



2020 Program Track

For 2020, 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 2020

COVID PANDEMIC IMPACTS PROGRAMS & EVENTS

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> 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: INTERMITTENT FASTING THE ANATOMY OF DESIRE FOR ADULTS -2 PART SERIES FEBRUARY- OUTSIDE THE ART ROOM EVENT LIVING WELL DANCES IN JANUARY AND FEBRUARY FRIDAY NIGHT BLUES AND FOLK NIGHT
March & April	Emotional, Environmental, Social, Spiritual	Spring Green & Food Security Get Healthy, Get Involved, Get Outdoors	COVID PANDEMIC CSA food security activities remain open Trails remain open Community Gardens re-open Parks & Restrooms re-open	MARCH- NATURAL RESOURCE AWARENESS LIVING WELL TALK SERIES: CREATING BOUNDARIES DADDY DAUGHTER DINNER DANCE: ENCHANTED GARDEN APRIL- ARBOR WEEK LOACC PRESENTS LUNCH TO GO

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	COVID PANDEMIC Farmers' Market Opening Outdoor River Activities Parks & Trail use Golf Course re-opens Parks Projects begin	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS LIVING WELL CONNECTED VIRTUAL ACTIVITIES BEGIN GREAT LAKE OSWEGO CAMP IN PLACE VIRTUAL HAPPY HOUR TAILGATE IN PLACE EVENT TRYON COVE PARK SWIMMING CAMPS BEGIN AT LO JR HIGH, FIELDS, LUSCHER FARM & PARKS FAMILY FITNESS DAY
July & August	Emotional, Physical, Social, Spiritual	Celebrate Parks & Recreation Get Outdoors, Get Prepared, Get Together	COVID PANDEMIC Camps & Parks & Trails remain open Swim Park re-opens Tennis Center re-opens	JULY- PARKS AND RECREATION MONTH AUGUST LIVING WELL TALK SERIES: MARIJUANA AS MEDICINE: IS IT RIGHT FOR ME? OUTDOOR FITNESS CLASSES FLICKS AT THE FARM
September & October	Environmental, Intellectual, Physical, Social	Culture & Education Get Creative, Get Healthy, Get Interested, Get Involved, Get Together	COVID PANDEMIC <u>Back to School and Activities</u> Teen Lounge re-opens Drug Take Back Day Drive by Event Monster Mash Photo Contest Unsung Heroes	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT NEW LOCATIONS (CCP & HERITAGE HOUSE) FOR ACC FALL ACTIVITIES INTRO TO MOUNTAIN BIKING LIVING WELL TALK SERIES: HEALING THE HURT LUSCHER FARM OUT OF SCHOOL TIME TOURS AND ACTIVITIES ACC AT CCP DIRVE BY EVENT
November & December	Emotional, Social, Spiritual	Civic Awareness and Education Get Excited, Get Involved, Get Together	COVID PANDEMIC <u>Give Back and Give Thanks</u> Veteran's Day Event Holiday Tree Lighting Breakfast with Santa Blood Drive Toy Drive Blanket, Coats & Glove Drive Fill A Stocking/Pillowcase	NOVEMBER & DECEMBER HOLIDAY EVENTS BECAUSE OF THE BRAVE: A VETERANS DAY CELEBRATION LO FARMERS' MARKET PRESENTS: REUNION MARKET & AN ARTISAN HOLIDAY MARKET LUSCHER FARM CAMPS- LIVING WELL TALK SERIES- HOW HORMONES AFFECT MOOD, WEIGHT & LIBIDO