



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

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



**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 CLOSES 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



### 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 <b>Get Creative, Get Healthy, Get Interested, Get Moving, Get Outdoors, Get Together</b>	<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 <b>Get Healthy, Get Involved, Get Outdoors</b>	<b>COVID PANDEMIC</b> 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 <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 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 <b>Get Outdoors, Get Prepared, Get Together</b>	<b>COVID PANDEMIC</b> 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 <b>Get Creative, Get Healthy, Get Interested, Get Involved, Get Together</b>	<b>COVID PANDEMIC</b> <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 <b>Get Excited, Get Involved, Get Together</b>	<b>COVID PANDEMIC</b> <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



**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”.

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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>	<u>Happy New Year-Happy New You</u> <b>MORE HEAL RESTAURANTS</b> 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! <b>LIVING WELL TALK SERIES: A BRAND NEW DAY-SURVIVING THE AFTERMATH OF THE HOLIDAYS &amp; “THE TALK” FOR ADULTS- A CONVERSATION ON SEX &amp; AGING</b> FEBRUARY- OUTSIDE THE ART ROOM ADOPT-A-PLOT AT THE ACC: GARDEN PLOTS AT A NEW LOCATION <b>*NEW* CABARET DANCE FOR ADULTS CLASSES</b> <b>*NEW* CLAY &amp; POTTERY CLASSES BEGIN</b> <b>MINDFUL MEDITATION CLASSES AND WORKSHOP</b>
March & April	Emotional, Environmental, Social, Spiritual	Spring Green & Food Security <b>Get Healthy, Get Involved, Get Outdoors</b>	<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 <b>LIVING WELL TALK SERIES: Marijuana As Medicine: is It Right for You? &amp; Living to be 100 With Dr. Christine Mayo Powers</b> <b>RUN4FUN CLUB</b> <b>STEWARDSHIP GNOMES APPEAR IN THE PARKS</b> <b>PRESCHOOL NATURE WALKS BEGIN</b> <b>FARM FRIDAY FIELD TRIPS BEGIN</b>

				<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 &amp; Safety Awareness</p> <p><b>Get Creative, Get Excited, Get Healthy, Get Involved, Get Moving, Get Outdoors, Get Prepared</b></p>	<p><u>Here Comes the Sun-Family time</u></p> <p>Farmers' Market Opening</p> <p>Blender Bike!</p> <p>CAMPS &amp; 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 &amp; JUNE PARKS &amp; 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! &amp; 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 6<sup>TH</sup> GRADERS MIX &amp; 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 &amp; Recreation</p> <p><b>Get Outdoors, Get Prepared, Get Together</b></p>	<p><u>Enjoy the Outdoors Together</u></p> <p>Concerts, Camps, Events, &amp; 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 &amp; Boat Show</p> <p>National Night Out</p>	<p>JULY- PARKS AND RECREATION MONTH</p> <p>AUGUST</p> <p>4<sup>th</sup> Of July Star Spangled Spectacular Concert, Parade</p> <p>DRONE LIGHT SHOW AT MILLENIUM PLAZA PARK 4<sup>th</sup> 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 <b>Get Creative, Get Healthy, Get Interested, Get Involved, Get Together</b>	<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 <b>Get Excited, Get Involved, Get Together</b>	<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



### 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*

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MONTHS	DIMENSION	THEME	EXAMPLES OF ACTIVITIES Community Wide Activities	PARKS & REC FOCUS
January & February	Emotional, Intellectual, Physical, Social, Spiritual	Health & Wellness <b>Get Creative, Get Healthy, Get Interested, Get Moving, Get Outdoors, Get Together</b>	<u>Happy New Year-Happy New You</u> <b>MORE HEAL RESTAURANTS, ADDED ACTIVE LIVING</b> 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 <b>ACTIVE LIVING MONTH!</b> FEBRUARY- <b>OUTSIDE THE ART ROOM</b>
March & April	Emotional, Environmental, Social, Spiritual	Spring Green & Food Security <b>Get Healthy, Get Involved, Get Outdoors</b>	<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 <b>FOLLOW PARKS &amp; REC CAMPAIGN</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>	<u>Here Comes the Sun-Family time</u> Farmers’ Market Opening Blender Bike! <b>CAMPS OPEN at LOJH-BRYANT CAMPUS</b> Lake Run LO Woman’s Club Safety Town LO Festival of the Arts Pickleball at GRP	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS <b>OPEN MIC NIGHT- all ages!</b>

