

SUMMER INSPIRATION 2025

Looking to infuse your summer plans with fresh energy, creativity, and community spirit? Whether you're planning **sport, culture or recreation** events for youth, families, or the entire community, we've got you covered. Explore the curated list below for innovative ideas, engaging activities, and valuable resources designed to spark inspiration and help you create a vibrant, memorable summer experience for everyone involved.

Let this summer be your most exciting and impactful one yet!

FUNDING

SPRA Grants and Funding Guide

<https://www.spra.sk.ca/funding/grants-and-funding-guide/>

TOOLS

South East District: Programming for Success

<https://southeastdistrict.ca/userdata/files/410/Resources/Programming%20For%20Success%20Handout%20FINAL%20June%202022.pdf>

Yukon Quality Programs and Events Module: <https://rpay.link/guide/M-8.pdf> - Page 7
Planning Framework

South East District “Programming Toolkit for Community Leaders”:

<https://southeastdistrict.ca/resources/programming-for-sport-culture-recreation>

Linkage to Provincial Organizations and Contacts

Note: Many provincial organizations hire staff to do outreach in communities – check out the list to explore opportunities for clinics and programs to bring to your community!

<https://southeastdistrict.ca/userdata/files/410/Resources/Provincial%20Organizations.pdf>

Sask Outdoors

<https://saskoutdoors.org/>

IDEAS

Activating Spaces/Unstructured Programming/Leisure Time Activities

CPRA Activate Your Neighbourhood Guide: <https://activateyourneighbourhood.ca/tactics/activate/>

Geocaching:

<https://www.spra.sk.ca/Blog/geocaching-in-nature/>

<https://www.spra.sk.ca/resources-and-advocacy/gps-and-pedometer-lending-kits/>

What is geocaching video? https://youtu.be/z2p-OxntG4U?si=tW6EP_TWacCtUIxE

Equipment Kits Ideas and Examples

Lending Libraries Project Resource: <https://www.880cities.org/wp-content/uploads/2023/05/lending-library-project-.pdf>

Sample Town Equipment Loan Program Brochure: <https://www.townofpictou.ca/recreation/104-go-play-brochure-oct-2020/file>

Milestone Snowshoe Lending Program: <https://milestonesk.ca/recreation-culture/milestone-snowshoe-lending-program/>

Melfort Lending Program: <https://www.melfort.ca/p/equipment-loan-program>

Parkour

<https://www.facebook.com/groups/1910651875633954/>

https://youtu.be/oxRTashM0IA?si=F0_bETt5qKeujXHH

Parks & Recreation Month

<https://www.spra.sk.ca/news-events/top-stories/june-proclaimed-as-parks-and-recreation-month/>

<https://www.spra.sk.ca/news-events/parks-and-recreation-month/#:~:text=Designating%20June%20as%20Parks%20and,parks%20and%20outdoor%20recreation%20spaces.>

Bicycle Resources & Articles

<https://saskcycling.ca/>

<https://www.moosejawtoday.com/local-news/police-associations-bike-park-receives-face-lift-in-third-upgrade-project-9224132>

<https://fatlanders.bike/>

<https://sasktrails.ca/fat-biking-in-saskatchewan/>

<https://www.discoveraskatoon.com/blog/post/skinny-fatbiking-saskatoon>

Provincial Cycling Clubs: <https://saskcycling.ca/clubs/affiliated-clubs/>

For the Birds:

- Visit [Great Backyard Bird Count](https://www.birdscanada.org/bird-science/great-backyard-bird-count) to learn more and get started! (as taken from website: <https://www.birdscanada.org/bird-science/great-backyard-bird-count>)

- **Gardening for Birds – this could turn into a year-long project!**

<https://www.birdscanada.org/you-can-help/bird-gardens>

Baking:

- **Safety:** <https://www.saskatchewan.ca/residents/environment-public-health-and-safety/food-safety#food-safety-program>
- **Cookie Trade How-to:** <https://www.realsimple.com/holidays-entertaining/entertaining/holiday-cookie-exchange-checklist#:~:text=The%20idea%20is%20simple:%20Everyone,have%20your%20own%20delectable%20assortment.>
- **Jam Tasting:** <https://www.hometimeactivities.com/family-activities/jam-tasting-party/>
- **Recipe Exchange:** <https://mixandmatchmama.com/2024/12/tips-for-hosting-your-own-recipe-exchange-favorite-things-party/>

Knitting for a Cause:

