**CHAMP BA Free and Low-Cost Ideas for the *XX* Area**

[*TEMPLATE ~ remove this line*]

Last Updated: \_\_\_\_\_\_\_\_

[*Guidance: This is a template that is already partially populated with ideas you can share with your CHAMP BA patients. To make it much more useful and appealing, we encourage you to add in options for your local area, including things that you and your colleagues know of or that your patients come across. Basically, it’s great to see this as a living document that can be added to and pruned over time. It is organized thematically, but you should feel free to rearrange the themes, add or delete them as you see fit.]*

*In the time of covid-19, you may want to organize the categories and items within them to lead with those activities that can be done from home or that offer opportunities for safe social distancing.*

*[Note: Be sure to remove everything set off by brackets and that is in turquoise font*.]

**Nature and Outdoor Activities**

Ideas:

* Take a nature walk at \_\_\_\_\_ [list local parks or nature areas]
* Go star gazing on a clear night- use a book to identify stars
* Pick blackberries, blueberries, or raspberries and make a cobbler or a pie
* Plant a garden or grow flowers
* Take a scenic drive
* Visit a garden and identity flowers from a flower guide
* Go bird watching at a park and identify different birds with a book
* Go to a local farmers market
* Go swimming at a local beach
* Find free botanical or specimen gardens in your area [list for area]

**Local Trails**

*[These are examples from the Seattle area to provide a sense of the details needed here and in other categories below.]*

Burke- Gilman Trail- Seattle to Kenmore

* 14 miles, paved trail begins at Gas Works Park on Lake Union and follows the ship canal north along lake Washington
* Access areas: Gas works park, Matthews beach park, and Tracy Owen Station Park
* Questions? (206) 684-4075

Sammamish River Trail-Bothell-Redmond

* 10 miles of paved trail begins at Blythe park in Bothell and extends to Marymoor park in Redmond.
* Horseback riding permitted on a separate equestrian trail from northeast 175th St. in Woodinville to Marymoor Park
* Questions? (206) 296-4232

Snoqualmie Valley Trail- Duvall, Carnation, Snoqualmie, North Bend

* Crushed rock surface, 36 miles trail on former rail route
* Access points: McCormick Park near Duvall, Rattlesnake Lake Recreation area near North Bend, Loutsis Park near Carnation and Northeast 4th S. and Ballarat Ave in North Bend.
* Questions? (206) 296-4232

**Gardens**

Arboretum Japanese Garden-Seattle

* Traditional Japanese garden includes a pond with koi, a tea house, and a waterfall
* West side of lake Washington blvd, north of the east Madison street entrance to the Washington park arboretum in Seattle
* (206) 684-4725, call for open hours
* Admission: adults $5, children and seniors $3
* [Www.ciseattle.wa.us/parks/parkspaces/gardens.html](http://Www.ciseattle.wa.us/parks/parkspaces/gardens.html)

Kubota Gardens- Seattle

* 20 acres Japanese-American garden with northwest influence
* 55th Ave S. and Renton Ave S., open dawn to dusk daily; Admission is free.
* Questions: (206) 684-4584, for guided tours: (206) 725-5060
* Guided tours: every 4th Saturday of the month at 10am; or if you have 8+ people

**Outdoor Clubs**

Outdoors for All

* Outdoors for All offers a variety of recreational activities for children and adults with disabilities.
* 6344 NE 74th St, Suite 102, Seattle, WA 98115, (206) 838.6030 x200
* Email: info at www.outdoorsforall.org

OutVentures- Seattle

* Gay and lesbian outdoor adventure club with inline skating, day and overnight hikes, scuba diving, field seminars, canoeing, kayaking, snow sports, biking, and social activities
* Membership dues $20 individual, $30 couple at same address
* [www.outventures.org](http://www.outventures.org)

**Exercise**

**Ideas for low cost exercise:**

* Go for a bike ride on a local trail, or see the trail listings for ideas
* Fly a kite or throw a Frisbee
* Roller skate or roller blade at a park in a local skating ring
* Wash the car
* Put your favorite music on and dance with a partner or around the house by yourself
* Play a game of tennis, basketball, soccer, racquetball, etc., outdoors or at your local YMCA
* Climb the stairs instead of using an elevator
* Go swimming at your local community pool or the beach
* Take a walking tour of downtown
* Park your car in the last space and walk to your destination
* Do sit ups during commercials while watching TV
* Walk the dog
* Gardening, chopping wood, pulling weeds, yard work with your favorite music
* Canoeing with a friend
* Painting the house/garage, or volunteer to help with a painting project
* Mall walking

