



TOWNSHIP OF McNAB/BRAESIDE – RECREATION DEPARTMENT UPDATE

April 24, 2020

The Township of McNab/Braeside continues to follow and adhere to the orders from the Province of Ontario and Public Health to ensure the safety of both our residents and staff and continue our efforts to flatten the curve of the COVID-19 virus.

All Township events & programming are cancelled or postponed until further notice. This includes our Community Clean Up Day, Mother's Day event, "It's The Bees Knees", Father's Day event, Kick Away Cancer, "Tour De Poutine" and Summer Safety BBQ.

Staff are working on options to reschedule these events or provide virtual options where available so please monitor the Township's website, and social media for updates.

Municipally managed recreation facilities and all Township parks and amenities remain closed until further notice.

*****Walking through a park to reach your destination or for exercise is permitted provided you do not linger, gather with others, play, or undertake any other activity.***

Closures include:

- The John A. Gillies Recreation Centre
- The Murray Yantha Community Centre
- Braeside Beach
- Burnstown Beach & Boat Launch
- White Lake Beach & Boat Launch
- Red Pine Bay & Boat Launch
- Clay Bank Park & Boat Launch
- Wellington Park
- White Lake Park
- McNab Centre Park
- Dochart Soccer Park
- Waba Cottage Museum & Gardens & Boat Launch

Municipal Trails Update

All of our recreational trails remain open. While using our trails we ask that everyone still practice social physical distancing.

Non-Municipal Trails Update

The Ottawa Valley Recreation Trail/Algonquin Trail – remains open for walkthrough only but asks users to respect physical distancing. **The Trail is closed for motorized vehicle use throughout Renfrew County!**

We appreciate the public's support in practicing safe physical distancing in these areas and respecting the closure of these facilities and amenities until they are safe to be re-opened for all to enjoy.

Stay Safe.

Township of McNab/Braeside Recreation Director & Recreation Programmer

We have provided a list of fun activities to keep you busy:

The Government of Ontario has launched its Learn at Home Website

<https://www.ontario.ca/page/learn-at-home>

Learning 4 Kids

<https://www.learning4kids.net/>

ABCmouse.com Early Learning Academy (30-day FREE trial)

<https://www.abcmouse.com/>

Online Games for Kids

<https://pbskids.org/>

E-Learning for kids

<https://www.e-learningforkids.org/>

Math & English Language Arts

https://ca.ixl.com/?partner=google&campaign=341239025&adGroup=22932005345&gclid=CjwKCAjwvOHZBRBoEiwA48i6Aj_F-G27KQ8dOw7SbRSOVehJ6Du9uZCbFRpCtGELpNzElpxiRkKZlBoCUpYQAvD_BwE

Homemade Play Dough

<https://www.youtube.com/watch?v=znCBZeUsBR4>

Slime Making

<https://www.youtube.com/watch?v=jWqNK-BGRz8>

Movement Yoga & Fitness Studio

Head over to www.move-ment.ca where you can join online classes by donation or a monthly fee and some free resources in our online community.

YouTube Video's as well.

https://www.youtube.com/channel/UCVvEnyevUBhJk1QY95qsNxxw?fbclid=IwAR12niTYeokOdQzW3ibSnqwxoib9-byUVCZ20_nMFrnAj6qVo8FjQfZCjHY

ParticipACTION

<https://www.participaction.com/en-ca>

Homemade Kids Peloton

<https://www.youtube.com/watch?v=kjU4nEjdeb4>

Kids Yoga with Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=xlg052EKMTk>

Indoor Obstacle Course (you can even make one for adults too)

https://www.youtube.com/watch?v=ICyBkNht_j8

Escape Room for Kids

<https://www.youtube.com/watch?v=xCNcBw5Z61E>

Gentle & Chair Work Out

<https://www.youtube.com/watch?v=8CE4ijWlQ18>

Seniors Online Games (Word Search, Crossword, Puzzles)

<https://www.seniorsonline.vic.gov.au/services-information/games>

FAMILY GAMES

Fun for the whole family

<https://www.thechaosandtheclutter.com/archives/family-game-night-ideas>

<https://playtivities.com/20-family-game-night-ideas/>

Family Fun Pack

<https://www.youtube.com/user/familyfunpack/videos>

COOKING

Cooking with your kids

<https://tasty.co/article/melissaharrison/cooking-with-kids>

Family Cooking

<https://www.youtube.com/watch?v=QEM6PLBa0GY>

Something for everyone

<https://www.foodnetwork.com/recipes/photos/family-friendly-weeknight-dinner-recipes>

SCRAPBOOK YOUR FAVORITE MEMORIES

Scrapbooking is a great way to commit your favorite memories to paper. These memories and images can be shared with family members. To create a beautiful book, you will need:

- A large notepad or scrapbook template
- Images of your favorite memories
- Glue sticks and double-sided tape
- Markers, pens, and anything else you would like to use to decorate

Creating a scrapbook is personal, so take your time and highlight your favorite life memories. This project can be as simple or complex as you would like.

<https://www.youtube.com/watch?v=yYS8FcizPk>

Trying to figure out your new daily schedule of working at home; for you and your children?

Block Scheduling. Things may be a little harder now that you and the whole family are home. See how Jordan Page dose her Blocking Schedule.

<https://www.youtube.com/watch?v=2BKuSlstIBM>

NASA Kids Club

https://www.nasa.gov/kidsclub/text/extras/Game_Descriptions_National_Standards.html

Daily Challenges

Check out our Facebook Page each day for a New Challenge to be posted.