



JUNE

is Recreation and Seniors' Month!

Challenge yourself each day. Let's get active Georgina!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
Play Parks & Recreation Ontario's Activity Bingo	Get kids moving with GoNoodle!	World Bicycle Day	Take a Walk on a Georgina Trail	World Environment Day	Health & Fitness Day	Meditate
08	09	10	11	12	13	14
Learn to Bird Watch	Yoga at Home!	Herbs and Spices Day	Check out the Georgina Public Library's eResources	Start to Run - And Keep Doing It!	Try out our Fitness Challenges	Fight boredom with Board Games!
15	16	17	18	19	20	21
Get Growing!	World Elder Abuse Awareness Day	Workout: Lower Body	Stay active! Stay healthy!	National 'Selfie Day'	National Indigenous Peoples Day	Celebrate Dad!
22	23	24	25	26	27	28
Connect with Nature & Contribute to Science!	Hockey Night in Canada	Upcycle Day!	Visit the Hodgson Trail	Practice Swimming Skills!	Summer Snowboarding	Visit the Leash Free Dog Park!
29	30	<p>Town trails and the leash-free dog park are open with the following guidelines:</p> <ul style="list-style-type: none"> • Practise physical distancing of at least two metres. • Leash and pick up after your dog. • Take your litter home with you. <p>Parks remain closed with walk-through access only while on designated pathways. Park closures include playgrounds, benches and picnic tables. For additional COVID-19 updates please visit georgina.ca/COVID-19</p>				
Explore Arts & Culture	Dance with The National Ballet of Canada!					

DATE:	ACTIVITY	
June 1	Play Parks & Recreation Ontario's Activity Bingo	This month, we challenge you to see how many activities you can accomplish on the JRSM BINGO Board. We would love to see your progress on social media and pictures of the activities you are doing to participate. Download the Bingo board and the activity guide and get started!
June 2	Get kids moving with GoNoodle!	A free online resource that provides tons of ways for kids and families to be active, stay mindful and keep on learning!
June 3	World Bicycle Day	Cycling is a wonderful workout. It can help shape a healthy lifestyle, both physically and mentally. Check out Georgina's cycling trails .
June 4	Take a Walk on a Georgina Trail	Get outside and enjoy some fresh air. Go for a leisurely stroll or brisk walk through your neighbourhood or on a Georgina trail.
June 5	World Environment Day	The theme for 2020 is biodiversity. Do your part to take care of the Earth today and every day!
June 6	Health & Fitness Day	Celebrate Health & Fitness Day! Get moving, get active! Check out Recreation At Home for inspiration!
June 7	Meditate	Take some time to just sit on your floor, deck, patio or even your front step and meditate to keep your mind clear, fresh and focused.
June 8	Learn to Bird Watch	Did you know that there are over 500 species of birds in Ontario? Which ones are living in your neighbourhood?
June 9	Yoga at Home!	Pull out your yoga mat and do some stretches. Stretching clears the mind and renews the soul. Click the Fitness tab on Georgina's Recreation at Home page to try our Yoga Poses!
June 10	Herbs and Spices Day	Grow your own herbs and spices! Visit the gardening section of Recreation At Home page for instructions!
June 11	Check out the Georgina Public Library's eResources	Georgina Public Library provides 24/7 online access to thousands of magazines, newspapers, reference books, audiobooks and novels--free of charge with your library card.
June 12	Start to Run - And Keep Doing It!	Learn to run by starting out with a one-minute sprint and two-minute walk. Build your endurance up to run or sprint for five minutes straight.
June 13	Try out our Fitness Challenges!	Make time to work on yourself this month. Try Georgina's Recreation at Home fitness challenges!
June 14	Fight boredom with Board Games!	Playing board or card games is a great way to bring the family together, exercise the mind and reduce stress. Play a family favourite, try something new or even create your own! Visit Recreation At Home for fun for the entire family.
June 15	Get Growing!	June is the perfect time to plant! Make space for a garden or grow indoors! Check out Recreation At Home for fun ideas!
June 16	World Elder Abuse Awareness Day	Knowledge is the key to prevention. Take some time to learn and teach your family members. Check in with an elder in your life - say hi, see how they are and if they need anything.
June 17	Workout: Lower Body	Take time to focus your workouts on your lower body including your glutes, quads, hamstrings, inner and outer thighs and calves.
June 18	Stay active! Stay healthy!	Get connected and get active every weekday at 12 noon with ParticipACTION
June 19	National 'Selfie Day'	Show us how you are taking part in Recreation & Seniors Month! Take a selfie and tag us #georginaroc
June 20	National Indigenous Peoples Day	Annually held on June 21 to celebrate the unique heritage, diverse cultures, and outstanding achievements of the nation's Aboriginal peoples. There are three Aboriginal groups in Canada – the First Nations, Inuit, and Métis peoples.
June 21	Celebrate Dad!	Dedicate time to connect with the dads in your life! Whether it's in person, over the phone or online. Let them know you care!
June 22	Connect with Nature & Contribute to Science!	iNaturalist helps you identify the plants and animals around you. Connect with a community of over a million scientists and naturalists who can help you learn more about nature!
June 23	Hockey Night in Canada	Hone your hockey skills, go for a rollerblade, practise your shooting skills, followed up with some hockey-themed trivia!
June 24	Upcycle Day!	Try upcycling - take something old & make it new! Try out the ROC's Loose Parts Play activity from our Recreation at Home page.
June 25	Visit the Hodgson Trail	Georgina offers a range of trail experiences and places to discover, why not check out the Hodgson Trail .
June 26	Practice Swimming Skills!	Have you ever wondered how you can practise and/or enhance your swimming skills at home, even if you don't have a pool?
June 27	Summer Snowboarding	Be ready to snowboard at the ROC! Practise your skills through the summer months with Burton's Indoor/Backyard Snowboarding ideas!
June 28	Leash-free Dog Park!	Take your four-legged friend for a run in our leash-free dog park! Check out our Municipal Facilities and Amenities map.
June 29	Explore Arts & Culture	Play with art using your phone, take a virtual tour , recreate art with food! Check out all the fun things you can do at home!
June 30	Dance with The National Ballet of Canada!	Join National Ballet Dancers as they lead classes and workouts online!