



BIG IDEAS



IMPORTANT DATES IN JULY

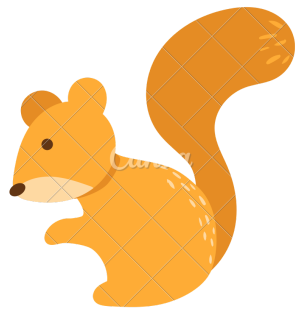
- Tibetan Heritage Month
- July 1: Canada Day & International Joke Day
- July 6: Birth date of H.H. Dalai Lama Tenzin Gyatso (Buddhism)
- July 7: Global Forgiveness Day
- July 9: Eid al-Adha
- July 18: Nelson Mandela International Day
- July 22: International Day of Friendship
- July 24: National Amelia Earhart Day
- July 30: First of Muharram (Islam)



RIDDLES AND GIGGLES



- Why was the math book sad?
- Where do you find a dog with no legs?
- What does a cloud wear under his raincoat?
- What time is it when the clock strikes 13?
- What kind of animal is always at a a baseball game?
- How do you get a squirrel to like you?



- Because it had so many problems.
- Right where you left them!
- Thunderwear.
- Time to get a new clock.
- A bat.
- Act like a nut.



EXPRESS CARE FOR YOUR COMMUNITY



Nelson Mandela Explains How Changing The World Starts Within



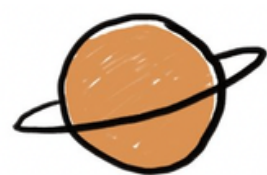
@bbbspeelyork



program.york@bigbrothersbigsisters.ca



Big Brothers Big Sisters
of Peel | York



EXPAND POSSIBILITIES WITH A TRIP TO...



Celebrate Canada day in Peel Region on July 1st! Click the image to your left for more details!



Click the image to your left to see what is going on in York Region to celebrate Canada Day!

The AGO



The ROM



The Science Centre



Did you know that BBBS matches can visit the ROM, AGO, and Science Centre for **free**?

Click the picture of the place you would like to visit to submit a request!

Now that summer is here, what better to do than visit a museum on those sweltering hot days!



CHALLENGE YOUR GROWTH AS YOU LEARN ABOUT THESE CULTURES

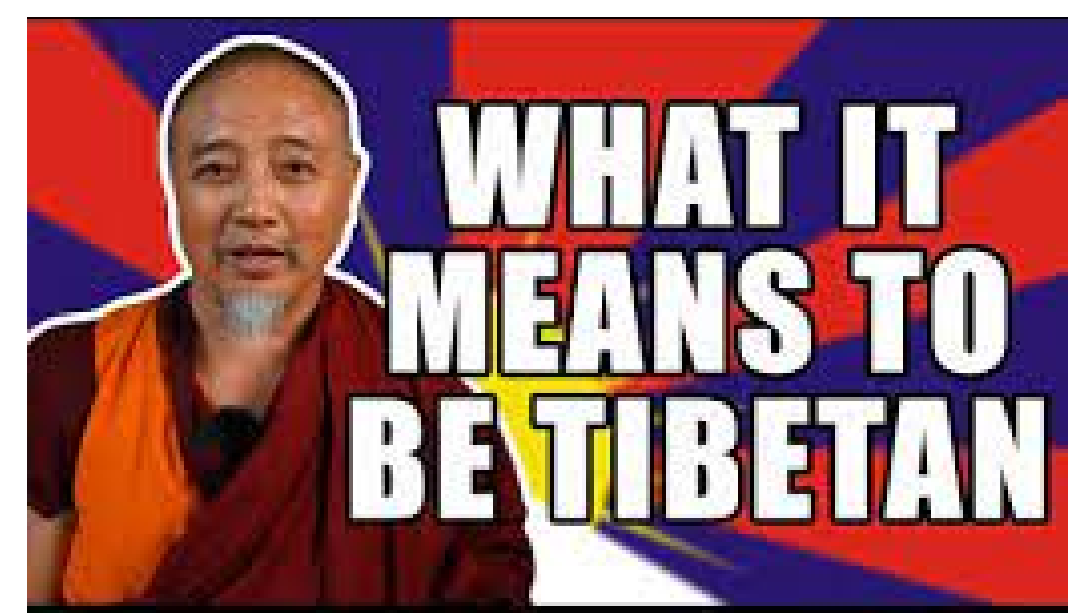


On July 16th Vaughan is hosting a Latin Festival!

For more information, click the picture to your left!



This Tibetan Heritage Month Learn What It Means to Be Tibetan From These Tibetan-Canadians



This year Eid al-Adha begins on the evening of July 9th and will end on the evening of July 13th. To learn more about Eid al-Adha, click the picture to your left!



The University of Alberta has a FREE course called Indigenous Canada. Click the below image to enroll!



Eid al-Adha is also known as the "Festival of Sacrifice"



@bbbspeelyork



program.york@bigbrothersbigsisters.ca



Big Brothers Big Sisters
of Peel | York

SHARE POWER AND COLLABORATE ON THESE ACTIVITIES



Have you ever wanted to learn a new language? Duolingo is a free [app/website](#) that can support you in doing this!



Amelia Earhart was the first woman to fly over the Atlantic Ocean!

Learn more about Amelia Earhart with these [activities](#). Invite a friend to share in the fun!



Just like there are many types of friendships we have, there are many types of friendship bracelets to match them. Each bracelet is a unique symbol of the friendship you share with someone you love.

On **International Day of Friendship** you can remind your friend of what that friendship means to you with a [handmade friendship bracelet](#).

CHECK OUT SOME WAYS YOU CAN PROVIDE SUPPORT TO OTHERS



Lets help to alleviate some of the stress that Newcomers face when coming to Canada. You can help by asking yourself this one question: **Are there any items around your home that you don't use?** If you answered yes, visit [HelpShare](#) and post these items. Newcomers to Canada will be able to claim these items for their new home!

HA
HA

Did you know that laughing has health benefsts?

- Laughing helps you relax like a good massage.
- Laughing boosts your immune system and can help fight off colds.
- Laughing makes you feel good with a boost of endorphins.
- Laughing boosts your cardiovascular system like a good exercise.
- Laughing diffuses anger and angry situations.

Give yourself a laugh and check out the [Youngest Comedian in America's Got Talent](#)!



@bbbspeelyork



program.york@bigbrothersbigsisters.ca



[Big Brothers Big Sisters of Peel | York](#)