

JUNE 2023

Active living is healthy living.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|--|---|
| | | | | 1 Kick off JRPM with a photo of yourself. For a chance to win a prize tag #OshawaJRPM2023. | 2 FREE FITNESS FRIDAYS! Bring a friend for FREE to any of the City of Oshawa Fitness Centres. | 3 National Health and Fitness Day! Run! Jump! Play! Everyday! |
| 4 All ages basketball at the South Oshawa Community Center from 10:30-11:30 a.m. | 5 It's Canadian Environment Week! Help clean up your community by picking up any garbage in your neighborhood. | 6 It's Gardening Day today! Learn facts and exercises for Gardening at National Exercise and Gardening Day | 7 National Running Day. Try picking up the pace while running errands. | 8 National World Oceans Day. Do your part and clean up any lakes or creeks around your community. | 9 World Meditation Day. Let your worries go, by learning how to meditate. | 10 The Award Winning Peony Festival starts today at the Oshawa Botanical Gardens! Remember to look but not touch! |
| 11 Enjoy one of the Oshawa Parks and Trails that lead to the Peony festival. | 12 Looking for activities to do with the kids? See the Active for Life website for ideas activeforlife.com | 13 World Softball Day, get out with your family and play catch! | 14 Enjoy a family game night tonight! Break out the board games and have some fun. | 15 Go fly a Kite Day! Try to get outside and enjoy some kite flying at a park near you. | 16 FREE FITNESS FRIDAYS! Bring a friend, for FREE, to any of the City Of Oshawa Fitness Centres. | 17 Oshawa Public Libraries are hosting the TD Summer Reading Club from 2-4 p.m. |
| 18 Happy Father's Day! Check out the Fiesta Parade! fiestaweek.com | 19 You know summer is finally here when Lakeview Park Beach and Camp Samac open today! | 20 National Hike Day! Go outside and get some fresh air. Do not forget the sunblock and a hat! | 21 National Yoga Day. Yoga benefits your mental and physical wellbeing, and can be done just about anywhere. | 22 Oshawa Public Libraries is hosting a STEAM after school- Jess Hann Branch. Check them out! | 23 Fabulous 4th Fridays at Northview Community Center FREE- Dancing & Refreshments for Seniors 55+ | 24 Water Does Wonders! Drink plenty of water during long hot days of summer. CanadaFoodGuide |
| 25 Today is the start of National Camping Week. Why not try camping in your backyard. | 26 National Canoe Day. Always wear a life jacket when out on the water. | 27 Sunglasses Day! Protect your eyes and skin from the harmful UV rays. Wear sunglasses, a hat, and sunscreen. | 28 Get active today with your family! Try an outdoor scavenger hunt or create a fun obstacle course for everyone to enjoy. ParticipAction | 29 National Camera Day! Take a photo in your community and tag #OshawaJRPM2023 for a chance to win a prize! | 30 Tomorrow is Canada Day, Join us at Lakeview Park for the festivities! | |



#JRPM2023