



52 Low-Cost Activities for You and Your Mentee in Southern Oregon

One adventure for each week of the year!

WINTER

1. Make a CD, play fireman, or capture your shadow at the Klamath Falls Children's Museum (www.cmkf.org/)
2. Visit a thrift store and select outfits for each other to try on.
3. Tour a local service agency like the fire and police departments or local television and radio stations
4. Make a You-Tube video together! Be a tour guide in your neighborhood, show off your skills or interview one another for great content
5. Visit local youth centers:
 - o Integral Youth Services (www.iyskfalls.org)
 - o Kids Unlimited (www.kidsunlimitedoforegon.org)
 - o YMCA in Ashland (www.ashlandymca.org), Klamath Falls (www.kfallsymca.org), or Medford (www.rvymca.org)
6. Play in the snow! Go sledding or build an igloo
7. Read the *Mail Tribune*, *Herald and News* or *The Daily Tidings* and discuss current events
8. Take a walk to enjoy the decorations or window shop around the holidays
9. Explore career opportunities! Set up a job shadow experience for your mentee or bring your mentee to work for an afternoon
10. Go to your local high school's performances including drama, band, or sports
11. Get some exercise and enjoy the beautiful scenery while you snowshoe around Crater Lake
12. Tour Harry and David's facility in Medford
13. Explore the Science Works Museum (www.scienceworksmuseum.org)
14. Check out the Annual Return of C'waam Ceremony in March and other events throughout the year hosted by the Klamath Tribes (<http://www.klamathtribes.org/events/>)
15. Learn about sustainability and try your hand at gardening at the Klamath Community Garden (www.healthyactiveklamath.org)
16. Discover agates and other rock treasures at the Crater Rock Museum (www.craterrock.com)
17. Photograph the beautiful scenery and wildlife while hiking a local trail
18. Discover what your local Farmer's Market has to offer (www.oregonfarmersmarkets.org/directory/directory.html)
19. Volunteer to build a float with your mentee for the Pear Blossom parade (www.pearblossomparade.org)
20. Explore the ranger activities available to the public at Crater Lake (www.nps.gov/crla/index.htm)
21. Visit Veteran's Memorial Park in Klamath Falls (www.klamath.org/events/memorial/)
22. Test your skills at your local rock climbing wall or gym
 - Rogue Rock Gym – Medford (www.roguerockgym.com)
 - The Yeti's Lair – Klamath Falls (www.theledgeoutdoorstore.com)
23. Learn about locomotives at the Train Mountain Railroad Museum in Chiloquin (www.trainmountain.org)

SUMMER

24. Visit a car dealership and discuss your favorite cars
25. Find your spot along the route for Central Point's annual 4th of July parade (www.centralpointoregon.gov/parks.aspx?id=753)
26. Search for free summertime concerts in your area and enjoy the great outdoors while listening to fantastic tunes

SPRING

14. Learn to fish together and visit area hatcheries (<http://www.dfw.state.or.us/fish/hatchery/>)

28. Stroll through the supermarket and discuss your favorite foods and the importance of healthy eating
29. Drive up to Roxy Ann Peak to access one of six hiking trails that will take you to the top (en.wikipedia.org/wiki/Roxy_Ann_Peak#Trails)
30. Visit the Schneider Museum of Art at Southern Oregon University and attempt to recreate your favorite piece of art at home (www.sou.edu/sma)
31. Volunteer to be a dog walker with the Southern Oregon Humane Society (<http://www.southernoregonhumane.org/>)
32. Learn about the Pacific Crest Trail and check out ways to maintain the trail by volunteering your time to help (<http://www.pcta.org/>)
33. Enjoy delicious treats when you pick your own fruit from a local orchard (<http://www.pickyourown.org/OR.htm>)
34. Splash around at local swim center on a hot day
35. Cool off at the new Don Jones Water Spray Park in Central Point (www.centralpointoregon.gov/parks.aspx?id=753)
36. Visit Lava Beds National Monument and embark on a self-guided tour in the Cave Loop (www.nps.gov/labe/index.htm)
37. Catch a free movie at the Friday Night Movie Festival in Central Point each week in July and August (www.centralpointoregon.gov/parks.aspx?id=753)
38. Enjoy the "Green" show before evening theatre performances, nearly every night of the week during the Oregon Shakespeare Festival in Ashland (www.osfashland.org/browse/production.aspx?prod=157)
39. Feed the ducks, have a picnic, or take a hike at Lithia Park in Ashland (http://en.wikipedia.org/wiki/Lithia_Park)
40. Explore the highest peak in the Siskiyou Mountains by traveling to Mt. Ashland (www.mtashland.com)
41. Travel to Kingsley Field next to the airport in Klamath Falls and watch the planes take off (www.klamathfallsairport.com/guard/)
42. Visit the Rogue Creamery (www.roguecreamery.com) in Central Point and stop by Seven Oaks Farms (www.7oaksfarms.com)
43. Sign up for free library cards and share your favorite books
 - Douglas County (dclibrary.us)
 - Jackson County (www.jcls.org)
 - Klamath County (www.klamathlibrary.plinkit.org)
44. Ride your bicycles or walk new paths in your area
45. Take in the view from either of the Table Rocks and look for wildflowers and migratory birds along your way (www.blm.gov/or/resources/recreation/tablerock/table-rock-hiking.php)
46. Play disc (frisbee) golf at one of many local courses (www.oregondiscgolf.com)
47. Play basketball, volleyball, soccer or many other sports at your local park or community courts. Go to one of the following Web sites to find parks and facilities in your area or search your city's Web site for parks and recreation information.
 - Ashland (www.ashland.or.us/SectionIndex.asp?SectionID=426)
 - Grants Pass (www.grantspassoregon.gov/Index.aspx?page=146)
 - Klamath Falls (www.ci.klamath-falls.or.us/visitors/parks)
 - Medford (www.ci.medford.or.us/Page.asp?NavID=192)
48. Visit local colleges or universities and discuss your mentee's academic or career plans for the future (en.wikipedia.org/wiki/List_of_colleges_and_universities_in_Oregon)
49. Visit a local pumpkin patch, orchard or corn maze (www.pumpkinpatchesandmore.org/ORpsw.php)
50. Take photos of your favorite places in the community and make a photo memory book together
51. Visit a local art studio and talk to the artist about life their work and inspiration
52. Travel to The Farm outside Medford where you can pet and feed the animals you're your mentee may even get to ride a pony (www.visitthefarm.org)

FALL