

2020 MISSION



GET ACTIVE



**2020
MISSION**

GET ACTIVE

Being active outdoors supports health and wellness. Your mission, should you choose to accept it, is to GET ACTIVE in the parks! Visit Fairfax County Parks to connect with nature and your health.

ACCEPT THE MISSION

1. Get Your Scavenger Hunt Form

Go to the Healthy Strides website to download and print your form. Clues, locations and submission instructions are found on the form.

2. Visit the Featured Parks

Visit the featured parks throughout the year in any order. Follow the clues to find the items at each park. Check the FCPA website ahead of time for park hours. Don't forget to take pictures of your mission – we'd love to see you in action!

3. Submit Your Mission

When you have visited at least six (6) parks or found at least six (6) items, submit your completed scavenger hunt form between **March 1 – December 15, 2020**.

- ONLINE at www.fairfaxcounty.gov/parks/healthy-strides.
- SCAN & EMAIL to: FCPAHealthyStrides@fairfaxcounty.gov.
- MAIL to:
Fairfax County Park Authority
ATTN: Healthy Strides
12055 Government Center Pkwy, Ste 425
Fairfax, VA 22035

4. Earn Prizes

The more featured parks you visit and clues you solve, the more prizes you earn!



GOT PHOTOS? Snap a photo of yourself completing your scavenger hunt mission in the parks OR of you doing something healthy in the parks. Your photo may be featured on our website! Send your photos to FCPAHealthyStrides@fairfaxcounty.gov.

MISSION PRIZES

**6 parks =
RECenter
guest pass**



**8 parks =
Water
bottle**



**10 parks =
T-shirt**



**12 parks =
All three
prizes!**



One submission per person.

www.fairfaxcounty.gov/parks/healthy-strides.

Follow along with the 2020 Healthy Strides calendar and complete this scavenger hunt throughout the year. Parks can be visited in any order. Use the clue associated with the featured park to guide you to the unique attraction at that park. Prizes are awarded based on number of parks visited and items "found" on this list.

PARKS SCAVENGER HUNT

*Good luck,
have fun, and
GET ACTIVE
in the parks!*



Featured Park

Clue

- | | | |
|-----------|---|---|
| 1 | Scott's Run Nature Preserve
7400 Georgetown Pike
McLean, Virginia | Take the stairs to see where I stand tall amongst the trees. |
| 2 | Cub Run RECenter
4630 Stonecroft Boulevard
Chantilly, Virginia | You can find me swimming in the RECenter lobby. |
| 3 | Pinecrest Golf Course
6600 Little River Turnpike
Alexandria, Virginia | Species of bird seen on the Audubon International sign. |
| 4 | Burke Lake Park
7315 Ox Road
Fairfax Station, Virginia | From here, you can drop a line far into the lake. |
| 5 | Lake Fairfax Park
1400 Lake Fairfax Drive
Reston, Virginia | This place of ups and downs provides all the energy needed to make you go. |
| 6 | Lake Accotink Park
7500 Accotink Park Road
Springfield, Virginia | I forever sit on top of the weathervane at the marina. |
| 7 | Lee District Park
6601 Telegraph Road
Franconia, Virginia | These can be used to make music on Chessie's Trail. |
| 8 | South Run Park
7550 Reservation Drive
Springfield, Virginia | It's a special place at the front entrance to South Run Park where all the plants grow. |
| 9 | Clemyjontri Park
6317 Georgetown Pike
McLean, Virginia | I hop along the pages, yet I never move. |
| 10 | Green Spring Gardens
4603 Green Spring Road
Alexandria, Virginia | My plaque will tell you the year in which I was built. |
| 11 | Frying Pan Farm Park
2709 West Ox Road
Herndon, Virginia | I'm big, red, the animals live inside and my name is posted over the door. |
| 12 | Turner Farm Park & Observatory
925 Springvale Road
Great Falls, Virginia | How far does the sidewalk go? |



1

STEP 1: FIRST HIKE FAIRFAX

Step into 2020 with a healthy hike! Dress for the weather and get out to a park where you'll find trails for hikers of all experience levels and abilities. Participate in First Hike Fairfax – learn more at www.fairfaxcounty.gov/parks/first-hike.

