

Green Friday

NOV. 27, 2020

sdparks.org/GreenFriday

Every year, we encourage San Diegans to head outside the day after Thanksgiving to spend quality time with family and friends in their favorite park destinations. Join in the fun! Mark your calendar for a day of free activities featuring locales across the County. Day-use fees at all County parks will be waived for the day!

VOLUNTEER

Impact the future of these parks by adding shade and habitat for local wildlife. We're planting trees at Flinn Springs and Live Oak County Parks! Materials will be provided; protective clothing, gloves, water and snacks are encouraged.

- Flinn Springs, 10 a.m. - 1 p.m.; get details and register for a time slot by calling 619-561-0180.
- Live Oak, 11 a.m. - 2 p.m.; get details and register for a time slot by calling 760-728-2303.



WORK OUT

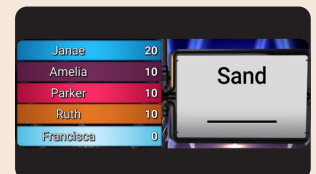
Attend a fit camp session for all ages or adults led by Mission Fit Camp's expert trainers at Pioneer Park! Or relax, refresh and rejuvenate your body and soul through a special yoga session at Waterfront Park led by Dorothy Guthrie, compliments of the San Diego County Parks Society.

- All-ages Fit Camp at Pioneer Park, 9 - 10 a.m., Max. 25 people; details at sdparks.org/GreenFriday.
- Adult Fit Camp at Pioneer Park, 12 - 1 p.m., Max. 25 people; details at sdparks.org/GreenFriday.
- Yoga at Waterfront Park (Civic Green 4), 1 - 2 p.m., Max. 20 people; RSVP to Hannah.Reynolds@sdcounty.ca.gov.



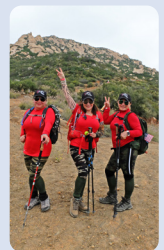
MEET UP

Test your knowledge in a special virtual trivia session called Cell Phone Smackdown! Log in from your favorite mobile device to see how you stack up against your peers in topics like nature, geography and pop culture. Cash prizes will be awarded to top winners in each category! Get the 5 p.m. Zoom invitation when you register by emailing Carl McCullough at Carl.McCullough@sdcounty.ca.gov.



EXPERIENCE PARKS ON YOUR OWN (Links and resources at sdparks.org/GreenFriday)

1. Read a story while you traverse the trails at these park destinations: Agua Caliente, Ramona Grasslands, Oakoasis, San Dieguito and Santa Ysabel.
2. Use ranger-recommended self-guided routes to tour San Diego City Parks like Chollas Parkway, Juniper Canyon and Tecolote Canyon.
3. Participate in the Tour Our Trails Challenge; booklets are available at all County park ranger stations.
4. Pack a delicious park picnic using our suggested post-Thanksgiving recipes! Leftovers make great meals and contribute to zero-waste dining.
5. Take the kids to one of eight TRACK Trails, where they can earn prizes for logging their outdoor adventures.



Activities are free and open to all ages. Inclement weather may cancel.
sdparks.org/GreenFriday • #UpsideofOutside #OptOutside

