

October

2020

Activity Calendar

Fun Fact!

This year, we're in for a rare treat... look out for the full moon on Halloween night!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4 Did you know... All gyms in Heron Gate are open! Drop-in for a workout, but make sure to read the rules first!	5 Weekly Puzzle Ocean Animals Crossword 	6 Creative Colouring Thanksgiving Turkey	7 Heron Gate Wellness Outreach Stay tuned for more details!	8 Heron Gate Wellness Outreach Stay tuned for more details!	9 Heron Gate Wellness Outreach Stay tuned for more details!	10 Today is World Mental Health Day! Check out some great mental health resources here.	
11 What is a scarecrow's favourite fruit? Straw-berries 	12 Happy Thanksgiving!!		13 Recommended Reading Are You My Mother? (Audiobook) 	14 Recipe of the Day Owl Cupcakes 	15 ? What are you most thankful for?	16 Fall Photo Social Media Contest! 	17 Did you know... If you could travel the speed of light, you would never get older.
18 Just a reminder.. Gyms in Heron Gate are temporarily closed. We hope to welcome you back soon!	19 Weekly Puzzle Color Pipes 	20 Creative Colouring Dora the Explorer 	21 Recommended Reading The Job Hunt	22 Recipe of the Day Pumpkin Hummus 	23 ? Are you dressing up for Halloween this year? If yes, what's your costume?	24 Today is Make a Difference Day Do something big or small for someone today!	
25 Did you know... The world's smallest frog is the size of a cheerio. 	26 Weekly Puzzle Number Fill in Puzzle	27 Creative Colouring Autumn Animals 	28 Recommended Reading Teju's Shadow	29 Submit your Fall Photo on Instagram today! @Herongateottawa	30 Virtual Trick or Treat! Take a picture of your Halloween celebration and send it to us for some yummy treats!	31 Happy Halloween!! 	

Any great jokes? Recipes? Contest ideas? We want to hear them! Send me an email and we may highlight your idea in our upcoming calendar!

Nicole - nli@timbercreek.com