

June 2020

Active living is healthy living!



June is Recreation & Parks Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Springwater.ca/recreation	<p>1</p> <p>JRMP BINGO card and activity book to keep you engaged all month!</p>	<p>2</p> <p>Download the ParticipACTION app and start tracking your activity!</p>	<p>3</p> <p>Global Running Day - lace up your shoes and head out!</p>	<p>4</p> <p>Local Golf Courses are open - grab your clubs and head out for a round!</p>	<p>5</p> <p>Build an obstacle course</p>	<p>6</p> <p>National Gardening Exercise Day</p>
<p>7</p> <p>Build a kite and head outside to fly it!</p>	<p>8</p> <p>Have you tried a virtual older adult Yoga class?</p>	<p>9</p> <p>Game of the Week with Warrior Athletes</p>	<p>10</p> <p>Make your own driveway hop scotch!</p>	<p>11</p> <p>Plan a hike on the Simcoe County trails!</p>	<p>12</p> <p>Pack a picnic lunch and get outside.</p>	<p>13</p> <p>Have you hiked the historic 9 Mile Portage Trail?</p>
<p>14</p> <p>Grab your sidewalk chalk and play an outdoor game of Snakes and Ladders!</p>	<p>15</p> <p>Head outside for your favourite yoga routine.</p>	<p>16</p> <p>YPlay is a great resource for family activities!</p>	<p>17</p> <p>Hop on your bike and explore the Trans Canada Trails through Springwater.</p>	<p>18</p> <p>WaterSmart Fun with kids and the Lifesaving Society</p>	<p>19</p> <p>Plan a virtual dance party or trivia night with your friends!</p>	<p>20</p> <p>Summer Solstice - make a sun catcher.</p>
<p>21</p> <p>Have some water fun with dad today to celebrate Father's Day</p>	<p>22</p> <p>Play a game of summer I SPY.</p>	<p>23</p> <p>Experiment with a new healthy recipe.</p>	<p>24</p> <p>Going on a bear hunt - take the kids out to explore.</p>	<p>25</p> <p>Turn up the music and have an afternoon dance party!</p>	<p>26</p> <p>Take a minute for yourself today with YWell</p>	<p>27</p> <p>Head out for a family hike.</p>
<p>28</p> <p>Draw/paint your favourite nature scene or pond animal!</p>	<p>29</p> <p>Head out on a nature scavenger hunt</p>	<p>30</p> <p>Find a stream, lake or pond, bait your hook and cast your line</p>				



PARKS AND RECREATION ONTARIO

#JRPM2020

