

# JANUARY ACTIVITIES

ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>31</b></p> <p><b>AM</b> Sunday School <b>PM</b> Yoga &amp; Inspire Your Heart w/Art</p>					<p style="text-align: right;"><b>1</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> New Years Bingo</p>	<p style="text-align: right;"><b>2</b></p> <p><b>AM</b> Devotional &amp; Exercise / Stretching <b>PM</b> Name 10</p>
<p style="text-align: right;"><b>3</b></p> <p><b>AM</b> Sunday School <b>PM</b> Yoga</p>	<p style="text-align: right;"><b>4</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Aromatherapy with Painting or Coloration</p>	<p style="text-align: right;"><b>5</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Bird Craft  <i>National Bird Day</i></p>	<p style="text-align: right;"><b>6</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Drumming</p>	<p style="text-align: right;"><b>7</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Hand &amp; Nail Spa</p>	<p style="text-align: right;"><b>8</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Bingo &amp; Elvis Birthday</p>	<p style="text-align: right;"><b>9</b></p> <p><b>AM</b> Devotional &amp; Exercise / Stretching <b>PM</b> Word Game</p>
<p style="text-align: right;"><b>10</b></p> <p><b>AM</b> Sunday School <b>PM</b> Yoga</p>	<p style="text-align: right;"><b>11</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Aromatherapy with Painting or Coloration</p>	<p style="text-align: right;"><b>12</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Crafting</p>	<p style="text-align: right;"><b>13</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Ribbon Dancing</p>	<p style="text-align: right;"><b>14</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Hand &amp; Nail Spa</p>	<p style="text-align: right;"><b>15</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Bingo &amp; Hat Day  <i>National Hat Day-wear a hat!</i></p>	<p style="text-align: right;"><b>16</b></p> <p><b>AM</b> Devotional &amp; Exercise / Stretching <b>PM</b> Name 10</p>
<p style="text-align: right;"><b>17</b></p> <p><b>AM</b> Sunday School <b>PM</b> World Snow Day Craft &amp; Yoga</p>	<p style="text-align: right;"><b>18</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Aromatherapy with Painting or Coloration</p>	<p style="text-align: right;"><b>19</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Popcorn Craft  <i>National Popcorn Day</i></p>	<p style="text-align: right;"><b>20</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Drumming</p>	<p style="text-align: right;"><b>21</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Hand &amp; Nail Spa</p>	<p style="text-align: right;"><b>22</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Bingo</p>	<p style="text-align: right;"><b>23</b></p> <p><b>AM</b> Devotional &amp; Exercise / Stretching <b>PM</b> Word Game</p>
<p style="text-align: right;"><b>24</b></p> <p><b>AM</b> Sunday School <b>PM</b> Yoga</p>	<p style="text-align: right;"><b>25</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Aromatherapy with Painting or Coloration</p>	<p style="text-align: right;"><b>26</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Crafting</p>	<p style="text-align: right;"><b>27</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Ribbon Dancing with Mozart  <i>Mozart's Birthday</i></p>	<p style="text-align: right;"><b>28</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Hand &amp; Nail Spa</p>	<p style="text-align: right;"><b>29</b></p> <p><b>AM</b> Devotional &amp; Exercise/ Stretching <b>PM</b> Bingo</p>	<p style="text-align: right;"><b>30</b></p> <p><b>AM</b> Devotional &amp; Exercise / Stretching <b>PM</b> Name 10</p>