



### **Wilmot Township's new #RecAtHome webpage has been launched!**

**Baden, ON - April 30, 2020** – In an effort to keep residents safe, yet active at home during the pandemic, the Township of Wilmot's industrious Recreation Services Department staff have created a fun-filled resources page. This creative new page, located on the Township's website, hosts a collection of on-line fitness and activity programs, health and wellness resources, and cultural experiences.

Activities will include: #MealMonday (focusing on food, nutrition and cooking); #TogetherTuesday (family fun!); #WaterWednesday (encouraging families to be water safe and basic first aid tips); #TimeOutThursday (stop and take some time for yourself) and #FitFriday (get up and get moving!).

"During this unpredictable time, we are hoping to provide uplifting activities to help create positive memories while remaining safe at home," said Lacey Smith, Recreation Programmer and Kristy Falk, Aquatic Supervisor.

The page also includes information about Castle Kilbride's #MuseumFromHome initiative as well as how to safely navigate parks and trails during COVID-19. The #InTheCommunity segment highlights a wide variety of free resources available within the community as well as opportunities within the Region of Waterloo.

Featured activities will be posted each morning and then moved to the corresponding theme in the drop-down menu where they will remain available for use. You may discover some family favourites along the way!

Upcoming activities include:

Thursday, April 30 – Self Care Assessment Worksheet

Friday, May 1 – Family Dance Party

Monday, May 4 – Taco & Doritos Taco Salad

For more information please visit: [www.wilmot.ca/en/living-here/rec-from-home.aspx](http://www.wilmot.ca/en/living-here/rec-from-home.aspx)

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