






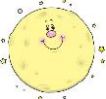




April 2021



Active Allentown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				April Fools Day Tell a joke to a friend or family member.	Make Dinner as a Family Night. Check out our how to make your own Pizza video on YouTube	Go for a 10 minute walk in one of the beautiful Allentown Parks
4	5	6	7	8	9	10
Enjoy the outdoors while completing one of the DIY activities from our Recreation @ Home Series	Choose a workout from the Parks & Recreation Youtube Channel	Do as many jumping jacks during a commercial break	Go for a walk in one of Allentown's beautiful parks.	Read a book. 	Check out Allentown Parks & Rec Youtube Channel and try a sport workout.	Complete Allentown Parks & Rec Scavenger hunt.
11	12	13	14	15	16	17
Visit the Dixon Street Dog Park or walking trails with your dog. 	Make a grilled cheese with your family today. 	Learn how to grown your own plant at home from our YouTube Channel	Do as many pushups as you can during a TV commercial break.	Healthy Mind Healthy Body Check out our YouTube D.A.R.E. Video	Watch the B is for Breathe Series on YouTube and try 2 of the calming techniques to destress	Choose a workout from the City of Allentown Parks & Recreation Youtube Channel.
18	19	20	21	22	23	24
Make a list of 10 things you are grateful for. 	Read a book. 	Try to drink water as your only beverage today. 	Check out Allentown Parks & Rec Youtube Channel and try a sport workout.	Collect a bag of litter from your block or local park.	Go for a picnic with a family or friend Did you know Parks & Recreation rents Pavilions?	Pizza & Game night 
25	26	27	28	29	30	1
Get Outdoors and enjoy our parks by playing Bird Bingo. Check out our website for your printable bingo card	Make a Healthy Afterschoo Snack Check out our video on YouTube for great snack ideas	Count the stars in the sky (Full moon) 	Watch your favorite superhero movie with family or friends.	Do a dance/workout video.	Go for a walk and see how many different trees you see.	
2	3	Notes				
  @AllentownParksandRec						