Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

NEWSLETTER 18
COLBY DUDAL

#CCGOLF

Our first ever Virtual Golf Tournament Fundraiser is well underway. Some have already registered and it is not too late for you to do the same!

When you register here, you will be entered into drawings which could land you some awesome prizes. One of those prizes is four rounds of golf at a course of your choosing (up to $200.00).

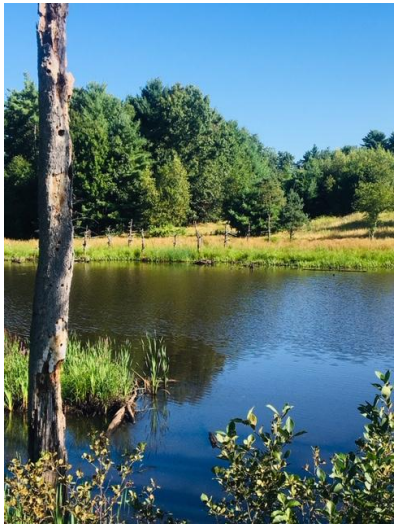
If winning awesome prizes is something that interests you, sign up TODAY!



SUMMER ACTIVITIES









“I would like to share how incredible the State’s local Rail Trails are. I am on them at least 5 times a week either riding my bike or running. They span across the southern tier into Concord area. They are mostly flat and paved so it makes it easy for families and the good news is that they are free and safe. These pictures are trails in Auburn at Massabesic Lake and Londonderry Rail trails. There are also trails in Salem, Windham, Londonderry, Derry, Goffstown and Manchester.” - Sent in by Angela

SUMMER ACTIVITIES



York's Wild Kingdom in York, ME has opened the zoo portion of their space for the summer. The amusement park will remain closed but you will be sure to have a fun day looking at the animals! Make sure you check their rules and hours before going as they are subject to change. - Sent in by Maura



Laromy Lavender in Hollis, NH has field of lavender you can pick. There is also a store where you can purchase items. - Sent in by Annjie

SUMMER ACTIVITIES



This is Brock and Brody who are enjoying their backyard zip line and obstacle course! As families could not participate in camps this year, campership funds were used for other things. - Sent in by Maura





OUTDOOR GAMES



Yardzee is a fun way to play the classic game Yahtzee. For this version, use cardboard boxes as dice. Use paint or a marker to add the dots to each die. Then, you will have a new fun way to play this popular game - Sent in by Leah



You can find the game Kan Jam at sporting goods stores, Target or even order it online. For this game, each team has a small plastic can with a small slot in it. A person throws a frisbee towards the can and can score a different amount of points depending on what happens. You can find the official game and scoring rules here! - Sent in by Leah

You can find the Go Find It game on Amazon or just create your own! This game includes cards with names of things you would find in nature. This is a fun family game to play outside and can be educational too!



GLOW IN THE DARK BOWLING

What you will need:

6 glow sticks, 1 ball heavy enough to knock over water bottles (possibly a small basketball), 6 bottles of water, paper and pencil to keep score.

Location:

Indoor: A clear hallway, kitchen or living area (make sure to remove all fragile or breakable items when bowling inside.)



Outdoor: A relatively level patio, playground, driveway or grassy area. Use caution if you are near a street.

Step 1: Prepare pins - Follow the directions on the glow sticks package and 'crack' the glow sticks to activate the chemicals.

Step 2: Get pins glowing - Add one stick to each water bottle to create six bowling pins. Be sure to leave some headspace at the top of the bottle so there is no overflow of water!

Step 3: Set up bowling alley - You can set it up 1-2-3 or in any way you want depending on how many pins you use.

Step 4: Turn the lights off and bowl! You can keep score if you want. This will turn into a fun night of bowling without even leaving your own home.

VISIT YOUR PUBLIC LIBRARY

One place you can visit regardless of the time of year is your local library! Reading is one of the best ways to learn new things and on top of that, it is fun!

Check out what some local libraries are doing, both virtually and in-person:

Kimball Library - Atkinson

Kelley Library - Salem

Hampstead Library

Plaistow Public Library

Derry Public Library



Londonderry Public Library

Sandown Public Library

Pelham Public Library

Thank you to all of our local libraries for continuing to entertain, educate and be creative during this time.

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VIRTUAL COOKING CAMP

For two full weeks, Rachel Ray and other celebrity chefs will be cooking delicious meals, and you can cook alongside them.

'Cook with Rachael Ray & Friends" will take place on Zoom and give those who like to cook or want to become better at cooking the chance to make meals that are fun, and relatively quick to make.

Learn more about the cooking class and register today by clicking HERE



Throughout the next week, think of a positive word that describes yourself beginning with the first letter of your name.

Email me that word at cdudal@communitycrossroadsnh.org and I will add the words people give me into next week's newsletter.

