

# October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>"I can smell autumn dancing in the breeze. The sweet chill of pumpkin and crisp sunburnt leaves." - Unknown</i></p>			1 Take a virtual online tour of a museum you have always wanted to visit.	2 Do an online exercise class. Don't forget to Breathe!
5 Pick a page from the Activity Packet on our website.	6 Check on a friend or family member.	7 Start your day with some gentle stretching and deep breaths.	8 Play a card game.	9 Do a puzzle. JIGSAWEXPLORER.COM
12 Perform a <b>Random Act of Kindness!</b> 	13 Get active! Take a walk around the block or do some chair exercises.	14 Make a new fall wreath for your door.	15 Pick an online exercise class. Check out the ones we have posted on Facebook!	16 Order a pizza and watch a spooky movie. 
19 Check out our Facebook page for an exercise class.	20 Bake some cookies and share with a friend or neighbor.	21 Color an adult coloring page. Check out a few on our Facebook post.	22 Invite a friend to walk around the park.	23 Start a new book!
26 Try a new recipe for dinner. Check out some ideas on our Facebook page.	27 Go outside and collect leaves and identify what trees they fell from.	28 <b>National Senior Health and Fitness Day</b> Drive by the center and receive a free gift 10am-11am	29 Pick a page from the Activity Packet on our website.	30 Trick or Treat! Make sure you have your candy ready!

**COVID-19 SAFETY TIPS**

- \*Wear a mask.**
- \*Practice social distancing. Stay 6 feet apart.**
- \*Disinfect surfaces around your home.**
- \*Wash hands for 20 seconds with soap and water.**
- \*Sneeze and cough into tissue. Throw away tissue.**
- \*Stay at home when you can.**

