

Hello Community, Recreational Enthusiasts!

Antigonish County Recreation (ACR) and Make Your Move Antigonish are inviting you to enhance your community's recreation and movement opportunities. ACR has again received funding from the 2024-25 provincial program, Active Communities Fund to support this initiative. The fund focuses on community members who are less active, or who have fewer opportunities for movement / physical activity. In addition, the fund focuses on supporting community wide initiatives that encourage less-structured movement / physical activity – these opportunities must be accessible to all community members.

The program also focuses on movements that are simple and can fit into one's day easily – opportunities should welcome all lifestyles and abilities. For example, movements can include walking, cycling, wheeling, active (unstructured) play, and moving outdoors. When movement becomes a part of our life, it contributes to our health and overall wellbeing and most of all, it makes you feel good!

Antigonish County Recreation aligns this funding opportunity with the goals of our Communities in Movement: A recreation and physical activity plan for Antigonish County: To support Community Hubs as ongoing vibrant gathering places, centers of recreation and social development, as well as avenues for the development of new ideas.

We are asking communities if they have any need to enhance their community spaces to welcome more movement opportunities. ACR can provide community organizations funding in the range of \$800 - \$1000 for a limited number of initiatives.

A few past projects have included: support to enhance trails/walking areas to allow for safer places to move (snow removal, outdoor lighting, signage, mowing); enhancements to outdoor spaces (play fields/areas, green spaces, rinks); the purchasing of equipment/gear to support unstructured movement (playboxes for playground and field, walking poles, snowshoes, lawn games) for community members.

We look forward to hearing of your recreation and movement ideas and hope to support your community in these endeavors.

Sincerely,

Your Antigonish County Recreation Team

