

Fun Stuff to do at Low or No Cost

Take time for some fun each week with friends/family/community members... laugh, learn, participate in some physical activity, etc.... these are many, many ways to connect with others, reduce stress levels, improve mood, and create a happy life for yourself by taking advantage of area events/activities.



SPRING IS FINALLY HERE— PLANT A GARDEN & enjoy fresh vegetables while reducing your grocery bill! Take some quiet time for yourself or make it a fun family or neighborhood event. For helpful information and hints, check out Library books or: <http://extension.unh.edu/> web site.



ANY TIME ACTIVITIES & ADVENTURES

- ◆ Walk, hike, or ride bikes around town or on one of the many trails in the area. Enjoy the outdoors. The Recreation Dept. has maps of area trail systems.
- ◆ Plan a family game night.
 - ◆ Host a potluck dinner & invite friends/family for an evening of sharing a meal, laughter, conversation, board games, etc.
- ◆ Visit our 2 Libraries and participate in free activities and programs for all ages (adult book discussion groups, youth programs for ages 2 to teen, summer youth reading programs, play groups, story times, make-and-take craft days, afterschool game days/movie days & other activity/crafts times).
- ◆ Check out a FREE DVD or VHS tape, book or audio book from the Library – they have new releases and older favorites. And of course, free internet is provided at both libraries.
- ◆ Plan a camping trip in the living room or in the backyard and have a picnic... don't forget the hot chocolate.
- ◆ The Recreation Department offers lots of no/low cost activities. Pick up a current Program Guide at City Hall, the Library, Human Services, or at <http://recreation.lebnh.net/>.



OTHER STUFF TO DO: check out the events calendar in the newspaper & UpperValley.Net, as well as these links: **School functions & Events:**

http://www.sau88.net/Pages/district_calendar

In Our Area and Beyond:

www.recreation.lebnh.net; www.storrspond.org;
www.montshire.org; <http://extension.unh.edu/> ;
www.hoodmuseum.dartmouth.edu; www.avagallery.org;
www.hop.dartmouth.edu; www.visitnh.gov ;
www.newhampshirebeautiful.com; www.nhliving.com;
www.visitwhitemountains.com; www.nhoutdoors.com;
www.touristinformationdirectory.com;

Local Shows: www.lebanonoperahouse.com;

www.northernsage.org; www.hop.dartmouth.edu

Google "Lebanon, NH free kids meals" to see where you can take advantage of free meals for children.

Did you know you could obtain **FREE PASSES TO AREA MUSEUMS & HISTORICAL SITES** from the Library? All you need is a Library card, free to City residents! Have you ever visited: the Fells Historic Estate & Gardens on Lake Sunapee, (the Azalea's are spectacular!), the McAuliffe-Shepard Discover Center/Plantarium in Concord, the VT Institute of Natural Science in Quechee, the Mt. Kearsarge Indian Museum in Warner, the Currier Museum of Art in Manchester, or, the Eric Carle Museum of Picture Book Art in Amherst, Mass.? For more detail, contact the Library or: www.leblibrary.com.



Senior Center Programs, Campbell St., Lebanon

- Knitting Classes, Mondays, 10am
- Computer Café: Mon - Fri 8am-4pm, volunteers -- available to assist with questions on Tues & Thurs 0:30am-2:30pm and Wed & Fri 10am—12pm
- Chair Exercise every Tuesday & Thursday, 9am
- Walking Club starting in June, Wednesdays, 10am-11am, (must have medical waiver to walk)
- Arthritis Movement Class, Wednesdays, 2pm
- Core & More Exercise Class, Thursdays, 2pm
- Blood Pressure Clinics during each month: NH/VT VNA: 1st & 3rd Thursday, 10am-12pm, and, LSVNA: 1st Wednesday, 10am-12pm

Upcoming scheduled events:

- 5/11, 11:15am, Spice Up Your Life Workshop: Add flavor 7 boost antioxidants power to your food
- 5/12, 10am, Chair Yoga Demonstration
- 5/13 & 5/26, 11am, Karaoke

Call 448-4213 for details. Other no/low cost events are offered.



SUMMER FARMER'S MARKET & FREE ENTERTAINMENT SERIES



Enjoy a variety of locally grown & manufactured products, from produce to meats (EBT cards accepted), and furniture to jewelry, while appreciating excellent music & entertainment for the whole family. Thursdays, at Colburn Park 4pm—7pm, June 2 to Sept. 29.

