



JUNE IS RECREATION AND PARKS MONTH

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SATURDAY 1
Today is National Health & Fitness Day. Start it off with some exercise.
National Health and Fitness Day

SUNDAY 2
FREE
JRPM Kick-Off Celebration @ ERC
11:00AM - 3:00PM

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	8	9
MOVEMENT	Go for a family bike ride around your neighbourhood. World Bike Day	Sign up for lessons for a new sport or activity you would like to learn this year.	Go green! Plant a new tree in your yard today. World Environment Day	FREE Lengths Swim @ ERC 2:30PM - 4:00PM	Take some time to shop local while enjoying the streetscapes in Essex Centre or Harrow.	Make your plan of activities to participate in this month, get active!	Enjoy the sunshine with a walk along the beach at Colchester Harbour.
TRAIL BLAZERS	FREE Open Gym @ MAE 1:45PM - 2:45PM	11 You are what you eat. Commit to a day of healthy eating.	FREE Leisure Swim @ ERC 11:00AM - 11:45AM	13 It's family night! Play a board game or outdoor activity together.	14 Head to Essex Centre Sports Complex for a walk around the track.	15 Explore the beautiful Kinsmen Participark Trail in Harrow.	16 Clubhouse Day Camp starts soon...don't forget to register!
GUARDIANS	FREE Pickleball @ MAE 3:00PM - 4:30PM	18 Plant some pollinator friendly plants in your garden.	19 Stop at one of Essex's beautiful parks for an evening of kite flying.	20 Find a new recipe for a healthy afterschool snack to try.	FREE Aquafit @ ERC 11:00AM - 11:45AM National Indigenous Peoples Day	22 Sign up to volunteer at one of the many great community organizations in Windsor-Essex.	23 Go for a picnic in one of the many great parks in the Town of Essex.
CONNECTION	24 Head to McGregor and enjoy a walk or bike ride along the Chrysler Canada Greenway.	FREE Spin H2O @ ERC 5:45PM - 6:30PM	26 Make some new friends along with your family dog at the Essex Dog Park!	27 Surprise someone with a random act of kindness today! Canadian Multiculturalism Day	28 Head to a ball diamond in Essex and cheer on our teams! Stonewall Riots Anniversary	29 Support local and eat at one of Essex's great restaurants.	30 Make a list of recreational activities you would like to try this summer.

PRIDE MONTH • SENIORS MONTH • NATIONAL INDIGENOUS HISTORY MONTH