

# June 2021

Active living is healthy living!



June is Recreation & Parks Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Try walking or running a new trail in Port Hope	2 Challenge 1 Free Virtual Fitness Class	3 Draw a picture with sidewalk chalk	4 Plant a flower	5 Make a sandcastle
6 Go for a picnic	7 Go to Fish Ladder Park	8 Do some gardening	9 Challenge 2 Kilometers Traveled	10 Count the clouds	11 Create a hopscotch	12 Use the fitness equipment at Cavan Street Park
13 Go to the Dog Park	14 Count the stars	15 Find the Little Libraries of Port Hope	16 Challenge 3 Hula Hoop Challenge	17 Help a neighbour	18 Paint a rock and leave it for someone	19 Make an ice cream sundae with your family
20 Blow some bubbles	21 Go on a bug hunt	22 Go for a bike ride	23 Challenge 4 Virtual Yoga Class	24 Paint a picture of the sunset	25 Tie dye something	26 Go to the East or West Beach
27 Go fishing	28 Try the fitness loop along the Ganaraska River	29 Visit a new park in Port hope	30 Challenge 5 Macarena Dance			



#JRPM2021

