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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Virgnia Techniques Gymnastics www.VATechniques.com (540) 381-5151					2 What can you find that's orange?	3
	5 What's your favorite fall treat?	Pick up some6 leaves outside. Are they heavy or light?		8 What is the opposite of FAST?		Hold your 10 bridge like a spider for 10 seconds!
What is the opposite of EMPTY?	Columbus Day ¹²	3	Can you 14 stand as still as a scarecrow?	15 ****	Help rake the 6 leaves and practice your tuck jump into the pile!	17 Draw a picture of a pumpkin!
18	9 Touch your toes 10 times!	20	21 What is the opposite of HOT?	22 Feel a pumpkin. Is it smooth or rough?	23	24 What are you dressing up as for Halloween?
25	Draw a picture of a spider!	27 What color is a pumpkin?	Carve a Pumpkin with a Grown Up!	29	30 Spooktacular Party @ 7pm!	HAPPI 31