

OLD HAMPTON LANE

HAMPTON VA
HEALTHY FAMILIES

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1  Playgroup Closed	2  Playgroup Closed	3	4
5	6  Snowy Owl	7	8  SLIME	9  Infant Massage  Winter Hats	10	11
12	13  Ice Skates	14	15  Fire Station Sandy Bottom	16  Infant Massage  Mittens	17	18
19	20 ML King Day  Playgroup Closed	21	22  Hot Cocoa Craft	23  Infant Massage  Snow Man Craft	24	25 Chinese New Year 
26	27  Cotton Ball Igloo	28	29  Polar Bear, Polar Bear	30  Infant Massage  Paper Plate Snowman	31	1
2 Groundhog Day 	3	<p>Walkers & Talkers Mondays & Wednesdays 9:30am-11:30am</p> <p>Movers & Shakers Infant Massage Thursdays Thursdays 9:30am-11:30am 10:00am-11:30am</p> <p>100 Old Hampton Lane (757)727-1300 Opt 3</p>			<p>Jan 15- 9:30 Fire Station 11 1304 Big Bethal Rd</p> <p>10:30- Sandy Bottom Nature Park 1255 Big Bethal Road</p>	

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day 	2 	3	4  Follow us on Instagram hamptonhealthyfamilies
5	6	7  Marshmallow Names	8	9  Polar Bear, Polar Bear	10	11
12  like us on facebook hamptonhealthyfam	13	14  Cotton Ball Penguin	15  Fire Station Sandy Bottom	16  Paperbag Snowman	17	18
19	20 ML King Day 	21  Mittens on Strings	22	23  Chinese Dragon	24	25 Chinese New Year 
26	27	28  Owl Craft	29	30  Winter Hats	31	1
2 Groundhog Day 	3	Walkers & Shakers Tuesday & Thursday 10:00 am - 11:30 am 331 Big Bethel Road (757)727-1300 opt 3			Jan 15- 9:30 Fire Station 11 1304 Big Bethel Rd 10:30- Sandy Bottom Nature Park 1255 Big Bethel Road	