



MUNICIPALITY OF

# PORT HOPE

PARKS, RECREATION & CULTURE

# Summer Activity BOOKLET

**Fun, creative activities for everyone  
all related to Port Hope!**

HELLO  
SUMMER



# Department of Parks, Recreation and Culture

The health and wellbeing of residents and staff continues to be the Municipality's highest priority. We are 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



## Summer Day Camp Update

On May 16, The Ontario Government announced that summer camps are permitted to reopen for summer 2021.

We are pleased to announce that we are offering a modified summer day camp program this year. Modifications will once again be made to our regular day camp programming in order to comply with provincial directives and to ensure the safety and wellbeing of our campers and staff.

Last summer, we offered a successful modified camp program and we are confident that we can provide a fun, engaging and safe experience again this summer.

Camp starts the week of July 5, 2021. Camp registration is now open online. Phone registration is available Monday to Friday from 9 a.m. to 12 p.m. only.

**Don't miss out register today.**

**For all the details check out [porthope.ca/day-camps](http://porthope.ca/day-camps)**

## Stay Active

It is important to stay hydrated on these warm sunny days and when exercising. Have fun with these fitness challenges and try our Lemon and Lime water recipe.

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### Pyramid Challenge



Can you work your way down and back up the pyramid again?

1. Run on the spot for 1 minute
  2. Do 2 wall push ups
  3. Do 3 squats
  4. Hop on each foot 4 times
  5. Do 5 jumping jacks
  6. Do 6 kicks with each leg
  7. Do 7 star jumps
  8. Do 8 hip circles
  9. Do 9 arm circles
  10. Do 10 skips
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### Fitness Challenge

- Start with 10 stomach crunches. Do 5 more each day for the next 30 days. By the end of the 30 days you will have completed 2,475 crunches
- Try to drink a minimum of 8 glasses (8oz/cup) a day, add some flavour to your water!

### Lemon and Lime Water Recipe

Add 1 sliced lemon, 3 sliced limes, ice cubes and water to a pitcher. Leave in the fridge to chill!

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### 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. [porthope.ca/fitness-programs](http://porthope.ca/fitness-programs)

# Summer Bingo

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

Build a sandcastle	Skip some stones at the river or beach	Go to a new park	Find 3 different flowers	Visit the Port Hope East or West beach
Ride a bike	Visit the A.K. Sculthorpe Marsh	Go for a walk or hike	Do something nice for a friend	Look for butterflies
Colour or draw a picture	Wear some sunscreen or a long-sleeved shirt	 A central illustration for the bingo card featuring the text "HELLO SUMMER" in a bubbly font. Surrounding the text are various summer-themed icons: a camera, a sun with rays, an ice cream cone, flip-flops, a beach ball, a fish, and a flower.	Stack 4 rocks	Wear a hat
Play a board game	Go to a splash pad	Take a reusable water bottle with you outside	Have an ice cream	Play a sport
Find some shapes in the clouds	Read a book	Go swimming	Play with bubbles	Do a summer craft

## Summer Word Search

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

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

Summer Camp

Recreation

New Seniors Centre

Jump Rope

Boating

Marshmallow

Hot Dog

Playground

Red Cross

Jack Burger

Fire Works

Fitness

Flip Flops

Sunglasses

Virtual

Canada Day

Garden Art

Honey Bee

Kayaking

Shell

Shorts

Pickleball

Town Park

Bingo

Camping

Hat

Hot

Lemonade

## S'mores Dip

Have yummy s'mores without the campfire!

### Ingredients

- 1 bag of chocolate chips
- 1 bag of large marshmallows
- Graham crackers, animal crackers, cookies or fruit for dipping

### Instructions

1. Preheat oven to 350-degree F.
2. Pour chocolate chips into an 8 or 9 inch cast iron pan or a pie dish will work.
3. Place marshmallows on the top of the chocolate chips
4. Bake in the oven for 2 to 3 minutes or until marshmallows are brown.
5. Serve immediately with your choice for dipping.



Note: Adult assistance will be needed to use oven. Dip will be hot when coming out of the oven

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## Canada Day Fireworks in a Jar

A fun and exciting way to celebrate Canada day from the safety of your home. Celebrate the whole month of July.



### Supplies

- 1 Mason jar
- 2 Tablespoons Vegetable oil
- Any colour of food colouring
- Any colour of glitter
- Fork
- Water
- Small Bowl

### Instructions:

1. Fill mason jar with  $\frac{3}{4}$  of water to the top.
2. Pour 2 tablespoons of vegetable oil into the empty bowl.
3. Add 3 drops of any colour of food colouring into the bowl containing the vegetable oil.
4. Add a small amount of glitter to the vegetable oil and food colouring.
5. Use the fork to stir the glitter, food colouring and vegetable oil.
6. Slowly pour all the contents from the bowl into the mason jar.
7. Now watch your very own fireworks
8. Repeat with different colours of food colouring and glitter

# Summer Word Scrambler

Below are some words to unscramble that represent summer

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**PAMCIGN**

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**SNU CRENES**

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**FTRETYUBL**

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**ASDN LCETSAS**

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**WMIMGSIN**

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**CNIPCI**

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**GFINHSI**

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**EICMCAER**

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For answers to the scrambler visit [porthope.ca/seasonal-activities](http://porthope.ca/seasonal-activities)

## Summer Programs

Our Parks, Recreation and Culture staff have worked hard to put together some safe outdoor opportunities.

