

February is Winter Active month in Orillia

For immediate release (Feb. 1, 2019) – The City of Orillia’s Parks, Recreation and Culture Department has put together a month of free activities to cure the winter blahs and get people out of the house for some cool winter action.

Winter Active runs the entire month of February and is designed to help Orillians improve their health, have fun and enjoy the best of Canada's winter. Take part in a variety of family-fun activities, both indoors and outdoors, that will engage, stimulate and challenge everyone who wants to get active this winter.

“Orillia has been transformed into a winter wonderland over the past couple of weeks and I’d encourage residents to make the most of the season during Winter Active,” said Mayor Steve Clarke. “Staying active during the cold winter months is important for both the body and mind and the City of Orillia is thrilled to be able to give you and your family free opportunities to get involved in some great activities.”

Winter Active includes snowshoe walks, a cardboard toboggan race, snow-ga, rockwall and more! A complete list of activities is attached.

For more information visit orillia.ca/winteractive or contact the Parks, Recreation and Culture office at 705-329-7250 or parks@orillia.ca.

The City of Orillia is a city of 31,000 people in the heart of Ontario’s Lake Country on the shores of Lake Couchiching and Lake Simcoe. Visit our website at orillia.ca.

-30-

Megan Kamphuis
Recreation Program Supervisor
705-325-4786
mkamphuis@orillia.ca

Jennifer Ruff
Manager of Communications
705-325-8929
705-238-9209 (cell)
jruff@orillia.ca

Attached: Winter Active 2019 calendar of events.