

## NEWS RELEASE

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### Family Day activities with Parks, Recreation and Culture

*Free events for the community*

#### Summary

The City of Nanaimo Department of Parks, Recreation and Culture has planned Family Day activities to keep Nanaimo families busy during the upcoming long weekend. Supported by the Province of British Columbia, the following free family-friendly events will take place over the Family Day holiday weekend:

- STORYWALK® "My Friends and Me": February 11-15 at Oliver Woods Playground - This event is brought to the community in partnership with PacificCARE. PacificCARE will be doing random drop-ins to give away family resource back packs.
- ROCK YOUR WEEKEND: February 13-15 - Paint a rock to share with the community. Place your rocks at your favourite park or trail entrance sign. Share a picture of your rock by tagging Parks, Recreation and Culture on Instagram (@nanaimoparksandrec) and using #rockparksandrec to be entered into a draw for one of three \$50 Parks, Recreation and Culture gift cards.
- "Then & Now" Scavenger Hunt: February 15 - Find one of six hidden prize tickets throughout the City based on photo clues. Determine the present-day location by looking at old photos of the location. Photo clues for the "Then & Now" Scavenger Hunt will be posted on Instagram (@nanaimoparksandrec) and website on Saturday, February 13, and tickets will be hidden on the morning of Monday, February 15. (One prize per family. There are six tickets available; one at each location.)
- FREE SKATING SESSIONS: February 15 at Nanaimo Ice Centre - 10-11 am (Parent and Tot), 11:30 am-12:30 pm (Everyone Welcome), 1-2 pm (Everyone Welcome). These sessions must be booked up to 72 hours in advance by calling 250-756-5200 or registering online as per Provincial Health Guidelines. Only 40 skaters per session.

More information on the activities can be found at [www.nanaimo.ca](http://www.nanaimo.ca)

*Strategic Link:* Providing free and low cost recreation activities supports a livable community.

#### Key Points

- These events are free thanks to support from the Province of British Columbia.
- Registration for skating sessions is available up to 72 hours in advance by calling 250-756-5200 or online.

#### Quotes

"We are excited to bring these free Family Day weekend activities to the community that will get families participating in activities together while still following COVID-19 Provincial Health Orders. We are grateful to the Province of British Columbia for their financial support."

Grace Bell  
Recreation Coordinator  
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