



# JUNE IS RECREATION & PARKS MONTH IN ...

essex

JUNE 1-7  
ENERGIZE

JUNE 15-21  
LEGACY

JUNE 8-14  
GAME CHANGERS

JUNE 22-28  
UNITY

ENERGIZE	<div>sunday1</div> <div>Take some time to shop local while enjoying the streetscapes in Essex Centre or Harrow.</div>	<div>monday2</div> <div>Sign up for lessons for a new sport or activity you would like to learn this year.</div>	<div>tuesday3</div> <div>Go for a family bike ride around your neighbourhood. World Bike Day</div>	<div>wednesday4</div> <div><div>FREE</div><div>Lengths Swim @ ERC</div><div>1:00PM - 2:30PM</div></div>	<div>thursday5</div> <div>Go green! Plant a new tree in your yard today. World Environment Day</div>	<div>friday6</div> <div><div>FREE</div><div>Leisure Swim @ ERC</div><div>11:00AM - 12:30PM</div></div>	<div>saturday7</div> <div>Start your day off with some exercise! National Health and Fitness Day</div>
GAME CHANGERS	<div>8</div> <div>Support local and eat at one of Essex's great restaurants.</div>	<div>9</div> <div>Make a buzz...plant a pollinator garden in your backyard.</div>	<div>10</div> <div>Find a new recipe for a healthy afterschool snack to try.</div>	<div>11</div> <div>Go for a picnic in one of the many great parks in the Town of Essex.</div>	<div>12</div> <div><div>FREE</div><div>Pickleball @ MAE</div><div>7:30PM - 9:00PM</div></div>	<div>13</div> <div>Make your plan of activities to participate in this month, get active!</div>	<div>14</div> <div><div>EVENT</div><div>Walk with the Mayor at Sadler's Park.</div><div>12:00PM - 2:00PM</div></div>
LEGACY	<div>15</div> <div><div>FREE</div><div>Rec Swim @ ERC</div><div>1:30PM - 3:00PM</div></div>	<div>16</div> <div>Cool off at one of Essex's exciting splash pads.</div>	<div>17</div> <div>Make some new friends along with your family dog at the Essex Dog Park!</div>	<div>18</div> <div><div>FREE</div><div>Roller Skating @ ECSC</div><div>6:30PM - 8:30PM</div></div>	<div>19</div> <div>Head to Essex Centre Sports Complex for a walk around the indoor track. 7:00am - 4:30pm</div>	<div>20</div> <div><div>EVENT</div><div>Take part in the ACT Glow Ride at Sadler's Park.</div><div>6:00PM - 8:00PM</div></div>	<div>21</div> <div>Clubhouse Day Camp starts soon...don't forget to register! National Indigenous Peoples Day</div>
UNITY	<div>22</div> <div>It's family night! Play a board game or outdoor activity together.</div>	<div>23</div> <div>Explore the beautiful Kinsmen Participark Trail in Harrow.</div>	<div>24</div> <div><div>FREE</div><div>Roller Skating @ HCSC</div><div>10:00AM - 2:00PM</div><div>Stonewall Riots Anniversary</div></div>	<div>25</div> <div><div>FREE</div><div>Aquafit @ ERC</div><div>11:00AM - 11:45AM</div></div>	<div>26</div> <div>Sign up to volunteer at one of the many great community organizations in Windsor-Essex.</div>	<div>27</div> <div>Surprise someone with a random act of kindness today! Canadian Multiculturalism Day</div>	<div>28</div> <div>Head to Colchester Beach for a game of volleyball!</div>
	<div>29</div> <div><div>FREE</div><div>Spin H2O @ ERC</div><div>8:30AM - 9:15AM</div></div>	<div>30</div> <div>Head to McGregor and enjoy a walk or bike ride along the Chrysler Canada Greenway.</div>	<div><div>PRO</div><div>Parks and Recreation Ontario</div><div>#JRPM2025</div><div>#CommunityThrivesHere</div><div>    PRONtario</div></div>		<div><div><div><div></div><div>COMMUNITY CHALLENGE</div></div><div><div>Presented by</div><div></div></div></div><div></div></div>		

PRIDE MONTH | SENIORS MONTH | NATIONAL INDIGENOUS HISTORY MONTH