

Department of Parks, Recreation and Culture

The health and wellbeing of residents and staff continues to be the Municipality's highest priority. As the COVID-19 pandemic continues to evolve, we are collaborating and sharing information and resources with community partners to ensure safety. We are also regularly assessing operations and implementing measures, where required, to protect the health and well-being of the community.

Stay Safe



Stay Safe and continue to:

- Wash hands frequently with soap and water
- Continue to wear a mask when in public or outside
- Continue to maintain physical distancing of at least 2-metres (6 feet)
- Staying home is still the best way to protect yourself and others and to avoid all non-essential travel

Parks, Recreation and Culture updates:

- Modified recreation programs are available by reservations for select programming, including lane swims, skating, youth centre and gymnasium programs.
- Reservations open on Thursdays for activities available during the following week.
- The Department of Parks, Recreation and Culture continue to offer a variety of both virtual and in-person program options – please continue to check the website for updates www.porthope.ca/en/things-to-do/recreation-programs.aspx
- Beaches, Dog Park, Skate Park, Playground Structures and Municipal Trails are open
- The Department of Parks, Recreation and Culture continues to offer a variety of virtual seasonal activities and community challenges– check our seasonal activities page for details on how you can participate www.porthope.ca/en/things-to-do/seasonal-activities.aspx
- Face coverings are required in all recreation facilities. They must be worn prior to entering the facility, and are recommended in outdoor settings, including line ups and rental check ins.
- Face coverings for patrons using the pool is required in changerooms and while accessing the pool deck

Port Hope Public Library

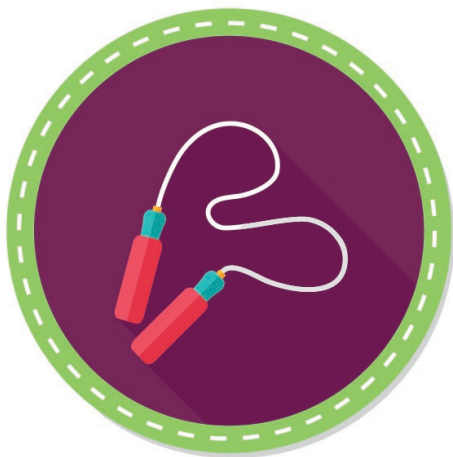
Your destination for inspiration, imagination and information.

Mary J Benson Branch - 31 Queen St, Port Hope, L1A 2Y8

A library card is the smartest card you can carry. It's all you need to borrow books, CDs, DVDs, magazines, audio books and much more for free. The Port Hope Library is open to all residents of the Municipality and they have programming for all ages. Find out what's offered at www.porthopepubliclibrary.ca or call 905-885-4712.

Stay Active

Get up off the couch! Movement is important for your physical and mental well-being. Try out these at home fitness tips or Superhero workout.



Fitness Tips for at Home

- Use water bottles or bottles with sand for weights
- Challenge yourself – see how many squats you can do and do 1 more each day for a month
- Use a wall for Push Ups
- Tricep dips on a chair
- Step ups on the stairs
- Jump rope
- Use tape to make a line on the floor and jump back and forth over the line
- Throw on some music and dance

Kids Superhero Workout

- Lay on your tummy, lift your arms and legs off the floor like your soaring through the air
- Run really fast on the spot
- Stand in a lunge position with your arms up – this is your brave position
- Superhero's jump far distances – stand in one spot, bend your knees and pump your arms and jump as far as you can. See if you can beat your distance each day
- Crawl on the floor using your arms to move you




Fitness Park

The Cavan Street Fitness Park is located at the Barrett Street Bridge. The park includes: chest press, air walker, leg press, cycle bars and cross trainer. The fitness equipment is made for those age 13 years and older. We also offer a variety of virtual and in-person fitness classes.

www.porthope.ca/en/things-to-do/fitness-programs.aspx

Port Hope Bingo

Try out these spring activities, can you fill a line, an X or a full card?

Go for a bike ride	Skip rope	Plant a garden	Run or walk the track at Town Park Recreation Centre	Try a Yoga class
Try hula hooping	Skip some stones at the river/beach	Go on a scavenger hunt	Take a hike on a trail	Visit the Cavan Street Fitness Park
Try out the equipment at Riverside Park	Visit the Skate Park at Town Park Recreation Centre		Watch a sunset or sunrise	Play basketball
Explore the conservation area	Reorganize or redecorate your bedroom	Pick up some garbage in your neighbourhood	Walk the track at Baulch Road	Try something new or learn a new skill
Do something nice for someone	Bake some cookies	Reserve a swim at Jack Burger Sports Complex	Paint a rock and place it at Peace park on Cavan Street	Visit the Port Hope east or west beach

Port Hope Word Search

Find the words in the puzzle that represent spring and all the wonderful things Port Hope has to offer.

