



# April 2023 Family Activity Calendar

Julia on the Edge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Spring Hike
2 Sunday Stretch	3 Gourmet Grilled Cheese	4 Just Strong	5 5 Minute Fitness	6 Spring Veggies	7 Fabulous Friday	8 Spring Hike
9 Sunday Stretch	10 Gourmet Grilled Cheese	11 Just Strong	12 5 Minute Fitness	13 Spring Veggies	14 Fabulous Friday	15 Spring Hike
16 Sunday Stretch	17 Gourmet Grilled Cheese	18 Just Strong	19 5 Minute Fitness	20 Spring Veggies	21 Fabulous Friday	22 Spring Hike
23 Sunday Stretch	24 Gourmet Grilled Cheese	25 Just Strong	26 5 Minute Fitness	27 Spring Veggies	28 Fabulous Friday	29 Spring Hike
30 Sunday Stretch						

# The Details

**Sunday Stretch** Julia will lead you in a simple stretching routine to help lengthen muscles and prevent injury.

**Gourmet Grilled Cheese** Looking for a new idea for dinner? Try these new takes on a classic. We will change up breads, cheeses, and spreads.

**Just Strong** Watch social media for your weekly strength moves.

**5 Minute Fitness** Watch for a video to be posted online with a simple fitness routine for the whole family.

**Spring Veggies** April can bring some early season veggies especially in warmer climates. Each week we will try a new one!

**Fabulous Friday** It's Friday! The start of the weekend! What are you going to do to make it Fabulous?

**Spring Hike** The weather is getting warmer and it's time to prioritize getting outside. Take a hike with family or friends. Check out **1000 Hours Outside** for fun hike ideas.

*Julia on the Edge 2023*