technologies? The industry's influence extends far beyond just construction and manufacturing; it also plays a critical role in healthcare, with engineers creating life-saving medical devices and advancing the field of biotechnology.

The U.S. engineering workforce is among the most highly skilled in the world, and with continuous advancements in fields like robotics, AI, and sustainable design, the engineering sector will remain a key driver of economic growth and global competitiveness for years to come.

NOVEMBER							JANUARY						
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DECEMBER 2025

Universal Human Rights Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 World AIDS Day Cyber Monday	2	3 International Day of Persons with Disabilities	4 National Cookie Day	5 International Volunteer Day	6 St. Nicholas Day
7	8	9	10 Human Rights Day	11	12 International Universal Health Coverage Day	13
14 Hanukkah Starts	15	16	17	18	19	20 
21 Winter Solstice	22	23	24 Christmas Eve	25 Christmas	26	27
28	29	30	31 New Year's Eve	1	2	3
4	5	6	7	8	9	10

2026 CALENDAR

JANUARY

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FEBRUARY

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MARCH

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Englewood, NJ team



Stockton, CA team

For specific information, drop us a line at:

UFCW National Health and Welfare Fund

66 Grand Avenue
Englewood, NJ 07631
CALL: 201-569-8801
FAX: 201-569-1085 or
JFax@ufcws.com

UFCW National Health and Welfare Fund

1212 W. Robinhood Drive, #3E
Stockton, CA 95207
CALL: 209-952-6533
FAX: 209.952.7325 or
CFax@ufcws.com

Email us at help@ufcws.com
and visit our website at:
www.ufcws.com

