

In Home Activity Plans  
Week 32 October 18-24

Share-a-thon

Send in your ideas for in home activities to Kris Leonard at [Kristine.leonard@bethesalc.org](mailto:Kristine.leonard@bethesalc.org). Any ideas would be great especially as we are coming up to holidays. Surprises sent to those sending in ideas so give your name and address.

Exercises to Broadway

1. Hamilton Dance Workout <https://www.youtube.com/watch?v=wE-6cSgrVMk>
2. Cardio Dance to Mamma Mia <https://www.youtube.com/watch?v=3OSFB6IEhv0>
3. Cardio Dance to the Greatest Showman <https://www.youtube.com/watch?v=uqaKvjTBrqo>
4. Cardio Dance to Hairspray <https://www.youtube.com/watch?v=FNBQwY23SyM>
5. 15 minute Broadway Workout to Rent <https://www.youtube.com/watch?v=LnL9ZT9-W2E>

Fall Fun

1. Pumpkin Volcano Science Activity <https://www.theresourcefulmama.com/pumpkin-volcano-science-activity/>
2. Halloween Fizzing Pumpkin Treasure Rocks <https://leftbraincraftbrain.com/halloween-fizzing-pumpkin-treasure-rocks/>
3. Gorgeous Accordion Fold Fall Paper Leaf Banner <http://www.pinkstripeysocks.com/2015/09/gorgeous-accordion-fold-fall-paper-leaf.html>
4. Baked Apple Pie Homemade Bath Salts <http://blog.consumercrafts.com/seasonal/apple-pie-homemade-bath-salts/>

5. Halloween Door Hanger from a Wicker Paper Plate Holder  
<https://www.sadieseasongoods.com/door-gourd-paper-plate-holder-jack-o-lantern-decor/>

#### Fall Recipes

1. Caramel Apple Taquitos <https://cincyshopper.com/caramel-apple-taquitos/>
2. Pumpkin Pie Bombs <https://omgchocolatedesserts.com/pumpkin-pie-bombs/>
3. How to Make Perfect Pumpkin Seeds  
<https://homecookingmemories.com/perfect-pumpkin-seeds/>
4. Cinnamon and Sugar Donut Muffins  
<https://thesaltymarshmallow.com/cinnamon-sugar-donut-muffins/>
5. Pumpkin Spice Caramel Corn <https://cookiesandcups.com/pumpkin-spice-caramel-corn/>

#### Special Days Come up with fun activities to do for these days

October 18<sup>th</sup> Meatloaf Appreciation Day

October 18<sup>th</sup> No Beard Day

October 20 International Chef's Day

October 21<sup>st</sup> International Nacho Day

October 22 National Nut Day

October 23 TV Talk Show Host Day

October 24 Make a Difference Day

National Bologna Day