

PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program

Happy New Year! The start of many new journeys we have yet to traverse in the coming year. Do you have New Year's resolutions or goals you have put on a list, an adventure list for new beginnings? We hope that you have included outdoor nature activities on that list in whatever form those may be. We are here to help you reach those goals. Maybe they are big or maybe they are small activities to add to your daily routine. Starting a new year can feel like a new start to something amazing. Dreaming big or small can make a positive impact on your general well being. You are never too old or too young to dream big. We have a few suggestions for resolutions if you are still working on your list.

- **20 minutes of nature 5 days a week.** Get outside. Go for a walk. Have your morning cup of coffee on the patio. Walk the dog. Take a stroll after dinner. Go outside and talk to the plants... whatever floats your boat. Go on a boat! I hear paddle boarding is really popular.
- **Take some YOU time.** This can be a hard one. We are busy people in a busy world.
- **Spend outside time volunteering in your community.** Eventbrite and Givepulse have many options available for volunteer days including at Zilker Botanical gardens and the Central Texas Pig Rescue (you get to hang out with pigs while you help clean their spaces.)
- **Learn a new skill.** Maybe you never learned to ride a bike or roller-skate. Why not try something new? We are never too old to learn something new and these skills may help you spend more time outdoors as well.

This year we will be introducing you all to a few new animated friends, so keep an eye out here and on the PARD social media outlets. They will be sharing more information about Austin parks and may get into some hilarious situations as well. Since you are signed up for the PARDRX Newsletter you will even get behind the scenes access of the process that goes into making each animation.

Since it is a new year we would like to remind you and the kids in your life to pledge your support for the

Children's OUTDOOR BILL OF RIGHTS

In which children of all ages, backgrounds, and abilities have the right to:

- Climb** a tree
- Catch** a fish
- Picnic** in a park
- Hike** a trail
- Ride** a bike
- Splash** in a creek or river
- Discover** plants and wildlife
- Play** in the sand and mud
- Gaze** at the night sky
- Chase** a firefly
- Plant** a seed and watch it grow
- Harvest** and eat a fruit or vegetable

Understanding that research shows children who learn and play in nature are healthier, happier and perform better in school, we enthusiastically support this Children's Outdoor Bill of Rights.

[Learn More at www.austintexas.gov/ourcity](http://www.austintexas.gov/ourcity)

January Highlighted Outdoor Events

[Calendar](#)

ARTY PARTY: WEATHER!

Arty Party: Weather!

Free

January 31st, 2025
10 AM - 11 AM

The Contemporary Austin - Laguna Gloria
3809 W 35th St, Austin, TX 78703

[Event Details](#)

Rainy, windy, sunny, cloudy—Laguna Gloria is fun in all sorts of weather! Taking a cue from Tom Friedman's *Looking Up*, we'll explore the sky above us through stories and hands-on artmaking. Plus enjoy a blizzard of bubbles!

Learn, play, and grow at Arty Party, a free, interactive story time for kids 3 and under! Explore art and nature through books, songs, and hands-on art experiences. Join us at Laguna Gloria from 10-11 am on the last Friday of each month!



