JANUARY 2026 NEWSLETTER

METRO HEALTH
DEDICATED PRIMARY CARE FOR SENIORS

As we move into 2026, it's the perfect time for seniors to prioritize their health and well-being by creating a New Year's medical checklist. Taking proactive steps at the start of the year can help you stay organized, informed, and confident about your healthcare throughout the year. Here's a helpful guide to building a health-focused to-do list so you can begin 2026 on the right track.

1. Schedule Your Annual Exams

- Identify potential health issues early.
- Update any necessary vaccinations.
- Discuss your wellness goals for the year.

2. Verify Your Medicare Advantage Plan Coverage

- Review your current healthcare plan to ensure it meets your needs.
- Review your plan to ensure you get the maximum benefits you need.
- Confirm coverage for prescriptions, specialists, and routine care.

3. Have an Eye Exam

- Detect early signs of glaucoma, cataracts, or macular degeneration.
- Update your prescription for glasses or contacts.
- Ensure you're seeing clearly and safely navigating your environment.

4. Address Any Existing Conditions

- Follow up with specialists to manage ongoing issues like diabetes, arthritis, or heart disease.
- Stay up to date with any recommended screenings, such as bone density tests or mammograms.
- Discuss new treatment options or lifestyle changes that could improve your quality of life.

5. Review Your Medications with Your Provider

- Talk to your primary care provider about all your medications, including prescriptions, over-the-counter drugs, and supplements.
- Ensure there are no redundancies in your prescriptions.
- Identify and address potential side effects or interactions between medications.

6. Get Active and Stay Active

- Walking, swimming, or yoga to improve flexibility, strength, and balance.
- Tai Chi classes (many are free and offered locally) for safe and effective exercise.

7. Update Your Emergency Contacts and Medical Information

- Review and update emergency contacts with your provider's office.
- Carry a current list of medications, allergies, and health conditions in your wallet.
- Consider setting up or reviewing advance directives to communicate your care preferences.

Learn more at https://metrohealthinc.com/home/blog/

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10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!		WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS	1 Happy New Year!	2 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
5 !!NEW CLASS!! SILVER SNEAKERS TAI CHI/QIGONG AT 11AM	6 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	7 !!NEW CLASS!! ZUMBA AT 10 AM	8 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	9 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
12 SILVER SNEAKERS TAI CHI/QIGONG AT 11AM	13 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	14 MEMORY SCREENINGS ZUMBA AT 10 AM	15 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	16 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
19 SILVER SNEAKERS TAI CHI/QIGONG AT 11AM	20 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	21 ZUMBA AT 10 AM	22 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	23 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
26 SILVER SNEAKERS TAI CHI/QIGONG AT 11AM	27 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	28 ZUMBA AT 10 AM	29 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	29 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM

701 South Orange Blossom Trail Apopka, FL 32703

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12	13 ZUMBA AT 10 AM	14	15 SILVER SNEAKERS TAI CHI/QIGONG AT 9:30AM	16
19 MLK -DAY-	20 ZUMBA AT 10 AM	21	22 SILVER SNEAKERS TAI CHI/QIGONG AT 9:30AM	23
26	27 ZUMBA AT 10 AM	28	29 TAI CHI/QIGONG AT 9:30AM SENIOR HEALTH FAIR 12:00 - 2:00PM	30