



2019 Program Track

For 2019, 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 2019*

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 & RECREATION 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 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! LIVING WELL TALK SERIES: A BRAND NEW DAY-SURVIVING THE AFTERMATH OF THE HOLIDAYS & “THE TALK” FOR ADULTS- A CONVERSATION ON SEX & AGING FEBRUARY- OUTSIDE THE ART ROOM ADOPT-A-PLOT AT THE ACC: GARDEN PLOTS AT A NEW LOCATION *NEW* CABARET DANCE FOR ADULTS CLASSES *NEW* CLAY & POTTERY CLASSES BEGIN MINDFUL MEDITATION CLASSES AND WORKSHOP
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 MAC Off-Leash Dog Areas re-open	MARCH- NATURAL RESOURCE AWARENESS APRIL- ARBOR WEEK LIVING WELL TALK SERIES: Marijuana As Medicine: is It Right for You? & Living to be 100 With Dr. Christine Mayo Powers RUN4FUN CLUB STEWARDSHIP GNOMES APPEAR IN THE PARKS PRESCHOOL NATURE WALKS BEGIN FARM FRIDAY FIELD TRIPS BEGIN

				<p>YOUTH ACTION COUNCIL APPLICATIONS OPEN</p> <p>SPRING BREAK FISHING CAMP</p> <p>UNDER THE BIG TOP INCLUSIVE DINNER</p> <p>DANCE EVENT</p>
May & June	Emotional, Environmental, Physical, Social, Spiritual	<p>Honor Family & Safety Awareness</p> <p>Get Creative, Get Excited, Get Healthy, Get Involved, Get Moving, Get Outdoors, Get Prepared</p>	<p><u>Here Comes the Sun-Family time</u></p> <p>Farmers' Market Opening</p> <p>Blender Bike!</p> <p>CAMPS & SUMMER YOUTH ACTIVITIES OPEN at LOSD FOREST HILLS ELEMENTARY CAMPUS</p> <p>Lake Run LO Woman's Club</p> <p>Safety Town</p> <p>LO Festival of the Arts</p> <p>Pickleball at GRP</p>	<p>MAY & JUNE PARKS & REC SUMMER SEASON BEGINS</p> <p>OPEN MIC NIGHT- all ages!</p> <p>VETERANS' MEMORIAL MONUMENT RIBBON CUTTING AT FOOTHILLS PARK</p> <p>LIVING WELL TALK SERIES: Don't Just Retire-REFIRE! & Aging With PRIDE</p> <p>EAST WALUGA NEW BALLPARK OPENING</p> <p>FOOT GOLF LEAGUE OPENS IN MAY</p> <p>CORNHOLE LEAGUE OPENS IN JUNE</p> <p>LEARN TO ROW DAY IS</p> <p>FUTURE 6TH GRADERS MIX & MINGLE EVENT</p> <p>ASK THE QUESTION PROJECT EVENT</p> <p>LAKE OSWEGO CELEBRATE SENIORS EVENT</p> <p>LUSCHER FARM SCARECROWS APPEAR</p>
July & August	Emotional, Physical, Social, Spiritual	<p>Celebrate Parks & Recreation</p> <p>Get Outdoors, Get Prepared, Get Together</p>	<p><u>Enjoy the Outdoors Together</u></p> <p>Concerts, Camps, Events, & Parks</p> <p>Volunteer Appreciation Concert-Essential Lo At The Golf Course</p> <p>SWIM PARK OPENS</p> <p>Howl at the Moon Adventure Run</p> <p>Public Safety Fair</p> <p>Child Safety Seat Install Event</p> <p>Car & Boat Show</p> <p>National Night Out</p>	<p>JULY- PARKS AND RECREATION MONTH</p> <p>AUGUST</p> <p>4th Of July Star Spangled Spectacular Concert, Parade</p> <p>DRONE LIGHT SHOW AT MILLENIUM PLAZA PARK 4th of July DRONE LIGHT SHOW at Westlake Park Concert in August Wed. Aug 28</p> <p>MASQUE ALFRESCO</p> <p>MOVIES IN THE PARKS- NEW MOVIE AT WESTLAKE PARK</p> <p>TEEN LOUNGE OPENS LAST WEEK OF AUGUST</p> <p>AGING AND DISABILITY RESOURCE CONNECTION (ADRC) WORKSHOP</p>

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 Mayor's Golf Tournament Drug Take Back Day Farm Monster Mash Photo Contest Unsung Heroes	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT NEW LOCATIONS FOR FALL ACTIVITIES STAR CYCLE UNDER THE STARS- FUNDRAISER FOR LOPR SCHOLARSHIPS 50TH ANNIVERSARY OF THE LOACC- KICKOFF LIVING WELL TALK SERIES EVENT-CHERYL STRAYED (AUTHOR OF "WILD") LECTURE & LIVING WELL TALK- HOW TO MANAGE A NARCISSIST FRIENDS OF LUSCHER FARM DINNER EVENT
November & December	Emotional, Social, Spiritual	Civic Awareness and Education Get Excited, Get Involved, Get Together	<u>Give Back and Give Thanks</u> LOACC Holiday Concert Veteran's Day Event High School Basketball Holiday Tree Lighting Reunion Market & Horse Drawn Wagon Rides Tinseltown Trolley Rides Holiday Concert Breakfast with Santa Blood Drive Toy Drive Blanket, Coats & Glove Drive Fill A Stocking/Pillowcase Food Drive	NOVEMBER & DECEMBER HOLIDAY EVENTS WINTER GARDEN HARVEST AND PLANT VEGGIE BOOTHS AT THE LOCAL HIGH SCHOOL FOOTBALL GAMES LUSCHER FARM CAMPS- GINGERBREAD HOUSE WORKSHOP & HOLIDAYS AROUND THE WORLD LIVING WELL TALK-BUILDING A NEW RELATIONSHIP WITH YOUR ADULT CHILDREN