GET ACTIVE at Scott's Run Nature Preserve

- Walk the trails through this dynamic park of rocks and river.
- Watch for birds and other unusual plants and animals that call this park home.
- Become a “weed warrior” and volunteer to help remove invasive plants from the park.

More info about Scott's Run at www.fairfaxcounty.gov/parks/scotts-run.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .	1 New Year's Day RECenter Membership Sale begins Participate in First Hike Fairfax at an FCPA Park	2 Winter session aqua classes begin	3	4 World Braille Day Winter session land/fitness classes begin
5	6	7	8	9 National Law Enforcement Appreciation Day	10	11 Astronomy Festival at Turner Farm Observatory
12	13	14	15	16	17	18
19 Healthy Weight Week	20 Martin Luther King, Jr. Day Global Youth Service Day	21 Hug Day	22	23 Spring Parktakes is out! Women's Healthy Weight Day	24	25 Lunar New Year
26	27	28	29	30	31 National Preschool Health & Fitness Day	

JANUARY



2020 MISSION *GET ACTIVE*

Park: Scott's Run Nature Preserve
Clue: Take the stairs to see where I stand tall amongst the trees.
For more scavenger hunt fun, flip to inside the front cover!



2

STEP 2: SWIMMING FUN

Splash your way to better health in the pool. Aquatic activities are low-impact and great exercise for your whole body. Stay cool while you build strength and give your heart a great workout.

GET ACTIVE at Cub Run RECenter

- Play in the leisure pool and swim in the competition pool – open all year.
- Finding your fit has never been easier with drop-in fitness classes and a state-of-the-art fitness center.
- Travel the Cub Run Stream Valley Trail – it's an easy two-mile hike.

More info about Cub Run at www.fairfaxcounty.gov/parks/recenter/cub-run.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides				1
2 Groundhog Day	3	4 FCPA spring camp registration begins Parktakes early registration World Cancer Day	5 National Girls & Women in Sports Day	6	7	8 Astronomy Festival at Turner Farm Observatory
9 Indoor Triathlon at Cub Run RECenter	10	11 National Make a Friend Day	12	13	14 St. Valentine's Day National Donor Day	15 EcoSavvy Symposium at Green Spring Gardens
16	17 Presidents Day Random Acts of Kindness Day	18	19	20 Love Your Pet Day Great American Spit Out (Smokeless Tobacco)	21	22 World Thinking Day Recreational Sports & Fitness Day
23	24	25	26	27	28	29 Spring aqua classes begin at RECenters

FEBRUARY



2020 MISSION

GET ACTIVE

Park: Cub Run RECenter
 Clue: You can find me swimming in the RECenter lobby.
 For more scavenger hunt fun, flip to inside the front cover!



3

STEP 3: GO GOLF

Tee up for your body and mind! Playing golf is excellent exercise and good for brain health as well. Walking, breathing fresh air and socializing with friends make golf a fun and healthy activity. Go play!

GET ACTIVE at Pinecrest Golf Course

- Play the course without a cart and walk - nine holes and 2,462 yards of rolling terrain.
- Try FootGolf! This sport is played on a golf course using a soccer ball. If you can kick a ball, you can play. Pinecrest Golf Course is the only FootGolf facility in Fairfax County!
- Swing into action with the state-of-the-art Trackman 4 Golf Simulator at Pinecrest's Valis Family Golf Learning Center.

