

**NATIONAL  TURN OFF THE TV WEEK  April 23-29**



**These ideas are special because many of them are unique to Haywood County.**

**This list was created by:**

**HEALTHY HAYWOOD'S Mental Health and Obesity Prevention Action Teams**



Walk, jog or run around Lake Junaluska...Walk around Vance St. Park...Read a good book in a beautiful place...Relax and feed the ducks at Canton Recreation Park...Visit the public library, read books, magazines, newspapers...Visit or volunteer at a local nursing home or Open Door...Have a picnic up at Max Patch, Cataloochee or Water Rock Knob...View native plants at the Bryan Native Garden at Lake Junaluska...Read at Panacea with your favorite beverage...Make your own book with family pictures or interesting magazine clippings...Cook a healthy meal with your whole family and have everyone participate in the planning, preparation, and clean up...Do a seasonal wardrobe/toy/book/closet sort and donate these items to a local charity...Research your family to form a genealogy chart...Write letters to elderly family members and ask them to share life stories...Sort through all the old pictures that pile up and invite family members to make copies so everyone can have their own family scrapbook...Plan a family vegetable/flower/porch/herb garden...Find ways to cook or preserve what the garden produces...Take a picnic lunch to Graveyard Fields on the Blue Ridge...Get the garden ready for a delicious summer...Volunteer and find your passion...Visit a nursing home...Do a kind deed for an elderly neighbor; perhaps run an errand or cut the lawn...Take a trip to the library...Clean out the garage/basement then turn your trash into cash with a spring yard sale...Take an explorers walk on a local trail...Check out flowers, birds, bugs, and spider webs because they are amazing things to learn about right in our own back yards...Read a classic book...Bake cookies or a cake...Go fishing: (No license needed at local trout ponds)...Try journaling, so you can get in touch with you thoughts...Organize old family photos, and talk about the memories...Play a board games like chess, checkers, or dominos...Walk your dog...Write letters to friends... Work on an art project like knitting or photo collage...Call an old friend...Organize a closet... Pack a picnic dinner and dine watching the sunset at a local park...Window shop in downtown Waynesville...Read a book on the benches outside the Waynesville library (they are even open on Sunday)...Ponder the magazines at Osunda bookstore...Take a swim at the Waynesville Recreation Center...Walk around the trails on Haywood Community College campus...Sit by the grist mill on HCC campus and watch the clouds pass by...Organize your life by sorting out financial documents, closets, etc...Learn a hobby (photography, scrap booking, gardening, skiing, skating, horseback riding)...Take a walk... Feed the birds... Plan a party...Host a family gathering and ask your parents and grandparents to talk to you about what life was like when they were young...Go to the library and pick out some books, documentaries, movies, puzzles, etc. Bring them home and read or enjoy one each day...Go to a play that the Haywood County children's theatre group performs or go see an award winning performance that the local theatre company presents...Drive to a new neighborhood. Get out and walk around to take in some interesting local views you may not have seen before...Offer to baby sit for a couple who needs a night out on the town...Offer to stay with a home bound person so their caretaker can enjoy a brief respite from constant duties...Join a club or organization or at least attend a meeting to see if you are interested in what the group has to offer...Pick one subject that you didn't like in school, and check out a book to learn something about that subject...Offer to tutor someone who is having difficulty with his/her studies...Invite a neighbor over that you don't know very well to encourage a deeper friendship and stronger community...If you have any particular expertise on a subject, offer to teach what you know to a group of children or community members through your local community club...Help prepare and serve a meal at the local soup kitchen...Lend a helping hand at a thrift shop that raises money for a worthy cause...Visit the animal shelter to become more aware of the shelter's need and the animal's needs. Volunteer at the shelter or adopt a pet if it fits into your lifestyle...Take an art class (even if you do not consider yourself artistic)...Find some music and practice your singing or dancing...Take a walk at Allen's Creek Park (.4 mile loop)...Attend a Town Council or County Commissioners meeting...Hike part of the Mountain to Sea trail: start at Balsam Gap and go to Standing Stone overlooking the Parkway...Hike the Water Rock Knob or Mt. Pisgah trail...Fly kites from the Carpet Barn on 23/74 bypass South of Waynesville...Spend time with a child and re-learn the wonder of life lived in the moment...Sit on your porch on a sunny day, reading a book...Visit Seven Silver Seas in Maggie Valley and look at the beautiful jewelry...Plant something...Swing at the park...Landscape your yard...Exchange perennial plants with a friend or neighbor...Bring an old piece of furniture back to life.