101 WAYS TO GET MORE OUT OF LIFE!

Build family unity and create lifelong memories.

Play "I Spy" at the Junior League Playground in Holiday Park • Have a family picnic at Dr. Elizabeth Hays Civic Park • Splash down at the one of the City's water playgrounds • Build a fantasy sand castle on Fort Lauderdale Beach • Go fishing at Mills Pond Park, Snyder Park or along the New River • Swing, slide, climb and glide at the Boundless Playgrounds at Florence Hardy Park and Mills Pond Park • Pack up Barbie for a trip to the pink playground at Imperial Point Park • Explore the subtropical nature trails of Snyder Park • See historical homes of Fort Lauderdale's founders along the Riverwalk • Watch the boats cruise down the New River at Cooley's Landing • See where the giant sea turtles lay their eggs on Fort Lauderdale Beach • Beat the heat with a recreational swim at one of the City's community pools • Point your feet toward the clouds as you swing high at one of the City's playgrounds • Challenge your teens to a free throw contest at one of the City's basketball courts • Plant a tree, contact the Urban Forester for details GDempsey@fortlauderdale.gov • Challenge your grandparents to a friendly game of shuffleboard at Holiday Park • Escape with a great book by the New River at Bubier Park • Watch for manatees in the New River • Enjoy an evening walk with your best four-legged friend along the Riverwalk • Shoot a game of pool with your teen at the Beach Community Center • Bridge the generation gap with friendly Party Bridge games at the Beach Community Center and the Holiday Park Social Center • Combine tile designs with the Mahjong game at the Beach Community Center • Watch the dawn break with a loved one at Fort Lauderdale Beach • Play your favorite board game under a giant shade tree in Major William Lauderdale Park • Make a family commitment to keep Fort Lauderdale Parks and Beaches clean and beautiful

Maintain good health by being a team player while building a strong body to live longer.

Take advantage of the extended summer daylight hours with an evening walk. Download a fitness log and a map of walking trails at www.fortlauderdale.gov/life. • Hit the fitness trail exercise stations at Holiday Park • Enjoy fast-paced racquetball games at Holiday Park, Sundays 4:30-10:30 p.m. • Play beach volleyball on Fort Lauderdale Beach at A1A and Sunrise Boulevard • Take a bike ride at Snyder Park • Volley with a friend at one of Fort Lauderdale's free tennis facilities • Release some stress while hitting against the Jimmy Evert Tennis Center practice wall • Shoot some hoops at Joseph C. Carter Park • Meditate in the glow of the rising sun at Fort Lauderdale Beach • Go to bat Monday-Friday at the Mills Pond Park batting cages • Launch your kayak from George English Park • Strap on your inline skates for a graceful glide around Holiday Park • Burn calories and keep mental focus with a friendly game of table tennis at the Beach Community Center. • Minimize impact to your joints with water jogging in one of the City's community pools • Take a technology break and relax your mind watching the waves break on Fort Lauderdale Beach • Make a difference in a child's life, volunteer to coach a youth sports team • Play sand volleyball at Holiday Park • Practice a yoga balance pose and take in some fresh air at your neighborhood community park • Rally some friends and neighbors for a friendly game of kickball at a community park closest to your home. To find a nearby park, visit www.fortlauderdale.gov/life. • Body surf near a lifeguard station at Fort Lauderdale Beach • Fight canine obesity with regular weekday trips to Bark Park at Snyder Park • Sharpen hand-eye coordination with a Frisbee toss at your neighborhood park • Show your kids that throwing a football can be more fun than watching the pros • Learn about Fort Lauderdale's incredible tennis legacy at the Jimmy Evert Tennis Center • Get heart healthy with a friend. Train for one of the many local runs that support non-profit groups.

Create a sense of community in your park by connecting and interacting in a shared environment, channeling positive community participation towards a shared vision.

Start a neighborhood walking program, contact mrock@fortlauderdale.gov. • Learn how you can help in the event of a disaster, contact groberts@fortlauderdale.gov. • Become a champion for kids in need with fundraising efforts for the Neighborhood Heroes Program, contact tmcgovern@fortlauderdale.gov. • Start your month on a high note with the SunTrust Sunday Jazz Brunch on the Riverwalk • Pack a picnic and enjoy the Bank of America Starlight Musicals in Holiday Park on Friday nights in the summer • Take your lunch break at the Comcast Noontunes at Stranahan Park in February and March • Celebrate Halloween fearlessly at the Croissant Park Neighborhood Halloween Party •Bring your kids to Trick or Treat on Second Street in Esplanade Park • Savor the lovely weather at Melodies in the Park at Riverland Park • See nationally ranked tennis players compete at the Jimmy Evert Tennis Center • Celebrate Kwanzaa, Kuumba and Karamu Feast at Bass Park • Watch the ball drop at Downtown Countdown on S.W. 2nd Street • Celebrate Black History Month at Kijiji Moja in Carter Park • Have your child compete in fitness events and water sports at the annual David Deal Playday in Carter Park • Hop into the driver's seat at the annual Big Toy and Truck Extravaganza at George English Park • Invest in the future by mentoring a teen, contact jquinton@fortlauderdale.gov • Lift your spirits at Joy in the Park at Carter Park • Scramble for eggs at the Spring Egg Hunt in Croissant Park • Explore the Marcus Garvey Rootz Extravaganza at Carter Park • Expand your horizons at the Pan African Bookfest at Carter Park • Strut your stuff at the Halloween Costume Party at Carter Park • Flourish your green thumb in the Warfield Park children's garden • Read to the children in the after-school programs • Search for candy canes at Riverside Park's Candy Cane Hunt • See Santa on Fort Lauderdale Beach

Promote environmental stewardship. Air, water and land are our greatest natural treasures.

Use recycling containers at parks and special events. If you drop it, pick it up. • Pick up free mulch courtesy of the parks division at Mills Pond Park • Become a Recycle Works Volunteer, visit www.fortlauderdale.gov/recycle. • Keep your contact information current to avoid returned mail • Ask for materials to be sent to you via e-mail • Use WebTrac to register for recreation programs • Ask that your receipts from RecTrac be sent to you via e-mail • Check the City Parks and Recreation website "Program Guides" link for facility amenities and seasonal program information • Download the free "Homeowners and Trees" brochure from the City Parks and Recreation website "Urban Forestry Division" link • Learn to identify the spectacular birds that nest in Fort Lauderdale parks • Participate in the Annual Beach Clean Up • Adopt a tree to plant in your swale, nurture it and watch it grow • Learn about harmful bugs, mites, scale and whitefly and how to protect your trees on the City Parks and Recreation website "Urban Forestry Division" link • Attend the Annual Earth Day Event and Green Expo in Stranahan Park • Avoid using styrofoam products for your picnics in the park • Turn off lights when leaving a room • Turn off the water while washing your hands, turn water back on to rinse • Explore and enjoy the parks closest to your home or work • Carpool with friends and neighbors to special events • Get to know other parents on your children's teams, camps and after-school programs and take turns driving and picking up the kids • When you are picking up or dropping off children at programs, park and turn off your car. Eliminate vehicle idling to conserve fuel. • Brown bag your lunch and enjoy nature during your lunch hour • Spot the iguanas in Snyder Park • See the pelicans dive for dinner at Fort Lauderdale Beach • Learn the meaning of the flags on lifeguard stands at Fort Lauderdale Beach. Pay attention to currents and undertow. • Catch the breeze in the largest urban parks Holiday, Carter and Osswald Parks that are naturally cooled by trees and plants.

For more information on Parks and Recreation, please call (954) 828-PARK (7275) or visit www.fortlauderdale.gov/life.