

Riverview Summer Fun Challenge

We've missed you! It has been a challenging spring, as we follow the Public Health guidelines and do our part to flatten the curve. But, summer is just around the corner. While we may still be required to keep our social distance, there are plenty of things we can do to stay active and have fun! The team at the Parks & Recreation Department has come up with a summer 2020 list of activities and is challenging you to complete it:

- Complete an obstacle course
- Have a dance party
- Practice yoga
- Go for a bike ride
- Go for a sunrise or sunset walk
- Plant a garden
- Make homemade popsicles
- Chalk your walk
- Decorate your window
- Go through your closet and donate any unwanted items
- Read a book
- Phone a friend
- Stargaze
- Have a picnic
- Skip rope
- Blow bubbles
- Birdwatching / build a bird feeder out of recycled materials
- Hopscotch
- Run through a sprinkler
- Do some yardwork

Snap a photo of yourself or a family member completing a challenge and share it with us at facebook.com/activeriverview. You will be entered into our weekly draws for gift cards to local businesses!

Information: townofriverview.ca/summerfun



@townofriverview

Are you an individual who is isolated? Are you a parent looking for something to do with your kids? Are you a community builder wanting to help out during these unprecedented times, but you're unsure what to do? To help prevent the effects of social isolation and maintain community unity, we are offering the opportunity to interact via email with another family or isolated individual. Similar to a traditional pen pal program, but via email to keep practicing those social distancing skills. Sign up now for the NEW Community Connects!

**Parents/
Guardians**

Your kids can practice their reading and writing skills!

Information: townofriverview.ca/emailpals

TERRY FOX MARATHON OF HOPE

40th anniversary

At this time 40 years ago, **Terry Fox was averaging 42 km per day**, on his marathon journey from Newfoundland, across the Atlantic provinces, and ran through our area on May 29 on his way to Quebec and Ontario in an effort to raise money for cancer research. To date, over \$750 million has been raised for cancer research through the Terry Fox Foundation.

42 km per day is quite a feat! Maybe you might feel inspired to lace up and walk an extra km or two? Going for a daily walk helps in the prevention of heart disease and type 2 diabetes, strengthens your bones and muscles and improves your mood! Keep track of how many kilometres you walk, run or roll each day and let us know how you're doing by messaging us at [facebook.com/activeriverview](https://www.facebook.com/activeriverview).