

CLARE RECREATION SUMMER 2020 NEWSLETTER



Canadian Physical Activity Guidelines



Ages 5-11

- 60 minutes of moderate- to vigorous-intensity physical activity daily.
- Being active at least 60 minutes daily can help children improve their health, grades, fitness, and self-confidence.

Ages 12-17

- 60 minutes of moderate- to vigorous-intensity physical activity daily.
- Being active at least 60 minutes daily can help teens learn new skills, grow stronger, feel happier, and maintain a healthy body weight.

Ages 18+

- 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week.
- Being active for at least 150 minutes per week can reduce the risk of premature death, heart disease, stroke, certain types of cancer, and more.



Technology Traps

Did you know that it is recommended for children and youth ages 5-18 to limit their sedentary screen time to a maximum of two hours per day? Children ages 4-5 should be limited to one hour, and infants ages 0-3 should not get any sedentary screen time!

Source: ParticipACTION

Tips 'n Tricks to Keep Busy

It's important to keep your mind and body occupied throughout the day. Here are a few of many ideas on how to keep busy:

- | | | |
|----------------------------|---|---|
| • Do a puzzle | • Watch a movie or show | • Garden |
| • Bake bread/pastries | • Learn how to knit/crochet | • Listen to music |
| • Brush up on other skills | • Draw or paint | • Write a short story/journal |
| • Read/listen to a book | • Move your body (yoga, at-home workouts) | • Clean/reorganize your home |
| • Take an online class | • Meditate | • Go for walks, hike, play sports, bike, roller skate |

www.clarenovascotia.ca

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[clarerecservices](https://www.instagram.com/clarerecservices)

Hours of operation: Monday-Friday
8 :30am-12 :00pm & 1 :00pm-4 :30pm

Email: recreation@munclare.ca

Telephone: (902) 769-2031



HOW TO PLAN A MEANINGFUL DAY

Finding structure when your world is upside down

Taking care of your overall health means creating a healthy balance between work and play. In times like these, when your living room may be an office / classroom by day and a playing field / art studio by night, it can be difficult to keep your home and your thoughts organised. By following the simple guidelines below, you can find a healthy balance between work and play while getting the most out of everyday.

A simple chart can help you map out your day

Your day should be divided into three time blocks:

Morning – From the time you wake up until lunch time

Afternoon – After lunch until dinner time

Evening – After dinner until bedtime

Actions and activities should be prioritized under one of the following:

MUST do

- Work / School
- Physical Activity
- Prepare meals

WANT to do

- Visit friends
- Play music
- Create

COULD do

- Read a book
- Clean / Organise
- Learn a new hobby

	 MUST do	 WANT to do	 COULD do
Morning			
Afternoon			
Evening			

TIP! Set a goal of getting enough sleep every night by setting a consistent bedtime (even adults!)

Fulfil all aspect of your health

It's easier than you think! Simply includes actions and activities from each of the following categories.



SUMMER PROGRAMS & ACTIVITIES

Youth

VIRTUAL ART CAMP

Date:

Monday, July 6th to
Wednesday, July 8th

Explore your creative side at an incredible three-day virtual art camp with local artist Sheila LeBlanc! This camp will be free for those who choose to use their own equipment at home, or participants may purchase an equipment kit from the Recreation Services for 5\$. The equipment list will be posted on the Facebook event page.

VIRTUAL TINY AMPHIBIANS

Date:

Thursdays July 16th, 23rd,
30th, and August 6th

Join us for our virtual Tiny Amphibians program! Starting July 16th until August 6th, we will post weekly videos on our Facebook page where you can follow along with arts, crafts, and story time. Children aged 3 to 5 who wish to participate and would like to purchase a \$5 kit which include all necessary materials are required to register in advance.



VIRTUAL CHILDREN'S PARADE

Date:

Tuesday, July 28th

Youth ages 12 and under are invited to participate in the annual Acadian Children's Parade in a virtual setting! Dress up your child, take a photo or short video of their costume (float is optional), and submit the photo to recreation@munclare.ca. Must be submitted by July 25th. All entries will be put together in a video sequence that will be broadcasted live on Facebook at 10am on Tuesday July 28th. Prizes will be given to the best costumes!

Everyone

BEACH YOGA

Date:

Tuesdays, July 7th & 21st,
August 4th & 18th

Time:

6:30pm to 7:30pm

Join us at Mavillette beach! Bring your mat and breath in the sea air during a free outdoor yoga session in partnership with Corbeau Yoga Studio. In case of inclement weather, the event will be rescheduled to the next day. Check our Facebook page for updates.



KITE NIGHT

Date:

Thursdays
July 9th, 23rd &
August 6th, 20th



Time:

6:30pm – 7:30pm



Join us at Mavillette beach for a fun, socially distanced evening of kite flying. We will be taking all COVID-19 health precautions to sanitize all equipment, before and after each use. In case of rain, this event will take place on the following day. Check our Facebook page for updates.

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TRIVIA AND PHOTO HUNT

Date:

Wednesday,
July 22nd

Time:

Trivia – 6:30pm

Photo Hunt – 7:15pm



This popular activity will test your knowledge of Clare. The online trivia will start at 6:30pm sharp on our Facebook page. Following the trivia, the photo hunt list will be released on our Facebook page at 7:15pm sharp. Participants must submit their photos via Facebook messenger or email prior to 9pm, anything received after 9pm on July 22nd will not be accepted.

VIRTUAL ALL-NIGHTER

Date:

Friday, August 7th

Time:

7pm

Join us for a fun night filled with camping skills, s'mores, story telling and more! Follow along with us on our Facebook event page where we will be posting videos and more!

PADDLE NIGHT

Date:

Tuesday, August 11th &
Wednesday, August 19th

Time:

Departure at 7:00pm

Join us for a nice paddle on Seth Lake behind the Meteghan Lions Club on August 11th (in case of rain on August 12th) and on Victor Lake by the CJA on August 19th (in case of rain on August 20th). The activity is for everyone 7 years old and over! Bring your own vessel or contact the Clare Recreation Services to reserve a kayak.

RAISING OF THE FLAG

Date:

Saturday, August 15th

Time:

10:00am

Join us virtually on our Facebook page and celebrate our Acadian heritage with the official raising of the Acadian flag. The live stream on our Facebook page will begin at 10am followed by a musical performance.



TINTAMARRE

Date:

Saturday,
August 15th

Time:

Departure at 6:00pm

On August 15th, participate in this fun Acadian celebration while making as much noise as possible! The Tintamarre leaves at 6pm sharp from the Salmon River firehall & St Bernard Church. All participants must follow the rules of the road as well as the current public health guidelines.



TRAIL TRIVIA

Date:

Monday, August 10th to
Sunday, August 16th

Throughout the Wentworth Park Nature Trail, we will place red rocks that will be numbered from 1-10 in the trail. Each rock will have a trivia question attached to it. Do not move the rocks. Send in your answers via email or to our Facebook page prior to 11:59pm on August 16th for a chance to win prizes.



EQUIPEMENT LOAN PROGRAM

Lifejackets, GPS devices, cribbage boards, hula hoops, soccer balls, volley balls, basket balls, tennis racket + balls, badminton racket + birdies, baseball bats, softballs, washer toss boxes (with beanie bags for indoors), a variety of Nordic walking poles are available. A \$25 refundable deposit is required when borrowing a GPS device. All equipment will be sanitized heavily before and after being borrowed and all COVID-19 health precautions will be taken.



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