- **Causes:** There are MANY! Some examples are animal shelters, hospital auxiliaries, disease charities, and so on—there are many national and international charities. Do it for a cause, or simply “cause” it makes you feel better.
- **Knitted Knockers of Canada:** A non-profit organisation that provides free knitted breast prosthetics to women who have had a mastectomy (<https://www.knittedknockers.org/>)
- **Twiddle muffs:** Double-layered muffs with items attached inside and out to provide stimulation for children with autism or dementia (how-to video: <https://www.youtube.com/watch?v=3gAMBXVCxmE>)
- **The Salvation Army:** Some Salvation Army groups knit hats, scarves, and mittens to give to the homeless and others in need (<https://salvationarmy.ca/blog/knitting-for-a-cause/>)
- **University of Gothenburg study:** A study found that knitting can help people with mental health issues feel calm and have a sense of structure in their lives (<https://www.sciencedaily.com/releases/2024/03/240319123109.htm#:~:text=The%20study%20explores%20what%20people,established%20qualitative%20content%20analysis%20methods.&text=The%20results%20show%20three%20clear,Some%20quotes%20from%20the%20study:>)
- **Hannah Taylor-Johnson:** Hannah knitted while her father was receiving treatment for ALS and found that oknitting helped her process grief and anxiety (<https://www.cbc.ca/newsinteractives/features/knitting-grief-loss-art-ottawa#:~:text=During%20lighter%20moments%2C%20over%20laughter,companies%2C%20figuring%20out%20his%20estate.>)

- **Southeast Example:** <https://www.sasktoday.ca/southeast/estevan-mercury/estevan-woman-donates-hundreds-of-handmade-gifts-9969901>

Putting the FUN in Community Fundraising:

- **Creative Tables for Cancer:** [Creative fundraiser for fight against cancer marking 15 years - SaskToday.ca](#)
- **Dragged Out,** for more information contact the Town of Wolseley, and speak to Community Development Coordinator, Julia Schofer or reach out to Councillor Norman MacDonald: <http://wolseley.ca/>

All the World's a Stage:

- **Estevan Toastmasters Art Gallery:** <https://www.sasktoday.ca/southeast/local-arts/toastmasters-event-at-eagm-brings-out-many-4116310>
- **Moth Podcast:** <https://themoth.org/podcast>
- **Open Mic Night Ideas:**
https://www.google.com/search?q=open+mic+night+ideas&rlz=1C1CHBD_enCA1047CA1051&oq=Open+mic+night+ideas&gs_lcrp=EgZjaHJvbWUqBwgAEAAyGAQyBwgAEAAyGAQyCAgBEAAyFhgeMggIAhAAGBYHjIICAMQABgWGB4yCAGEEAAyFhgeMggIBRAAGBYHjIICAYQABgWGB4yDQgHEAAyhgMYgAQYigUyDQgIEAAyhgMYgAQYigUyDQgJEAAYhgMYgAQYigXSAQgzMDQwajBqNKgCALACAA&sourceid=chrome&ie=UTF-8

Grow Where You are Planted:

- **Flower Pounding:** https://www.youtube.com/watch?v=3aHWLebj9_Y
- **Cyanotype:** <https://www.madebybarb.com/2023/05/27/how-to-make-cyanotype-prints-on-fabric/>
- **Natural Dyes:** <https://www.youtube.com/watch?v=wU43Ja7gKvw>
- **Communities in Bloom Funding:** <https://www.spra.sk.ca/programs-services/communities-in-bloom/>

Muskoka Chair Gallery:

- **Visit Art& Water (they have great programming:** <https://www.art-water.ca/artists>
- **Call for Artists:** <https://sidearts.com/2024/01/how-to-write-a-call-for-artists/>
- **Our South East Sport, Culture & Recreation Districts Grow Your Community Grant** would be a perfect grant for this application (Applications will be accepted again starting after April 01st, 2025): <https://southeastdistrict.ca/pages/our-funding>

South West Mural Fest:

- **Facebook:** <https://www.facebook.com/p/South-West-Mural-Fest-61558387070849/>
- **Instagram:** <https://www.instagram.com/swmurfest/>
- Follow their accounts to see “call for artists”, and discussion on murals, it makes the event come alive and is a great example of using social media to bolster and build excitement and grow tourism. It’s a great event to show how to build excitement both within and outside of a community.

Wheeling Around:

- **Bike Decorating:** <https://bobbinbikes.com/blogs/blog/our-30-favourite-creative-bike-decorations>
- **Art Bike Parade:** <https://www.youtube.com/watch?v=klje08Q7wxI>
- **Art Bike Parade News Article:** <https://www.houstoniamag.com/arts-and-culture/2024/05/art-bike-parade-houston>
- **Stroller Parade Tip:** For ideas/examples and inspiration, research “Halloween Stroller Costumes”.
- **Art Car Parade:** <https://www.youtube.com/watch?v=XBHyF-xdZZE>
- **Estevan Bike N’ Brew Crew:** <https://estevan.ca/2020/09/08/bike-n-brew/>

Incorporate a new activity at your event:

BumperBall Regina: <https://bumperballregina.ca/>; <https://youtu.be/f92yfPFI9NY>

Play Streets! Consider offering play streets in your community this summer!

