

100 Meaningful Things to Do

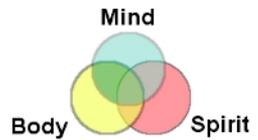
Community Support

Parks and Recreation

Arts and Crafts

Spirituality

Health and Wellness



100 Meaningful Things to Do

Make a picture

Big Lots \$3 canvas frames

<http://www.biglots.com/>

Create a vision board

Set goals for your future

<http://www.theseecret.tv/>

Make wind chimes

Visit Michaels & you can create things from seashells, broken pottery, or ceramic.

<http://www.michaels.com/art/online/home>

Join Graffiti Busters

Ask if they need help covering up graffiti and you may also get a chance to paint a mural

602-495-0323

graffiti.busters.nsd@phoenix.gov

Join or start a needlework group

Buy leftover yarn from thrift stores and make baby blankets and booties for hospitals

Arizona Knitting and Needlepoint

3617 North Goldwater Boulevard,

Scottsdale 480-945-7455

www.arizonaknittingandneedlepoint.com

Watch a free performance on Mill

Mill Ave and University

<http://www.millavenue.com/events>

Make a scrapbook

Visit Target or Wal-Mart and check out their scrapbooking section

Arts & Crafts

Take an arts and crafts class

You can visit Phoenix Parks and Recreation for schedule of classes:

<http://phoenix.gov/PARKS/classprog.html>

Bake cookies for friends and family

Go to the Food Network to find good recipes for baking:

<http://www.foodnetwork.com/>

Host a potluck with neighbors

Show off your cooking skills to your best friend and make some Italian food with Giada. Food Network:

<http://www.foodnetwork.com/everyday-italian/index.html>

Take a sewing class at JoAnn Fabric and Craft stores

Visit <http://www.joann.com> for a store near you.

Make a handcrafted picture frame with your favorite picture

Visit Michael's website for a store near you:

<http://www.michaels.com/art/online/home>

Customize a vase for your favorite flowers

Draw a picture of your favorite animal

Write a song and sing it to a loved one

Make a clay sculpture

Purchase clay at JoAnn's or Michael's craft stores.

Graffiti your backyard porch with chalk

You can buy chalk that will wash off easily at Wal-Mart, Target, or any craft store.

Bake cupcakes

Who says you have to pay a lot for a cupcake? Wal-Mart and Target have cupcake packages, but you can try your own recipes at: <http://www.cupcakerecipes.com/>

Learn to play an instrument

Take classes at the city recreation center near you

Movin 97.5 has free internet radio as do many other stations.

<http://www.movin975.com/>

Make a beaded bracelet

Michael's, JoAnn's and Wal-Mart have fun cheap beads and bracelet material

Write poetry

Visit a free event at the Mesa Arts Center

<http://www.mesaartscenter.com/>

Write a play and perform it for free at the park.

Community Support

Call a friend

Let your friend know you care, or call to ask for support

Call your sponsor

AA can be a support

<http://www.aaphoenix.org/>

Go to Al-Anon & Alateen

Fellowship of relatives and friends of alcoholics

<http://www.al-anon-az.org/>

Go to a support group

NAMI Arizona - (800) 626-5022

www.namiphoenix.org

Call a family member

Start your own support group

Start a group that shares similar interests

For example: hiking, biking, exercising, painting, and sewing just to name a few.

Visit an online peer support group

You can visit websites such as:

<http://www.addictionsurvivors.org>

Start a blog spot

Update your friends on your daily activities or progress. It's easy and free at

<https://www.blogger.com/start>

Join a meet-up group

Find a meet-up group or start a meet-up group for biking, hiking, singles groups, reading, and other activities

<http://www.meetup.com/>

Visit a neighbor

Try to find one you haven't spoken to in a while and connect with them.

Talk to a stranger at a coffee shop

If Starbucks does not suit you then visit this website to find a few more:

<http://www.arizona-coffee.com/coffee-shops>

Join Facebook for some social networking

<http://www.facebook.com/>

Join Twitter to let your friends know how your doing -

<http://twitter.com/>

Try people watching with a friend at a nearby park

Make a friendship bracelet for a special friend in recovery

Write a letter to a friend and let them know how special they are

Support someone in recovery by helping them set goals and encouraging them to stay on track

Make a flower arrangement for a friend from your own garden

Join an Education Peer forum

Learn more about mental illness and education with Bipolar Wellness at

<http://bipolarwellnessnetwork.org>

Support the LGBTQ Community

1n10: <http://www.1n10.org/> & Phoenix Pride:

<http://www.phoenixpride.org>

Greater Phoenix Gay & Lesbian Chamber of Commerce:

<http://www.gpglcc.org>

Help yourself by helping others

Volunteer at St. Vincent de Paul

Our volunteers come from every religious, ethnic and economic background imaginable. Some volunteer once a week, some volunteer once a year; however, volunteers share one thing in common: they want to help improve the lives of the individuals and families we serve.
(602) 850-6746

<http://www.stvincentdepaul.net/volunteer.htm>

Volunteer at CASS

Volunteers play a critical role in helping CASS to empower men, women and children to end their homelessness. CASS offers many rewarding, creative and exciting volunteer opportunities which allow you to play a vital role in working directly and indirectly to end homelessness.