More info about Pinecrest Golf Course at www.fairfaxcounty.gov/parks/golf/pinecrest.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Sleep Awareness Week Share a Smile Day National Nutrition Month	2 National School Breakfast Week Read Across America Day	3	4 National Snack Day	5 World Book Day	6	7 Camp Fair at Audrey Moore RECenter Astronomy Festival at Turner Farm Observatory
8 Daylight Saving Time begins	9	10 National Nutrition Month	11 Registered Dietitian Nutritionist Day	12	13	14 Pi Day
15 Bluegrass Concert at Frying Pan Park National Poison Prevention Week	16	17 St. Patrick's Day	18 Kick Butts Day (Tobacco-Free Kids)	19 Certified Nurses Day Absolutely Incredible Kid Day	20 Spring Equinox	21 Ice Breaker Tournament at Greendale Golf Course Spring land classes begin at RECenters
22 World Water Day	23 National Eating Disorders Awareness Week	24 American Diabetes Alert Day World TB Day	25	26 National Spinach Day	27	28 Spring fitness classes begin at RECenters
29	30 National Doctor's Day Take a Walk in the Park Day National Youth Violence Prevention Week	31	FEBRUARY SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	APRIL SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides. 	

MARCH



2020 MISSION GET ACTIVE

Park: Pinecrest Golf Course
Clue: Species of bird seen on the Audubon International sign.
For more scavenger hunt fun, flip to inside the front cover!



4

STEP 4: WALK & RUN

Walking and running are some of the simplest ways to get your daily dose of physical activity. Fitting in a 30-minute walk or run per day can lower your risk for chronic disease and keep you feeling good for many steps to come.

GET ACTIVE at Burke Lake Park

- Walk or run the Burke Lake loop, 4.7 miles around the lake shoreline.
- Play the disc golf course – 18 holes of walking.
- Rent a boat (or bring your own) and paddle around the lake.

More info about Burke Lake at www.fairfaxcounty.gov/parks/burke-lake.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .	1 April Fools' Day National Day of Hope National Walking Day	2  One month to go until the Healthy Strides 5k/10k! Register now! World Autism Awareness Day	3 Flashlight Easter Egg Hunt at Cub Run RECenter	4 Easter Egg Hunt at Sully Dinosaur Egg Hunt at Hidden Oaks Volunteer Recognition Day
5 Dinosaur Egg Hunt at Hidden Oaks Egg Hunt and Bluegrass Concert at Frying Pan Farm Park Egg Hunt at Lake Fairfax	6 Spring break camps begin at RECenters FCPS Spring Break begins National Public Health Week	7 World Health Day	8	9 Passover National Alcohol Screening Day	10 Dinosaur Egg Hunt at Hidden Oaks	11 Dinosaur Egg Hunt at Hidden Oaks Garden Gate Plant Shop at Green Spring Gardens opens World Parkinson's Day
12 Easter	13 Dinosaur Egg Hunt at Hidden Oaks	14 Flag Day International Moment of Laughter Day	15 Tax Day	16 Summer Parktakes is out! National Stress Awareness Day	17 Global Youth Service Day World Hemophilia Day	18 Spring Watershed Clean-Up at Cub Run Park National Park Week
19	20	21	22 Earth Day – 50th Anniversary National Bookmobile Day	23 Take Your Child to Work Day	24 Ramadan begins National Arbor Day	25 Earth Day/Arbor Day Event at Sully Historic Site Culmore Multicultural Day at Woodrow Wilson Library National Park Rx Day
26 WBOA Triathlon at Cub Run RECenter National Infant Immunization Week	27 Rec-PAC registration begins	28 Early registration for summer classes World Day for Safety and Health at Work	29  Last day to register for the Healthy Strides 5k/10k! International Dance Day	30	 Congrats to the 2019 Healthy Strides 5k/10k Team Competition Winners!	

APRIL



2020 MISSION *GET ACTIVE*

Park: Burke Lake Park
Clue: From here, you can drop a line far into the lake.
For more scavenger hunt fun, flip to inside the front cover!



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STEP 5: BIKE RIDE

Whether you're biking for fun or a bike commuter, cycling is a great way to get active outside. Riding a bike instead of driving a car is also a better choice for the environment. Enjoy the ride!

GET ACTIVE at Lake Fairfax Park

- Live adventurously and try the pump track – no pedaling required!
- Take a hike or bike on the trails throughout the park.
- Splash and play at Lake Fairfax's water park, the Water Mine – opens on Memorial Day weekend.

