

## Activity Resources Cheat Sheets:

### Indoor:

Baking, cake cookies, bread, pie (gift it to friends?)  
New food Challenge! Go make something interesting for dinner!  
Arts and Crafts, coloring, drawing, paint, etc.  
Home Improvements and Decorating (surf the web for ideas)  
Rent movie - make popcorn - turn down the lights...easy!  
Invite another program or friends over for a "miniparty"  
Cards, Games, and Puzzles (surf Web for ideas)  
Hair, Nails, Makeup, New Outfit Combos!  
Read aloud; get books from library, short stories online, and books on tape?  
Music/dancing  
Indoor exercise/aerobics  
Paper Airplanes (contest for most creative, best flyer, etc.)  
Start a collection  
Clean out the junk drawer  
Indoor Gardening (use paper cup or upcycle cans or milk jugs; OSH, ACE, Home Depot for seeds)  
Take something apart (plan ahead and be safe!)  
Look at picture albums, make a picture album, or take pictures  
Play music, sing  
Start a recycle for deposits bin: make money!  
Make and send a card or letter to someone  
Blow Bubbles

### Destinations:

Go to the library (Tons of movies/music in addition to books)  
Bowling Alley (Thursday mornings for a discount)  
Movies (Staff often get in free, especially Scotts Valley)  
Walk Pacific Ave (run into old friends)  
Concerts (free or paid)  
Go to the karaoke bar!  
Pick Flowers (Spring is here)  
Shared Adventures Dances (see activities calendar)  
Fly a kite (Check Dollar Store for deals)  
Museum Trip (surfing, natural history, San Jose, San Francisco?)  
Visit the pet Store or Animal Shelter (poor man's zoo)  
Go to the *real* Zoo  
Restaurants  
Wilder Ranch Farm (fun to walk in the barns and see the gardens)  
The Bookstore (no need to buy just browse?)  
Church (Many consumers *do* like to go even if we might not)  
Long Marine Labs  
Miniature golf or Driving Range  
Arcade at the boardwalk and take \$1 in quarters *each* (*Shooting gallery rocks!*)

Model Train exhibit at Henry Cowell State Park (So I've heard?)  
Thrift Store Fun! (Front Street and Main Street Watsonville have cool stores!)  
Dollar Store (fun stuff cheap...useful stuff cheap! Cheap stuff Cheap!)  
Mall (the old stand by...if you do go at least do laps for exercise?)  
Go see the BIG trees at Big Basin (you know you haven't been in years)  
Monterey Aquarium (we often have free tickets)  
Take a class: Parks and Rec, Cabrillo, yoga, arts  
Special Olympics (Easy to get involved!)

Outdoor:

Feed the birds (seagulls eat anything! Old bread for the ducks?)  
Host or Attend a Garage Sale  
Basket Ball, Catch, Frisbee, Soccer, tennis, Cabrillo track, golf  
Berry or fruit picking (also pumpkins, x-mas trees, flowers)  
Go watch a storm from the car, bring raincoat and *experience* the weather!  
Bikes (look on craigslist.org for free ones...they *do* exist)  
Go to the harbor and look at the boats, seals, otters, people,  
Beach (make a half day trip, bring sunscreen towels and a radio)  
Driving  
Go to a different, Laundromat, grocery store...mix it up!  
Yard Work (rake leaves, weed, plant, clean up, trim)  
Photography (I'm sure we could find a camera!)  
Volunteer (churches, homeless garden project, food kitchen)  
Go to a play (Schools, armature theater groups, Cabrillo, USCS,)  
Go to a sporting event (high school, amateur, or professional)  
Visit the sea lions on the pier  
Take the bus instead of driving!  
Make sandcastles (bring modified recyclables for different shapes and a bucket)  
Feed the Fish at Neary Lagoon Park (You'll see...drop bread off the suspended walkways...kind of *gross* and AMAZING!)  
Organize a bon fire (We will provide the marsh mellows!)  
Go out and look at stars or moon  
Do a local overnight camping trip ("Cheap" fun... Henry Cowell?)  
Parks (Too many to list!)  
Plant flowers  
Go to a farmers market (WS, Downtown, Cabrillo, Watsonville)  
Picnic (beach, mountains, park, backyard, indoors rainy day)  
Sunbathing  
BBQ (Beach, park, back yard)  
Collect Shells at the beach  
Walks and hikes (So many places to go! Many very accessible and free)  
Go fishing / crabbing (Ask Ed to borrow a crab trap, Saturdays Call Ed for info)  
Go to the pool (Simkins, Cabrillo, Scotts Valley, Ben Lomond)  
Go visit friends or another program  
Sit out at a café (beautiful locations for the price of a coffee or drink)  
Start a garden (terracotta pots and seeds are cheap)

Build something: birdhouse, table, flowerbox,  
Go to a festival or event (See events calendar)  
Take a trip! (Talk to Facilitator first) San Francisco, Half Moon Bay, Moss  
Landing, Monterey, San Jose, San Juan Bautista (yeah you've been but has the  
consumer?)  
Free concerts in the summer (See events calendar)  
Movies in the park

Websites:

<http://www.recreationtherapy.com/tx/actindex.htm>

<http://www.parks.ca.gov/pages/737/files/dpr%20578.pdf>