**Animals**

Kelsy Creek Farm- City of Bellevue Parks and Recreation

* Non-operating farm with self-guided tours, animals available for viewing 9:30am-3:30pm
* 410 130th Pl SE Bellevue, WA, (425) 452-7688
* Admission is free

Washington Serpentarium- 1 mile east of Monroe Hwy 2

* Reptiles and snakes and the world’s largest spiders and centipedes
* Daily 10-6pm
* (360) 805-5300, or [www.reptileman.com](http://www.reptileman.com)
* Admission is $6 per adult, $5 per child

**The Arts**

**Ideas for low cost arts and crafts:**

* Design your own stationary with stamps, colored pencils, stickers etc.
* Create a collage with magazines or positive affirmation
* Make a sandcastle at the beach
* Pick flowers and dry them by hanging them upside down
* Embroider something- jeans, t-shirt, pillowcase
* Tie-dye a t-shirt, pillowcase etc.
* Make a patchwork quilt with old scraps
* Make greeting cards by ironing little flowers between wax paper
* Decorate cutout cookies
* Press flowers between the pages of a heavy book from dried flowers and make cards or pictures
* Make bead necklaces, earrings, or bracelets
* Make wax candles: pour ice cubes in paper milk cartons, melt crayons and wax in an old pan, then pour over the ice cubes and dangle a string into the carton for a wick and let it cool
* Paint or refinish old furniture

**Art and Craft resources**

The creation station- Lynwood

* Buy a variety of low cost arts and craft materials (fabric, spools, stickers, etc)
* Creation station will supply space and materials for classes, field trips, or birthday parties
* 19511 64th Ave W., Lynwood, (425) 775-7959

Circle of Friends for Mental Health

* Non-profit organization that offers classes in visual arts, music, writing, drama, and photography to people with mental health illness
* Carolyn Hale, (206) 325-6386
* [www.cofmentalhealth.org](http://www.cofmentalhealth.org)

**Museums**

EMP- Experience Music Project- Seattle

* 323 5th Ave N
* Empsfm.org
* Admission is free the 1st Thursday of the month, 5-8pm

Animation USA- Seattle

* Filled with contemporary and vintage animation art
* 409 1st Ave S. & pioneer square, (206) 625-0347
* Admission is free

Center of Contemporary Art- Seattle

* 3091 1st Ave., (206) 621-1693, call for daily hours
* [www.cocaseattle.org](http://www.cocaseattle.org)
* Admission is free

**Theatre**

Bainbridge Performing Arts

* plays, music performances, uplifting comedy, innovative theatre school, community and children's productions in a small, low cost community theatre
* Box Office hours: 1:00pm to 4:00pm, Wednesday - Friday, or one hour prior to performance -(206) 842-8569 or available online
* [www.bainbridgeperformingarts.org](http://www.bainbridgeperformingarts.org)

The Intiman Theatre-Seattle

* 201 Mercer St’; (206) 269-1900 or [www.intiman.org](http://www.intiman.org)
* Call for visit the website for show times and dates
* First Thursday showing of each event “pay as you can” with a $5 suggested donation

**Tickets**

Ticket Ticket

Offers half price, day of show tickets for local theatre, comedy, music, dance, and other special event performance

Locations:

* Downtown Seattle, 1st and pike at the entrance to pike place market. Hours: Tuesday-Sunday 12-6pm, (206)342-2744
* Capitol Hill, 401 Broadway east inside the Broadway markets’, 2nd level. Hours of operation: Tuesday-Sat: 12-6pm (206)324-2744
* Bellevue, Myedenbauer Center 11100 NE 6th st., hours of operation: Tue-Sun 12-6

(425)637-1020

VetTix

Deeply discounted event tickets for Veterans

<http://www.vettix.org/>

**Movies**

[List local movie theaters and outdoor movie options that have reduced ticket prices.]