			VOLUNTEER APPRECIATION CONCERT- ESSENTIAL LO AT THE GOLF COURSE	
July & August	Emotional, Physical, Social, Spiritual	Celebrate Parks & Recreation <b>Get Outdoors, Get Prepared, Get Together</b>	<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 <sup>TH</sup> OF JULY STAR SPANGLED SPECTACULAR CONCERT, PARADE AND NEW THIS YEAR, FIREWORKS AT GEORGE ROGERS PARK
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 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 <b>Get Excited, Get Involved, Get Together</b>	<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



### 2017 Program Track

For 2017, the emphasis will be a community wide focus on the various dimensions. *\*New for 2017*

There are six dimensions and twelve months, the themes and actions are easily adapted to work with activities for health and wellness.

MONTHS	DIMENSION	THEME	EXAMPLES OF ACTIVITIES Community Wide Activities	PARKS & REC FOCUS
January & February	Physical & Intellectual	Health & Wellness <b>Get Moving, Get Healthy &amp; Get Interested</b>	<u>Happy New Year-Happy New You</u> <a href="#">HEAL Restaurants</a> <a href="#">Active Living Night and First Friday Events at the ACC</a> Sign up for fitness and/or nutrition classes, sports activities, outdoor snow sports through Parks & Recreation Book Club, events and celebrations at Library <a href="#">LO Arts Council Art Throb</a>	<b>JANUARY- HEALTHY EATING MONTH!</b> FEBRUARY- LIBRARY LO Reads Events
March & April	Environmental	Spring Green & Food Security <b>Get Involved</b>	<u>Hug a Tree and Eat your Veggies</u> Stewardship of Natural Areas Urban Forestry Events Heritage Tree Designation Preparedness Event at Palisades <a href="#">New Off-Leash Dog Areas</a>	MARCH- NATURAL RESOURCE AWARENESS APRIL- ARBOR WEEK
May & June	Emotional	Honor Family & Safety Awareness <b>Get Prepared</b>	<u>Here Comes the Sun-Family time</u> Farmers' Market Opening <a href="#">Blender Bike!</a> Camps Lake Run LO Woman's Club <a href="#">Let's Get Fysical</a> National Senior Fitness Day Babysitting classes Safety Town CPR Anytime LO Festival of the Arts Pickleball at GRP	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS

July & August	Social	Celebrate Parks & Recreation <b>Get Together &amp; Get Outdoors</b>	<u>Enjoy the Outdoors Together</u> Concerts, Camps, Events, & Parks Howl at the Moon Adventure Run Public Safety Fair Child Safety Seat Install Event <a href="#">Total Eclipse of the Sun</a> Car & Boat Show National Night Out	JULY- PARKS AND RECREATION MONTH AUGUST
September & October	Intellectual	Culture & Education <b>Get Interested</b> <b>Get Creative</b>	<u>Back to School and Class Activities</u> Teen Lounge, Rec Zone & Indoor Playground reopen The Mayor's Golf Tournament Drug Take Back Day Crosstoberfest Harvest Festival at the Farm Paloween Spooktacular Photo Contest Unsung Heroes <a href="#">Volunteer Appreciation Concert-Essential LO</a> <a href="#">Cornhole in the Parks</a>	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT
November & December	Spiritual	Civic Awareness and Education <b>Get Excited</b>	<u>Give Back and Give Thanks</u> Holiday Celebrations Veteran's Day Event High School Basketball Tree Lighting Reunion Market Tinseltown Trolley Horse Drawn Wagon Rides Jingle & Swing Holiday Concert <a href="#">Breakfast with Santa</a> Blood Drive Toy Drive Blanket, Coats & Glove Drive, Fill A Stocking Food Drive	NOVEMBER & DECEMBER HOLIDAY EVENTS



### 2016 Program Track

For 2016, the emphasis will be a bimonthly focus on the various dimensions.