S	A	L	M	O	N	G	K	B	U	T	T	E	R	F	L	Y	O	S	R
W	K	E	F	C	P	A	D	E	V	E	N	T	S	I	E	E	N	P	I
I	C	A	A	T	I	N	F	E	S	P	R	B	C	T	N	Y	F	L	V
M	B	S	T	O	O	N	I	D	D	A	I	U	A	N	T	B	L	A	E
M	S	T	H	E	O	Y	C	K	I	R	B	B	A	E	L	E	O	S	R
I	P	E	E	A	P	A	B	L	I	K	A	B	Y	S	A	E	A	H	S
N	R	R	R	S	O	A	S	A	K	S	E	L	B	S	N	A	T	P	I
G	I	B	S	T	C	T	R	M	R	W	L	E	E	L	E	T	Y	A	D
A	N	U	D	B	C	E	R	K	A	E	L	S	E	O	M	P	O	D	E
M	G	N	A	E	E	N	C	S	P	S	A	F	R	O	O	O	U	N	P
O	S	N	Y	A	R	N	R	H	G	T	H	O	U	P	N	R	R	E	A
T	O	Y	R	C	Y	I	P	E	O	B	N	C	T	N	O	T	F	O	R
H	C	A	R	H	R	S	S	I	D	E	W	A	L	K	C	H	A	L	K
E	C	E	C	U	A	M	D	T	E	A	O	Z	U	E	E	O	N	Y	L
R	E	A	T	T	R	R	E	S	A	C	T	M	C	T	E	P	N	D	A
S	R	R	I	C	B	K	N	E	B	H	D	O	K	R	B	E	Y	C	S
D	E	C	A	P	I	T	O	L	T	H	E	A	T	R	E	K	O	F	H
A	E	A	T	H	L	I	A	R	T	T	N	O	R	F	R	E	T	A	W
Y	O	U	T	H	A	C	T	I	O	N	C	O	M	M	I	T	T	E	E

Salmon
Ganny
Riverside Park
Sidewalk Chalk
Youth Action Committee
Swimming
Skatepark
East Beach
West Beach
Port Hope
Events

Mothers Day
Butterfly
Lent Lane
Town Hall
Capitol Theatre
Waterfront Trail
Library
Fitness Loop
Dog Park
Float Your Fanny
Tennis

Easter Bunny
Trails
Culture
Hike
Parks
Spring
Fathers Day
Soccer
Bubbles
Splash Pad
Fun

Bubble Art

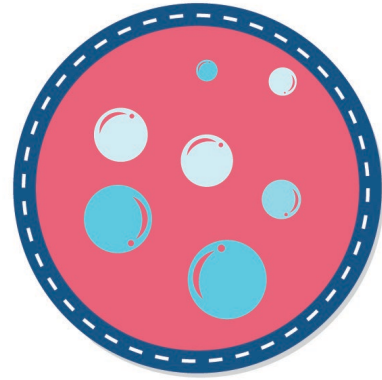
Have some fun and create a masterpiece using bubbles.

Ingredients

- 1/3 Cup Original Blue Dawn Dishwashing Soap
- 1 1/4 Cup Water
- 2 Tablespoons Sugar
- Food coloring

Instructions

- Mix sugar in the water until sugar dissolves.
- Slowly add dishwashing liquid
- Divide mixture up into jars and add food coloring as desired-- 5-10 drops per 1/4 batch of solution.



Note: Bubble and bubble solution may stain – best used outside and wear clothes that you don't mind if they get stained.

Once you have made your bubble solution blow some bubbles onto a piece of paper to make some bubble art! A straw makes a great tool to blow bubbles with. Have fun!

Edible Marshmallow Paint

A fun and exciting way to decorate your cookies, graham crackers, or any yummy dessert! Bring the family together for a decorating party and try out this recipe that is fun for all ages!

You Will Need:

- 1 cup of marshmallows (about 12 large marshmallow)
- ¼ cup of water
- 2-3 tablespoons of light corn syrup
- Food colouring
- Popsicle sticks or Paint brushes (new and cleaned brushes)
- Small containers, one for each colour of food colouring you plan to use

Instructions:

Add your cup of marshmallows to a microwave-safe bowl. Heat marshmallows in the microwave for 30 seconds. The marshmallows will expand. Next, stir in the water and microwave the mixture for an additional 30 seconds. Stir well so the heated marshmallows melt completely. Keeping stirring until the mixture is smooth. If needed, microwave in 15 second intervals until the marshmallows are melted. Once melted, stir in the light corn syrup until it reaches the right consistency. Using your small containers, add some of the marshmallows to each one and add a few drops of food colouring. Let the mixture cool.

Time to paint! Using a popsicle stick or paintbrush, paint your coloured marshmallow mixture on to your dessert. Create some fun designs, try a rainbow, or use your imagination. Have fun!

Port Hope Word Scrambler

Below are some words to unscramble that represent the different equipment and machines the Parks, Recreation and Culture staff use to maintain our facilities and parks.

