

# JANUARY

Psalms 46:1 God is our refuge and strength,  
a very present help in trouble.



MONDAY	TUE	WEDNESDAY	THR	FRIDAY
2 CLOSED	3	4 Safety Group Game	5 	6 Bible Time with Ronnie
9 Bible Time with Tico Let's Get Fit	10 	11 Culinary Wednesday at HP Greensboro	12 	13 Safety Library
16 Kaleideum Museum	17	18 Tai Chi Class Talent Show	19 	20 Bible Time with Stephen and Sara Movie
23 Safety Let's Get Fit	24 	25 Health Matters	26	27 Tennis Volunteer at Second Harvest Food Bank
30 His Path Reidsville Worship	31	1	2	3 

## Safety

Allie's Bday - 1st  
Meghan's Bday - 2nd  
Zeke's Bday - 23rd



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MONDAY	TUESDAY	WED	THURSDAY	FRI
2 Closed	3 Books of the Bible Goals Safety lesson	4	5 Michael's Choice For King and Country Day	6
9 Lift class Safety lesson Goals 	10 Books of the Bible Blessing Box  Safety Lesson	11	12 Bowling Bible with Pastor Allen Free time at the Tabernacle 	13
16 Kaleideum Museum with Winston	17 Books of the Bible Game time Blessing Box 	18	19 Clean Downtown Osborne trip	20
23 Bible with Mr. JJ Lift class Trail 	24 Books of the Bible clean downtown Blessing Box	25 	26 Fellowship with Gboro His Path	27
30 Winston His Path coming Bible with Mr. Brandon Lunch with Reidsville Christian Church	31 Books of the Bible Goals Blessing Box Library Visit	1	2	3

## Theme this Month is Safety

Starting this year, each month a different Hero will get to pick a theme they want to have for a day. This month Michael has Chosen For King and Country day!



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Birthday's  
Lisa- Jan. 31  
Anjali-Jan. 28





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MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
2 	3 Adam Church's <b>Birthday Lunch</b> Bible Time w/ Tico	4 Culinary Wednesday 	5 <b>Volunteering</b> @ BackPack Beginnings Visiting HP Reidsville	6
10 	10 Alania's Birthday Lunch Low Impact Aerobics @ Oak Street Health	11 Culinary Wednesday With HP Winston 	12 Stephen S.'s Birthday Lunch Mindy's Social 	13
16 	17 Art Class @ Oak Street 	18 Culinary Wednesday 	19 Bible Time With Peter Dodge 	20
23 	24 Low Impact Aerobics @ Oak Street Health	25 Culinary Wednesday 	26 Music Therapy W/ Lisa 	27
30	31 Bible Time W/ Bah Sweet Frog 	1 Culinary Wednesday 	2 <b>Health Matters</b> With Vincent Visiting HP Reidsville 	3

## Theme: Safety

- Emergencies
- Safety in various environments
- Safe Strangers
- Adequate Sleep
- Healthy Eating
- Safety gear
- Hazards
- Hydration



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