

RECREATION & CULTURE

Continuing Service Delivery During COVID-19

City of Nanaimo

CPRA – Canadian Parks and Recreation Association – www.cpra.ca

Vision

Everyone engaged in meaningful, accessible recreation experiences, that foster:

Individual Wellbeing	Wellbeing of Natural & Built Environments	Community Wellbeing
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Values

Public Good	Inclusion & Equity	Sustainability	Lifelong Participation
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Principles of Operation

Outcome-Driven	Quality & Relevance	Evidence-Based	Partnerships	Innovation
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Goals

Active Living 	Inclusion & Access 	Connecting People & Nature 	Supportive Environments 	Recreation Capacity 
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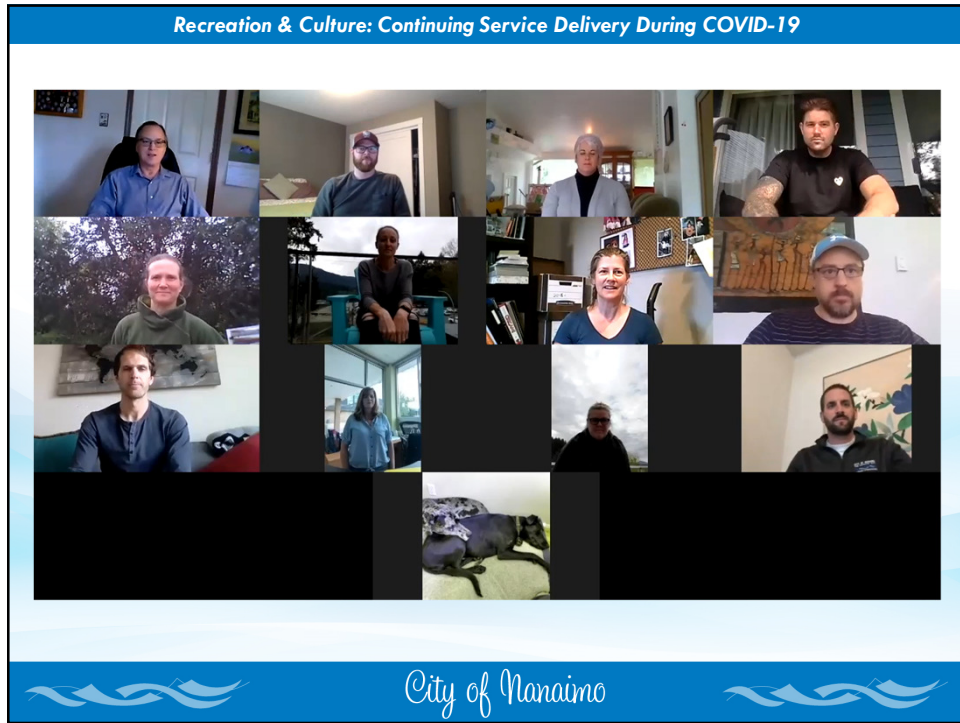


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April Wellness

B Run 2 kms	I Try an online Pilates class	N Start your own podcast	G Explore a new place	O Do 20 squat jumps
Do 30 push ups and 30 sit ups	Go for a forest walk	Learn the lyrics to your favourite song	Shoot sort boops in your yard	Do 200 jumping jacks
Workout at the beach	Go for a bike ride	FREE	Do a random act of kindness	
Build a fort in the forest	Take your pet for a run	Mow your lawn	Take a photo of your pet and try to make it look like a professional	
Perfect a new recipe	Paint a landscape picture	Call somebody you have not spoken to in awhile	Take a photo of your pet and try to make it look like a professional	

Keep active and stay well while social is
Complete two rows of our WELLNESS BINGO and then email your name and one photo of you completing a challenge to parkandrecreation@nanaimo.ca to be entered to win a prize!



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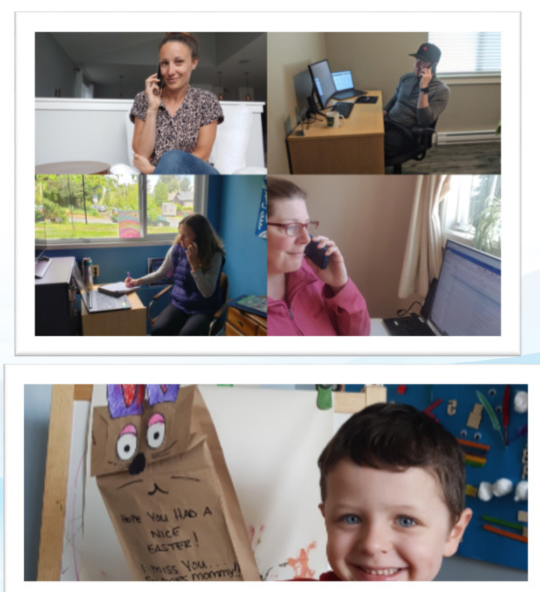
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This slide features two photographs. The top-left photo shows a woman with glasses sitting in a chair, smiling, with a blood pressure cuff wrapped around her arm. The bottom-right photo shows a woman in a blue t-shirt and brown pants working in a raised garden bed, wearing gloves. The slide has a blue header and footer with white wavy lines, and the text 'City of Nanaimo' is centered in the footer.

