


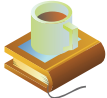









30 DAY FAMILY CHALLENGE • JUNE 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <input checked="" type="checkbox"/> Start a neighborhood walking group and get together once a week	2 <input type="checkbox"/> Go for a family bike ride 	3 <input type="checkbox"/> Enter the Communities ChooseWell Social Media Photo Contest!  Communities ChooseWell  @ARPAChooseWell	4 <input type="checkbox"/> Walk to the library and take out a few books 	5 <input type="checkbox"/> Head to your local recreation centre and take part in some drop-in classes	6 <input type="checkbox"/> Get your family and friends together and break out the croquet set!	7 <input type="checkbox"/> Discover all of the playgrounds in your area
8 <input type="checkbox"/> Check out one of the many lakes in the province and build a sand castle while you're there	9 <input type="checkbox"/> Get other families out to play your favorite version of tag	10 <input type="checkbox"/> Check out this week's photo challenge on Communities ChooseWell's Facebook page	11 <input type="checkbox"/> Get the family outside to take the dog for a walk	12 <input type="checkbox"/> When was the last time you flew a kite? Take one out today!	13 <input type="checkbox"/> Camp out in a tent in the backyard 	14 <input type="checkbox"/> Go for a walk and watch the sun set
15 <input type="checkbox"/> Create a scavenger hunt around your neighborhood - invite other families over to complete the hunt	16 <input type="checkbox"/> Get some neighbors together to clean up your local park 	17 <input type="checkbox"/> Parents: Do laps around the field while watching your child's soccer game	18 <input type="checkbox"/> Do 10 jumping jacks every time you're about to get into the car	19 <input type="checkbox"/> Toss around the frisbee. How many times can you pass it before it drops?	20 <input type="checkbox"/> Skip rope for 10 minutes before dinner	21 <input type="checkbox"/> It's the longest day of play with over 17 hours of sunlight. How much time did you spend outside? 
22 <input type="checkbox"/> Get the family involved in yard work! Parents can mow while the kids clean up the garden or rake	23 <input type="checkbox"/> Build a composter for your family to use	24 <input type="checkbox"/> Get on the road and play a game of street hockey	25 <input type="checkbox"/> Build a sandbox for the backyard 	26 <input type="checkbox"/> Check out one of the many lakes in the province and build a sand castle while you're there	27 <input type="checkbox"/> Head to an outdoor swimming pool for the evening	28 <input type="checkbox"/> Take a walk through the Farmers' Market
29 <input type="checkbox"/> Play hide and seek at your family's favorite park 	30 <input type="checkbox"/> Go stargazing tonight!	<p>Once your family completes the 30 Day Challenge, submit your calendar at www.june.arpaonline.ca between July 1 -7 for a chance a great prizes!</p> <p>Visit www.june.arpaonline.ca for more June is Recreation and Parks Month resources, and don't forget to check out your community's events calendar for things going on throughout the month.</p> <p>  Alberta Recreation and Parks Association  @arpaonline www.june.arpaonline.ca </p>				