

# How to Use



Challenge yourself to complete all of the activities by the end of the summer.



Encourage your friends, family and people in your community to participate with you!

**Make the most of participating in June is Recreation and Parks Month. Every day is a new day to explore and celebrate the benefits of recreation and parks near you.**



## Celebrating Recreation and Parks



### SENIOR'S ACTIVITY PASSPORT

**Name:**

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## Get Outside and Have Fun!

- Morning stretch.** Wake up in the morning and give your body a stretch. Whether it's sitting or standing, give your limbs a stretch before you begin your day.
- Let your garden grow!** Plant a flower, shrub or tree in your backyard, on your balcony or on your window sill and watch it grow.
- Healthy recipe sharing.** Visit your local library and find a book or magazine on healthy eating or recipes.
- Take a snapshot.** Use your phone or camera to catch snapshots of life and discover your community.
- Visit a local farmer's market.** Find out the name of a local farmer who brings you fresh food, grown right here in Ontario!

- Volunteer for a day.** Lend a helping hand at your local community centre, school or faith community.
- Smell the flowers.** Take a walk in your local park or nursery to admire and smell the season's flowers.
- Have a ball.** Try a sport using a ball, such as soccer, tennis or just play catch!
- Play a new game!** Whether it be a card game with neighbourhood friends or a board game with your family members bring it outside and enjoy the outdoors.
- Go for a walk!** Take your family or friends on a tour of a local walking path and enjoy!
- Have a picnic!** Take lunch outdoors to get some fresh air and enjoy time spent with family and friends.

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