















July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1  Flag Themed Snack	2  Playgroup CLOSED	3  Playgroup CLOSED	4 Independence Day  Playgroup CLOSED	5	6
7	8  Paper Plate Ladybug	9  Paper Plate Ladybug	10  Fire Fly Craft	11  Infant massage  Wax Paper Bee	12	13
14	15  Kite Craft	16  Kite Craft	17  Peninsula Town Center	18  Infant massage  Cheerios Starfish	19	20
21	22  Pool Noodle Fish	23  Paper Jellyfish	24  Paper Jellyfish	25  Infant massage  Pool Noodle Boat	26	27
28  HAPPY PARENTS DAY!	29  Shark Hat	30  Playgroup CLOSED	31  BEACH Party	1	2	3
4  like us on facebook hamptonhealthyfam	5  Follow us on Instagram hamptonhealthyfamilies	Walkers & Talkers Mondays & Wednesdays 9:30-11:30 100 Old Hampton Lane (757)727-1300 		Movers & Shakers Thursdays 10:00-11:30		Mallory Walkers & Shakers Tuesdays 10 a.m.-12 p.m. 331 Big Bethel Road, Hpt. 23666

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	31	1  Infant Massage  Fruit Butterfly	2	3	
4	5  Banana Bites	6  Mini Hamburger Snacks	7  Mini Hamburger Snacks	8  Infant Massage  Watermelon Fish	9	10	
11	12  Sun Visor	13  Sun Visor	14  Graduation Day Carousel Park /Ice Cream	15  Infant Massage  Hampton Carousel Park	16	17	
18							24
25	26	27	28	29	30	31	
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