



2022 Program Track

For 2022, 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 2022**

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	Art Mart- Arts Council How to Train Your Cat Netflix Happy Hour IEWS: Volunteers Involved for the Emotional Well-being of Seniors Virtual Activities	JANUARY- HEALTHY EATING ACTIVE LIVING MONTH! Living Well Dance Feb. 11 FITNESS ACTIVITIES
March & April	Emotional, Environmental, Social, Spiritual	Spring Green & Food Security Get Healthy, Get Involved, Get Outdoors	THE ADULT COMMUNITY CENTER REOPENS Little Puddle Stompers Run4Fun Running Club for Girls and Boys Active Living Every Day Mountain Biking Classes	MARCH- NATURAL RESOURCE AWARENESS CSA SUMMER SHARE Community Garden PLANTING Spring Break Camps ARBOR MONTH in APRIL
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	Farmers’ Market Opening Outdoor Activities Begin Parks & Trail use increases Juneteenth Event Winter eSports Leagues Soil Your Undies- Oswego Watershed Council Class Drag Queen Bingo New Pickleball Classes	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS Free To-Do in LO!

July & August	Emotional, Physical, Social, Spiritual	Celebrate Parks & Recreation Get Outdoors, Get Prepared, Get Together	Star Spangled Parade and Independence Day Illumination: Concert and Laser Light Show Summer Camps: Music, Art, Nature, Tech, Teen Adventure, Sports, Tennis 50+ Adventure Seekers	JULY- PARKS AND RECREATION MONTH Free To-Do in LO
September & October	Environmental, Intellectual, Physical, Social	Culture & Education Get Creative, Get Healthy, Get Interested, Get Involved, Get Together	Back to School Cultural Xchange Harvest Dash Lake Grove Farmers' Market Monster Mash Spooktacular	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT
November & December	Emotional, Social, Spiritual	Civic Awareness and Education Get Excited, Get Involved, Get Together	<u>Give Back and Give Thanks</u> New Tree Lighting: Millennium Plaza Park #LETITGLOWLO	NOVEMBER & DECEMBER HOLIDAY EVENTS