




# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <u>Field trip</u> Visit the <a href="#">Riverwood Conservancy</a> . Have an adventure with nature!	<b>2</b> <u>Fit Break</u> Take a break with us and celebrate Parks & Rec by being active.	<b>3</b> <u>Participate</u> Celebrate <a href="#">National Health &amp; Fitness Day</a> with us.
<b>4</b> <u>Bike rides</u> Check out the City's cycling network and <a href="#">community rides</a> .	<b>5</b> <u>Plant a tree</u> Learn how to plant a tree with care.	<b>6</b> <u>Fresh air fitness</u> Run, jump, dance and burn those calories away. Free classes.	<b>7</b> <u>Play Badminton</u> Drop in for a game of badminton with family or friends.	<b>8</b> <u>Be active with</u> Check out our <a href="#">Fitness Summer Special</a> membership offer.	<b>9</b> <u>Fix-it Friday</u> June is Bike Month. Get your bike ready with a seasonal check up.	<b>10</b> <u>Swing into Golf</u> Visit <a href="#">Braeben Golf Course</a> driving range. Hit a bucket of balls!
<b>11</b> <u>Walking tour</u> Take a self-guided tour, <a href="#">public art walking tour</a>	<b>12</b> <u>Chill Zone</u> Drop in and chill with your friends at your local community centre	<b>13</b> <u>Play Basketball</u> Drop in for a game of basketball for fun or friendly competition.	<b>14</b> <u>Walk Fit</u> Walking is a great exercises for all ages and fitness levels!	<b>15</b> <u>Learn to camp</u> Get ready for camping season! Helpful tips for a successful trip.	<b>16</b> <u>Name that bird</u> Go for a hike at <a href="#">Riverwood</a> & enjoy the birds who live there	<b>17</b> <u>Go for a swim</u> Outdoor pools open today! Find <a href="#">swim times &amp; locations</a> .
<b>18</b> <u>Father's Day</u> Celebrate this day at a local <a href="#">fishing</a> spot. Catch the big one!	<b>19</b> <u>Parent/Tot swim</u> Have fun splashing in the pool with your tot. Be within arm's reach.	<b>20</b> <u>Play tennis</u> Find a <a href="#">public, outdoor tennis court</a> and enjoy a friendly game.	<b>21</b> <u>Pow Wow</u> Celebrate <a href="#">National Indigenous Peoples Day</a> with events at MCS	<b>22</b> <u>Lace up</u> If you love ice skating, drop in to a <a href="#">fun skate</a> at selected arenas.	<b>23</b> <u>Watch planes</u> Visit <a href="#">Danville Park</a> to watch planes fly into TO Pearson airport	<b>24</b> <u>Garden event</u> Free tour today of the <a href="#">Brueckner Rhododendron gardens</a>
<b>25</b> <u>Fresh food</u> Visit a local <a href="#">Farmers' market</a> and pick fresh, healthy fruits & veggies	<b>26</b> <u>Beat the heat</u> Visit a City spray pad and stay cool <a href="#">Find a spray pad location</a>	<b>27</b> <u>Paddle anyone?</u> <a href="#">Learn to paddle</a> with the Mississauga Canoe Club.	<b>28</b> <u>Play golf</u> <a href="#">Book a tee time</a> to play Lakeview or BraeBen Championship course	<b>29</b> <u>Outdoor fitness</u> Equipment available to everyone in support of active lifestyles.	<b>30</b> <u>Free pass</u> Last day to pick up your Sauga Summer Pass for youth ages 12 to 16.	 PARKS AND RECREATION ONTARIO

Revised: May 29, 2023

#JRPM2023