

Fall...in motion

Calendar of Events - October, 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 GINORMOUS WALK	3 Get Moving Challenge Starts
4 CIBC Run for the Cure	5	6	7 Go For a Walk at 6 o'clock	8		10
International Walk to School Week – October 7 – Walk to School Day/ National Family Week						
11	12	13	14 Go For a Walk at 6 o'clock	15	16	17 End Get Moving Challenge
Open Houses at various fitness and recreational facilities throughout the city						
18	19	20	21 Go for a Walk at 6 o'clock	22 Activity logs due	23	24
Open Houses at various fitness and recreational facilities throughout the city						
25	26	27	28 Go for a walk at 6 o'clock	29	30	31