

**LAKE OSWEGO PARKS AND RECREATION DEPARTMENT
PROJECT PLAN**

TITLE: Living Well in LO

OBJECTIVE: Develop a campaign/initiative that provides a framework around the programs and all other services to highlight how Parks & Recreation contributes to building community, enriching lives, and caring for the environment.

COST ESTIMATE: \$30,000 FY 14-15; estimated \$20,000 to sustain program the next 2-4 fiscal years

TASKS - Year One Department and Partner Focused	By Whom	Completion Date	
Discuss how to accommodate PRAB's request for a health and wellness initiative.	Jan and Kim	7/8/14	✓
Research how others promote health and wellness. Establish a framework for the initiative.	Jan and Kim	7/31/14	✓
Present the idea to PRAB for feedback and approval to proceed	Jan and Kim	8/20/14	✓
Develop domain name and landing page on website. Present to PRAB for feedback and approval to proceed	Jan and Kim	9/17/14	✓
Share initiative with program staff and obtain commitment for participation. Generate ideas for activities and events.	Jan & Prog Staff	10/6/14	✓
Meet with Keel Creative to futher develop concepts.	Jan, Kim, Keel	10/16/14	✓
Meet with PRAB Sub Committee to review timeline and passport mockup	Jan, Kim, Steve, Bill, Ryan	11/3/14	✓
Meet with Keel Creative to finalize concept.	Jan, Kim, Keel	11/5/14	✓
Determine and implement impacts to Winter Spring catalog. All content developed and submitted to Keith.	Jan, Kim, Keel	11/5/14	✓
Present updated website, concept, project plan, passport program to PRAB	Jan and Kim	11/19/14	✓
Partners and in-kind agreements in place	Jan and Dina	1/30/15	✓
All program deliverables developed, documented and prepared for summer catalog	Jan and Kim	2/2/15	✓
Final Passport corrections to LOPMS	All Staff	2/16/15	✓
Internal and External Communication Strategy and Launch Plan developed. Catalog Redesign for Summer issue completed.	Jan, Kim, Keel	2/28/15	✓
Communication outlets notified and provided with program/activity/event information for launch	Jan and Dina	3/13/15	✓
Passport and other deliverables for customer use available at Parks, Golf, Tennis and ACC. (when summer catalog hits homes)	Jan, Kim Dina	4/3/15	✓
Hard kickoff at first Farmers' Market	All Staff	5/16/15	✓

Participants In Creating This Plan: PRAB, All Divisions in Parks Department, External Sponsors,

Project Leader: Jan Wirtz

Project Completed Date: 5/16/15

Project Suspended Date: _____



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 Get Moving, Get Healthy & Get Interested	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 LO READS PROGRAM Book Club, events and celebrations at Library	JANUARY- GOAL SETTING Personal & Civic- Parks Recreation Advisory Board & Council Goals FEBRUARY- LIBRARY Salmon Bake Klickitat Hike ACC Events
March & April	Environmental	Spring Green & Food Security Get Involved	Hoe Down at Luscher Farm Stewardship of Natural Areas ARBOR WEEK- Urban Forestry Events Heritage Tree Designation	MARCH- NATURAL RESOURCE AWARENESS APRIL- PLANNING DEPT & CITY MANAGER'S OFFICE Arbor Day and Week Events Preparedness Event at Palisades
May & June	Emotional	Honor Family & Safety Awareness Get Prepared	Farmers' Market Opening Camps-Kids Get Creative Mother's and Father's Day Events National Senior Fitness Day Babysitting classes Safety Town CPR Anytime	MAY-PARKS & REC SUMMER SEASON BEGINS JUNE- POLICE & FIRE DEPTS

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



2017 Program Track

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

There are six dimensions 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 & REC FOCUS
January & February	Social, Physical, Emotional, Intellectual	Health & Wellness Get Moving, Get Healthy, Get Interested, Get Together	<u>Happy New Year-Happy New You</u> HEAL Restaurants Active Living Night and First Friday Events 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 LO Arts Council Art Throb	JANUARY- HEALTHY EATING MONTH! (Kickoff month from Resolution 16-25) FEBRUARY- LIBRARY LO Reads Events
March & April	Environmental, Social, Spiritual	Spring Green & Food Security Get Healthy, Get Involved, Get Prepared, Get Together, Get Outdoors	<u>Hug a Tree and Eat your Veggies</u> Stewardship of Natural Areas Urban Forestry Events Heritage Tree Designation Preparedness Event at Palisades New Off-Leash Dog Areas	MARCH- NATURAL RESOURCE AWARENESS APRIL- ARBOR WEEK
May & June	Emotional, Spiritual, Social, Physical, Environmental	Honor Family & Safety Awareness Get Prepared, Get Healthy, Get Together, Get Moving, Get Interested, Get Creative	<u>Here Comes the Sun-Family time</u> Farmers' Market Opening Blender Bike! Camps Lake Run LO Woman's Club Let's Get Fysical 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, Emotional, Spiritual, Physical, Intellectual, Environmental	Celebrate Parks & Recreation Get Moving, Get Together, Get Outdoors	<u>Enjoy the Outdoors Together</u> Concerts, Camps, Events, & Parks Howl at the Moon Adventure Run Public Safety Fair Child Safety Seat Install Event Total Eclipse of the Sun Car & Boat Show National Night Out	JULY- PARKS AND RECREATION MONTH AUGUST
September & October	Intellectual, Physical, Social, Emotional, Environmental	Culture & Education Get Interested, Get Together, Get Creative, Get Involved	<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 Volunteer Appreciation Concert-Essential LO Cornhole in the Parks	SEPTEMBER & OCTOBER RECREATIONAL ENRICHMENT
November & December	Spiritual, Social, Emotional, Physical	Civic Awareness and Education Get Together, Get Excited, Get Moving, Get Involved	<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 Breakfast with Santa Blood Drive Toy Drive Blanket, Coats & Glove Drive, Fill A Stocking Food Drive	NOVEMBER & DECEMBER HOLIDAY EVENTS



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*

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 & REC 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, ADDED ACTIVE LIVING 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 ACTIVE LIVING MONTH! FEBRUARY- OUTSIDE THE ART ROOM
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 Palisades Off-Leash Dog Areas re-open	MARCH- NATURAL RESOURCE AWARENESS APRIL- ARBOR WEEK FOLLOW PARKS & REC CAMPAIGN
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	<u>Here Comes the Sun-Family time</u> Farmers’ Market Opening Blender Bike! CAMPS OPEN at LOJH-BRYANT CAMPUS Lake Run LO Woman’s Club Safety Town LO Festival of the Arts Pickleball at GRP	MAY & JUNE PARKS & REC SUMMER SEASON BEGINS OPEN MIC NIGHT- all ages!

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



2019 Program Track

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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