




**Special
Olympics**
Washington

2020 October Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	1 Stride Challenge Begins	2 Unified Champion Schools Day 	3
4	5 Deadline to Receive Swag Bag	6	7 10:00am Anytime Fitness Live Workout	8 4:30pm Athletes Connect Panel The Importance of Community	9 Fitness Heptathlon Baseline Scores Due	10
11	12	13	14 10:00am Anytime Fitness Live Workout	15	16	17
18	19	20	21 10:00am Anytime Fitness Live Workout	22 4:30pm Athletes Connect Panel Advocating for Yourself	23	24 6:00pm Virtual Tasting Room
25	26 6:00pm Family Health Forum New Generation Strategies	27	28 10:00am Anytime Fitness Live Workout	29	30	31

Links to Resources

[Anytime Fitness Workout](#)

[Athletes Connect Panel](#)

[Family Health Forum](#)

[Sign-Up to Receive Swag Bag \(by 10/5\)](#)

[Stride Challenge](#)

[Submit Scores for Fitness Heptathlon](#)

[Virtual Tasting Room](#)