







JUNE 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Enjoy a walk with a friend at the Babcock Mill	2 Try a 10-minute mobility stretch in the yard	3 Celebrate World Bike Day by going for a bike ride! <small>World Bike Day </small>	4 Drink eight, 8-ounce glasses of water daily.	5 Stroll Finkle's Shore Park by the water <small>World Environment Day </small>	6 Take a walk in Parrott's Bay! <small>National Health & Fitness Day </small>
7 Go on a nature scavenger hunt!	8 Head to Amherst Island to go bird watching!	9 Pack a healthy picnic and set up at a park close to home	10 Stroll along the water at Fairfield Park, Amherstview	11 Go for a bike ride along Loyalist Parkway Waterfront Trail	12 Workout @ Heritage Park in Bath	13 Head to the K&P trail to walk, run or bike for the day
14	15	16	17	18	19	20
Senior's Active Week – June 14 - 20						
Yoga & Mat Pilates @ LAC - 10am	Senior's Game & Gab at the Amherstview Library – 11am	Strong Seniors class at the LAC – 10am	Seniors' strength & balance workshop – 10am	Seniors' coffee conversations @ LAC – 9am	Senior's Intro to line dancing @ 11:30am	Yoga @ LAC – 10am
21 Have your lunch outside in a Loyalist park! <small>National Indigenous Peoples Day </small>	22 Fuel up by filling half your plate with fruits or veggies!	23 Stop by the Wilton Playground to shoot some hoops	24 Head for a hike at Lemoine's Point	25 Explore Amherst Island for the day!	26 Have fun playing pickleball at the courts in Bath	27 Take a 30-minute walk outside today <small>Canadian Multiculturalism Day </small>
28 Try out a new sport or hobby with a friend <small>Stonewall Riots Anniversary </small>	29 Play soccer @ the Wille Pratt Sports fields	30 Take in the beautiful scenery while on Amherst Island's beach	