There are six dimensions and twelve months, the themes and actions are easily adapted to work with activities for health and wellness.

MONTHS	DIMENSION	THEME	EXAMPLES OF ACTIVITIES	PARKS & REC CITY DEPT
January & February	Physical & Intellectual	Health & Wellness <b>Get Moving, Get Healthy &amp; Get Interested</b>	Sign up for fitness and/or dance classes through Parks & Recreation Learn to Cook and Eat Healthfully Community Supported Agriculture at Luscher Farm Adopt a Plot Program Soccer & Lacrosse & Flag Football <a href="#">LO READS PROGRAM</a> <a href="#">Book Club, events and celebrations at Library</a>	JANUARY- GOAL SETTING Personal & Civic- Parks Recreation Advisory Board & Council Goals  FEBRUARY- LIBRARY <a href="#">Salmon Bake</a> <a href="#">Klickitat Hike</a> <a href="#">ACC Events</a>
March & April	Environmental	Spring Green & Food Security <b>Get Involved</b>	Hoe Down at Luscher Farm Stewardship of Natural Areas <a href="#">ARBOR WEEK-</a> <a href="#">Urban Forestry Events</a> <a href="#">Heritage Tree Designation</a>	MARCH- NATURAL RESOURCE AWARENESS  APRIL- PLANNING DEPT & CITY MANAGER'S OFFICE <a href="#">Arbor Day and Week Events</a> <a href="#">Preparedness Event at Palisades</a>
May & June	Emotional	Honor Family & Safety Awareness <b>Get Prepared</b>	Farmers' Market Opening Camps-Kids Get Creative Mother's and Father's Day Events National Senior Fitness Day Babysitting classes Safety Town <a href="#">CPR Anytime</a>	MAY-PARKS & REC SUMMER SEASON BEGINS  JUNE- POLICE & FIRE DEPTS

July & August	Social	Celebrate Parks & Recreation <b>Get Together &amp; Get Outdoors</b>	Concerts, Camps, Events, & Parks Howl at the Moon Adventure Run <a href="#">Public Safety Fair</a> <a href="#">Child Safety Seat Install Event</a>	JULY- PARKS AND RECREATION MONTH <a href="#">AUGUST- FIRE/POLICE/PUBLIC WORKS/PUBLIC AFFAIRS/LOTWP</a>
September & October	Intellectual	Culture & Education <b>Get Interested</b> <b>Get Creative</b>	Teen Lounge, Rec Zone & Indoor Playground reopen Plein Air at Luscher Farm Drug Take Back Day Crosstoberfest Paloween Spooktacular <a href="#">Photo Contest</a> <a href="#">Unsung Heroes</a>	SEPTEMBER- RECREATIONAL ENRICHMENT <a href="#">PLEIN AIR WITH ARTS COUNCIL</a> <a href="#">OCTOBER-PUBLIC AFFAIRS</a> <a href="#">FIRE PREVENTION MONTH-FIRE DEPT</a>
November & December	Spiritual	Civic Awareness and Education <b>Get Excited</b>	Give Thanks and Give Back Holiday Celebrations Veteran's Day Event Tree Lighting Reunion Market Tinseltown Trolley Horse Drawn Wagon Rides Holiday Concert  <a href="#">Blood Drive</a> <a href="#">Toy Drive</a> <a href="#">Blanket, Coats &amp; Glove Drive,</a> <a href="#">Fill A Stocking</a> <a href="#">Food Drive</a>	NOVEMBER-HOLIDAY EVENTS <a href="#">DECEMBER-PUBLIC AFFAIRS</a> <a href="#">FIRE DEPT</a> <a href="#">LIBRARY</a> <a href="#">CITY HALL</a>