

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Visit a Pumpkin Patch	2 Rake Leaves!
3 National Sandwich Day	4 Visit an Apple Orchard Sweet Potatoes	5 Explore a New Walking Path	6 Fall Bike Ride	7 Fall Picnic	8 Take A Scenic Fall Walk Fall Fruit Dip	9 Tailgate a Football Game
10 Take a Fall Walk	11 Explore a New Park Potatoes	12 National Chicken Soup Day	13 Roast Pumpkin Seeds	14 National Seat Belt Day...Buckle Up!	15 Go on a Scavenger Hunt Triceps Dips	16 Attend a Bonfire with Friends and Family
17 National Take a Hike Day	18 Take a Fall Walk Butternut Squash	19 Clean the House! Workout	20 Play a Friendly Game of Football	21 Clean the House	22 Decorate the House Roasted Veggie Dip	23 Play Frisbee Golf at the Park
24 Explore! Festival of Trees and Lights	25 National Parfait Day Cranberries	26 Dance Party!	27 Take a Nature Walk Green Bean Casserole	28 Thanksgiving Turkey Trot 5k	29 Black Friday Shopping	30 Attend Festival of Trees and Lights



National Days:

National Sandwich Day-Mix up your lean meats and cheese, look for whole-grain bread, use mustard instead of mayo, and pack on the veggies!

National Chicken Soup Day-This soup provides a variety of healthy vegetables and it offers a good choice of protein for your meal!

National Seat Belt Day: Buckle up! Your physical safety is equally as important as what you put in your body.

Take a Hike Day-You may not think of November as a prime hiking month. However, November is a great time to see how the seasons have changed on your local trails. Throw on a jacket and hat. Don't forget a water bottle. Check out our Explore! locations in this and past calendars for ideas.

National Parfait Day- Parfaits aren't just a sweet treat-they can also be a healthy snack. Try substituting Greek yogurt in and adding a handful of berries, bananas, and granola to get the best flavor!

Fall Walk

As the weather cools and the leaves transform into vibrant colors, take the opportunity to appreciate the beauty of the changing seasons. Breathe in the crisp autumn air, admire the brilliant foliage, and enjoy an evening stroll through a nearby park. Embracing the outdoors not only helps you connect with nature but also offers a simple refreshing way to stay active and boost your well-being.

3 Things to Do Outside

Don't spend your month indoors! Pick three things off this list to do outside for 30-60 total minutes each week.

- Visit a pumpkin patch
- Rake leaves
- Visit an apple orchard
- Explore a new walking path
- Fall bike ride
- Tailgate a football game
- Fall walk
- Frisbee golf
- Play a game of football
- Nature walk

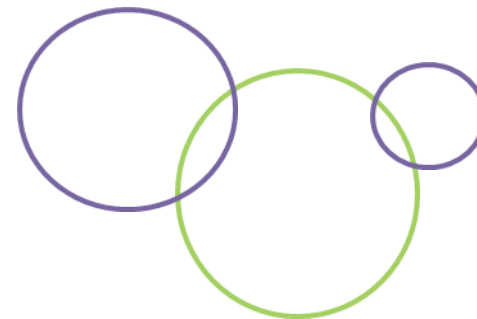
Explore!

[Pumpkin Patch](#)- Iowa is home to over 10 pumpkin patches, each offering fun-filled activities perfect for kids and families. Take advantage of the season- it's a perfect chance to make lasting memories, enjoy the crisp fall air, and get the kiddos moving and outdoors.

[Festival of Trees and Lights](#)-back this year with beautiful trees to explore for 3 days only!

Dance Party!

This one is easy! Put on some music and dance in your kitchen, living room, or backyard for 30 minutes to get active and have fun!



The Dips

Fall Fruit Dip—a little sweetness to dip sliced apples, pears, grapes, and even oranges.

Roasted Veggie Dip—Encourage kids to eat roasted carrots, broccoli, cauliflower, or beets with this yummy dip.

Triceps Dips—A different kind of dip! This one works the muscles on the back of your upper arm. Get a chair or use your stairs. Sit on the chair with your hands grasping the seat beside you. Scoot your bottom off the seat, extend your legs straight, and use your triceps muscles to raise and lower your body without using your legs to push you.

Fall Fruits & Veggies

Check out these popular Thanksgiving fruits and veggies.

Sweet Potatoes- A great source of vitamin A, antioxidants, and fiber!

Potatoes-So many things you can make with these!

Butternut Squash-Roast it up and sprinkle with seasoning for a yummy dish.

Cranberries-Boil in water and watch them POP open! Then mix with a little sugar to make a tart jam for toast.

Happy
Thanksgiving!

Clean the House Workout

Many families have extended family and friends coming for the holidays. Do your parents need some help cleaning? Get together with your family and see who can earn the most points with these cleaning exercises.

Dusting-1 point

Pick up toys-1 point

Vacuuming-2 points

Clean bathroom-10 points

Sweep-1 point

Kitchen counters-2 points

Wash Dishes-2 points

Fold laundry-2 points

Clean window-2 points

Rake leaves-10 points