(602)256-6945 x 3020

<http://www.cass-az.org/volunteer.html>

Spirituality

Join a Valley singles group with a spiritual focus

West Valley Christian singles: For Christians to continue their spiritual growth and enjoy fun-filled activities

Visit the Dojo

15601 N. 40th Street, Suite 100
(just north of Greenway)

Visit a Jewish Synagogue

<http://www.evjcc.org/about/index.html>

Visit a Christian (Catholic) Church

<http://www.diocesephoenix.org>

Visit a Latter Day Saints (LDS) Church

<http://maps.lds.org/>

Visit a Christian (Protestant) Church

<http://www.usachurch.com/arizona/phoenix/churches.htm>

Visit a Muslim Mosque

www.azmuslimvoice.info

Visit a LGBTQ friendly Church

PFLAG Phoenix has list of LGBTQ friendly churches and

spiritual groups on its website

<http://www.pflagphoenix.org/community/religious.html>

Visit a center for non-religious individuals

(Humanism)

Humanist Society of Greater Phoenix

P.O. Box 26044, Scottsdale, AZ 85255

Phone: 602-426-1313 humanist@hsgp.org

Visit a Buddhist Temple

Clear Light Center Buddhist Center

614 E. Townley Ave

Phoenix, AZ 85020 Classes are \$5 for Sunday Morning
Prayer and Meditation classes

Visit a Taoist Center

The Phoenix Taoist Center is located at 2101 E

Montebello Ave, a residential house in the Biltmore area

of NE Phoenix. Open to the public on Saturday mornings
and welcomes anyone to stop by then for a visit.

**Read a sacred text and/or pray in an enlightening
place like a park, library or a church/temple**

**Find a spiritual mentor and talk to them about how
spirituality can help you.**

Study at the Scottsdale Torah Institute

Spiritual traditions including Kabbalah and studies on the
Torah

<http://www.sticenter.org/>

Find a pastoral counselor

Scottsdale Bible Church:

<http://scottsdalebible.com/ministries/counseling>

Arizona Baptist Children's Services:

<http://www.abcs.org/counseling/phoenix>

Volunteer your time at a religious organization to assist others with basic needs and spiritual needs

Take a yoga class to help with meditation and exercise

Participate in a meditation service at the Phoenix Self-Realization Fellowship

Conducts public lecture services on Sundays at 10 a.m.
6111 North Central Avenue
Phoenix, Arizona 85012-1232
Telephone: (602) 279-6140

Study sacred texts on the internet or read study materials online

Tune into radio or television programs that you find inspirational or meaningful

Get together with like-minded friends to discuss spiritual things or encourage each other

Start a religious study or prayer group in your home and invite others to join you

Read the Bible with a friend and compare notes

Visit a book store and browse the religious section. Try to find the latest book on spirituality.

Parks and Recreation

Go fishing

Takemefishing.org has a list of AZ lakes/maps, and how to get a license

Kiwanis Park in Tempe:

6111 South All-America Way

Tempe, AZ 85283

Park Phone: 480-350-5201

www.takemefishing.org/state/page/overview/state/AZ

Visit the park

Encanto Park (7th Ave/Encanto)

Go to the library

Get an account for free; You can get books, movies, CDs and more

<http://www.phoenixpubliclibrary.org>

or <http://www.mclidaz.org>

Visit the Desert Botanical Gardens

The Gardens are free every second Tuesday of the month from 1-8pm

1201 North Galvin Parkway, Phoenix, Arizona 85008

<http://www.dbg.org/>

The Heard Museum Phoenix offers free admission to Arizona residents nearly every Second Sunday

2301 N. Central Ave. Phoenix, AZ 85004

602-252-8848

<http://heard.org/>

Rent a DVD

Visit Redbox locations and rent a movie for \$1 at Circle K, Wal-mart, or Walgreens

Visit the Hall of Fame Museum

Hall of Fame plus changing exhibits dealing with the people of Arizona. This Museum has free admission.

Contact information: Phoenix, Arizona 85007-2925

(602) 542-4581

Take a drive

The Apache Trail, also known as AZ Hwy 88 is approximately 40 miles of scenic desert view.

Visit a ghost town

Goldfield Ghost Town - Apache Junction
4650 North Mammoth Mine Road
Apache Junction, AZ 85119-9465
(480) 983-0333

Visit historic Saguaro Ranch

Saguaro Ranch Park offers users both a recreational and historic experience: 9802 North 59th Avenue
Glendale, Arizona 85302
<http://www.glendaleaz.com/parksandrecreation/saguaroranchpark.cfm>

Go for a swim

All City of Phoenix swimming pools are scheduled to open 1-7 p.m. on Memorial Day weekend. Aquatics Office at 602-262-6541 (TTY 602-262-6713) for more information.