More info about Lake Fairfax at www.fairfaxcounty.gov/parks/lake-fairfax.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides		1 Healthy Strides 5k/10k packet pickup at Burke Lake Park Ice Cream Parlor, 2 – 7 p.m.	 2 Healthy Strides 5k/10k at Burke Lake Park Spring Farm Day at Frying Pan Farm Park	
3 Choose Privacy Week	4 Senior Tournament at Greendale Golf Course Melanoma Monday	5 Cinco de Mayo World Asthma Day Teacher Appreciation Day	6 National School Nurse Day National Nurses Day	7 World Red Cross/Red Crescent Day National Public Gardens Week	8 Spring Fling at Lake Accotink Park	
10 Mother's Day World Lupus Day National Women's Health Week	11 National Bike to Work Week	12	13	14 National Bike to Work Day International Day of Families International Water Safety Day	15 Spring Garden Day at Green Spring Gardens Family Fitness Month begins at South Run RECenter Armed Forces Day National River Cleanup Day	
17	18	19	20 World Bee Day	21	22 The Water Mine at Lake Fairfax opens! Discovery Trail Map begins	
24 Eid al-Fitr 31 World No Tobacco Day	25 Memorial Day Honoring America's Veterans with free RECenter admission	26	27 National Senior Health and Fitness Day	28 Herndon Festival begins	29 World MS Day	

MAY



2020 MISSION **GET ACTIVE**

Park: Lake Fairfax Park
Clue: This place of ups and downs provides all the energy needed to make you go.
For more scavenger hunt fun, flip to inside the front cover!



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STEP 6: HIT THE TRAILS

Hike or bike – a trail is your pathway to great adventure and exercise. Walking in nature reduces inflammation and boosts your immune system, so hit the trails!

GET ACTIVE at Lake Accotink Park

- Lake Accotink Park has miles of multi-use trails, and our Trail Buddy app can help you find your way.
- Spin on the antique carousel and play at the playground.
- Score on many sports courts – volleyball, basketball and mini-golf, too.

More info about Lake Accotink at www.fairfaxcounty.gov/parks/lake-accotink.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MAY</p> <p>SU MO TU WE TH FR SA</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>	<p>1</p> <p>Free Entertainment Series begins at parks. www.fairfaxcounty.gov/parks/performances</p>	<p>2</p> <p>Women & Golf Reception at Twin Lakes Golf Course</p>	<p>3</p> <p>World Bicycle Day</p>	<p>4</p> <p>National Cheese Day</p>	<p>5</p> <p>Celebrate Fairfax begins World Environment Day Bike Travel Weekend HIV Long-Term Survivors Day National Gun Violence Awareness Day (Wear Orange Day)</p>	<p>6</p> <p>Scavenger Hunt Saturday at South Run RECenter National Trails Day National Family Recreation Day National Gardening Exercise Day National Fishing Week</p>
<p>7</p> <p>National Cancer Survivors Day</p>	<p>8</p> <p>Best Friends Day</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>FCPS Last Day of School</p>	<p>13</p> <p>FCPA summer land classes begin at RECenters Mini-triathlon and Family Fun Water Day at South Run RECenter Family Fitness Day National Get Outdoors (GO) Day</p>
<p>14</p> <p>Flag Day National Children's Day World Blood Donor Day Family History Day</p>	<p>15</p> <p>FCPA summer camps and aquatics classes begin at RECenters Worldwide Day of Giving National Men's Health Week</p>	<p>16</p> <p>Fresh Veggies Day</p>	<p>17</p>	<p>18</p> <p>International Picnic Day Recess at Work Day</p>	<p>19</p> <p>World Sickle Cell Day</p>	<p>20</p> <p>Summer Solstice</p>
<p>21</p> <p>Father's Day Antique Car Show at Sully Historic Site International Day of Yoga</p>	<p>22</p>	<p>23</p> <p>Summer Concert at Green Spring Gardens</p>	<p>24</p> <p>Helen Keller Deaf-Blind Awareness Week</p>	<p>25</p>	<p>26</p> <p>National Food Truck Day National Forgiveness Day</p>	<p>27</p> <p>FCPA summer fitness classes begin at RECenters Great American Picnic Day National HIV Testing Day National PTSD Awareness Day</p>
<p>28</p> <p>America's Kids Day</p>	<p>29</p> <p>Rec-PAC begins</p>	<p>30</p>	<p>Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides.</p>			<p>JULY</p> <p>SU MO TU WE TH FR SA</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>

