

- Visit the Okanagan Science Centre
- Skateboard or rollerblade
- Jump in puddles
- Make a video of your neighborhood
- Create a scrapbook
- Dance
- Colour/paint a picture
- Play "Hide and Seek"
- Skip with a skipping rope
- Play bocce or volleyball at Sovereign Park
- Cook a snack or treat
- Play tug o' war
- Visit Allan Brooks Nature Centre
- Discover your neighbourhood on your bike
- Walk in the rain
- Visit Rose's Pond to birdwatch
- Plant a tree
- Swim at the Rec Centre pool
- Play badminton
- Learn a new sport
- Play "Capture The Flag" or "Kick The Can"
- Play table tennis
- Go bowling at Lincoln Lanes
- Build a sand castle at the beach
- Visit Davidson Orchards
- Organize a treasure hunt
- Play with a hoola-hoop
- Learn a new craft
- Sing
- Write a story or poem
- Make your own musical instrument
- Ride a horse
- Take in community theatre production
- Visit Atlantis Waterslides
- Grow a garden
- Walk, run, or skip the track at Greater Vernon Athletic Park
- Ride Silver Star bike park
 - Stretch with yoga
 - Fly a kite
 - Watch ants on the march
 - Play baseball or catch

*Availability of highlighted activities may be impacted by COVID-19

100 Ways to PLAY!

- Find all the PLAY Boxes in greater Vernon
 - Put on a skit
 - Play backyard golf
 - Visit Polson Park, the water park and Japanese Garden
 - Make a new friend at your neighborhood park or school
 - Colour with sidewalk chalk
 - Visit Planet Bee
 - Visit a local U-pick for some fresh fruit
 - Walk your dog
 - Shoot hoops at your neighborhood basketball court
 - Visit the Historic O'Keefe Ranch
 - Go BMX riding at Vernon BMX track
 - Play hopscotch
 - Visit the Caetani Cultural Centre
 - Hug and climb a tree
 - Dig some worms
 - Play tennis at your neighborhood tennis court
 - Give your dog a bath
 - Bike or walk the Okanagan Rail Trail
 - Visit Mackie Lake House
 - Explore the bug life underneath a log
 - Swim at the Peanut Pool at Lakeview Park
 - Discover a new favourite author at the Okanagan Regional Library.
 - Visit a Farmers Market
 - Make an obstacle course
 - Have a rubber ducky race at the lake
 - Paint rocks and leave for someone to discover.
 - Swim in a local lake
 - Lay in the grass and find shapes in the clouds.
 - Visit the Vernon Public Art Gallery
 - Go bird-watching in the Swan Lake Nature Reserve Park; create a log.
 - Build a fort
 - Take photos
 - Play dress-up
 - Hike in a local park. Ellison, Kalamalka, Silver Star Park



www.unplugandplayvernon.com

- Play croquet
 - Laugh and giggle
 - Play "Freeze Tag"
- Learn origami
 - Swim at the Lavington Outdoor Pool
 - Eat watermelon; make a craft with the seeds.
 - Play beach volleyball
- Walk the Historic Grey Canal Trail
 - Swing on a swing or tree swing
 - Swing on the monkey bars at your local park
- Run through the sprinklers
 - Have a family game night.
 - Bury a time capsule.
 - Play with bubbles
 - Take the family on a geocaching adventure.
 - Learn how to juggle
 - Learn how to tie knots
 - Do a jigsaw puzzle
 - Make homemade popsicles
 - Learn about early life in the North Okanagan at the Vernon Museum
 - Try Frisbee golf
 - Do some star gazing on a clear night
 - Make friendship bracelets
 - Do a random act of kindness

Community projects of the NORTH OKANAGAN OPTIMIST CLUB

- Unplug & PLAY Week
- Vernon & District Heritage Fair
- Play Boxes in 6 neighbourhood parks
- High School Scholarship
- We also support:
 - Children's Christmas Gift Shop
 - Youth curling
 - the Kidston Discovery Gardens program
 - Leos "Breakfast in a Box" fundraiser
 - A candidate in the Queen Silver Star Excellence Program

Optimist Creed

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.



Our Positive Outlook

Our upbeat outlook, and our commitment to creating a more optimistic future for kids is what differentiates Optimist Clubs from any other volunteer opportunity.

Communities in the United States, Canada, the nations of the Caribbean and other countries throughout the world have been touched by the powerful, positive force of Optimist Club Members.

From sponsoring youth athletic leagues, to weatherizing the homes of the elderly, to conducting oratorical contests for young people – Optimist Clubs are responding to the special needs of our local communities.

Although we come from all walks of life, Optimist Club Members share one common trait. We know that we can make a difference in the lives of others.



NORTH OKANAGAN OPTIMIST CLUB

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www.facebook.com/North.Okanagan.Optimist.Club/

We meet on the third Monday of the month, but mostly we just plan activities that focus on bringing out the best in youth, ourselves and our community.

NORTH
OKANAGAN
OPTIMIST CLUB

2019: Celebrating
100 Years of
Optimism with
100 Ways to Play



Friend of Youth