









Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

June 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			3 Clean Air Day – Visit saferoutestoschool.ca for loads of awesome ideas!		5 - 7 6th Annual-Thunder 100 Grand Prix Soap Box Races	6 Log onto george jeffreyfoundatio.com
7 The Chronicle Journal Kids Fun Run - Ages 5-14 with separate categories & lot of other fun activities. Register your children on fitnesscentre.com			10 Remember those big bouncy exercise balls? Play with it. (bounce it, kick it, roll it – the size makes it more fun!) 		12 - 14 Benny Birch's 28 th Birthday Party Log onto siftb.net for exciting details	13
14 →		16 Dance, Dance, Dance! Visit your local library & borrow some great dance music CD's!			19 Franklin St. splash pad now open! Need hours? Check out thunderbay.ca	20 Puppet Show "Arthur Goes Camping" 2:30 pm at the Waverly Auditorium
	22 Plant a tree on your boulevard! Log onto treestewardship.com for more information		24 Summer in the Parks. Free concert every Wednesday in Marina Park from 6 pm to 9 pm	25 Boulevard Lake now open with supervision! Details on thunderbay.ca	26 Outdoor Pools & Chippewa Beach are now open! Visit thunderbay.ca for hours	
28 Chippewa Fun Day. Log onto chippewapark.ca to find out more!		30 Plan a fun filled physical family Canada Day Celebration 	Most of all have an active, happy and safe summer!			

To view the monthly calendar, visit www.tbdhu.com, click on schools & workplace tab, scroll down to "Family Physical Activity Calendar"