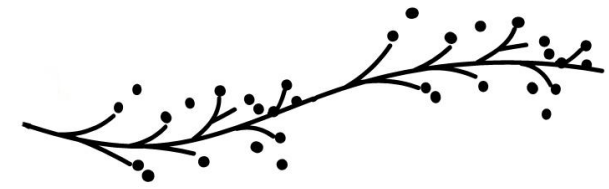




# SEPTEMBER



*Welcome spring and be outside as much as you can*

SUN	MON	TUE	WED	THU	FRI	SAT
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				1 Treat: Chocolate, Banana and Zucchini Muffins	2 Together: Take a dinner picnic to the local park	3 Dinner: Asian Pumpkin Curry
4 Activity: Play the Colours Game at the park	5	6 Dinner: Homemade Tacos	7 Drawing Prompts: cold; flame; bath time; wilderness	8 Dinner: Crispy-skinned salmon	9	10 Together: Take a friend on a tour of your own town
11 Together: Load up the bikes and head for the hills	12 Dinner: Cauliflower & Romesco Sauce Casserole	13	14 Dinner: Quinoa Chicken Salad	15	16 Together: Phone a new friend each Thursday	17 Dinner: Pesto-Crusted Rack of Lamb
18 Treat: ABCD Muffins	19 Dinner: San Choy Baul	20 Dinner: Healthy Oven-Fried Chicken	21	22 Drawing Prompts: super hero; colourful; the future; television show	23 Treat: Apricot and Coconut Bliss Balls	24 Activity: Movie Night
25 Activity: Play Junior Masterchef and whip up a feast	26 Drawing Prompts: bounce; classroom; zoo; brother	27 Dinner: Honey-Soy Glazed Tofu	28 Treat: Chocolate, Banana and Zucchini Muffins	29	30 Drawing Prompts: dragon; lake; happy face; hug; dreams	