

# OCTOBER 2021

NAME:

DISTRICT:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 26     | 27     | 28      | 29        | 30       | 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       |
| 31     | 1      | 2       | 3         | 4        | 5      | 6        |

Track your physical activity for the month of October to help you stay active as the seasons change. Send in your calendar by **November 9th** to [kaytlyn@osga55plus.ca](mailto:kaytlyn@osga55plus.ca) to be entered into a draw for great prizes.