

JUNE 2020

Active living is healthy living.



June is Recreation & Parks Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Oakville Museum presents local stories on Facebook Live Mondays at 1:30 p.m.	2 Make your own SOCKer Ball with instructions from Canada Scores!	3 Yeewhaw! Try line dancing with us at 11 a.m. on Facebook!	4 Join us at 4 p.m. for Art Thursdays on Facebook Live.	5 Check out our Fitness Fridays tips on the QEPCCC Facebook page.	6 Browse the best online podcasts CBC Radio has to offer.
7 Design your own hopscotch court using chalk or masking tape.	8 Oakville Museum presents local stories on Facebook Live Mondays at 1:30 p.m.	9 Practise soccer dribbling with the SOCKer Ball you made last week.	10 We are crafting on Facebook today. Join us at 11 a.m.	11 Try Abilities Centre breathing exercises to help with stress and anxiety.	12 The Show Must Go On! Enjoy musical performances on YouTube.	13 Check out our @oakvilleyouth posts on Instagram!
14 TO Live presents pre-recorded performances by GTA-based artists.	15 Explore some of Oakville's 60 Heritage Trails and learn while you hike!	16 Practise a new FUNdamental skill – throwing, kicking, jumping, or running!	17 At 11 a.m., we'll be "Cooking with Julie" on Facebook.	18 Senior Volunteer Appreciation event on Facebook Live, starts at 3 p.m.	19 Check out our Fitness Fridays tips on the QEPCCC Facebook page.	20 Sing or write a song about summer.
21 Check out the Lifesaving Society's WaterSmart Activities for kids!	22 Oakville Museum presents local stories on Facebook Live Mondays at 1:30 p.m.	23 Have a Freeze Dance Party!	24 Join us at 11 a.m. for Seniors Fitness activities on Facebook!	25 Join us at 4 p.m. for Art Thursdays on Facebook Live.	26 The Show Must Go On! Enjoy musical performances on YouTube.	27 Try a free online YMCA indoor bootcamp.
28 Review the Lifesaving Society's Tips for Water Safety before you head out!	29 Go for a walk or hike at Bronte Creek Provincial Park, now open!	30 Draw a picture of yourself swimming safely and share using #OakvilleRec.				



PARKS AND RECREATION ONTARIO

#JRPM2020