



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4:30 pm – Boerboom Park May 1	2	3	4
Step to it is a family-friendly activity challenge that motivates people of all ages and abilities to become more physically active May 1-28. Log your activity for a chance to win Minnesota Twins Tickets!			Kickoff walk w/City Officials Attend to pick up your free 'Step to it' T-shirt (while supplies last) 3660 steps-30 min			
5	6	4:30 pm – Boerboom Park May 7	8	9	10	11
		Boerboom Park Cleanup 4350 "steps"-30 min Help prepare the park for spring & get everything shipshape for Memorial Day. <i>Please bring work gloves if you have them.</i>				
12	13	4:30 pm – Boerboom Park May 14	15	16	17	18
		Walk with a Tot 3660 steps-30 min Walk to the Playground at the Osseo Education Center, where we'll enjoy a frozen treat!				
19	20	4:30 pm – Sipe Park May 21	22	23	24	25
		Sipe Park & Osseo Orchard Cleanup 4350 "steps"-30 min Help prepare the park for the summer sports season & the Orchard for the growing season. <i>Please bring work gloves if you have them.</i>				
26	27	4:30 pm – Boerboom Park May 28	29	30	31	
		Walk with a Cop 3660 steps-30 min Wrap up the Challenge by joining the Osseo Police Department for a walk around the area.				

Other activities:				
Monday Yoga @ Community Center - 4:30 pm 3800 steps-50 min	Mon.+Thurs. Senior Jazzercise @ Community Center – 11 am 5460 steps-50 min	Pickleball @ Sipe Park 4980 steps-30 min Call 763.425.2624 for access code & play anytime	1-mile & 2-mile Osseo walking loops (follow white or blue arrows) 4350 steps-30 min	Log steps & find more suggestions at http://step toit.org

<h2>EVENTS</h2> <p>BOERBOOM PARK – 416 CENTRAL AVE.</p> <p>SIPE PARK – 600 2ND STREET SE</p>	<p>*Join Osseo in these Step to it activities!</p> <p>Step to it is more than just "steps"! Join friends and neighbors in being active all month long. Events start at 4:30 at the specified location.</p>	<p>The Step to it challenge</p> <p>Step to it is an activity challenge that motivates people of all ages and abilities to become more physically active during the month of May.</p>	<p>What counts as activity?</p> <p>A variety of activities may be converted to steps, including running, cycling, dancing, manual wheel chair use, and many others.</p>
---	--	---	--