



June 2022 Community Better Challenge

We are participating in ParticipACTION's Community Better Challenge to be named Canada's Most Active Community! Make sure to download the participACTION app or check out the website to track all your active minutes throughout the month of June!

See more at the participACTION website or pertheast.ca/communitybetterchallenge for more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Global Running Day	2 FREE 55+ Group Fitness- Milverton Fellowship Church 9:30 -10:30 am FREE Fitness in Greenwood Park 6:30 -7:30pm	3 World Bicycle Day	4 FREE Yoga in Greenwood Park Milverton 10:00-11:00 am
5 World Environment Day - Take a Walk to Clean up Your Neighbourhood	6 FREE Group Fitness 55+ Rostock Hall 6:00 – 7:00 pm	7 FREE Seniors Pickleball at PERC 1:30 – 2:30pm	8 Play Pickleball at the PERC 6:00-9:15pm	9 FREE Roller Skating at PERC 7:00 -9:00pm	10 FREE 55+ Group Fitness- Milverton Fellowship Church 9:30 -10:30 am	11 Milverton Cancer Weekend FREE Swimming 2:00 – 4:00pm (Optimist Club of Mornington)
12 Visit your favourite the Playground	13 Take a Walk Around Your Community	14 FREE Swimming 6:30-8:30 (Foodtown) FREE Aqua Fit PERC Pool 8:30-9:30 pm	15 FREE Adult Pickleball 6:00-9:15PM	16 FREE 55+ Group Fitness- Milverton Fellowship Church 9:30 -10:30 am	17 Walk the G2G Trail	18 Cool Off at a Public Swim at the PERC Pool 2-4PM
19 Dance Party! Blast your favourite music and get dancing!	20 Enjoy a Bike Ride with Family	21 FREE Group Fitness 55+ Rostock Hall 9:30 – 10:30 am FREE Swimming 6:30-8:30 (Optimist Club of Mornington)	22 FREE Yoga in Greenwood Park Milverton 7:00 – 8:00 pm	23 FREE Group Fitness 55+ Rostock Hall 6:00 – 7:00 pm Try a Lane Swim at the PERC Pool 8:30-9:30pm	24 FREE 55+ Group Fitness- Milverton Fellowship Church 9:30 -10:30 am	25 FREE Fitness in Greenwood Park Milverton 10:00 -11:00 am
26 Head Outside and Throw a Frisbee With a Friend	27 FREE Seniors Aqua Fit 12:00-1:00pm FREE Fitness in Greenwood Park Milverton 6:30-7:30 pm FREE Youth Pickleball at the PERC 6:30-8:30pm	28 School's Out Pool Party at the PERC Pool! FREE Swimming 2:00-4:00pm (Mornington Communications) FREE Swimming 6:30-8:30pm (Cynthia's Sweets & Things)	29 Throw a Ball Around at a Local Park	30 TRACK ALL YOUR MINUTES BY MIDNIGHT TO CONTRIBUTE!	<div style="border: 2px solid orange; padding: 10px;"> <p>Share pictures of you and your family participating in the Community Better Challenge throughout June to win weekly prizes! Don't forget to tag us!</p> <p>Facebook – @PerthEastRecreation Twitter – @PERC4 Instagram -</p> </div>	



If you have an active event running throughout June and want it added to the calendar contact the Interim Recreation Coordinator Sydney at smccourt@pertheast.ca!

