

June Is...

Recreation & Park Month | National Indigenous Peoples Month

Seniors Month | Pride Month | Bike Month and more



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- Recreation & Park Month
- Seniors Month
- National Indigenous Peoples Month
- Pride Month
- National AccessAbility Awareness Week
- Water Safety Week
- Bike Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ● ParticipACTION Community Better Challenge ● 'Lets Play Ball' Colouring book	2 ● Visit Newmarket Parks & Playgrounds ● The Dance Ability Movement ● Family Biking Webinar	3 ● World Bicycle Day ● Mindfulness Wands ● Covid-19 Financial Strategy Seminar	4 ● Fitness Friday - Tabata High Intensity Interval Training ● Special Olympics School of Strength	5 ● National Health & Fitness Day ● Backyard Pools Safety ● 10 Fun Outdoor Activities
It's National AccessAbility Awareness Week from May 30 to June 5						
6 ● Be a Water Watcher ● Learn about Pride Month	7 ● Pool Noodle Boats ● Strategies for The Changing Brain Seminar	8 ● Buckles Activity Sheet & Lifejacket, Boating Safety Tips ● Pride Month crafts and recipes	9 ● DIY Dive Toys ● Keep Your Brain Healthy Seminar	10 ● Always Swim with a Buddy ● Hearing Loss and Aging Seminar ● An evening with Waubgeshig Rice	11 ● Fitness Friday - Lunges 5 variations ● Boat Capsized Activity	12 ● Summer Water Safety Tips ● Have a Pride Parade at home
It's Water Safety Week from June 5 to June 12						
13 ● Paws Your Stress Seminar	14 ● Mindfulness Monday Sun Salutations ● Gentle Fit Workout	15 ● Online Crossword Puzzle ● Save on Energy Seminar	16 ● Live Bird Feed Cam ● 6 Ways to De-clutter Seminar ● Road Rules Webinar	17 ● Online Jigsaw Puzzle ● Opportunities & Income Programs for Seniors Seminar	18 ● International Picnic Day ● Mini Terrarium ● Fitness Friday - Core Workout	19 ● Create a Home Safety Checklist

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20 ● Father's Day ● First Day of Summer Outdoor Activities	21 ● Listen to Indigenous Music ● World Music Day. Try out an Online Zumba Class	22 ● Try an Indigenous recipe "Bannock" ● Create your own bike obstacle course	23 ● Learn about Pow Wow Dance ● Explore bike paths or take a stroll ● Understanding Dementia Seminar	24 ● Visit a Virtual Museum	25 ● Fitness Friday - Benefits of Running ● Make a Dream Catcher	26 ● Check out a Friendship Centre Facebook
27 ● National Multiculturalism Day and Virtual Activities	28 ● Make a Summer Sun Catcher	29 ● Create an outdoor Puppet Show ● Canada Day Trivia Challenge	30 ● DIY Canada Day Decorations ● Decorate your bike for a July 1 parade at home			

How to Participate

For a full list of activities, events and 'how to' guides, visit Newmarket.ca/recmonth.

Be sure to check out newmarket.ca/homesweethome for more family fun!