

Tuesday, June 1, 2021

MEDIA RELEASE



WELLAND PARTICIPATES IN ONTARIO'S RECREATION MONTH

Welland, ON – June is Recreation and Parks Month (JRPM) a movement that promotes the benefits of recreation and parks for physical, social, and environmental health. Communities across Ontario, such as Welland, have embraced JRPM as a way to promote local programs and events, parks and facilities that are available for all citizens to enjoy.

The City of Welland Recreation & Culture Division would like to highlight various recreational opportunities residents can access to ensure they are staying active and engaged. In light of COVID-19, this year's programming is safe and welcoming. We encourage you to participate as much as you can.

Details on The Great Outdoor Scavenger Hunt or Goosechase game can be found by visiting <https://wellness.welland.ca/virtualPrograms.asp>. Tik Tok Challenge will be posted on social media for you to enjoy, laugh, and create your own fun!



The Great Outdoors

June is Recreation & Parks Month which is celebrated across Canada to further highlight the importance of parks & rec services to community and individual wellbeing. Prize: picnic set up with games.

Game Begins: June 1, 2021 @ 8am

Game Ends: June 30, 2021 @ 8pm

Game Code: 1BM9B4

Access to recreation and parks is a fundamental human need that helps foster personal health, strong communities, and social inclusion. JRPM celebrates Ontario's spectacular parks and recreation services and raises awareness for the role they play as a pathway to individual, community, and environmental well-being.

Active Living is healthy living! Enjoy and stay safe Welland!

– 30 –

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RECREATION *and parks* MONTH

**DO SOMETHING FUN
ALL MONTH LONG!**



**WELLAND
RECREATION
& CULTURE**

905-735-1700 X 4000
registration@welland.ca

SUN

MON

TUE

WED

THU

FRI

SAT

1
National Health & Fitness Day
Try an online fitness class.

2
City Gardens
Our Parks Dept., works hard planting gardens. Which is your favourite?

3
Hopscotch!
Using sidewalk chalk draw and play a game of hopscotch.

4
Trail Walk Time
Visit Merritt Island.

5

Open 7am to Noon

6 
Goosechase
The Great Outdoors
Code: 1BM9B4
wellness.welland.ca

7
Go Fly a Kite!
Make a kite online or use one you own and visit a park to try it out.

8
Tik Tok Tuesday
We challenge you!
May the best dance win.

9
Ride a Bike
Ride your bike down one of our trails. Don't forget Your helmet!

10
Fore!
Set up your own mini putt and play a game.

11
Trail Walk Time
Visit our Rose Gardens.

12

Open 7am to Noon

13 
Goosechase
The Great Outdoors
Code: 1BM9B4
wellness.welland.ca

14
Namaste
And find a free yoga or meditation video to do in your backyard.

15
Tik Tok Tuesday
We challenge you!
May the best dance win.

16
Visit a Park
Safely visit St. George Park. Check the pond for Fish.

17
Bake Something
Find a simple recipe and bake something with someone at home

18
Trail Walk Time
Visit Rotary Club of Welland Park.

19

Open 7am to Noon

20 
Goosechase
The Great Outdoors
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wellness.welland.ca

21
Good Reads
Grab a book & blanket and head outside.

22
Tik Tok Tuesday
We challenge you!
May the best dance win.

23
Visit a Park
Safely visit Memorial Park & splashpad.

24
Movie Time
Do you own 'movie in the park' and set up a blanket & popcorn with a flick outside.

25
Trail Walk Time
Visit the Merritt Park Amphitheatre.

26

Open 7am to Noon

27 
Goosechase
The Great Outdoors
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wellness.welland.ca

28
Visit a Park
Safely visit Glenwood Park & splashpad.

29
Tik Tok Tuesday
We challenge you!
May the best dance win.

30
Visit a Park
Safely visit Chippawa Park & splashpad.

**Whatever you do for Recreation & Parks Month stay safe and follow COVID-19 protocols.
To participate in Tik Tok Tuesday visit our Facebook Page**