

May 2021



Active Allentown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						Go for a walk in one of Allentown's beautiful parks
2	3	4	5	6	7	8
Check out our Facebook Page to learn about the Pool Safely Pledge	Read a Book or Watch our Reading with Recreation Series on YouTube	May the 4th Be with You Check out our Website for a Star Wars Themed Outdoor Activity	Have Family Taco Night	Do one of the Space/NASA Activities from our website	DIY Garden Activity	Happy Mother's Day Take Mom for a Walk in the Beautiful Allentown Rose Garden
9	10	11	12	13	14	15
Check out our Facebook Page to learn about one of our many Water Safety Topic	Visit our YouTube Page and complete 10 of one of the physical activities	Eat a healthy snack. 	Complete a Scavenger Hunt from our website in one of Allentown's Parks	Read a Book or Watch our Reading with Recreation Series on YouTube	B is for Breathe Take the time to make your own Glitter Jar at home	Check out our website for Bike Safety tips before you go ride in one of Allentown's Parks
16	17	18	19	20	21	22
Check out our Facebook Page and watch one of the W.H.A.L.E.S. Tales videos on water safety	Register your child(ren) for the Allentown Summer Playground Program.	Do as many jumping jacks as you can during a commercial break.	Did You Know about the Million Clicks for Million Hearts Program Check it out on our YouTube Channel	Did you know? Highlight pollinator garden (AMGC)	Cook with your family! 	Go for a walk in one of Allentown's beautiful parks
23	24	25	26	27	28	29
Reach Throw Don't Go. Check out our website to learn about water safety	Complete a Scavenger Hunt from our website in one of Allentown's Parks	Check out Allentown Parks & Recreation Youtube Channel and try a sport workout	Read a book or Watch an Episode of Reading with Recreation.	Check out our YouTube Page to Learn About the sport of Pickleball	DIY Bird Feeder Activity	Dress in red/white/ & blue 
30	31	Notes				
Family Fun Day- Enjoy the day with your family by exploring one of Allentown's parks	Don't Just Pack It Check out our website to learn about lifejacket safety	  @AllentownParksandRec				