

# WELLNESS CHALLENGE CALENDAR

## June/July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
8. Workout inside or outdoors for 30 minutes.	9. Lip Sync Contest! Lip sync to your favourite song, wear costumes and have fun!	10. Fun Day! Show the kids and play those games you played when you were young like hopscotch, ball tag, etc.	11. Yard Clean Up Day! Head outside and clean up your yard. Maybe lend a hand to those neighbours that can't get outside.	12. Make a camp-fire! Sit around and tell stories and share jokes. Watch for fire bans by checking besc.ca
15. Workout inside or outdoors for 30 minutes.	16. Scavenger Hunt! Look at the list and see how many items you can find	17. Healthy Cooking Day! Get the household involved in preparing a meal. Try a new recipe.	18. Backyard Obstacle course! Create an outdoor obstacle course with whatever you can find.	19. Spa Day! Soak your feet, trim your nails, do a face mask and/or make a sugar scrub.
22. Workout inside or outdoors for 30 minutes.	23. Jam Session! Sing, play instruments, make instruments. Possibilities are endless!	24. Mindfulness Day! Mindfulness means enjoying the present moment. Remind yourself today of the many things you are grateful for.	25. Craft Day! Time to get crafty so gather some supplies and see what you can create.	26. Friday Music Party! See Booklet for activities.
29. Workout inside or outdoors for 30 minutes.	30. Sport's Day fun! Time to play sport's game's and get active. Catch, hockey, frisbee, etc.	July 1. Outdoor photo contest! Take photos of family, nature or whatever catches your eye.	2. Tradition! Show us a family tradition you have. Movie night, games night, singing, baking, gardening.	3. Games Night! Pullout the boardgames, cards or do a puzzle.

# 2020

## SPORTS DAY - SAFETY STYLE

Welcome to this years Sports Day!

On June 18 you will receive a Sports Day Safety Style Activity Box. In this box you will find activities you and your family can participate in. Some of these activities are online, but don't worry we have something in there for everyone of all ages. If you will not be home for the weekend of June 19-21, and/or wish to not participate please contact Angel. Any unwanted boxes will be up for grabs to any households that may have multiple family members and would be in need of additional supplies. If you are someone who has a large household and feel you would need extra supplies please contact Angel.

To take full advantage of the weekend we encourage you to join the Facebook pages Ryley Today and Ryley Communicates. The weekend's activities and information can also be found on the Ryley website at Ryley.ca.

Angel 780-663-3653 or angel@ryley.ca

This booklet will be your passport into a weekend of fun!

Facebook Page - Ryley Communicates  
Website - www.ryley.ca

What's in the Box?

You will find everything you need to participate in this year's events. All activities listed in this booklet will tell you what you can expect to see in your box. There are additional activities such as rope braiding, colouring sheets, and some fun games.

Rural Resident???

Are you a rural resident of Ryley and would like to participate? We have a special box just for you! Rural residents can pick up a Sports Day box at the Ryley Post Office during open hours between June 18 and 20. Limited number. First-come, first served.

**IMPORTANT!!!**

Please remember to practice social distancing while participating in any of these activities. We want you all to have fun with this while keeping safe! Check the Ryley website and the Facebook page Ryley Communicates for Social Distancing Updates.

THIS YEAR'S THEME:  
**ROARING 20's**

## Summer is HERE! COMPLETE BY JUNE 20 AT 8 A.M.

Summer is here and flowers are in bloom! We have sidewalk chalk and a flower special just for you! We want to see one of our giant flowers on your front lawn and sidewalks chalked up to show our appreciation to all of our healthcare workers, first responders, grocery store workers, gas stations and all those that provide our essential services through this pandemic and keeping us all safe. Maybe you would like to give them a message of thanks or just show them some color from the heart.

### How to Participate:

1. Paint flower and place in front yard to show appreciation.
2. Decorate your sidewalk. If you do not have a sidewalk please feel free to use the sidewalks on main street business core.
3. Flowers must be placed in front yard and chalk art completed by 8 a.m. on June 20 for a chance to be a part of the Appreciation Video. Video will be posted on the Ryley Communicates Facebook page and website in following weeks.
4. Feel free to share your art work on Ryley Communicates Facebook page using #RyleyArt

## # HashTags #

Please remember to use the #tags when posting your photos and/or videos. HashTags are a way to create a page and showcase our community! HashTags can be found in this booklet with the activities.

## Recycled Art Contest COMPLETE BY JUNE 20 AT 5 P.M.

Get your creative juices flowing! We're looking for that masterpiece that best represents Ryley and all you have to do is make it with whatever you have lying around the house. We encourage you to use that junk you might have sitting outside or in that drawer that won't close anymore. Photo of art piece will be judged and winner will be notified. Please note all photos will be posted on the Ryley website at ryley.ca and the Ryley Communicates Facebook Page.

### How to Participate:

1. Snap photo of art piece and post it on our Facebook page Ryley Communicates.
2. If you do not have Internet access we will come take a photo for you. Please call us at 780-663-3653 to schedule photo time.

