

November 2022

Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13 Neighborhood Walk	14 Monday Gratitude	15 Forward and Backward Lunges	16 Quick Meals-Loaded Veggie Nachos	17 National Hiking Day	18 Fun Food Friday-Pizza Bar	19 Fall Obstacle Course
20 Explore a New Park	21 Monday Gratitude	22 Rows 3 Ways	23 Quick Meals-Meatball Subs	24 <i>Thanksgiving</i> Turkey Trot	25 Fun Food Friday-Kids Charcuterie	26 Jump Rope Challenge
27 Festival of Trees and Lights	28 Monday Gratitude	29 Jump Squat to Shoulder Press	30 Quick Meals-Chicken Biscuit Hot Dish			

Julia on the Edge