

FUN STUFF TO DO AT NO OR LOW COST

The Upper Valley area is fortunate to host numerous attractions and programs offered at no or low cost to anyone participating. There are many trails, natural attractions, and outdoor and indoor activities provided throughout each season of the year by towns/cities, clubs, organizations, non-profits, etc. Here are some ideas for you to ponder:

1. Take walks, hikes or ride bikes together around town or on one of the many trails in the area. The Recreation Department has a map of the Lebanon trail system.
2. Play a game together.
3. Check out a DVD or VHS tape, book or audio book, from the local library - they have new releases and older favorites.
4. Review the events calendar in the local newspaper for free events to attend. REMEMBER, THE LIBRARY HAS LOCAL AND STATE NEWSPAPERS FOR YOU TO REVIEW FOR FREE.
5. The Recreation Department offers tons of no/low cost activities. Pick up a current Program Guide (a new one is developed for each season) at City Hall or the Library, or at the city's web site: www.lebcity.com. REMEMBER, INTERNET ACCESS IS FREE AT THE LIBRARY. Click on departments, click on Recreation and Parks, and you will find youth, adult and senior programs, special events, athletic programs and the very latest Trails Map "Blue Print for Community Trails". The map is also available at the Recreation offices.
6. Visit Colburn Park during the summer for Monday evening concerts at 6pm, Thursday Farmer's Market and Concerts 4pm-7pm, and bring a bag lunch for you by yourself or you and your children on Thursdays for Noon performances (magic, puppets, music, juggling, etc.).
7. The Library offers numerous free activities and programs. Visit the Library in person or via the City's web site to learn more about adult book discussion groups, youth programs for ages 2 to teen, summer youth reading programs, play groups, story times, make-and-take craft days, afterschool game days/movie days & other activity/crafts times.
8. Visit Riverside Park on Glen Road for skateboarding, picnicking, horseshoes, volleyball, etc.
9. Visit local museums, recreational areas and historical sites. (see web sites below).
10. Host a potluck dinner and invite friends/family for an evening of laughter and conversation.
11. Go for a camping trip in the backyard... don't forget the s' mores.
12. Google "Lebanon, NH free kids meals" to see where you can take advantage of free meals for children. You can search different towns as well.
13. Plant a garden with friends or family and everyone pitching in. This offers not only a learning opportunity for the adults and children, but also provides for quality time to catch up, chat, learn more about each other, accomplish something together, create a cohesive family unit, assign and learn responsibility and appropriate work ethics, etc.
14. Check out web sites of area towns to see what they offer in terms of free and fun events.
15. Check out these New Hampshire web sites for all sorts of places to go, events to attend, and people to see (you can easily search Vermont attractions via the web as well):

www.visitnh.gov

www.nhoutdoors.com

www.nhliving.com

www.newhampshirebeautiful.com

www.touristinformationdirectory.com

www.visitwhitemountains.com