JUNE



2020 MISSION *GET ACTIVE*

Park: Lake Accotink Park
Clue: I forever sit on top of the weathervane at the marina.
For more scavenger hunt fun, flip to inside the front cover!



7

STEP 7: AQUA ACTIVE

Beat the summer heat in the water! Check out Our Special Harbor at Lee District Park, a fully accessible sprayground complete with heat-busting sprinklers, bubblers and water tables.

GET ACTIVE at Lee District Park

- Explore the Lee District Family Recreation Area – home to Our Special Harbor sprayground and Chessie’s Big Backyard with a treehouse and trail.
- The playground at Chessie’s Big Backyard is equipped with a carousel, slides, swings and other specially designed equipment with access for all.
- Lee District RECenter offers many ways to get active – from fitness classes to a kids soft play room.

More info about Lee District Park at www.fairfaxcounty.gov/parks/recenter/lee-district.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .	1 National Park and Recreation Month	2 Special Recreation for the Disabled Day	3	4 Independence Day Go see the fireworks at Lake Fairfax! Hop-A-Park Day
5	6	7 Global Forgiveness Day	8 Be a Kid Again Day	9	10	11 National Swimming Pool Day
12	13	14	15	16 Fall Parktakes is out – get your copy!	17 World Day for International Justice	18 Eid-al-Adha
19	20	21	22	23	24 International Self-Care Day	25 National Drowning Prevention Day National Hire a Veteran Day
26	27	28 World Nature Conservation Day National Waterpark Day World Hepatitis Day	29	30 International Day of Friendship	31	

JULY



2020 MISSION **GET ACTIVE**

Park: Lee District Park
Clue: These can be used to make music on Chessie's Trail.
For more scavenger hunt fun, flip to inside the front cover!



8

STEP 8: RISE AND CLIMB

Climb out of bed and into the sunshine each day. A healthy dose of sun produces Vitamin D, which has been shown to promote strong bones, reduce depression and improve the immune system.

GET ACTIVE at South Run Park

- Swing through the treetops and into adventure with Go Ape – the Park Authority’s first woodland obstacle and zip line course with more than 99 suspended obstacles 20 to 40 feet up in the forest canopy. There are nine zip lines and a specially designed course for kids.*
- Run or walk the trail from the RECenter connecting to Lake Mercer and Burke Lake Park.
- Have fun on the fully-accessible playground and many multi-sport fields.

More info about South Run Park at www.fairfaxcounty.gov/parks/recenter/south-run.

*Book your adventure online at www.goape.com.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SEPTEMBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides				1 World Breastfeeding Week National Disc Golf Day World Cancer Day
2 National Farmers Market Week begins	3	4 Early Registration for fall classes begins – don't wait, save \$8! National Night Out	5	6 Rec-PAC ends	7 Purple Heart Day	8 Celebrate Your Lakes Day
9	10	11 Club Championship Senior Men & Women at Greendale Golf Course	12 International Youth Day	13	14	15 Club Championship Men's Division at Greendale Golf Course International Geocaching Day
16	17 National Nonprofit Day	18	19 World Humanitarian Day	20	21	22
23	24	25	26	27	28	29
..... 30 31	FCPS First Day of School	FCPA's 50th Anniversary of Green Spring Gardens National Dog Day			Speak Kind Words Saturday

AUGUST



2020 MISSION *GET ACTIVE*

Park: South Run Park
 Clue: It's a special place at the front entrance to South Run Park where all the plants grow.
 For more scavenger hunt fun, flip to inside the front cover!



