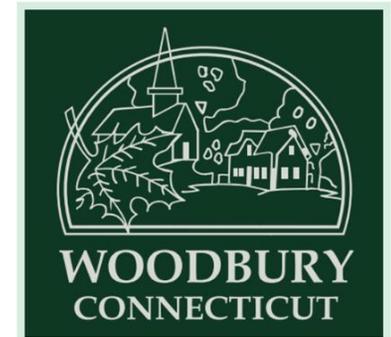


APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 April Fools Day! Do something NICE for someone today! Make someone laugh!	2 Take a quiet walk and think of a list of what you are grateful for.	3 National Play Outside Day, every first Saturday of the month!	4 LAWN GAMES! Break out the croquet, cornhole, horseshoes and enjoy a game or more with your family!
5 National Library Week! Thank a librarian, sign up for a program, and read a book!	6 T is for TUESDAY! Tap your toes, knees, fingers and nose to your favorite music!	7 National Walking Day! Take a walk outside or on the treadmill!	8 Walk around the neighborhood and pick up 3 pieces of trash today!	9 Fly a kite! Or make a paper airplane and see how far it goes!	10 Fishing Season is OPEN! Get your license and head to your favorite fishing	11 Find a new place to hike, try a new park!
12 See how many times you can say "Thank You" today!	13 T is for TUESDAY! Brew yourself a cup of delicious tea!	14 National Reach as High As You Can Day! Stretch your arms up to the sky and	15 Take a walk outside and get your daily intake of Vitamin D!	16 Plan to work in your yard and beautify your space!	17 Do 10 pushups and eat a healthy lunch!	18 Head to the highest point you can by car, foot or bike and watch the sunrise, or sunset!
19 Take a walk!	20 T is for TUESDAY! Do 24 alternating toe-touches	21 Set a goal, and write out steps and a plan to achieve that goal as an individual, couple or family!	22 Earth Day! Do something kind for our planet! Pick up trash, plant a garden, donate to environmental causes, recycle!	23 National Picnic Day! Grab a picnic and head to a park, green, your deck, porch or living	24 Do 10 burpees and make a healthy snack for the weekend!	25 Play a game of scrabble, Monopoly, or cards. Make a jigsaw puzzle.
26 Clean out your closet and donate items you no longer use.	27 T is for TUESDAY! Take Toto (your pet) for an extra long trek today!	28 National Superhero Day! THANK our local first responders, be kind, or donate to your favorite charity	29 Send a letter to a friend or family member today.	30 Arbor Day! Admire the trees, plant one, hug one, save one!		
<p>NOTES:</p> <p>Purpose: This calendar was created to provide the Woodbury community an opportunity to have some fun while staying active and building stronger relationships through a healthy lifestyle, both in mind and body. If you are performing activities with toddlers to elderly, please modify and supervise as is necessary.</p>						



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