**Photos must be submitted between 8 a.m. and 5 p.m. on Saturday, June 20. Winner will be notified by Tuesday, June 23.**  
#RyleyRecycles

## Are you bored??? So are we!

Let's have a pet show! Post a funny, cute or weird picture of your pet. Dress them up or show how silly they can be. May they be your cat, cow or pet rock, let's show them all off and have some fun!

Post pet photo on Ryley Communicates Facebook page.

#RyleyPetShow

## JUST A LITTLE EXTRA

Here is some extra activities the Sports Day committee thought we would provide that you can do at your own pace and have some fun with. We would love to show the community how you and/or your family had fun with these activities. You can share your photos on Ryley Communicates Facebook page and we will also post them on our website's Sports Day Event Page.

### WELLNESS CHALLENGE DETAILS

1. Submit a photo of each completed challenge to Ryley Communicates Facebook Page
2. Everyone is welcome to join! Important! Please remember for any outdoor activity to maintain a 6ft physical distance and only do these activities with people in your household.

### WORKOUT IDEAS

#### OPTION #1

- 20 Jumping Jacks
- 10 Squats
- 30 second Plank
- 10 Sit-ups
- 1 minute rest, repeat 3x

#### OPTION #2

- 20 Lunges
- 10 Push-ups
- 12 Donkey Kicks
- 10 Superman's
- 1 minute rest, repeat 3x

Switch up these workout ideas or you can search Youtube and Pinterest for workouts to try.

#RyleyWellness

### OUTDOOR ADVENTURE HUNT

- ☐ Something colorful
- ☐ A pinecone
- ☐ Something smooth
- ☐ Something rough
- ☐ Two kinds of leaves
- ☐ Two kinds of sticks
- ☐ Something bumpy
- ☐ A flat rock
- ☐ Something fuzzy
- ☐ Something shiny
- ☐ A chewed leaf
- ☐ A flower petal
- ☐ A piece of litter
- ☐ Something you think is a treasure



Saturday, June 20, 2020  
**SPORTS DAY - SAFETY STYLE**

**Whats 4 Breakfast**  
COMPLETE BY JUNE 20 BY 11 A.M.

Every year on Sports Day, Ryley Council provides and cooks breakfast at no charge to kick off our festival with full bellies. This year is going to be different because of this nasty virus and social distancing practices. We thought it would be fun to see what is for breakfast in your house. Maybe you have an awesome recipe or idea for breakfast you would like to share with your community. We encourage you to post photos and recipes on our Ryley Communicates Facebook page. All photos and recipes will be consolidated into a our first online Ryley Breakfast Cook Book. Cook Book will be created on our website to share for years to come!

**How to Participate:**

1. Post photos on Ryley Communicates Facebook page between 7 a.m. and 11 a.m. on Saturday, June 20.

#Whats4BreakfastRyley

**Fireworks**

Fireworks will start at **11 p.m. on June 20th** in the **Ryley Sports Grounds**. We encourage you to get out and watch them all while keeping a 2 meter distance from other spectators. Please watch Ryley's website and Facebook page, Ryley Communicates for social distancing updates.

**Sports Day Parade**  
COMPLETE BY JUNE 12

Do you want to be in the Sports Day Parade and still watch it from home? Join us in our first ever online parade! Get creative with your float or message you want to share in the Sports Day Parade. Businesses can use this opportunity to advertise. All videos will be combined into one video. Parade Theme this year is "Roaring 20's". Please contact Angel, 780-663-3653, if you would like to participate but do not have Internet access.

**How to Participate:**

1. Take a short 30 second video or photo of your float and/or message.
2. Send video and photos to angel@ryley.ca by June 12.

*Video will be released at 11 a.m. on Saturday, June 20 at ryley.ca and on the Ryley Communicates Facebook page.*

**Community Together  
Scavenger Hunt**

COMPLETE BY JUNE 21 AT 11P.M.

Tired of being bored and stuck in the house? Here's an activity to help you get out and explore your community!

**How to Participate:**

1. Scavenger Hunt List will be available at the Ryley Foods between at 9 a.m. on Friday, June 19 and 6 p.m. Saturday, June 20.
2. Find and record all objects on the list.
3. Drop list off at the Ryley Municipal Office front door slot at 5005-50 st.
4. All entries will be placed in a draw for prizes.
5. Winners will be notified and posted on the Ryley website and Ryley Communicates Facebook page on Tuesday, June 23.

#CommunityTogether

FRIDAY; JUNE 19; 2020  
**MUSIC DANCE PARTY**

**The Charleston**  
COMPLETE BY JUNE 20

What is the Charleston? The Charleston is a dance that was most popular throughout the 1920's amongst "scandalous" men and women who shed the stuffy etiquette of their parents' generation and wanted to flap their arms, kick up their heels, and let loose. We want to see your best Charleston! You can make your own video however you like. We even encourage you to use TikTok! Share your video and let's have some fun!

