



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 • 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 • Hit the fitness trail exercise stations at Holiday Park • Enjoy fast-paced racquetball games at Holiday Park • Play beach volleyball on Fort Lauderdale Beach at AIA 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 • 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 • 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, interacting, and channeling positive community participation towards a shared vision.

Start a neighborhood walking program • Learn how you can help in the event of a disaster • Become a champion for kids in need • Start your month on a high note with the Sunday Jazz Brunch on the Riverwalk • Pack a picnic and enjoy Starlight Musicals in Holiday Park on Friday nights in the summer • Take your lunch break at the Noon Tunes at Huizenga Plaza 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 Friday Night Tunes in Carter Park • See nationally ranked tennis players compete at the Jimmy Evert Tennis Center • Celebrate Kwanzaa at Bass Park • Watch the anchor drop at Downtown Countdown on S.W. 2nd Street • Celebrate Black History Month at Kijiji Moja in Lincoln 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 Holiday Park • Invest in the future by mentoring a teen • Lift your spirits at the Carter Park Tree Lighting Celebration • Scramble for eggs at the Spring Egg Hunt in Croissant Park • Flourish your green thumb in the Warfield Park children's garden • Read to the children in the after-school programs • See Santa on Fort Lauderdale Beach

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

Use recycling containers at parks and special events • Pick up free mulch courtesy of the parks division at Mills Pond Park • Become a Green Your Routine volunteer • Keep your contact information current to avoid returned mail • Ask for materials to be sent to you via email • Use WebTrac to register for recreation programs • Ask that your receipts from WebTrac be sent to you via email • Check the City Parks and Recreation website for seasonal program information • Learn to identify the spectacular birds that nest in Fort Lauderdale parks • 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 • 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 • 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 • Catch the breeze in the largest urban parks Parks that are naturally cooled by trees and plants