**Music**

Free Concerts/Seasonal

Chittenden Locks-Seattle

* 3015 NM 54th St.
* Free music Saturdays and or Sundays June to September
* Call for scheduled events (206) 783-2059

Bellevue Botanical Gardens-Bellevue

* 12001 Main St., (425) 451-3755 or [www.bellevuebotanical.com](http://www.bellevuebotanical.com)
* Free concerts all summer long
* Call or check the website for more information

**Social Activities**

* Go to a free sporting event
* Walk through local open air market and listen to street musicians
* Tour a bakery and munch the free sample**s**
* Put a photo album or scrapbook together
* Cook a special meal
* Visit the international district and sample food

**Resources To Check Out At The Library**

Books

* Seattle Best Place: By Nancy Leson & Stephanie Irving
* Nature Walks In & Around Seattle : By Shephen R. Witney
* Mr. Cheap Eats: By Robinson & Irving
* The Seattle Super Shopper 8th Edition: By Vicki Koeplin

Computer Access

* Search the web
* Explore community resources online
* Set up an email account

Resources to check out and take home

* Movies
* Books
* Tapes and CDs

Story Times

* Call (206) 621-8646 for information about local story telling events
* Call (206) 386-4656 for storyline and hear a story told over the phone

The Answer Line

* Answers questions regarding local resources and general information
* Call (425) 426-9600 or 1(800) 462-9600
* Monday-Thursday 8am-9pm, Friday 8am-6pm, weekend 1pm-5pm

**Coupons**

City Pass

* Adult $59 and children (4-12) is $ 39
* Includes admission to 6 Seattle attractions: Seattle Aquarium, Space needle, Pacific Science center, EMP museum, Argosy Cruises- Seattle Harbor Tours, Woodland Zoo OR The Museum of Flight

Seattle Mayor's Flash Card

* give cardholders discounts for events, goods and services at businesses and organizations throughout King County
* Available at The Mayor's Office for Senior Citizens, Community Services for the Blind and Partially Sighted, and the Special Technology Access Resources (STAR) Center
* For more info or directions –(206) 684-0500

Valupak.com

* Plug in your zip code and get discount coupons for eating out, recreation and more!

**Web Resources**

NWSource.com

* Great online recreation guides including: hiking, dog parks, farmers markets, dining out etc

Seattleinsider.com

* Check out Friday’s “weekend Best Bets” for great ideas to plan your weekend!

www.Seattle.gov

* The community calendar lists paid and free events in the local community

**Newspaper**

Check out the Friday newspaper. Every Friday our local papers have weekend planning guides that list free fairs, festivals, and events, movie times for your local theaters, upcoming theatre and concert events, and restaurant reviews- including prices. Find something to do that day, weekend or plan ahead. The Thursday paper includes *The Northwest Weekend* which also has great ideas for getting out and having fun.

The Seattle Times

Look for “The Ticket”

The Eastside Journal

Look for “What’s Happening”

The Seattle Weekly

Free publication with event listings

**Educational Resources**

Discover U

* Offers quality educational and recreational program for professional and personal development
* 2150 N 107th St., suite B52, (206) 365-0400
* [www.discoveru.org](http://www.discoveru.org)
* Mon-Thurs: 9-7pm; Fri: 9-6pm; Sat 9-1pm

P.C.C (Puget Consumer Cooperative)

* Food works programs offers variety of classes at various store locations
* Call (206) 545-7112 for more information or pick up a class brochure at any PCC store
* Classes offered at Greenlake, Issaquah, W. Seattle
* 400 classes per year, 3 seasons, spring summer/winter/fall
* Health classes/wellness
* Italian, Thai - 60% of classes are vegetarian
* You can also use the website to learn more [www.pccnaturalmarkets.com](http://www.pccnaturalmarkets.com)

Additional Ideas for Taking a Class

* Check out the library for free or low cost classes
* Check out local university or community colleges
* Community centers
* Park and recreation departments
* Look for local options for veterans
* Look for local options based on interests

**Volunteer**

Volunteer Match- [www.volunteermatch.org](http://www.volunteermatch.org)

This is a national listing of volunteer opportunities. You can plug in your interests and zip code and find opportunities near you.