



2018 Program Track

For 2018, Living Well in LO emphasizes sustaining wellness in the LO community through continued focus on the six dimensions of wellness and the “Gets”.

**New for 2018*

The six dimensions are supported by themes and activities mind and body health and wellness and care for the environment.

MONTHS	DIMENSION	THEME	EXAMPLES OF ACTIVITIES Community Wide Activities	PARKS & REC FOCUS
January & February	Emotional, Intellectual, Physical, Social, Spiritual	Health & Wellness Get Creative, Get Healthy, Get Interested, Get Moving, Get Outdoors, Get Together	<u>Happy New Year-Happy New You</u> MORE HEAL RESTAURANTS, ADDED ACTIVE LIVING First Friday Event at the ACC Sign up for fitness and/or nutrition classes, sports activities, outdoor snow sports through Parks & Recreation Book Club, events and celebrations at Library Art Mart- Arts Council	JANUARY- HEALTHY EATING ACTIVE LIVING MONTH! FEBRUARY- OUTSIDE THE ART ROOM
March & April	Emotional, Environmental, Social, Spiritual	Spring Green & Food Security Get Healthy, Get Involved, Get Outdoors	<u>Hug a Tree and Eat your Veggies</u> Stewardship of Natural Areas Urban Forestry Events Heritage Tree Designation Preparedness Event at Palisades Off-Leash Dog Areas re-open	MARCH- NATURAL RESOURCE AWARENESS APRIL- ARBOR WEEK FOLLOW PARKS & REC CAMPAIGN
May & June	Emotional, Environmental, Physical, Social, Spiritual	Honor Family & Safety Awareness Get Creative, Get Excited, Get Healthy, Get Involved, Get Moving, Get Outdoors, Get Prepared	<u>Here Comes the Sun-Family time</u> Farmers’ Market Opening Blender Bike! CAMPS OPEN at LOJH-BRYANT CAMPUS Lake Run LO Woman’s Club Safety Town LO Festival of the Arts Pickleball at GRP	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS OPEN MIC NIGHT- all ages!

			VOLUNTEER APPRECIATION CONCERT- ESSENTIAL LO AT THE GOLF COURSE	
July & August	Emotional, Physical, Social, Spiritual	Celebrate Parks & Recreation Get Outdoors, Get Prepared, Get Together	<u>Enjoy the Outdoors Together</u> Concerts, Camps, Events, & Parks Howl at the Moon Adventure Run Public Safety Fair Child Safety Seat Install Event Car & Boat Show National Night Out	JULY- PARKS AND RECREATION MONTH AUGUST 4 TH OF JULY STAR SPANGLED SPECTACULAR CONCERT, PARADE AND NEW THIS YEAR, FIREWORKS AT GEORGE ROGERS PARK
September & October	Environmental, Intellectual, Physical, Social	Culture & Education Get Creative, Get Healthy, Get Interested, Get Involved, Get Together	<u>Back to School and Class Activities</u> Teen Lounge & Indoor Playground Re-open The Mayor's Golf Tournament Drug Take Back Day Crosstoberfest Harvest Festival at the Farm Halloween Spooktacular Photo Contest Unsung Heroes	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT NEW LOCATIONS FOR FALL ACTIVITIES
November & December	Emotional, Social, Spiritual	Civic Awareness and Education Get Excited, Get Involved, Get Together	<u>Give Back and Give Thanks</u> Holiday Concert Veteran's Day Event High School Basketball Tree Lighting Reunion Market Tinseltown Trolley Horse Drawn Wagon Rides Jingle & Swing Holiday Concert Breakfast with Santa Blood Drive Toy Drive Blanket, Coats & Glove Drive, Fill A Stocking Food Drive	NOVEMBER & DECEMBER HOLIDAY EVENTS