

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Holiday Office Closed 1	Office closed 2 No Allergy shot	3
4		5 Dr. Almand Surgery no - Allergy shots	6	7 New Years Day	8	9 10
11		12 Dr. Almand Surgery No Allergy shots	13	14 Dr. Almand out - No Allergy shots	15 Dr. Almand Surgery No Allergy shot	16 17
18		19 Dr. Almand Surgery No. Allergy shots	20	21	22 Allergy shots start @ 10:00 AM	23 24
25	Martin Luther King Day	26	27 Allergy shots Shopping @ 2:30pm	28 Dr. Almand out - No shots	29 Dr. Almand out No Allergy shots	30 31

Shot Hours M. Thursday 8:00 - 11:30 AM + 1:00 - 4:30 PM Friday Only 8:00 - 11:30 AM Phone 905-988-4090 Call if any questions
 website: footmillsentahc.com. Click Sines/Allergy Tab then click Allergy shot- download Link for Allergy shots. Please be courteous of
 our staff + other patients Do not come in with fever or any other Active symptoms. Schedule is subject to change due to Dr's Availability