Join a class or recreation program

The City of Phoenix Parks and Recreation Department provides year-round recreation programs.
<http://phoenix.gov/parks>

Climb Piestewa Peak

Find the location and trail map guides at:
<http://phoenix.gov/parks/hikephx.html>

Go bird watching

Nina Mason Pulliam Rio Salado Audubon Center
3131 South Central Ave
Phoenix, AZ 85040
602-468-6470

Ride on a train

Maricopa Live Steamers
22822 N. 43rd Ave. Phoenix, AZ, 85310
<http://maricopalivesteamers.com/>

Join a class or recreation program

The City of Phoenix Parks and Recreation Department provides year-round recreation programs -
<http://phoenix.gov/parks/>

Volunteer at the Humane Society

For more information visit the AZ Humane Society
Website: <http://www.azhumane.org/>

Volunteer at the Phoenix Zoo

For more information visit: <http://www.phoenixzoo.org/>

Learn something new

Magellan Learning Center
achieveaz@magellanhealth.com

Take a walk indoors at AZ Mills Mall

5000 AZ Mills Circle/S.E. Corner of 1-10 and Baseline Rd., Tempe AZ 85282
480-491-7300 · 888-296-4557

Visit the African American Multicultural Museum

<http://aammuseum.org/default.aspx>

Health and Wellness

Live tobacco free

If you're thinking about quitting, you're ready to quit, or just working to stay quit, we can help. The Arizona Smokers' Helpline (ASHLine) provides free services in both English and Spanish.

1-800-556-6222
<http://www.ashline.org/>

Sign up for an exercise class through Phoenix Parks and Recreation.

Adult Aerobics, Ballroom Dancing, Fencing, Pilates, Tai Chi, Yoga.

(602) 262-6862

<http://phoenix.gov/recreation/>

Start a Walk Everyday Live Longer (W.E.L.L.) group:

Walk Everyday Live Longer (W.E.L.L.) is an innovative five (5) week walking program designed to increase participant's physical activity level. For more information or questions:

Please call Anna David at (602) 506-6852

AnnaDavid@mail.maricopa.gov

Join a Women Together for Health group

Empowering women for a healthier tomorrow.

Women Together for Health

4041 N. Central Ave

Phoenix, AZ 85012

602-506-5783

Take a health, fitness or wellness class at one of the many Maricopa County Community Colleges.

<http://www.maricopa.edu/>

Visit Arizona Bridge to Independent Living

<http://www.abil.org>

Gompers Dental Center

Gompers Special Needs for Special Smiles

Dental Center combines state of the art dentistry with a caring, knowledgeable staff Gompers now accepts APIPA, HealthNet, Delta Dental, Cigna and Mercy Care insurance in addition to being a fee-for-service clinic. For more information about Gompers Dental Center, please contact Karolin Bilal, 602-336-0061, ext. 159

Dental Insurance

The Maricopa County Department of Public Health's Office of Oral Health administers a dental insurance program for residents of Maricopa and Pinal County who are living with HIV/AIDS and have an income that is 300% or less of the Federal Poverty Income Guidelines. Program guidelines, instructions, enrollment and release of information forms are available. Please call the Ryan White Dental Insurance Message Line at (602) 506-6684

Learn about health and wellness

Visit NAMI "Hearts & Minds" or Mental Health America "Live Your Life Well", join an online community, get tips on how to get healthy and stay healthy.

NAMI Hearts and Minds

<http://www.nami.org>

MHA Live Your Life Well

<http://www.mentalhealthamerica.net>

Magellan of Arizona's Health and Wellness page

www.MagellanofAZ.com/Wellness

Well Woman HealthCheck Program

The Well Woman HealthCheck Program is a state-wide program that provides free cancer screening to women who qualify.

1-888-257-8502

Visit your local YMCA

Group Cardio Classes, Studio Cycling, Senior Adult Exercise, Yoga/Pilates, Meditation and Calming Exercise, Massage, Dance, Weight Management, Walking clubs; it's all at the YMCA. For more information visit:

<http://www.valleymca.org>

Visit a City of Phoenix Community and Recreation Center

The Phoenix Parks and Recreation Department's community and recreation centers offer a variety of programs and activities for all ages. Community centers also have rooms available to rent for meetings and parties; call individual facilities for room rental information.

<http://phoenix.gov/PARKS/commcntr.html>

Learn more about health and wellness

Visit the AZ Department of Health Services' Bureau of Nutrition and Physical Activity.

"Inspiring Arizona to make healthy choices"

<http://www.eatsmartgetactive.com/>

NOTES

Magellan Health Services of Arizona is the Regional Behavioral Health Authority for central Arizona, which includes all of Maricopa County and part of Pinal County. Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS) and the Arizona Health Care Cost Containment System (AHCCCS).