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FOR IMMEDIATE RELEASE

WHITCHURCH-STOUFFVILLE CELEBRATES JUNE AS RECREATION & PARKS MONTH

WHITCHURCH-STOUFFVILLE, ON – The Town of Whitchurch-Stouffville is joining communities across Ontario in celebrating June as Recreation and Parks Month (“JRPM”). JRPM is recognized by municipalities, community organizations, and schools as a way of promoting the benefits of being active and recognizing the contribution that recreation and parks make to quality of life.

“Access to recreation and parks is a fundamental human need that helps foster personal health, strong communities, and social inclusion,” says Marilou Murray, Director of Leisure and Community Services with the Town of Whitchurch-Stouffville. “During these trying COVID-19 times, it is imperative for people to understand the importance of being active, both mentally and physically.”

Murray stresses there are other ways than the traditional methods for being out, active and doing positive, healthy and mentally stimulating activities.

“It’s time to enjoy some fresh air and explore all the wonderful opportunities our beautiful community has to offer,” says Whitchurch-Stouffville Mayor Iain Lovatt. “What better way to enjoy spring than to take a bike ride through our integrated trail system, fly a kite in one of our wonderful parks, play a round of golf or enjoy a picnic and kick a ball around with your family.”

“Whatever activity you choose, enjoy your time together, play safe and have FUN!” Lovatt says.

A weekly calendar is now available on the Town’s web site, townofws.ca/whatsnew. that organizes user activities making it easy to follow for daily recreational initiatives. A listing of suggested activities is also available and is updated weekly.

“There is something for everyone of all ages and abilities to keep residents positive, active and engaged,” Murray says.

Recreation activities listed online include online exercise and wellness classes, outdoor activities, watersmart/drowning prevention activities, environmentally related activities, and active resources.

Culture-related activities include virtual excursions, virtual tours of Canadian Museums and other travel destinations including daily live safari in South Africa, a virtual event called “Songs of Canada,” where residents can create a video of themselves performing their favourite song by a Canadian artist, a virtual artist showcase replacing the beloved “Art in the Park” event, weekly learn-from-home activities, and the launch of a virtual tour of the “Archeology Alive Exhibit” at the Whitchurch-Stouffville Museum.

This year, the Town is hosting an *Active Living Challenge* for the month of June. The *Active Living Challenge* is helping to get people active and in a positive frame of mind through whatever physical activity they choose, because everything gets better when you get active. The *Challenge* offers awards each week, that will include activity drop-in passes, program gift cards and gift cards to local businesses. More information can be found on the initiative’s website cometogetherws.ca/spring-active-living-challenge.

To learn more about what Whitchurch-Stouffville is doing to celebrate JRPM, please visit townofws.ca/whatsnew

About June as Recreation and Parks Month:

June is Recreation and Parks Month is a program of Parks and Recreation Ontario (“PRO”). PRO is a non-profit association of leaders in recreation and parks that advances the health, social and environmental benefits of quality recreation and parks. For more information on PRO, please visit prontario.org

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