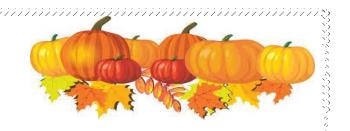


Family Connection an initiative of the Caldwell Health Department



Tere on the second

Book

Caldwell Family Challenge ** October 2017

			•			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Walk Through The	Read a book	Go for a walk	Cook & Eat	Bake a Healthy	Friday is Family	Go Apple
Caldwell	together before	at Grover	Together – No	Snack	Fun Day – Play a	Picking
Street Fair	bed	Cleveland	Cell Phones		Game	
		Park	Remember Prince Spaghetti Day?			www.pickyourown.o
						rg
8	9	10	11	12	13	14
	Play Outside	Play Charades	Read a book	Cook & Eat	Family Movie	Decorate your
Make an Apple Pie			together	Together – No	Night	House for
https://www.pillsbury.com			https://www. caldwell pl.org	Cell Phones		Halloween
15	16	17	18	19	6	21
Start an indoor Herb	Collect Leaves	Play outside	Go for a family	Go for a family	Friday is Family	Bring flowers
Garden			bike ride	walk	Fun Day – Play a	to a neighbor
					Game	who is alone
22	23	24	25	26	27	28 Attend Free
Go Pumpkin Picking	Cook & Eat	Rake Leaves	Eat Breakfast for	Read a book	Family Movie	Halloween
	Together – No	and Jump in	dinner	together before	Night	Party at
www.pickyourown.org	Cell Phones	them		bed		Community
				https://www. caldwell pl.org		Center
						www.caldwell-nj.com
29	30	31	Our Challenge to	YOU	Extra Challenge: How many	
Decorate Pumpkins	Read a Spooky	Go Trick or			stans does it to	

Complete all of

Just one or two

Check off as you

Treating as a

family

the Tasks or

per week!!

go.

Extra Challenge: How many steps does it take to get around the pond in Grover Cleveland Park?