




# JUNE

is Recreation & Parks Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>National Health &amp; Fitness Day!</b> Try out a virtual Fitness class! Visit <a href="https://www.facebook.com/groups/WGSCFitness">facebook.com/groups/WGSCFitness</a>	2 Do something fun today! Visit <a href="https://www.facebook.com/HarmonySquare">www.facebook.com/HarmonySquare</a> and select a video with Harmony Squirrel and try it out.	3 Our parks department works hard planting gardens every spring. Watch a video online to learn how you can grow your own plant from seeds.	4 Learn more about Brantford's Connecting Seniors at Home program with several helping tips and activities for those 50+ to try something new! <a href="https://www.brantford.ca/ConnectingSeniors">brantford.ca/ConnectingSeniors</a>	5 <b>Using sidewalk chalk draw and play a game of hopscotch outside!</b> No chalk? Find a video on how to make your own chalk online.	6 <b>It's National Garden Week!</b> Plant flower or vegetable seeds or seedling in your garden (It's also great exercise too!) or find a rock and paint it and put it in your garden to look at year-round.
7	8	9	10	11	12	13
<b>Go for a walk on one of Brantford's beautiful trails!</b> View a trail map - <a href="https://www.brantford.ca/trails">brantford.ca/trails</a>	Paint or draw a beautiful picture with a nice message on it and put it up in your front window for people to see as they walk by.	Go for a <b>SCAVENGER HUNT</b> walk around your neighbourhood. Can you see the following items; robin, dog, picture in a window, red car, hanging pot, someone riding a bike, garden decoration, bird house or feeder and something purple.	Complete a workout of your choice. Visit <a href="https://www.facebook.com/groups/WGSCFitness">facebook.com/groups/WGSCFitness</a> or find a video on YouTube you like.	Learn about local Sports History. Take the 360 virtual tour and read about the athletes and builders inducted into the Brantford & Area Sports Hall of Recognition at <a href="https://www.brantfordareasporthall.ca">brantfordareasporthall.ca</a>	<b>Make a COVID time capsule and bury it in your backyard.</b> Ideas include; list your favourite things, what you've enjoyed most and people you've talked to virtually the most - the possibilities are endless!	<b>Join a live fitness class</b> with a certified instructor from the Wayne Gretzky Sports Centre. Visit <a href="https://www.facebook.com/groups/WGSCFitness">facebook.com/groups/WGSCFitness</a>
14	15	16	17	18	19	20
<b>Power off &amp; Play</b> Try going a few hours, half the day or even the entire day without electronics and enjoy the outdoors.	Enjoy a stroll through beautiful Glenhyrst Gardens. (Reminder all benches and parking are closed.)	Visit <a href="https://www.facebook.com/HarmonySquare">www.facebook.com/HarmonySquare</a> and select another video to do with Harmony Squirrel. Have fun!	Reduce stress and find a free yoga class or meditation video on YouTube.	Make a list of all the different animals and bird types you see in your backyard or on your next walk.	Set up a bucket in your yard and get a ball. Stand away from the bucket and try throwing it into the bucket. See if you can get it in 5 times in a row! Challenge someone else to a distance game with their own ball.	<b>Go for a walk on one of Brantford's beautiful trails!</b> View a trail map, visit <a href="https://www.brantford.ca/trails">brantford.ca/trails</a>
21	22	23	24	25	26	27
Look up how to make a kite online or use one you own then visit a local park to try it out!	Learn more about Brantford's National Historical Site. Visit <a href="https://www.facebook.com/groups/BellHomestead">facebook.com/groups/BellHomestead</a> and watch a video.	Pick up the phone today and call a senior you know and ask them about their childhood or tell them about your week. You may just make their day!	Set up your very own mini-putt & play a game. If you don't know how look up ideas online.	See if you have a neighbourhood association in your area and see what they are up to. Visit <a href="https://www.brantford.ca/NeighbourhoodAssociation">brantford.ca/NeighbourhoodAssociation</a>	Find a simple recipe and bake something with someone in your house to eat later.	Grab a blanket and head to a park or your own backyard and start reading an eBook or magazine. Get a temporary Brantford Library digital card online visit <a href="https://www.brantfordlibrary.ca/digitalservices">brantfordlibrary.ca/digitalservices</a>
28	29	30	<p>Join the conversation for Recreation and Parks month on Facebook and let us know how you're enjoying the activities. Visit <a href="https://www.facebook.com/BrantfordParksandRec">facebook.com/BrantfordParksandRec</a></p>			
<b>Ride your bike</b> down one of Brantford's beautiful trails. Don't forget your helmet!	Do your own 'movie in the park' and set up a blanket, get some popcorn and a drink and watch a movie outside on a laptop, tablet or phone.	Watch the video " <b>Splish! Splash! Water Safety Song</b> " on YouTube to prep for summer water safety.				

