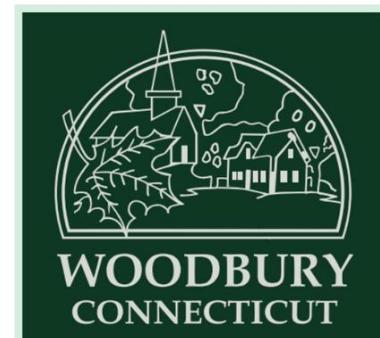


# MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <b>Monday MOVES!</b> Do 5-25 push ups!	2 <b>Dr. Seuss Day!</b> Read your favorite tongue twister of his today!	3 <b>WEDNESDAY Stretch!</b> Stretch for 10 minutes.	4 <b>Scavenger Egg Hunt!</b> WPR has hidden 24 eggs within Hollow, Three Rivers, Strong's Preserve and Orenaug. Find them all!	5 <b>National UnPlug Day!</b> Turn off your device and get moving! Head outside for a walk!	6 <b>National Play Outside Day,</b> every first Saturday of the month!	7 <b>Hike ORENAUG PARK</b> and head up the Fire Tower for the best view!
8 <b>Monday MOVES!</b> Do 5-10 sit ups!	9 <b>National Pack Your Lunch Day!</b> Grab a blanket, and head to your favorite green spot today!	10 <b>WEDNESDAY Stretch!</b> Stretch for 10 minutes.	11 Plan a special meal or snack for your family!	12 Dance your way into the weekend! Put on your favorite music and DANCE IT OUT!	13 Go on a BIRD HUNT! How many local birds and raptors can you spot? List with pictures on the	14 Hike the <b>TROLLEY BED</b> Trail
15 <b>Monday MOVES!</b> Do 25 jumping jacks!	16 Check out our fitness programs on the WPR website. Session 2 starts soon!	17 <b>Happy St. Patrick's Day!</b> STRETCH for 10 minutes and see if you can find a rainbow!	18 Ever heard of Forest Bathing? Find a quiet spot and "bathe" your senses and soak up your surroundings.	19 Have you found all 24 hidden eggs in our <b>Scavenger Egg Hunt?</b>	20 <b>TREE HUNT!</b> Find local cedars, pines, spruces and a hemlock. List on our website!	21 Hike the trails at <b>HOLLOW PARK</b> and enjoy the playground!
22 <b>Monday MOVES!</b> Try a Burpee and do as many as you can!	23 Go outside and check for signs of Spring! Robins, hyacinths, peepers, daffodils?	24 <b>WEDNESDAY Stretch!</b> Stretch for 10 minutes.	25 Grab a soft ball and play GAGA in the GAGA pit at Hollow Park!	26 <b>National Spinach Day!</b> Make a salad, soup or smoothie using spinach!	27 <b>National Scribble Day!</b> Get out your chalk and make a sign or art on your sidewalk or driveway!	28 Hike the <b>STRONG MEADOW</b> Preserve Trail
29 <b>Monday MOVES!</b> Do 5-25 toe-touches!	30 <b>National Take a Walk in the Park Day!</b> Head out and find a NEW park today!	31 <b>WEDNESDAY Stretch!</b> Stretch for 10 minutes.				
		<b>NOTES:</b> <b>Purpose:</b> This calendar was created to provide the Woodbury community an opportunity to have some fun while staying active and building stronger relationships through a healthy lifestyle, both in mind and body. If you are performing activities with toddlers to elderly, please modify and supervise as is necessary.				



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