PlayStreets Manual: <https://www.edmonton.ca/pdf-viewer?pdf=https://www.edmonton.ca/sites/default/files/public-files/assets/Neighbourhoods/NeighbourhoodPlayStreetsManual.pdf>

Play Streets: <https://playingout.net/>

Summer Brings Tornado & Storm Watches! Consider creating a policy for your community pool and other outdoor events and activities:

<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/tornadoes>

<https://www.saskpublicsafety.ca/at-home/saskalert>

FESTIVALS

Festival Links, Funding and Resources:

<https://www.canada.ca/en/canadian-heritage/services/funding/building-communities/festivals/application-guidelines.html>

https://sk-arts.ca/files/funding/packages/Festivals_Project_Guidelines_2020-05-20.pdf

Festival and Event Planning Manual: <https://open.alberta.ca/dataset/b47485e9-9939-4a8e-b845-2d73ccc2c151/resource/c3194e63-a918-4823-81c9-9d05458fb262/download/zz-2009-setting-the-stage-a-community-based-festival-and-event-planning-manual.pdf>

Storywalks

<https://letsmovelibraries.org/storywalk/>

<https://www.discoverweyburn.com/articles/library-s-indigenous-story-walk-now-in-river-park>

<https://www.sasktoday.ca/southeast/local-news/library-brings-a-story-walk-to-a-local-park-4172282>

<https://southeastdistrict.ca/blogs/post/cheer-story-indian-head-storywalk>

<https://southeastdistrict.ca/blogs/post/cheer-story-small-town-big-delights-why-radville-is-your-next-must-visit-destination>

Disc Golf Resources

Disc golf is a flying disc sport that is played much like traditional golf, but instead of hitting a ball into a hole, players throw a disc (similar to a frisbee) toward a target. The objective of disc golf is to complete each hole in the fewest number of throws.

Beginners Guide To Disc Golf! And Recommended Discs for NEWBIES!

<https://www.youtube.com/watch?v=XUZmbYA9cQE>

The Rules of Disc Golf - EXPLAINED!

<https://www.youtube.com/watch?v=hfHnT1HilMM>

BEST Discs for Beginners!

https://www.amazon.com/shop/fragrancebros/list/1KZ98IQSPG82H?ref=idea_share_inf

UDisc - The App for Disc Golfers

Browse reviews, photos, and current conditions. Get directions to the course. Follow interactive maps so you always know how to find the basket or next tee.

<https://udisc.com/>

Disc Golf Course Review

This website provides a comprehensive directory of disc golf courses worldwide. You can search for courses in your area and read reviews from other players.

[Disc Golf Courses in Saskatchewan, Canada - Disc Golf Course Review \(dgcoursereview.com\)](#)

How to Build a Disc Golf Course?

<https://www.discgolfpark.com/2020/11/06/how-to-build-a-disc-golf-course/>

6 Pro Tips on Building Your Town's First Disc Golf Course

<https://www.discgolfpark.com/2022/06/02/6-pro-tips-on-building-your-towns-first-disc-golf-course/>

Cheer Story: Disc Golf Taking Off In Saskatchewan!

<https://southeastdistrict.ca/blogs/post/cheer-story-disc-golf-taking-off-in-saskatchewan>

SPRA Article:

<https://www.spra.sk.ca/Blog/disc-golf-melfort-2020/>

Pickleball Equipment

<https://pickleballshop-sk.com/>

Cornhole Leagues & Activities

<https://saskcornhole.ca/league-information/>

Street Curling

https://floorcurl.com/street-curling/?srsltid=AfmBOoqblhgiKc2JpT1VNq-hHhO2mj8CAcR_jAFBviCjy9jCs05D2nnO

<https://streetcurling.com/>

Examples from Community:

COMMUNITY SERVICES

NATURE PLAY

10 years of learning and exploring nature!

Registration opens August 28th at 8:00am
Limited space available
www.swiftcurrent.ca/play

This FREE program is designed for children in Grades 1-5
Saturday mornings 10:00am-12:00noon
Drop off at Lt. Colonel Clifton Centre
Elmwood Park for outdoor fun and adventure

PROGRAM RUNS SEPT 9-30

FUNDED BY
ASUPCA **SASK LOTTERIES**

For more information contact
306-778-2787 or
swiftcurrent.ca/play

(Credit: City of Swift Current Facebook Page)



(Credit: Town of Oxbow Facebook Page)

Outdoor Picnic Games



(Credit: Tourism Radville Facebook Page)