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This slide features a collage of four photographs. The top-left photo shows a woman on a phone call. The top-right photo shows a man in a cap on a phone call. The bottom-left photo shows a woman at a desk on a phone call. The bottom-right photo shows a young boy smiling next to a cardboard box character with a face and the text 'HAVE YOU HAD A PIECE OF EASTER? I MISS YOU MUMMY!'. The slide has a blue header and footer with white wavy lines, and the text 'City of Nanaimo' is centered in the footer.

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#canadastrong

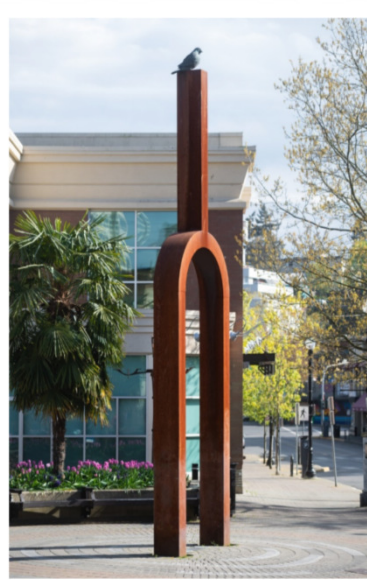
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Harewood Skate Park Design


A collaborative project with
Joel Good and Bracken Hanuse Corlett





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Social Media

 **Instagram** - since March 15
3,515 Likes
472 Comments
5,542 Video Views
2,726 followers (up 9.5%)

 **Facebook**
15,209 Followers (up 9%)

 **Isolation Recreation Webpage**
47,934 Page Views
600 Unique Views

Newsletters
> 1,100 Subscribers

Free Online Classes

MONDAY MAY 18

NO PROGRAMS
Victoria Day Stat

TUESDAY MAY 19

Coffee & Conversation Club
Specialized Recreation
9:30 AM
ZOOM - Contact: shelley@cityofnanaimo.ca

Circle Time with Suzanne
11:00 AM
ZOOM - Link: Family Place on FB

Yoga with Cindy
12:30 PM
Live: Recreation and Culture FB

Strength & Core with Jen
5:00 PM
Live: Recreation and Culture FB

WEDNESDAY MAY 20

Pump It Up with Renna Lee
9:00 AM
City of Campbell River YouTube

Singing for Fun with John Hollywood
Specialized Recreation
10:00 AM
ZOOM - Contact: shelley@cityofnanaimo.ca

Family Place Fun with Suzanne
11:00 AM
Live: Recreation and Culture FB

Health Break with Renna Lee
12:00 PM
Live: Recreation and Culture FB

WEDNESDAY MAY 20 - continued

Patia Herb Planter with Linda
1:00 PM
City of Campbell River YouTube

Simple Science with Laura
Kids Ages 5 & Up
3:00 PM
ZOOM - Contact: laura.orkell@campbellriver.ca

Preschool Play Science & Math
3:00 PM
Video: Family Place FB

Family Place Coffee Time with Chelsea and Suzanne
7:30 PM
ZOOM - Link: Family Place FB

THURSDAY MAY 21

Beginner & Beyond Line Dance with Debbie & Lynda
10:00 AM
Live: Recreation and Culture FB

Groove Dance with Ronna Lee
Specialized Recreation
10:30 AM
ZOOM - Contact: shelley@cityofnanaimo.ca

Baby Time with Joyce
11:00 PM
Live: Family Place FB

Family Place Coffee Time with Chelsea and Suzanne
12:00 PM
ZOOM - Link: Family Place FB

Yoga with Cindy
12:30 PM
Live: Recreation and Culture FB

Boat Camp with Mary
5:00 PM
Live: Recreation and Culture FB

Summerside Express Campers Reunion
Specialized Recreation
6:30 PM
ZOOM - Contact: shelley@cityofnanaimo.ca

FRIDAY MAY 22

Step & Strength (SSS) with Jen
9:00 AM
City of Campbell River YouTube

Yoga Kids with Laura
Kids Ages 5 & Up
10:00 AM
ZOOM - Contact: laura.orkell@campbellriver.ca

Circle Time with Joyce
11:00 PM
ZOOM - Link: Family Place FB

Movement & More
Specialized Recreation
11:30 AM
ZOOM - Contact: shelley@cityofnanaimo.ca

Health Break with Jen
12:00 PM
Live: Recreation and Culture FB

SATURDAY MAY 23

Game Day with Reigan
Games, Challenges or Experiments
10:00 AM
Live: Recreation and Culture FB

SUNDAY MAY 24

Kid FunTime with Uschi
10:00 AM
Live: Recreation and Culture FB

Stay Active and Connected
with Recreation and Culture

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QUESTIONS? | COMMENTS?

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