9


STEP 9: PLAY FOR ALL

Get your body in motion and go play! Movement and play foster creativity, innovation, resiliency and adaptability. People of all abilities can move, laugh and learn at Clemyjontri Park, a unique playground where all can play side-by-side.

GET ACTIVE at Clemyjontri Park

- Test strength and stamina by climbing the playground equipment, which accommodates all physical levels.
- Move and groove in the car of your choice at Clemy's transportation station.
- Become immersed in color – Clemy's outdoor Rainbow Room has a rainbow archway, rainbow-colored surface and a variety of swings.

More info about Clemyjontri Park at www.fairfaxcounty.gov/parks/clemyjontri.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST <small>SU MO TU WE TH FR SA</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER <small>SU MO TU WE TH FR SA</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 Fairfax County Park Foundation Month	2 FCPA fall aquatics classes begin at RECenters	3 	4 	5 FCPA fall land classes begin at RECenters
6 National Read A Book Day National Suicide Prevention Week	7 Labor Day Discovery Trail ends	8 	9 	10 World Suicide Prevention Day	11 Patriot Day Stand Up to Cancer Day	12 FCPA fall fitness classes begin at RECenters World First Aid Day National Day of Encouragement
13 National Grandparents Day	14 National Virginia Day	15 World Lymphoma Awareness National Caregivers Day	16 	17 	18 International Read an eBook Day	19 Rosh Hashanah
20 	21 Miniature Golf Day World Alzheimer's Day	22 Autumnal Equinox	23 	24 	25 	26 Family Health & Fitness Day USA Bike Your Park Day National Public Lands Day
27 	28 Yom Kippur	29 World Heart Day	30 National Women's Health and Fitness Day	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .		

SEPTEMBER



2020 MISSION GET ACTIVE

Park: Clemyjontri Park
Clue: I hop along the pages, yet I never move.
For more scavenger hunt fun, flip to inside the front cover!



10

STEP 10: ECO-WELLNESS

Restore your body and mind with nature. Find parks and natural settings that stimulate your sense of focus and connectedness to the outdoors. Take a walk or stop to meditate among the trees and flowers – exposure to nature positively impacts overall wellness.

GET ACTIVE at Green Spring Gardens

- Take a walk through the gardens, around the ponds and along the stream valley trail.
- Relax in nature – bring a book or think and reflect at one of the many park benches or in one of Green Spring’s beautiful gazebos.
- Grow in wellness by understanding nature and plants. Enjoy a garden talk with a master gardener or take a yoga class to increase strength needed for gardening.

More info about Green Spring Gardens at www.fairfaxcounty.gov/parks/green-spring.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .		1 National Book It! Day	2	3 KidsFest begins at Fairfax County Government Center
4 National Golf Lover's Day	5 Child Health Day National Storytelling Day World Habitat Day National Customer Service Week	6	7 International Walk to School Day	8	9 Fire Prevention Day	10 World Mental Health Day
11	12 Columbus Day World Arthritis Day	13 National Metastatic Breast Cancer Awareness Day	14	15	16 World Food Day Bosses Day	17
18	19	20 World Osteoporosis Day	21 Love Your Body Day	22 Clean Up the Earth Day	23	24
25 National Forgiveness Day	26	27	28 Lung Health Day	29 World Stroke Day	30	31 Halloween

OCTOBER



2020 MISSION *GET ACTIVE*

Park: Green Spring Gardens
 Clue: My plaque will tell you the year I was built.
 For more scavenger hunt fun, flip to inside the front cover!



11

STEP 11: FUNCTIONALLY FIT

Get back to basics with fitness, and focus on body movements and function. Think about the tasks you do in daily life that require strength and endurance, and center your workouts on those tasks. You may not be baling hay or hammering, but you can be functionally fit, too!

