



Promoting Community Resiliency **FEATURE STORY**

Town of Bengough: Promoting Community Resiliency through Sports, Recreation & Cultural Programming

By Debra Ashby, Recreation Director

The pandemic has emphasized how important sport, recreation, and cultural programming is to our overall wellbeing. The focus of our program has been to enhance mental, physical, and social wellbeing, while encouraging smaller group activities, individual family activities, social distancing, and safety for all.

Our goal is to help our Bengough community members of all ages remain active and socially engaged through offering safe and accessible family focused programming. We targeted all age groups within the community, and have given children, youth, families, and seniors an outlet to help make their way through the pandemic in a positive environment.

Our program has been extremely important to the community, as we offer programming focused on health and wellness, sport, culture, and community recreation to help community members feel connected to one another and remain optimistic and active during these trying times.

After the major lockdown that started in March of 2020 everyone in the community has been very grateful for any and all programming that we have been able to offer to them. We have found it challenging but rewarding to be able to adapt our programs to whatever restrictions are in place at the time. We have become very good at quickly making changes to programs to fit the protocols, at the time – it has made us better, more creative and more flexible programmers which will be a benefit into the future.

