



### 2021 Program Track

For 2021, 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 2021**

### 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 <b>Get Creative, Get Healthy, Get Interested, Get Moving, Get Outdoors, Get Together</b>	<b>COVID PANDEMIC</b> Art Mart- Arts Council FITNESS ACTIVITIES	JANUARY- HEALTHY EATING ACTIVE LIVING MONTH! <b>LIVING WELL CONNECTED VIRTUAL CLASSES &amp; FITNESS PASS</b> <b>LIVING WELL TALK SERIES;</b> <b>CODEPENDENCY</b> <b>VIRTUAL RESPITE FOR FAMILY CAREGIVERS</b> <b>COMPANION CALLS</b>
March & April	Emotional, Environmental, Social, Spiritual	Spring Green & Food Security <b>Get Healthy, Get Involved, Get Outdoors</b>	<b>COVID PANDEMIC</b> CSA SUMMER SHARE Community Garden PLANTING Spring break Camps	MARCH- NATURAL RESOURCE AWARENESS <b>LIVING WELL TALK SERIES: THE WISDOM OF ANXIETY</b> <b>ARBOR WEEK PARK RIDDLES</b> <b>LAKE GROVE FARMERS MARKET</b>
May & June	Emotional, Environmental, Physical, Social, Spiritual	Honor Family & Safety Awareness <b>Get Creative, Get Excited, Get Healthy, Get Involved, Get Moving, Get Outdoors, Get Prepared</b>	<b>COVID PANDEMIC</b> Farmers’ Market Opening Outdoor River Activities Outdoor Fitness Activities Parks & Trail use Golf Course	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS <b>CAMPS BEGIN AT UPLANDS, FIELDS, LUSCHER FARM &amp; PARKS</b> <b>LO FARMERS’ MARKET SEASON STARTS</b> <b>PETALS &amp; PUNCH TEA PARTY</b>

			Tennis Center CLOSSES for construction	
July & August	Emotional, Physical, Social, Spiritual	Celebrate Parks & Recreation <b>Get Outdoors, Get Prepared, Get Together</b>	COVID PANDEMIC RESTRICTIONS LIFTED  SWIM PARK RE-OPENS JULY 1	JULY- PARKS AND RECREATION MONTH LIVING WELL CONNECTED WEBSITE RETIRES LIVING WELL TALK SERIES: OUTDOOR FITNESS CLASSES FLICKS AT THE FARM TENNIS CAMPS - OUTDOOR COURTS DRIVE IN CONCERT PICNIC IN THE PARK CONCERTS
September & October	Environmental, Intellectual, Physical, Social	Culture & Education <b>Get Creative, Get Healthy, Get Interested, Get Involved, Get Together</b>	<u>Back to School and Activities</u> Teen Lounge re-opens Drug Take Back Day Drive by Event Monster Mash Drive Through Event Photo Contest Unsung Heroes	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT NEW LOCATIONS (CCP & HERITAGE HOUSE) FOR ACC FALL ACTIVITIES INTRO TO MOUNTAIN BIKING BARKS IN THE PARKS LIVING WELL TALK SERIES: HEALING THE HURT LUSCHER FARM OUT OF SCHOOL TIME TOURS AND ACTIVITIES ACC AT CCP DRIVE BY EVENTS LAKE GROVE HARVEST MARKET
November & December	Emotional, Social, Spiritual	Civic Awareness and Education <b>Get Excited, Get Involved, Get Together</b>	<u>Give Back and Give Thanks</u> Veteran's Day Event Holiday Tree Lighting 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' REUNION MARKET LUSCHER FARM SCARECROW BINGO LIVING WELL TALK SERIES: INTIMATE BETRAYAL