

# June 2020



June is Recreation & Parks Month

Active living is healthy living!

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|--|---|---|---|
|   | 1<br>Visit the webpage #RecFromHome for lots of ideas!              | 2<br>Play soccer at your closet park with members of your household | 3<br>Draw a picture of yourself swimming safely and share using #RecandParksMonthin Wilmot | 4<br>Download your JRPM Bingo & Activity book<br>#RecandParksMonthin Wilmot | 5<br>Have a freeze dance party<br>#RecandParksMonthin Wilmot  | 6<br>Canoe the Nith   |
| 7<br>Fishing at Baden Pond  | 8<br>Hike Schmidt's Trail   | 9<br>Walk the Prime Mister's Path<br>#RecandParksMonthin Wilmot     | 10<br>Check out the Lifesaving society's Water Smart Activities for Kids!                  | 11<br>Family walk around the neighbourhood                                  | 12<br>Enjoy a family game Night<br>#RecandParksMonthin Wilmot | 13<br>Go for a family bike ride                                       |
| 14<br>Design your own hopscotch court using chalk or masking tape | 15<br>Play tennis at Beck Park<br>#RecandParksMonthin Wilmot        | 16<br>Hike the Petersburg Crown Land                                | 17<br>Visit the #RecFromHome page and complete the scavenger Hunt!                         | 18<br>Go Bird Watching<br>#RecandParksMonthin Wilmot                        | 19<br>Collect rocks & sticks, then make a craft out of them   | 20<br>Sing or write a song about summer<br>#RecandParksMonthin Wilmot |
| 21<br>Decorate your driveway like an art gallery                  | 22<br>Get some ice cream from Flavor's & sit at Kirkpatrick Park    | 23<br>Play basketball with family at Scott Park                     | 24<br>Plan outdoor Water Games with your family  | 25<br>Have a family campfire<br>#RecandParksMonthin Wilmot                  | 26<br>Create a circuit fitness challenge for your household!  | 27<br>Family Picnic at Scott Park                                     |
| 28<br>Try your hand at fishing today!                             | 29<br>Have a BBQ and spend time outside tonight listening to nature | 30<br>Nature Scavenger Hunt & Nature Crafts from #RecFromHome       |  |   |   |   |



#JRPM2020

