

Benefits of Recreation and Parks to Communities



Live it
everyday!

June is Recreation and Parks Month

www.recandparksmonth.ca

- **Parks and recreation opportunities are essential for strengthening and maintaining a healthy community.**

Positive impacts are evident throughout the community. Recreation brings neighbors together, encourages safer, cleaner neighborhoods and creates a livelier community atmosphere. Parks and recreational facilities also help improve a community's image, socioeconomic status and enhances the area's desirability.

- **Sport improves social cohesion.**

Sport participants experience a high degree of interaction with other individuals, which improves interpersonal relationships, establishes the basis for trust and builds teamwork skills that generate gains in social cohesion. It gives individuals of all ages' good opportunities to be actively involved in their communities, which help people, learn positive lessons about responsibility and respect for others, and gives them the chance to give back to their communities. (Socio-economic Benefits of Sport Participation in Canada, Conference Board of Canada, 2005)

- **Recreation reduces self-destructive behaviour and negative social activity in youth.**

• **Recreation promotes** social bonds by uniting families, building cultural tolerance and supporting seniors and individuals with disabilities.

- **Recreation reduces** isolation, loneliness and alienation.

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(JRPM) was proclaimed in 2005 by Parks and Recreation Ontario, the Ontario Parks Association, and the Ontario Recreation Facilities Association. JRPM was created to draw attention to the value of recreation and to encourage people to get out there & *live it everyday!*

The City of Cambridge will again be celebrating "June is Recreation and Parks Month" in 2011 and we are asking you to get involved!

Click here ...for a June calendar of events that provide daily suggestions on how you can celebrate the many parks and recreational opportunities available in Cambridge.

For more information please contact Nicole at 519.740.4681 ext. 4652.



Celebrate JUNE!

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>June is Recreation and Parks Month 2011</p> <p><i>Join us in celebrating the benefits and values of recreation in everyday life. Start planning now for your 2011 June is Recreation and Parks Month!</i></p>			<p>1</p> <p>Galt Lawn Bowling Club Open House Soper Park 1:30pm 519.740.0323</p> <p>Urban Pole Walking Adult 50+ Centre's David Durward Centre 12:05pm 519.740.4681, X 4634</p>	<p>2</p> <p>Play A Game! Get a bunch of friends together outside and organize a sports game or favourite activity.</p>	<p>3</p> <p>Get Active Night Z Beside the Y 7pm 519.623.YMCA, X252</p>	<p>4</p> <p>Hespeler Mill Pond Grand Opening Mattamy Mill Pond Subdivision 10:00am 519.740.4681, X4564</p> <p>Cambridge Riverfest Riverbluffs Park 519-740-4681, 7499</p> <p>Cambridge Arts Festival City Hall/Civic Square 10am 519.740.4681, X4634</p>
<p>5</p> <p>Galt Killie Band Mill Race Park 7pm 519.740.4681, X4332</p> <p>Kite Festival Dumfries Conservation Area Noon windclimbers.ca/dumfries-kitefest-1</p>	<p>6</p> <p>Call the YMCA and find out when the City Rate Open Swims take place. 519.621.3250</p> <p>Collective Kitchen Langs Farm 12:45pm 519.653.1470, X228</p>	<p>7</p> <p>Glee Performance Greenway Chaplin Community Centre 519.623.4220</p>	<p>8</p> <p>Galt Lawn Bowling Club Open House Soper Park 1:30pm 519.740.0323</p> <p>Urban Pole Walking Adult 50+ Centre's David Durward Centre 12:05pm 519.740.4681, X 4634</p>	<p>9</p> <p>Come SK8 Riverside Rails 519.740.4681, X4369</p>	<p>10</p> <p>Get Active Night Z Beside Y 7pm 519.623.YMCA, X252</p>	<p>11</p> <p>Strawberry Social & BBQ Fiddlesticks 519-621-4040 fiddlesticks.ca</p>
<p>12</p> <p>Cambridge Tour de Grand Churchill Park cambridgetourdegrand.com</p> <p>Sandy MacDonald AI Widmeyer Forbes Park 7pm 519.740.4681, X4332</p>	<p>13</p> <p>What a great day to Canoe grandriver.ca</p> <p>Walking Program Langs Farm 6pm 519.653.1470, X228</p>	<p>14</p> <p>Go Have a Picnic At your local park.</p> <p>Langs Farm Open Gym 6pm</p> <p>William G. Davis School 519.653.1470, X365</p>	<p>15</p> <p>Galt Lawn Bowling Club Open House Soper Park 1:30pm 519.740.0323</p> <p>Urban Pole Walking Adult 50+ Centre's David Durward Centre 12:05pm 519.740.4681, X 4634</p>	<p>16</p> <p>Hockey, Dodge ball Tournament Alison Neighbourhood Community Centre 3:30pm, \$1 519.620.1867 recreation@alisonneighbourhood.org</p> <p>Art Attic Art Sale Cambridge Centre for the Arts (June 16-18) 519.740.4681, X4565</p>	<p>17</p> <p>Mayor's Celebration of the Arts City Hall/Civic Square 519.740.4681, 4277 mca@cambridge.ca</p> <p>Family Friday Popcorn House 6pm 519.654.9444 popcorn@popcornhouse.ca</p>	<p>18</p> <p>Free Swim George Hancock 2:30-4pm 519.740.4681, X4527</p> <p>Humane Society Walkathon Riverside Park 519-623-7722</p> <p>Mad Hatter's Tea Party Cambridge Centre for the Arts 9:30am 519.740.4681, 4367 cambridgecentreforthearts.ca</p>
<p>19</p> <p>The Leith String Quartet Centennial Park 7pm 519.740.4681, X4332</p>	<p>20</p> <p>Go Fishing Grandriver.ca</p> <p>Celebrate Dads Event Langs Farm 6pm 519.653.1470, X228</p>	<p>21</p> <p>Go SK8 Day Riverside Rails 4pm 519.740.4681, X4369</p>	<p>22</p> <p>Galt Lawn Bowling Club Open House Soper Park 1:30pm 519.740.0323</p> <p>Urban Pole Walking Adult 50+ Centre's David Durward Centre 12:05pm 519.740.4681, X 4634</p>	<p>23</p> <p>Cycling Group Adult 50 + Centre's Allan Reuter Centre 9am</p> <p>Pre-Teen Drop-In Langs Farms Youth & Teen Centre 519.653.1470, X 363</p>	<p>24</p> <p>Bug Safari Go on a bug safari and check out the critters in your neighbourhood..</p>	<p>25</p> <p>Free Swim Ed Newland Pool, 1:30-3:30pm 519.740.44681, X4469</p> <p>Can-Bike Cambridge City Hall 519.740.4681, X4652</p>
<p>26</p> <p>Cambridge Concert Band Central Park 7pm 519.740.4681, X4332</p>	<p>27</p> <p>Zumba Toning W.G. Johnson Centre 5:30pm 519.740.4681, X4459</p>	<p>28</p> <p>Smell the Flowers The sense of smell is a wondrous thing. See if you can find a flower that is local to Ontario.</p>	<p>29</p> <p>Galt Lawn Bowling Club Open House Soper Park 1:30pm 519.740.0323</p>	<p>30</p> <p>Why not take the kids to your community splash pad? cambridge.ca</p>	<p>www.cambridge.ca</p> <p>www.recandparksmonth.ca</p> <p>Live it everyday!</p> <p>June is Recreation and Parks Month www.recandparksmonth.ca</p>	



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