GET ACTIVE at Frying Pan Farm Park

- Walk around the farm – from farm animals to scenic pastures to historical artifacts, there's something for everyone to explore at Frying Pan Farm Park.
- Sign up for a fitness class on the farm – try yoga or Tai Chi.
- Enjoy good music in a calm farm setting by attending the Bluegrass Barn Series concerts held October through April.*

More info about Frying Pan Farm Park at www.fairfaxcounty.gov/parks/frying-pan-park.

*Tickets can be purchased in advance of shows online at the Frying Pan Farm Park website.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Daylight Saving Time ends	2	3 Election day – VOTE!	4 National Healthy Eating Day National Stress Awareness Day	5	6	7 Aqua FLEX water exercise event at select RECenters, 2 - 4 p.m.	
8	9	10	11 Veterans Day Honoring America's Veterans with free RECenter admission	12	13 World Kindness Day	14 World Diabetes Day	
15 America Recycles Day	16	17 National Take a Hike Day	18	19 Turkey Cup at Greendale Golf Course Great American Smokeout	20 Universal Children's Day	21 Family Volunteer Day	
22	23	24	25	26 Thanksgiving Day Turkey Burn Event at South Run RECenter	27 Turkey Burn Event at South Run RECenter Random Acts of Kindness Friday	28	
29	30	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .				OCTOBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

NOVEMBER



2020 MISSION *GET ACTIVE*

Park: Frying Pan Farm Park
Clue: I'm big, red, the animals live inside and my name is posted over the door.
For more scavenger hunt fun, flip to inside the front cover!



12

STEP 12: DREAM BIG

Sleep is vitally important for overall health and well-being. It helps your body repair itself and also helps you function normally during the day. Most adults need at least seven hours of sleep each night.

GET ACTIVE at Turner Farm Park & Observatory

- Open your mind to the vastness of space by looking through the telescopes.*
- Sign up for an astronomy class to explore our solar system, the moon and faraway stars.**
- Run around on the grounds of this former dairy farm and enjoy a small playground and picnic shelter. Equestrian facilities are also available.

More info about Turner Farm at www.fairfaxcounty.gov/parks/turner-farm.

*Check the Analemma Society's website for open telescope viewing times at www.analemma.org.

**Astronomy programs are available via Parktakes online. Advanced registration is required.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY SU MO TU WE TH FR SA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 World AIDS Day National Influenza Vaccination Week Giving Tuesday	2	3	4	5 43rd Annual Arts & Crafts Show at Audrey Moore RECenter International Volunteer Day
6 70th Anniversary of the Park Authority 43rd Annual Arts & Crafts Show at Audrey Moore RECenter	7	8	9	10 Human Rights Day	11 Hanukkah begins	12
13	14	15	16	17	18	19
20 Winter Solstice	21	22	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa begins
27 FCPA winter break camps begin	28	29	30	31 New Year's Eve Universal Hour of Peace Day	Play games, earn rewards and attend our free events. Visit Healthy Strides online: www.fairfaxcounty.gov/parks/healthy-strides .	

DECEMBER



2020 MISSION *GET ACTIVE*

Park: Turner Farm Park & Observatory
Clue: How far does the sidewalk go?

For more scavenger hunt fun, flip to inside the front cover!

WILL YOU ACCEPT THE MISSION?



2020 MISSION *GET ACTIVE*

The 2020 Mission 'Get Active' is a fun, interactive scavenger hunt in your favorite FCPA Parks. See the inside cover of this calendar or visit the website for more information on how you can accept the mission and EARN PRIZES, too!

Visit the Healthy Strides website for wellness information and a complete events calendar, including the Wellness Book Club and the Healthy Strides 5k/10k. Plus, download this calendar!

www.fairfaxcounty.gov/parks/healthy-strides



Fairfax County Park Authority
RECenters

View Parktakes online and register for classes at www.fairfaxcounty.gov/parktakes, or call (703) 222-4664.

For more information on parks and RECenters, visit www.fairfaxcounty.gov/parks/parktakes

THANK YOU to our Sponsors!



For accommodations, contact Inclusion and ADA Support at (703) 324-8563. TTY Va. Relay 711 www.fairfaxcounty.gov/parks/accessible.



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