



SPRINGFIELD COMMUNITY SERVICES RECREATION AND LEISURE CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
<p>Morning Family Yoga 15 minutes—1 hour https://www.youtube.com/watch?v=X655B4ISakg</p> <p>https://www.youtube.com/watch?v=vMMRb10LtGM</p> <p>https://www.youtube.com/watch?v=LhYtcadR9nw</p>	<p>Morning Pizza Stretch 15 minutes—30 minutes https://youtu.be/PRs6JHUqFWU</p>	<p>Morning Hide and Seek Tag Game 15 minutes—1 hour Indoor/outdoor activity</p>	<p>Morning Noodle Hockey 20—45 minutes https://youtu.be/0VT8hKdOIdo</p>	<p>Morning Cook Together 20 minutes—1 hour https://rmofspringfield.ca/p/community-services-department</p>	<p>Morning Stretching Together 10—30 minutes https://youtu.be/QsQBvQdV0IY https://youtu.be/xXlyHzWBZeY https://youtu.be/lajSBT7zBdA</p>
<p>Lunchtime Bike Ride 15 minutes—1 hour</p>	<p>Lunchtime Cook Together 15 minutes—1 hour https://rmofspringfield.ca/p/community-services-department</p>	<p>Lunchtime Ornament Craft 25—30 minutes https://rmofspringfield.ca/p/community-services-department</p>	<p>Lunchtime Foam Painting 20—45 minutes https://rmofspringfield.ca/p/community-services-department</p>	<p>Lunchtime Bike Ride 15 minutes—1 hour</p>	<p>Lunchtime Hike 30+ minutes</p>
<p>Afternoon Catch Game 15 minutes—30 minutes Pass around football/ baseball/other ball you have outdoors</p>	<p>Afternoon Balloon badminton 15 minutes—30 minutes https://youtu.be/Lmo75hjelG8</p>	<p>Afternoon Family Walk 15—30 minutes</p>	<p>Afternoon Family Yoga 30 minutes—1 hour https://www.youtube.com/watch?v=X655B4ISakg</p>	<p>Afternoon Go Noodle Play 15 minutes—1 hour https://www.gonoodle.com/</p>	<p>Pick a spot to go for a hike! If a parking lot looks crowded, maybe choose somewhere else to go.</p>
<p>After Dinner Walk Take the family for a walk, bring the dog if you have. Spend time together outdoors</p>	<p>After Dinner Tissue Paper Crafts 20—45 minutes https://rmofspringfield.ca/p/community-services-department</p>	<p>After Dinner Ornament Decorating 30 minutes—1 hour</p>	<p>https://www.youtube.com/watch?v=vMMRb10LtGM</p> <p>https://www.youtube.com/watch?v=LhYtcadR9nw</p>	<p>After Dinner Fort Making 20+ minutes</p>	<p>Afternoon Treat Baking 30+minutes https://rmofspringfield.ca/p/community-services-department</p>
			<p>After Dinner Board Game 30+ minutes</p>		<p>After Dinner Family Puzzle 20+ minutes</p>

