

USA MARTIAL ARTS ANNUAL FAMILY PICNIC

**SATURDAY, SEPTEMBER 30
AT OAK MOUNTAIN STATE PARK
12:00 NOON**

**PICNIC WILL BE HELD AT THE REDBUD PAVILION
WE WILL EAT LUNCH AROUND 1:00 PM**

WHAT'S COOKING?

A POTLUCK LUNCH OF EVERYONE'S FAVORITE FAMILY RECIPES

WHO'S ATTENDING?

STUDENTS, FAMILIES, AND FRIENDS ARE ALL WELCOME

WHAT TO BRING?

FOOD SIGN-UP LIST IS IN THE DOJO; OPTIONS INCLUDE:

**APPETIZERS, SALADS, MEAT DISHES, SIDE DISHES, FRUITS &
VEGETABLES, DESSERTS, DRINKS & ICE PLEASE REMEMBER
SERVING UTENSILS FOR YOUR DISH!**

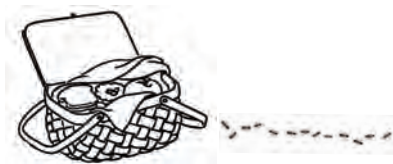
**PLATES, BOWLS, CUPS, KNIVES, FORKS, SPOONS
& NAPKINS WILL BE PROVIDED**

WHAT TO DO?

**SACK RACES, KICKBALL, HIKING, PLAYING IN THE CREEK
& WHATEVER GAMES AND ACTIVITIES YOU'D LIKE TO BRING**

YOU MAY ALSO WANT TO BRING:

**FOLDING CHAIRS, PICNIC BLANKETS, BUG REPELLENT,
HATS, JACKETS, COMFORTABLE OUTDOOR SHOES, ETC.
BATHROOMS ARE LOCATED UP THE ROAD FROM THE PAVILION,
ACROSS FROM THE BMX TRACK**



Questions?

Call the Bluff Park Dojo at 822-1671
Or Sensei MacConkey's cell at 862-8625