

Rosser Woodlands Recreation Commission

June 1st to 30th

ParticipACTION Bingo Card

Name: _____

Phone Number: _____

Email: _____



Walk & Talk Grab a friend or family member and walk around your community for 20mins!	Try out a new activity Maybe it's time to try Yoga, Tabata or Zumba!	Yard Work Mow your lawn with a push mower, rake some leaves or pick a few weeks!	Stretch it out Do a full body stretch. From head to toe!	Get Creative Create your own workout.
Dance Party Put on your favorite music and dance it out!	Take a hike Find a trail near you or take a trip one of our beautiful provincial parks!	Family Fun Time Play inside or outside with your family!	Get Gardening Pick weeds, plant, till or water!	Walk your pet Got a furry friend? Take them on a stroll!
Go for a bike ride Dust off that bike and head down the road!	Fitness with a Friend Go for a walk, run or head to a fitness class!	DOWNLOAD THE PARTICIPATION APP! AND SIGN UP FOR THE COMMUNITY BETTER CHALLENGE	Attend a Jump into June activity June 6th to 12th	Go on an outdoor adventure Try it on foot, on a bike or on a skateboard!
Plank Contest Compete to see who can hold the longest plank!	Make up a new sport Pick out the equipment and come up with the rules!	Play a round of golf Check out your local golf course!	Toss around a Frisbee In your backyard or at the park!	Master the Jump Rope Pull out the jump rope and see how many skips you can do in a row!
Create an obstacle course Using things around your home or yard	Play Catch Get our a ball and warm up that arm!	Wildlife I Spy What birds, bugs and animals can you find outside?	Have a Water Balloon Battle Cool down with a water fight on a hot day!	Try Disc Golf at Quarry Park Take a frisbee and practice your shot in Stonewall!

Submit your minutes daily to your ParticipACTION app!

Entre to Win:

Submit one photo of yourself participating in an activity from one of the individual BINGO squares per week to rwrc@rosserwoodlandsrec.com to be entered to win a weekly prize! Submit your photos by Friday at noon to win.

Grand Prize:

Submit your completed BINGO card to rwrc@rosserwoodlandsrec.com by Thursday, June 30th to be entered to win the grand prize!

If you can't complete an activity just repeat one of the squares!