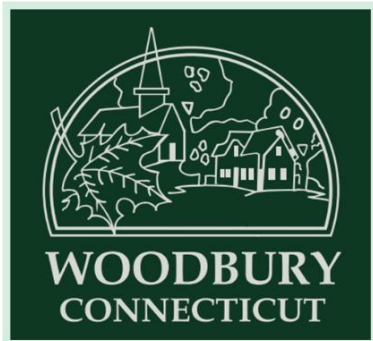


FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 MONDAY Stretch! STRETCH for 10 minutes	2 Ground Hog Day! 6 more weeks to Spring! Get your garden ready!	3 National Girls and Women in Sports Day "If you're having fun, that's when the best memories are built." Simone Biles, Gymnast	4 Homemade Soup Day! Look up a new healthy recipe and have a delicious bowl of soup!	5 National Wear Red Day! Take a heart healthy walk or run around Town!	6 National Play Outside Day! Every First Saturday of the Month! Get Outside and PLAY!	7 Go outside for a half hour or more and count how many different animals you can spot!
8 National Kite Flying Day! MONDAY Stretch! STRETCH for 10 minutes	9 If you're watching TV, do 5 push ups during each commercial!	10 Do 5-20 sit ups in between your chores or each homework assignment!	11 National Inventors Day!! Invent a new fitness routine, or obstacle course for kids!	12 Read a book! Reading is good for relieving stress. Can't travel, or visit a museum, READ ABOUT IT!	13 Take a hike! Go to Three Rivers today!	14 Valentine's Day! Create a craft heart to make someone smile!
15 President's Day MONDAY Stretch! STRETCH for 10 minutes	16 FAT Tuesday! Enjoy your favorite treat!	17 National Random Acts of Kindness Day! Walk around your neighborhood and pick up 3 pieces of	18 How many squats can you do? Count to see how many!	19 National Caregivers Day! Give yourself a break and enjoy the fresh air for 20 minutes	20 National Love Your Pet Day! Bring your dog (leashed) to Strong's for a walk!	21 Head to Orenaug Park and play a hole or round of Frisbee Golf!
22 MONDAY Stretch! STRETCH for 10 minutes	23 Learn a new yoga pose, and breath in and out intentionally for 10 minutes.	24 Get the heart pumping.... Do 25 jumping jacks!	25 National Pancake Day! Lie FLAT and look up at the stars. Breath in the good, and breath	26 Try a new hobby! Painting, Zentangle, Crochet, build with Legos or blocks, bake, cook or more!	27 National Polar Bear Day! Admire the Snow, make snowflakes and go play!	28 Head to Hollow Park to check out the swings, zip line and monkey bars!
		NOTES: Purpose: 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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