

JUST FOR THE FUN OF IT!

June is Recreation Month



GET ACTIVE CALENDER

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Here is a Sample of some of the activities you can use to get active and have fun this month!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Scrapbook with friends	2 Hike a trail that's new to you	3 Go gardening	4 Community clean up day	5 Cook a meal with family	6 Play a game of Kinball
7 Family board game night	8 Have a game of ultimate frisbee	9 Play a game of Twister	10 Rollerblade with friends	11 Go to a local fitness center for workout	12 Make up lip-synchs with friends	13 Take a photography class
14 Go bowling with family	15 Go canoeing	16 Have a water fight	17 Enjoy a water aerobics class	18 Plan a day at the beach with friends	19 Try a game of beach volleyball	20 Walk yours or a neighbor's dog
21 Go star gazing with family	22 Comb the beach & skip rocks	23 Go horseback riding	24 Have a family picnic	25 Try a zumba class	26 Go for a Bike Ride	27 Have a Hawaiian dance
28 Go camping with family & friends	29 Play hopscotch with friends	30 Plant a tree				