



# Family Connection

an initiative of the **Caldwell Health Department**



## Caldwell Family Challenge \*\* October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Walk Through The Caldwell Street Fair	2 Read a book together before bed	3 Go for a walk at Grover Cleveland Park	4 Cook & Eat Together – No Cell Phones <small>Remember Prince Spaghetti Day?</small>	5 Bake a Healthy Snack	6 Friday is Family Fun Day – Play a Game	7 Go Apple Picking  <a href="http://www.pickyourown.org">www.pickyourown.org</a>
8 Make an Apple Pie <a href="https://www.pillsbury.com">https://www.pillsbury.com</a>	9 Play Outside	10 Play Charades	11 Read a book together <a href="https://www.caldwellpl.org">https://www.caldwellpl.org</a>	12 Cook & Eat Together – No Cell Phones	13 Family Movie Night	14 Decorate your House for Halloween
15 Start an indoor Herb Garden	16 Collect Leaves	17 Play outside	18 Go for a family bike ride	19 Go for a family walk	6 Friday is Family Fun Day – Play a Game	21 Bring flowers to a neighbor who is alone
22 Go Pumpkin Picking  <a href="http://www.pickyourown.org">www.pickyourown.org</a>	23 Cook & Eat Together – No Cell Phones	24 Rake Leaves and Jump in them	25 Eat Breakfast for dinner	26 Read a book together before bed <a href="https://www.caldwellpl.org">https://www.caldwellpl.org</a>	27 Family Movie Night	28 Attend Free Halloween Party at Community Center  <a href="http://www.caldwell-nj.com">www.caldwell-nj.com</a>
29 Decorate Pumpkins	30 Read a Spooky Book	31 Go Trick or Treating as a family	<b>Our Challenge to Complete all of Just one or two Check off as you</b>	<b>YOU... the Tasks or per week!! go.</b>	<div style="background-color: #4a86e8; color: white; padding: 10px; border-radius: 5px;"> <b>Extra Challenge: How many steps does it take to get around the pond in Grover Cleveland Park?</b> </div>	

