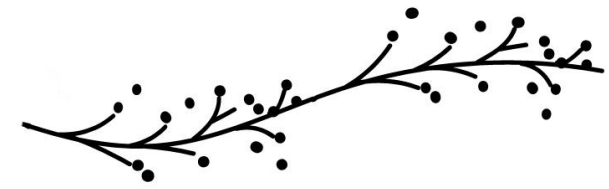


OCTOBER



Start something new, just for you.

SUN	MON	TUE	WED	THU	FRI	SAT
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30	31 Drawing Prompts: happy; cloud; lagoon; bad; dinnertime					1 Connect: Spring Gratitude Challenge - be thankful
2 Dinner: Healthy Chicken Skewers	3	4 Activity: Chalk the Footpath	5 Dinner: Mustard Salmon	6 Drawing Prompts: water; climb; mess; walking; animal friend	7	8 Connect: Have a 'pot luck' picnic
9 Treat: Honey Jumbles	10 Drawing Prompts: movie; lightning; fast; mummy; special	11	12 Activity: Splash Tub	13 Dinner: Miso Garlic and Ginger Tofu	14 Connect: Host a working bee for family and friends	15 Treat: Fruit Rollups
16 Dinner: Skinny Baked Chicken Fajitas	17	18 Dinner: Italian Baked Chicken and Beans	19 Connect: See a mid- week movie with your man	20 Treat: Oven-Baked Polenta Fries	21 Dinner: Corn and Zucchini Pasta	22 Activity: Old-School Marbles
23 Activity: Ice-Tower Excavation	24 Drawing Prompts: Hop; flat; surprise; fire; big car	25 Dinner: Salisbury Steak and Potatoes	26 Treat: Pear and Sultana Crumble	27	28 Connect: Visit an art gallery with a dear friend	29