






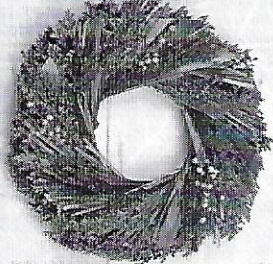


OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  YOGA	2	3	4	5	6
7	8  YOGA	9	10	11	12	13
14	15  YOGA	16	17 PIZZA PARTY 	18	19	20
21	22  YOGA	23	24 Flipside & Taco Bill's Food Truck 6pm-8pm RSVP by 10/19	25	26	27
28	29  YOGA	30	31 			

Simple Fall Décor

Door Wreath



Use a grapevine wreath, found at craft stores, plenty of hot glue, and dried or silk flowers. Get creative with different textures and colors!

Crate of Apples



Use fresh apples in a basket or wooden crate on your dining table.

Sunflowers & Pumpkins

A vase of fresh sunflowers paired with mini pumpkins & gourds make a simple and rustic tablescape.



TRIVIA QUIZ! COOKIES!!!

1. Which cookie brand has been the most popular in America since its introduction in 1912?
2. What cookie was invented in 1937 by Ruth Graves Wakefield?
3. During the first quarter of the year, which cookie brand is the number one seller in the U.S.?
4. Barnum's Animal Crackers introduced a new animal in 2002. What animal was it?
5. Which U.S. cookie manufacturer boasts that their cookies are magically baked by elves?

ANSWERS: 1. The Oreo cookie, 2. The Toll House chocolate chip cookie, 3. Girl Scout cookies, 4. A koala, 5. Keebler.