Want to share a different video? Go for it! This is all about having fun so you can create any video you want and share with your community.

To use TikTok go to:  
**www.tiktok.com**

**How to Participate:**

1. Take music/dance video
2. Post and share video on Ryley Communicates Facebook page
3. Don't forget to #tag your video

#RyleysBestCharleston  
#RyleyVideoParty

**Zoom Party!**

**6 p.m. Zoom Party Kid Friendly**

I know all you kids have some good jokes to share! Let's get connected and have some fun!

**9 p.m. Zoom Party**

Great time to meet your community, neighbours and see those friends you haven't seen in a while.

**Go to ryley.ca Zoom Party  
and click on link.**

**Paint A Fire Hydrant**  
LIMITED!  
MUST REGISTER BY JUNE 12.

We want you to paint a Fire Hydrant as part of our Ryley Beautification Plan.

We will assign you a hydrant and supply the paint and supplies. There is a limited number of hydrants so please register by June 12. Hydrants will be assigned by a first-come, first-served basis. Register by calling 780-663-3653 or email angel@ryley.ca

**Rules:**

1. No profanity of any type.
2. You must only use the paint we provide.
3. Hydrants can be painted between Thursday, June 18 and Saturday, June 20.

**Tile Painting**  
COMPLETE BY JULY 1

We want to beautify our concession building and need your help! In your Sports Day Box you will find a tile that needs your artistic touch. All painted tiles will be displayed on the Ryley Sports Grounds Concession Building for years to come.

**How to Participate:**

1. Paint tile with wood paint provided. Please only use the paint we provide.
2. Finished tiles can be dropped off at the Ryley Municipal Office front door slot. If you can not drop off your tile, you can arrange to have it picked up by calling 780-663-3653.
3. Please have tiles dropped off by July 1, 2020.



	THU 18 JUN	FRIDAY 19 JUNE												SATURDAY 20 JUNE												SUNDAY 21 JUNE				
		MORNING	AFTERNOON	17	18	19	20	21	22	23	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
ACTIVITIES																														
Giant Flower Painting	Paint Flower. Place in front yard by 8 a.m. Saturday, June 20																													
Sidewalk Chalk Art	Colour Sidewalk. Complete by 8 a.m. Saturday, June 20																													
Recycled Art Contest	Post photo of Art Piece on Ryley Communicates by 5 p.m. Saturday, June 20																													
Charleston/Music Video	Create and Post video on Ryley Communicates																													
Zoom Party													Login and get connected!																	
Hydrant Painting	Paint Hydrants. Must Register! Limited!																													
Tile Mosaic Painting	Paint tiles and drop off at Ryley Municipal Office by July 1, 2020																													
Breakfast Photos & Recipes	Share on Ryley Communicates																													
Parade Video	Send video to angel@ryley.ca by Friday, June 12																													
Neighbourhood Scavenger Hunt		Pick up list. Drop off at Ryley Municipal Office by 11 p.m. on Sunday, June 21																												
Fireworks																												Starts		

Ryley Sausage

Box 205  
Ryley, AB  
T0B 4A0

1-800-557-9539  
780-663-3990

5002-50 St.

Monday to Friday: 9 to 5 p.m.

Kubbie Burgers are back!

Come get your Kubbie Burger to cook on the BBQ!

OPEN for Sports Day Weekend

Friday, June 19th - 9 to 5 p.m.

Saturday, June 20th - 9 to 5 p.m.



The Rink

YOUR LOCAL GREASY SPOON

Monday to Friday  
8 to 1:30 p.m.

Wednesday & Friday  
4:30 to 6:30 p.m.

780-663-3960

Daily Specials

5117-49 St. (Ryley Curling Rink)

Daily Specials and Take-Outs posted on Ryley Today Facebook page.

OPEN for Sports Day Weekend

Saturday, June 20th - 11 to 4 p.m.

Take a break from the weekends activities and stop in for lunch!



River Rock

5111-50 St.  
780-663-3300

Monday's to Thursday's 8:30-4:00 p.m.

Breakfast Special Daily 8:30-11:00

OPEN Saturday, June 20 9 to 5 p.m.

Breakfast - 9 to 1 p.m.

Snack Shack - 1 to 5 p.m.

Snack Shack Goodies:

Hotdogs, Slushes, Popcorn, Ice Cream and Mini Donuts!

June 21 Fathers Day Special

Breakfast for Dads

2 bacon, 2 sausage, 1 ham, 2 eggs, home-fries, toast And coffee \$12.95



Ryley Foods

5011-50 St.

For all your grocery needs!

Fresh banking available daily!

OPEN FOR SPORTS DAY WEEKEND

Friday - 8:30 to 8 p.m.

Saturday - 9 to 7 p.m.

Sunday - 9 to 7 p.m.

Stop by for your Scavenger Hunt List and Sports Day Weekend Special of Can of Pop and Chips for \$3

Community Together Scavenger Hunt List Available Friday, June 19 at 9 a.m. until 6 p.m. on Saturday, June 20

