

Hunt Newsletter

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FORT LEE
A HUNT MILITARY COMMUNITY™

ONE MISSION. ONE COMMUNITY.



Goals & Resolutions

Another year begins and a brand new start is on the way. With small changes and determination to accomplish reachable goals, anything is possible. If you have resolutions, stay motivated to follow through on them all the way. Happy New Year everyone!

New Year's Fitness

A new year is quickly on its way and you know what that means, Resolutions! Of all the resolutions that we will be making, weight loss and fitness are usually at the top of everyone's list. With this in mind, Fort Lee Family Housing will be hosting a fitness event.

The event will be taking place on January 22nd and 29th at the Welcome Center on Sisisky Blvd. from 6pm - 7:30pm. Marcus Montgomery, NASM Certified trainer, will be conducting the fitness program for both those evenings. Fresh smoothies will be served after the event.



New Year, New Year is Here

Once the holiday clutter is cleared away, are you determined to do a bit of organizing? Here are a few suggestions:

Take advantage of using clothespins. In addition to clipping chip bags, use clothespins to secure charger cords. Also, you could use a marker to label the clothespins with the items it is securing. Use narrow baskets to store snack items in cupboards. Kids can see what's available and you will not waste space with a giant granola bar box holding a single snack.

Another useful item is a hanging shoe shelf. These have really been capable of helping to provide extra needed space. Plus you could use them to put other items in such as hats, flashlights, pet leashes, etc.

Days of January

1/1 New Year's Day

It's the first day of the year and celebrated across the world. Happy New Year's everyone!

1/11 National Milk Day

On January 11, 1878, the first bottles of milk were delivered. This day is celebrated in commemoration of this day and the delivery of this amazing beverage.

1/15 Martin Luther King Jr. Day

Martin Luther King Jr. was an important figure in U.S. History. He is best known for his great speech he gave in Washington D.C. - 'I Have a Dream' speech.

1/19 National Popcorn Day

Whose ready for some popcorn? Whether it's butter, caramel, or cheddar...enjoy this delicious snack today.

1/21 Squirrel Appreciation Day

An amazing day to celebrate our little furry friends. It was created on Jan. 21, 2001 by Christy Hargrove.

1/29 National Puzzle Day

Started in 2002, this day was created to share the enjoyment of puzzles. Puzzles are healthy for the brain and always putting our minds to work.



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