

## WAKE FOREST

# Unplugged

## ...GET CONNECTED

Disconnect from electronics  
for a day and reconnect with life!

The Wake Forest Recreation Advisory Board invites you to “disconnect” from cell phones, televisions, and computers for an entire day and “re-connect” with your community, friends, and family. Residents can participate by simply “unplugging” and taking part in specially planned activities.



### 101 Things to Do While Unplugged:

- Attend the concert at Joyner Park
- Take a greenway walk or soft trail hike
- Travel
- Explore a new park or playground
- Visit the dog park
- Visit Flaherty Community Center and play basketball
- Go fishing
- Kayak/canoe
- Paddle boat/sailing
- Dance
- Have a relay race
- Fly a kite
- Play tag
- Simon Says
- Hide and seek
- Jump rope
- Hopscotch
- Tic-tac-toe
- Hula hoop
- Frisbee
- Dodge ball
- Kick ball
- Softball/baseball
- Flag football
- Soccer
- Tennis
- Ride a bike
- Skate boarding/ scooter/ rollerblading
- Ice or roller skating
- Bowling
- Badminton
- Table tennis
- Pool (billiards)
- Putt-putt
- Golf/driving range
- Swim
- Ride a horse
- Visit a museum
- Volunteer
- Meet your neighbors
- Plant a tree

- Go shopping
- Start a vegetable garden
- Attend a high school or college sporting event
- Plant flowers
- Visit a pumpkin patch
- Camp in your backyard
- Tell ghost stories
- Host a neighborhood grill-off contest
- Host a neighborhood dance or talent show
- Go hiking in the woods
- Have a picnic

- Tour downtown Wake Forest
- Tour the Wake Forest Historic District
- Yoga/meditate
- Play a board game
- Bake cookies or a cake
- Cook dinner together
- Make a time capsule
- Make homemade candles
- Story time (library)
- Write a poem/short story with your kids
- Paint a picture

- Crafts (scrapbooking, tie-dye shirts, make jewelry, etc)
- Make a clay creation
- Play volleyball
- Read a good book
- Name the shapes in the clouds
- Identify birds
- Look at insects
- Spot wildlife
- Meet for coffee
- Visit the farmers market
- Find the biggest/oldest tree in town
- Create a scavenger hunt

- Go skydiving
- Organize a progressive dinner/dessert party
- Play a musical instrument
- Learn a foreign language
- Practice martial arts
- Rake leaves
- Make a Halloween costume
- Plan a party
- Have a 'girls' weekend with old friends
- Visit the flea market
- Organize your pictures
- Make and jump in a leaf pile
- Build and hang a bird house
- Make leaf rubbings
- Get a head start on your Christmas cards
- Clean out your fall/winter clothes and donate what doesn't fit
- Go to the theatre
- Plant tulip bulbs
- Have a yard sale
- Install a bird feeder
- Have a lemonade or cider stand
- Tour the Wake Forest Birthplace
- Install a hammock and swing the afternoon away
- Visit a Wake Forest art studio
- Visit at a nursing home
- Gaze at the stars and identify constellations

## E. Carroll Joyner Park

# Sunday, Sept 6 ~ 4-6 pm

Free Family Games & Activities and Concert in the Park 5-7 pm

[wakeforestnc.gov/unplugged.aspx](http://wakeforestnc.gov/unplugged.aspx) | 919.435.9560