

Families who watch little or no T.V. find they have more time for exercise, fun, and spending time together!

Try these suggestions for
National T.V. Turn-off Week:

Saturday, April 19th

Tom Hanford's Musical Menagerie – A rollicking collection of songs about our furry, feathery and finny animal friends! Ideal for ages 3 and older. 11:00am – Hollenbeck Room, Geer Village, North Canaan. Co-sponsored by Canaan NW Lions Club. The show is free, however donations of used eyeglasses, hearing aids, or non-perishable food items for Lions charities will be welcomed.

Sunday, April 20th

Give T.V. the boot! Take a Family Hike on Mt. Brace with outdoor enthusiasts, Ed Thorney and Jill Gibbons. Meet at the Salisbury Town Hall at 9:30am. Bring a water bottle, bag lunch and a snack. Wear layers of weather appropriate clothing for this free, multi-generational outdoor experience! Return time approximately 3:30pm.



In the home ideas for school nights:

Monday, April 21st

Read a book with your child, or ask your child to read to you! Reading fosters habits of analysis, questioning, comprehension, and rationality! Or write a story together. Start with one or two sentences and let each family member add the next part, building the storyline. Use your humor and imagination! Be creative!

Tuesday, April 22nd

Plan a family garden! What does each family member want to grow in the garden? Flowers? Vegetables? Herbs? How big should it be? Who will water and weed it? Set up a daily or weekly schedule. The garden can be a cooperative effort where parents emphasize teamwork and accountability!

Wednesday, April 23rd

Have you ever tried a family Visioning Exercise? Families who plan for their future, are more likely to turn it into a reality! Plan the "Perfect Day" together, or your next family vacation. Ask each family member what would have to happen to make the best possible day. Then, come up with a plan that incorporates all the ideas!

Thursday, April 24th

Attend the Community Health Fair at North Canaan Elementary School, 6:30 – 8:00pm and learn about healthy alternatives. Or make a list of healthy snacks and activities your family would like to try together!

Friday, April 25th

Kick up your heels and shake a leg at the Family Contra Dance, 7:00 - 9:30pm, Cornwall Town Hall. All ages.

Saturday, April 26th

Come to the Live Bird Program at Sharon Audubon Center and help celebrate John James Audubon's birthday! 10:00 am. Mention that you are participating in TV Turn-off Week and get a special bonus! Free event!

HYSB's annual Battle of the Bands at HVRHS – 7:00pm. Hear local youth perform their best stuff and compete for prizes! Tickets on sale at door.

Sunday, April 27th

Celebrate spring by getting outside to play catch or Frisbee! Invite the neighbors over to join in the fun!



Housatonic Youth Service Bureau

"Family Solutions" Program

824-4720

www.hysb.org