

### Join us as we celebrate **RECREATION MONTH**

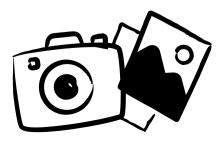
Let's make this month a playground of possibilities to discover, connect and thrive! Whether you are a nature lover, looking for some family-friendly fun, seeking a new hobby or a sports enthusiast, the **Town of <u>Placentia</u>** has something for everyone!

#### **JOIN IN OUR JUNE RECREATION CHALLENGE**

We've prepared a calendar of suggested activities for you to choose from.

Every day, we will post four suggested ACTIVITIES OF THE DAY on our social media platforms.

Engage in one or more activities and capture the moment!



# JOIN IN OUR JUNE



All participants who submit their activity photo will be entered into a prize draw to be drawn and announced at the end of the month!



## MONDAYS ACTIVITY OF THE DAY CHALENGE

### MONDAYS **ARE FOR**

**FACILITIES FEATURE** 

WILLIARD HATFIELD **MEMORIAL BALL FIELD** 

WILLIAM HOGAN BALL FIELD

**GREAT BEACH BOARDWALK** 

**MONDAYS ACTIVITIES OF** THE DAY

**PLAY BALL!** 

**EMBRACE THE OCEANS CALL** 

**STAY ACTIVE** 

NURTURE YOUR WELL BEING







Grab your glove and head to WILLARD HATFIELD MEMORIAL BALL FIELD or WILLIAM HOGAN BALL FIELD. Remember to share a photo with us!

Walk, Run, Wheel or Jog? The **GREAT BEACH BOARDWALK** is waiting for you! Enjoy a 1.4 km stroll and take in the majestic view! It's the perfect background for a selfie or group selfie to share with us!

Choose any activity you love and enjoy the benefits of an active, healthy lifestyle! Don't forget to grab a pic and send!

Remember, taking care of your mental health is just as important as taking care of your physical health. Engaging in activities such as mindfulness, meditation, exercise, pursuing hobbies and seeking support when needed can help maintain a healthy lifestyle. Email us a photo of how us how you nurtured your well being today!

Get Inspired! Find Your Passion! **Participate! Have Fun!** A Celebration of Recreation Placentia has something for everyone!

A friendly reminder to email your photos by June 30th, 2024 to: thepditch@placentia.ca









**Contact Us:** 

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