### Free Summer Fit Series

We are offering a FREE fitness series this summer. Free classes will be offered once a week at different parks within Port Hope. There is something for everyone! You must reserve your space in advance. Check out the full schedule [porthope.ca/fitness-programs](http://porthope.ca/fitness-programs)



### Outdoor Fitness Registered Classes

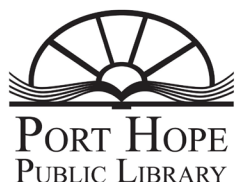
Classes are running during July and August 2021.

Registration is now open for Session 1. For the class descriptions and schedule please visit [porthope.ca/fitness-programs](http://porthope.ca/fitness-programs)

### Parks Pop Up Programs

This summer watch for our talented staff who are planning interactive games, dances, crafts, positive messages and more for you to enjoy at our parks, trails, beaches and neighbourhoods.

Check out [porthope.ca/seasonal-activities](http://porthope.ca/seasonal-activities) for a schedule of activities at parks this summer.



### Port Hope Public Library

Your destination for inspiration, imagination and information.

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

Find out what's offered at [www.porthopepubliclibrary.ca](http://www.porthopepubliclibrary.ca)



## Summer Events

Our summer event calendar looks different again in 2021, but there are many modification plans in the works to help keep our community engaged and connected.

Keep your eye on the calendar [www.porthope.ca/calendar](http://www.porthope.ca/calendar) for a variety of virtual and around-town initiatives this season.

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## Canada Day

For the month of July, we invite the community to celebrate what you love about Canada.

We encourage you to arrange a photo shoot with items (actual and abstract) that represent what being Canadian means to you. Photos submitted will be shared in a virtual album.

To submit your photos, visit [www.porthope.ca/canada-day](http://www.porthope.ca/canada-day).

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## Arts Festival

August is art month in Port Hope. This year, the Port Hope Arts Festival will feature opportunities for you to engage with the arts both online and around town.

Discover the full program [www.porthope.ca/arts-festival](http://www.porthope.ca/arts-festival).



## Outdoor Movies in the Park

We hope to be able to offer a few outdoor movie nights this summer. When this activity is permitted under the Roadmap to Reopening, we will share more details.

In the meantime, the community is invited to cast votes for films they hope to see!

# PORT HOPE TOWN HALL



**HAPPY CANADAY DAY**

## About the Artist:



Leslie Smith is a self-taught, local artist with paint running through her veins. Leslie is at home when creating and considers her art family, along with her animals! She is a strong supporter of community, and donates her talents to many initiatives annually, such as The Hospital for Sick Kids (Toronto), Boost for Kids (Toronto), and The Darling Home for Kids (Milton). Leslie is the face behind Walking Tales and has set her creative eye on becoming a children's author illustrator.

# Summer Water Safety Reminders

Stay safe this summer and enjoy the water.

- Learn how to Swim
- Learn water safety skills and knowledge
- Swim with a buddy and/or in areas supervised by lifeguards
- Follow all posted rules



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## Are you interested in becoming a lifeguard or swimming instructor? Leadership courses at the pool are running this summer!

We will be offering Bronze Medallion and Emergency First Aid, Bronze Cross and Standard First Aid, National Lifeguard, National Lifeguard Recertification and Water Safety Instructor Courses. For the class descriptions, schedules and full details please visit our [Aquatics webpage](#). To register please email [lwills@porthope.ca](mailto:lwills@porthope.ca)

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## Other fun ways to stay cool this summer

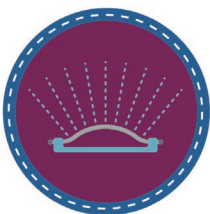
Keep cool and have fun this summer!



### Visit the Splash Pad - Now Open for the summer!

The splash pad is located at Wladyka Park and boasts 15 impressive spray features. Have you been over to check it out? The Pad is enclosed in a fenced area beside our newly renovated washrooms, playground and a sun shelter. Summer fun awaits.

### Sprinkler Fun



Enjoy your sprinkler this summer and stay same in your own backyard. Enjoy cooling off while keeping your grass green!

### Water Games



Don't have a sprinkler have some fun with a hose, water balloons or bucket of water. Water can be so much fun and cool you down from the heat in safe manner.

## 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?

### 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](http://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:**