

NOVEMBER 2021

NAME:

DISTRICT:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

NOTES:

Track your physical activity for the month of November to help you stay active and accountable. Send in your calendar by **December 9th** to kaytlyn@osga55plus.ca to be entered into a draw for great prizes.