

## 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 your June is Recreation and Parks Month! Each day is a new day to explore and celebrate the benefits of recreation and parks near you.



### SENIOR'S ACTIVITY PASSPORT



Name: .....

## 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 your June is Recreation and Parks Month! Each day is a new day to explore and celebrate the benefits of recreation and parks near you.



### SENIOR'S ACTIVITY PASSPORT



Name: .....

- Morning stretch.** Whether it's sitting or standing, give your limbs a stretch to begin your day.
- Let your garden grow!** Plant a flower, shrub or tree in your yard, on your balcony or on your window sill and watch its progress.
- Healthy recipe sharing.** Visit your local library to 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.
- Have a ball.** Try a sport using a ball, such as soccer, tennis or just play catch!
- Play a new game!** Try playing cards, chess, checkers or board games outdoors.
- Go for a walk!** Take your family or friends on a tour of a local walking path.
- Have a picnic!** Take lunch outdoors to get some fresh air and enjoy time with your loved ones.

- Morning stretch.** Whether it's sitting or standing, give your limbs a stretch to begin your day.
- Let your garden grow!** Plant a flower, shrub or tree in your yard, on your balcony or on your window sill and watch its progress.
- Healthy recipe sharing.** Visit your local library to 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.
- Have a ball.** Try a sport using a ball, such as soccer, tennis or just play catch!
- Play a new game!** Try playing cards, chess, checkers or board games outdoors.
- Go for a walk!** Take your family or friends on a tour of a local walking path.
- Have a picnic!** Take lunch outdoors to get some fresh air and enjoy time with your loved ones.