






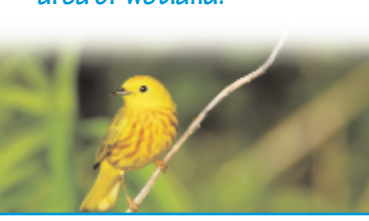









# Celebrate JUNE!

## Recreation and Parks Month 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Join us in celebrating the benefits and values of recreation in everyday life. Enjoy a different activity everyday of the month!</p> <p>Start by Proclaiming June as Recreation and Parks Month. Write to your elected officials to encourage them to support this month. Sample proclamations can be found at <a href="http://www.recandparksmonth.ca">www.recandparksmonth.ca</a>.</p>			<p><b>1</b></p> <p>Kick off JRPM with a Mayor's Walk and barbeque or picnic!</p> 	<p><b>2</b></p> <p>Heart and Stroke Big Bike Events - Get a Team together to "Bike for Heart." <a href="http://www.bigbike.org">www.bigbike.org</a></p>	<p><b>3</b></p> <p>Enjoy your Parks! Provide information about camping and local park attractions. <a href="http://www.ontarioparks.com">www.ontarioparks.com</a></p>	<p><b>4</b></p> <p>Hold a water safety day! Have your lifeguards demonstrate proper</p> 
<p><b>5</b></p> <p>Becel Heart &amp; Stroke Ride for Heart</p> 	<p><b>6</b></p> <p>Remember to enter your June programs and activities on the Calendar of Events at - <a href="http://www.recandparksmonth.ca">www.recandparksmonth.ca</a></p>	<p><b>7</b></p> <p>Host a tour of facilities to promote parks and programs.</p> 	<p><b>8</b></p> <p>Seniors Day Offer a Senior's barbeque and events to celebrate Seniors Month.</p>	<p><b>9</b></p> <p>Fishing Fun - Promote fishing locations in your area. <a href="http://www.fishontario.com">www.fishontario.com</a></p>	<p><b>10</b></p> <p>Create a Live it Everyday photo challenge to highlight activities in your community.</p>	<p><b>11</b></p> <p>What's Going On? Host a Recreation Fair at a local mall to promote local culture, recreation and sport groups.</p>
<p><b>12</b></p> <p>Go for a Hike! Highlight local trails or create a hiking challenge. Map routes at: <a href="http://www.hikeontario.org">www.hikeontario.org</a>.</p>	<p><b>13</b></p> <p>Canine Catch - Host a ball toss contest in your local dog park!</p> 	<p><b>14</b></p> <p>Become a Try-Athlete! Open facilities to allow your community to try new activities and get active.</p>	<p><b>15</b></p> <p>Circus Day - Create an evening of fun for families at a local park.</p> 	<p><b>16</b></p> <p>Participate in the Communities in Bloom Challenge.</p> 	<p><b>17</b></p> <p>You are what you eat! Designate a community garden area where residents can plant flowers and vegetables.</p>	<p><b>18</b></p> <p>Get into birdwatching. Organize a community outing to a local natural area or wetland.</p> 
<p><b>19</b></p> <p>Celebrate Father's Day with FREE admission for fathers with children.</p> 	<p><b>20</b></p> <p>Have a frisbee day - introduce frisbee golf and ultimate frisbee at a local park.</p>	<p><b>21</b></p> <p>Turn off the TV for one day! Offer recreation and parks facilities as TV FREE zones to get families active together.</p>	<p><b>22</b></p> <p>Walk &amp; Wheel Wednesday Promote a day to walk, bike, rollerblade, or skateboard to work or school.</p>	<p><b>23</b></p> <p>Two-for-One Day! Offer "bring a friend" discounts for recreation and fitness centres.</p> 	<p><b>24</b></p> <p>Fitness for Free Friday Offer free admission to all fitness classes.</p>	<p><b>25</b></p> <p>Go Green! Organize a planting festival in your local park.</p> 
<p><b>26</b></p> <p>Music in the Park Host a special concert in a local park.</p>	<p><b>27</b></p> <p>Discover a trail in your community. <a href="http://www.ontariotrails.on.ca">www.ontariotrails.on.ca</a></p>	<p><b>28</b></p> <p>Picnic in the Park At work or home, join colleagues and family in the park and enjoy a healthy snack and some fun and games.</p>	<p><b>29</b></p> <p>Host an Open House to promote summer programs.</p> 	<p><b>30</b></p> <p>Present a Live it Everyday award and presentation to a local volunteer/organization.</p>	 <p>Live it everyday!</p>	

Visit [www.recandparksmonth.ca](http://www.recandparksmonth.ca)

What are you doing to celebrate?  
 Send us your photos and stories:  
 416-426-7270 or [jrpm@prontario.org](mailto:jrpm@prontario.org)