

New Year, New You!

A new year wouldn't be complete without the dreaded task of jotting down a few New Year's resolutions and vowing that this is the year we will make good on them.

To help you get started, here are 10 easy, convenient and economical resolutions and solutions to help make 2019 the best year yet!



10 Have Fun Without Breaking the Bank

Maybe you're trying to watch your finances this year, but that doesn't mean you can't afford to have fun! Tempe hosts a wide array of inexpensive - and often free - events and programs. Enjoy Movies in the Park, a free family movie series, to the annual Halloween Carnival and everything in between. Throughout the year, be sure to visit tempe.gov/FamilyFun to find out about all upcoming activities.



Want a great way to enjoy a day in Tempe without spending a dime? Come to Tempe's free PlayDay on Saturday, Feb. 23 from 10 a.m. to 2 p.m. at [Kiwanis Park](#).

PlayDay is full of structured and unstructured activities to get your feet moving, heart pumping - and best of all - spending time with the family.

Family members of all ages can get hands-on and try exciting activities including inflatables, sports, games, kayaking, Kid Zone Experience, Tempe Public Library Storywalk®, Diablo Dash obstacle course, the annual [Anglers United Just for Kids Fishing Festival](#) and more.

9

Lose Weight and Get Fit

Want to work out at your own pace, but don't have the equipment available to make it happen? Try one of the City's fitness centers. [Kiwanis Recreation Center](#), [Pyle Adult Recreation Center](#) and [North Tempe Multi-Generational Center](#) all have fitness centers with affordable daily and monthly rates. Learn more at tempe.gov/fitness.



8

Spend More Time With Loved Ones

Plan to devote more time to having fun and making memories with your family in 2019. Learn something new with your little one in a parent/child program like art, music, sports and more.



The [Tempe Opportunities brochure](#) features family classes for all ages, including archery, yoga, juggling and paddling!

As the weather warms up, spend a day cheering on your favorite baseball team at [Tempe Diablo Stadium](#), spring training home of the [Angels](#).

If you're more of a golf enthusiast, you can take a swing at Ken McDonald and Rolling Hills municipal [golf courses](#), which are open throughout the year.

7

Participate in Something for a Good Cause

Are you brave enough to freeze your paws for a good cause? Dive into the [8th annual Polar Bear Plunge](#) at The Lakes on Saturday, Jan. 12. All proceeds from the desert-style Polar Plunge benefit adapted recreation and individuals with differentabilities.

Attend [Tempe Empty Bowls](#) on Friday and Saturday, Feb. 22 and 23 to support the Tempe Community Action Agency (TCAA). Last year TCAA provided 743,000 meals to Tempe citizens. Purchase a hand-crafted bowl for a \$10 donation and Whole Foods Market will provide a simple meal of soup and bread (symbolic of the caloric intake that must sustain many around the world for an entire day).



Whatever you choose to devote your time to, there's no better feeling than helping others and giving back to your community.

6 Spend an Evening Appreciating Local Arts and Culture

[Tempe Center of the Arts](#) (TCA) offers various programs and events for all ages! Enjoy open mic night on Walk-In Wednesdays, catch Valley comics during the Tempe Comedy Concert series and listen to a spring concert by the Tempe Symphony Orchestra.



The [Tempe History Museum](#) is another great venue for entertainment. The monthly [3rd Thursday](#) program includes music, dance, poetry, spoken word, storytelling, performance art and more. [Performances at the Museum](#) is a free family music series that features amazing local talent. The [Tempe Historical Society Lunch Talks](#) provide Arizona history from local professionals, including Official State Historian, Marshall Trimble. While you're there, check out the feature exhibit, [Humans of Tempe](#), and immerse yourself in a unique display of photography that showcases informal portraits of everyday people who live, work and play in Tempe. Visit tempe.gov/museum for more information.

5 Enjoy the Little Things

Pack a picnic lunch or reserve a ramada for a family or corporate gathering at a Tempe park! Tempe's **48 parks** are strategically located so there is one park within about a mile of every resident.

Bring the kids to a playground or let the dogs make new furry friends at one of the [city's five dog parks](#). Take advantage of the surrounding natural and authentically-local settings that Tempe has to offer.

Visit one or all of the City's off-leash activity areas, including Clark Park, Creamery Park, Jaycee Park, Mitchell Park, Papago Park and Tempe Sports Complex.



4 Be More Eco-Friendly

Gather your friends and neighbors and [adopt-a-park, path, street or alley](#). It's the perfect opportunity to help make your neighborhood a better place to play.



Tempe now offers four [Zero Waste Days](#) per year. The next is Saturday, Jan 26 from 7 a.m. to 1 p.m. at Kiwanis Park, 6111 S. All-America Way. Bring your old electronics, clothing, linens, toys, stuffed animals, automobile tires, Household Hazardous Waste materials, scrap metal and books. Free, secure document shredding will take place in a secure setting in Tempe and you can recycle all of your personal paperwork.

3

Reduce Stress

Need to reduce some stress now that the holidays are over? Whether you'd like to attend an event or a fitness class, Tempe has something for everyone interested in winding down.



Try de-stressing with one of the popular relaxation classes for Adults 18+, including more than 23 yoga classes. Start 2019 with an open heart, a happy mind and a healthy body.

2

Learn Something New

The [2019 Tempe opportunities winter brochure](#) has programs for toddlers, youth, teens, adults, adults 50+ and a variety of adapted recreation leagues. No matter your age, interest or physical ability, Tempe offers something for everyone.



Some exciting new activities for 2019 include Toddler Tumble Bugs for Tots, Video Game Design for Youth, Beginning Knitting for Teens, Practical Meditation for Adults, and Pastel Painting for Adults 50+. You can learn multiple things in the new year, so why choose just one?

1

Volunteer Your Time to Help Others

Connect with an athlete with special needs by becoming a buddy in [Tempe's Adapted Recreation](#) Buddy Bowling League. Spend your Saturday mornings knocking down pins while building new friendships.

Make a Difference...



The City also provides many volunteer opportunities, ranging from one-time events to ongoing projects. Visit tempe.gov/volunteer for more information.

Make 2019 the most productive, meaningful and fun year ever. Call Tempe Recreation at 480-350-5200 or visit tempe.gov/brochure and make this year count!



PLAY. LEARN. LIVE. GROW.

www.tempe.gov/recreation