BMNZIAO

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CIE GREED

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PPHRICE

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CRUKST

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YOPLMAI

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EDEW TAREE

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ELTIRRAS

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For answers to the scrambler visit

www.porthope.ca/en/things-to-do/seasonal-activities.aspx

Cold Water Safety

- Drowning doesn't just happen to non-swimmers in the summer. Approximately 35% of drownings in Canada occur from October to April when most people have no intention of going into the water.
- The temperature of water in lakes, rivers and oceans during the summer in Canada is often very cold.
- It is important to be prepared and to be aware of the risks associated with cold water.
- Wearing a lifejacket is the most important thing you can do to survive an unexpected fall out of your boat into cold water.
- A lifejacket will keep you afloat and keep your mouth out of the water so that you can breathe and so that you can get back to the boat.



If you fall into cold water:

- Look for your lifejacket and put it on if you are not already wearing it.
- Try to get as much of your body out of the water as possible.
- Try and get back into your boat.
- Crawl on top of your boat if it has overturned.
- Minimize your movement as moving increases heat loss.
- Hug your body or huddle with others to minimize heat loss.

Source: www.lifesavingsociety.com

ALL children should learn to swim. We can teach them.
Please visit our aquatics page to learn about swimming lessons
www.porthope.ca/en/things-to-do/aquatics-and-swimming.aspx

Ganny Weekend – April 8-11, 2021

The Float Your Fanny Down the Ganny outdoor festival and river race have been cancelled, but our community is preparing to make a splash out of the water this year.

Ganny Weekend is a Port Hope tradition, even without the race. It's our celebration of the Ganaraska River and return of spring.

Families are encouraged to get crafty and build their own raft crafts with found items from around the house and backyard. Test out your creations to see if they float and share to social media at #porthopefloats

www.visitporthope.ca/ganny-weekend



Port Hope Trivia

1. What Port Hope Street has a North, a South and a Little?
2. In 2020, the Port Hope Santa Claus Parade was modified, making it the ____ annual.
3. How many Port Hope Civic Award categories are there?
4. What is the name for the “make your own boat, anything that floats” category in the traditional Float Your Fanny Down the Ganny Race?
5. In what year was the Jack Burger Sports Complex revitalized?
6. How many historic barns are featured in the ACO Barn Quilt Project?
7. Where is Port Hope’s outdoor fitness park located?
8. What is the name of the local service club who ran the beer gardens at the 2019 Port Hope Canada Day celebration?
9. Where is the Little Station House located?

For answers to the trivia visit

www.porthope.ca/en/things-to-do/seasonal-activities.aspx

What To Watch For

The Parks, Recreation and Culture Staff are busy planning for the upcoming months.

- Registration dates - We continue to offer mini sessions so we can easily adjust to provincial guidelines
 - Virtual STEM Spring Break Camp - April 12-16, 2021
 - Bunny pot workshop - April 3, 2021
 - Fun Easter activities and challenges
 - June is Park and Recreation month
 - June is Seniors month
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Events

The community event calendar will again look different for 2021, but there are many modification plans in the works to help keep our community engaged and connected. Here are some highlights to look out for this spring and summer:

- Ganny Weekend - April 8-11
- Civic Awards Ceremony - May 13
- Canada Day - July 1
- Arts Festival - August 14

www.porthope.ca/en/things-to-do/community-events.aspx

Colour Me, Port Hope

Colour Me, Port Hope is an initiative by Critical Mass that invites you to connect with Port Hope's landscape in a new way. This colouring sheet, designed by artist Madeleine Sinnott, depicts local flora and fauna on a path at the south end of Monkey Mountain and at the mouth of Gage's Creek in Port Hope.

FIND and SEEK all the flora and fauna in the colouring sheet from the list of species below. Can you find them all? Check them off in the list below.

Monkey Mountain

- Black Willow
- Wild Grapes
- Black Cherry
- Lavender Hyssop
- Bee Balm
- Lilac
- Wild Raspberry
- Dogwood
- Milkweed
- Staghorn Sumac
- Chokecherry
- White-tailed Deer
- Algonquin Wolf
- Small-Footed Myotis
- Great Horned Owl
- Northern Cardinal
- Eastern Chipmunk
- Grey Squirrel
- Garter Snake

Sculthorpe Marsh

- Grey Birch
- Goldenrod
- Broad-leaf Cattail
- Arrowhead
- Swamp Milkweed
- Butternut
- Lupine
- Hop Hornbeam
- Blue Lobelia
- Sweetflag
- Swamp Rose
- Ninebark
- Kingfisher
- Western Osprey
- American Beaver
- Painted Turtle
- Red Fox
- Sandhill Crane
- Mallard

About the Artist:

Madeleine Sinnott is a local emerging artist. She recently graduated from NSCAD University with a degree in Textile Design and Illustration. Sinnott works in a wide variety of media, from pencil and watercolour to tapestry weaving and block printing. Her main source of inspiration has remained her hometown of Port Hope.

For more info visit:

www.criticalmassart.com



Colour Me, Port Hope



Monkey Mountain by Madeleine Sinnott

● Critical
■ Mass

Colouring by:

Colour Me, Port Hope



A.K. Sculthorpe Woodland Marsh by Madeleine Sinnott

● Critical
■ Mass

Colouring by: