




January

2021

ATIKAMEKSHENG COMMUNITY PHYSICAL ACTIVITY PROGRAMMING CALENDAR

Community Physical Activities Programmer- Demi Mathias

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Passes Available Passes for ARC Climbing Gym Available Ski hill Passes/ Lessons Available Naughton Ski Trail Passes Available Contact- dmathias@wfn.com or phone- 705-690-7346					1 Happy New Year! 	2
3	4	5	6	7	8	9
Workout ideas, videos, and photos to be posted on the Facebook pages!	Monday Movement Challenge		Right To Play Virtual Work out night-7-8		Right to Play Virtual Game Night	
10	11	12	13	14	15	16
	Monday Movement Challenge	Right to Play Xmas Score Card- email in		Healthy Thursdays- Videos online -Water	Right to Play Virtual Game Night	
17	18	19	20	21	22	23
	Monday Movement Challenge		Right To Play Virtual Work out night			
24/31	25	26	27	28	29	30
	Monday Movement Challenge			Healthy Thursdays- Videos online -Fruits	Right to Play Virtual Game Night	