

June 2020

Active living is healthy living!



June is Recreation & Parks Month

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



PARKS AND RECREATION ONTARIO

#JRPM2020