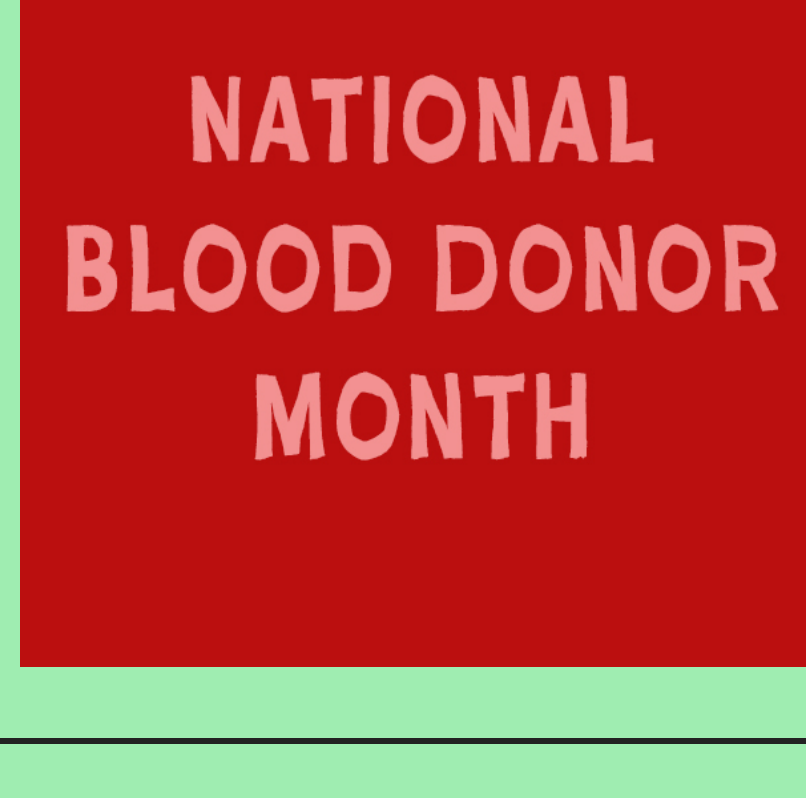
Public Rock Climbing with Park Rangers

Saturday, January 25th, 2025
9 AM - 12 PM

Gus Fruh in the Barton Creek Greenbelt
[2642 Barton Hills Dr.](#)

No Registration required.
Harnesses, helmets, shoes and rangers certified to belay will be provided. There is a short hike from the trailhead across the dry creek bed to the climbing wall. There will also be an educational table set up and rangers helping folks get into safety gear.

January is...



Get into Nature with the Austin Parks and Recreation Department.

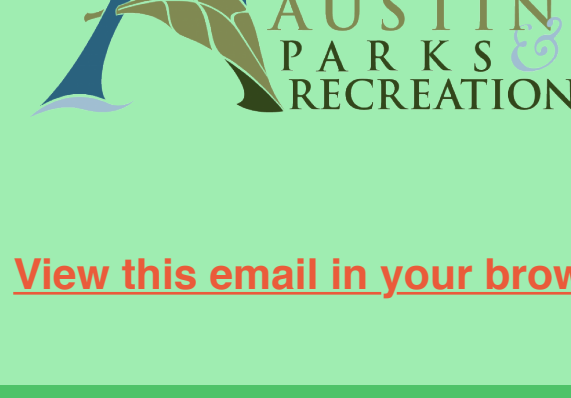
- [Lamar Senior Activity Center](#)
- [Conley-Guerrero Senior Activity Center](#)
- [South Austin Senior Activity Center](#)
- [Tennis](#)
- [Golfing at Golf ATX](#)
- [Softball, flag football, Basketball leagues](#)
- [Disc Golf](#)
- [Pickleball](#)
- [Trail Directory](#)
- [Skate Parks](#)
- [Zilker Botanical Garden](#)
- [Pools](#)
- [Playgrounds](#)
- [Picnic Sites](#)
- [Austin Nature Science Center](#)

Other Organizations Around Austin with Upcoming Outdoor Events:

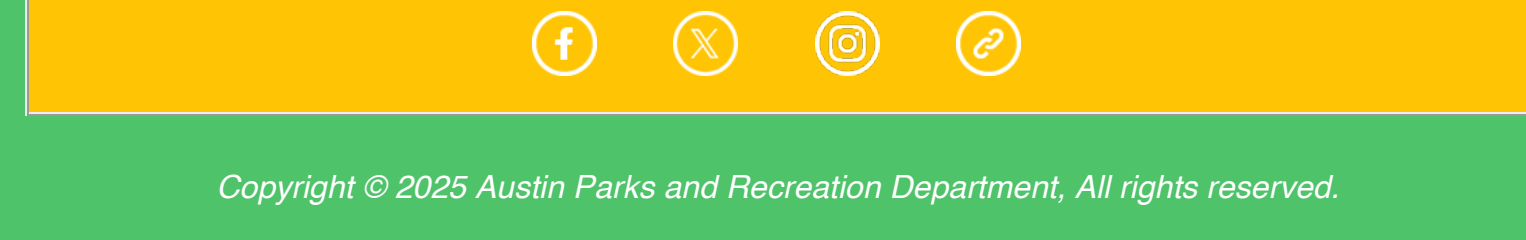
- [Texas Farmers Market at Lakeline](#)
- [SFC Farmer's Market Downtown](#)
- [Mueller Farmer's Market](#)
- [Boggy Creek Farm](#)
- [Lady Bird Johnson Wildflower Center](#)
gardening, yoga, etc.
- [Nature Rocks Austin](#)
Find Activities in Green Spaces & Parks in Your Community
- [Austin Parks Foundation](#)
Movies in the Park
- [Texas State Parks](#)
- [Tree Folks](#)
Volunteer & Calendar of events
- [Peace Park Conservancy](#)
- [Waterloo Greenway](#)
- [Austin Public Library](#)
Outdoor Storytime

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

[Click the logo for more information on our website.](#)



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