

SHIELDS INTERGENERATION PARK WRAP-UP ACTIVITY SEPT 22ND

A final work-bee is scheduled for Saturday, Sept 22nd.

We'll start at 9am and finish with a volunteer appreciation luncheon.

If you can help please let us know by email intergenerationpark@shields.ca or phone 220-9855.

We also accept drop-in assistance; but would like to prepare appropriate food amounts.

BYOS – Bring your own shovel ☺

ACTIVITY REMAINING:

1. Fitness Equipment

Install three fitness stations: One for upper body, one for core and one for lower body.



Assisted Row Push up



Ab Crunch Leg Lift



Balance Steps

2. Signage by the playground

3. Move sand to bottom of twirly slide, fire truck and old toddler structure.

4. Path and fitness station maintenance as needed.

It is great to see the playground and park being enjoyed by local families and visitors who come to our community for picnics and playtime. We appreciate that residents of Shields are great ambassadors welcoming others and keeping the area beautiful by cleaning weeds, garbage and debris from the sand.

Questions are welcome,

Ruth Glatt, Project Manager 220-9855 or intergenerationpark@shields.ca

