

June 2020

Active living is healthy living!



June is Recreation & Parks Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Reduce stress Movement and meditation	2 Steelheads Design Kai Emonds #27 new goalie mask. See contest details	3 Play a game Stay active at home with a family game day or night	4 Meditation 11am Learn how to use meditation for physical & mental health	5 Fitness class Low impact cardio followed by toning exercise class	6 Participate! National Health and Fitness Day - National Fit Mix – Join us online
7 Bike ride Check out the City's cycling network	8 Online class Join us for a 30 min. low impact cardio workout class-5:15 pm	9 Raptors 905 Try a fitness routine with the teams' head athletic therapist	10 Colouring fun Find a park picture to colour. Share it #StayHomeStayActive	11 Museum tour Check out the virtual tour of The Bradley House Museum	12 Fit break Find one of 'Sauga's fitness break online and do it!	13 Field trip Take a virtual nature tour of the Riverwood Conservancy
14 Walking tour Take a self-guided tour, social-distanced public art walking tour	15 Stay centered Movement and meditation	16 At-Home with The Harlem Globetrotters . Have fun with these stars.	17 Mind challenge Check for activities that challenge your mind and imagination	18 Library online Find family friendly activities with the Mississauga Library	19 Fit break Stay active with one of the 'Sauga's fitness break online	20 Water safety Know before you go! Find safety tips from the Lifesaving Society .
21 Father's Day Spend time with your Dad doing something fun and memorable	22 Sports day Make an outdoor sport indoor or backyard friendly .	23 More fun At-Home with The Harlem Globetrotters .	24 Bake/Cook Make something yummy as a special treat	25 Watch this! Find a " Filmed in-Mississauga " movie or TV series #ArtsAtHome	26 Fit break Feel good by doing one of the 'Sauga's fitness break online	27 Water Smart® Complete one of the activities and share it #WaterSmart
28 Design An obstacle course #StayHomeStayActive	29 Golf tip Practice your putts indoors before heading to the greens	30 Picture this! Draw a picture of yourself swimming safely #SaugaRec				



PARKS AND RECREATION ONTARIO

#JRPM2020

