

# JANUARY 2020



| MONDAY                                                                                      | TUESDAY                                     | WEDNESDAY                                                                                                                                    | THURSDAY                                    | FRIDAY                                       | SATURDAY                                     | SUNDAY                                                                                                       |
|---------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------|
|                                                                                             | New Year's Day<br>(Holiday)                 | 1                                                                                                                                            | 2                                           | 3                                            | 4                                            | 5                                                                                                            |
| 6<br>Healthy Habit<br>Challenge: List Maker<br>Registration Begins:<br>Adventures in Africa | 7<br>Healthy Habit<br>Challenge: List Maker | 8<br>Healthy Habit<br>Challenge: List Maker                                                                                                  | 9<br>Healthy Habit<br>Challenge: List Maker | 10<br>Healthy Habit<br>Challenge: List Maker | 11<br>Healthy Habit<br>Challenge: List Maker | 12<br>Healthy Habit<br>Challenge: List Maker<br>Goslings to Fairmont<br>Southampton<br>Pedal for Paralympics |
| 13                                                                                          | 14                                          | 15                                                                                                                                           | 16                                          | 17<br>Bda Int'l Race Weekend                 | 18<br>Bda Int'l Race Weekend                 | 19<br>Bda Int'l Race Weekend                                                                                 |
| 20<br>Challenge Begins:<br>Adventures in Africa                                             | 21                                          | 22                                                                                                                                           | 23                                          | 24                                           | 25                                           | 26<br>Butterfield & Vallis 5k<br>Walk/Run                                                                    |
| 27                                                                                          | 28                                          | 29                                                                                                                                           | 30                                          | 31                                           |                                              |                                                                                                              |
|                                                                                             |                                             | NOTES:<br><br><b>Cervical Health Awareness Month; Blood Donor Month</b><br><b>Corporate Challenge: Adventures in Africa (Jan 20-Mar 2nd)</b> |                                             |                                              |                                              |                                                                                                              |