



ArizonaAbility

Empowering Abilities, Enriching Lives



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>National Doggy Day (bring a photo of your dog) Stretch & move Volunteer Day United food bank.</p> 	<p>4</p> <p>National Homemade Soup Day (soup art) Stretch & Move Grocery Shop Health Matters (Nutrition)</p> 	<p>5</p> <p>National Nutella Day (Nutella sandwich for snack) Stretch & Move Goodwill (\$ 5 optional)</p> 	<p>6</p> <p>National Frozen Yogurt Day. Stretch & Move Health W/Parker</p> 	<p>7</p> <p>National fettuccine Alfredo Day Stretch & Move Culinary/Lunch</p>
<p>10</p> <p>National Teddy Day (bring your favorite teddy bear) Stretch & Move BINGO</p> 	<p>11</p> <p>National latte day Stretch & Move Grocery Shop Health Matters (Nutrition)</p> 	<p>12</p> <p>National Darwin Day (History) Stretch & Move Lunch @ Denny's \$20</p> 	<p>13</p> <p>National Digital Learning Day (activity) Stretch Move Health w/Parker</p> 	<p>14</p> <p>National book giving day (learning) Stretch & Move Culinary/Lunch On-site Movie</p>  <p>Happy Valentine's Day</p>
<p>17</p> <p>National cafe late day (drink your favorite late coffee) Stretch & Move</p> 	<p>18</p> <p>National Battery Day (History) Stretch & Move Grocery Shop Health Matters</p>	<p>19</p> <p>National Chocolate Mint Day (Snack) Stretch& Move Dollar Tree (\$5 optional)</p> 	<p>20</p> <p>National Muffin Day Stretch & Move Music w/ Carl</p> 	<p>21</p> <p>National Sticky Bun Day Stretch & Move Culinary/Lunch Health w/ Parker</p> 
<p>24</p> <p>National Tortilla Chip Day (History and snack) Stretch & Move</p>	<p>25</p> <p>National Chocolate Covered Nut Day Stretch & Move Grocery Shop</p>	<p>26</p> <p>National Levi Strauss Day Stretch & Move Peter Piper Pizza \$20</p> 	<p>27</p> <p>National Pokémon day Stretch & Move Health w/Parker</p>	<p>28</p> <p>National Tooth Fairy Day Stretch & Move Culinary/Lunch</p> 

AriZonAbility Program Manager: Robin Emerson 602-313-8884 or remerson@ucpfcentralaz.org

ArizonaAbility Program Lead/Transportation: Vincent Brown 602-622-6584 or Vbrown@ucpfcentralaz.org