

For more information contact: Adam Leiterman or
 Britta Lower
 Phone: (508) 776-5019
 Email: aleiterman@truro-ma.gov or blower@Truro-
 MA.Gov
 Calendar Subject to Change

OSTP Activity Calendar



December 2024

Monthly Theme: Healthy Living
 Topic: Health and Wellbeing

RECREATION & BEACH DEPARTMENT

SUN	MON	TUE	WED	THU	FRI	SAT
	2 Everyday Health: Create Food Pyramid Posters	3 Mindfulness Tuesdays: Nature Walk @ Community Center	4 Fitness Training Stations	5 Healthy Snack: Ants on a Log	6 1/2 Day Field Trip to Ptown Monument	7
8	9 Everyday Health Activity: Testing Heart rate	10 Mindfulness Tuesdays: Ptown Theater @ Community Center	11 Fitness Training Stations	12 Healthy Snack: Smoothies	13 FUN FRIDAY @ Community Center	14
15	16 Everyday Health Activity: Create Lunch Menu	17 Mindfulness Tuesdays : Yoga @ Community Center	18 Fitness Training Stations	19 Healthy Snack: Granola and Yogurt	20 1/2 Day @ Community Center	21
22	23	24	25	26	27	28
NO OSTP HAPPY HOLIDAYS						
29	30	31				
NO OSTP HAPPY HOLIDAYS						