

Fort Detrick Employee Assistance Program

Summer Family Fun on a Budget



Summer is fast approaching and many employees are looking for ideas on how to spend quality time with their family and friends during the season. The warm months ahead bring many opportunities for family fun time. Spending quality time with family and friends is extremely important to our personal prosperity and individual wellness; overall making us more balanced and productive at work. While spending this quality time is important, it does not have to create financial stress.

In today's economy, many people are looking for low cost ways to have fun with their families, without having to break the budget. With a little planning and a lot of creativity, you can come up with a list of inexpensive fun activities the whole family will enjoy all summer long. Here are just a few ideas to get you started:

- ◆ **Attend an Outdoor Concert** - Baker Park offers free musical entertainment every Sunday night starting in June.
- ◆ **Do-It-Yourself Art Projects** - Make your own glow-in-the-dark bubbles or lanterns, build a birdhouse, or create your own tie-dyed

shirts—the possibilities are endless! Look online for ideas for art projects that you can do with the family.

- ◆ **Plant a Garden** - This can be a fun activity that is ongoing and that also teaches kids how to grow their own nutritious food. It can also be a lot of fun to tend to the new garden!
- ◆ **Go for a Nature Walk or Hike** - There are plenty of walking and hiking trails in the area to explore and many of them are free or very inexpensive. You can even pack a lunch and have a picnic at the local park.
- ◆ **Go Fishing** - Visit a local watering spot and try out fishing. Many places offer inexpensive fishing equipment rentals.
- ◆ **Visit the Home Depot Kids Workshop** - The Home Depot provides free Do-it-Yourself workshops for kids on the first Saturday of every month. Contact your local Home Depot to find out more.
- ◆ **Visit the National Zoo** - Admission to The National Zoo is free and it is metro accessible. Parking is fairly inexpensive and you can spend

all day visiting the entertaining and interactive exhibits.

- ◆ **Visit a Local DC Museum** - There are many museums in the Washington DC area that are free or very inexpensive. These can be perfect alternatives when the weather is too hot to be outside or it is a rainy summer day.
- ◆ **Family Game Night** - Pick one evening during the week or weekend and have a pre-planned family game activity. These can include outdoor games like kickball, softball, capture the flag; or on rainy evenings it might include indoor board games. You can also include close friends or neighbors to join in on the fun.
- ◆ **Create Your Own Scavenger Hunt or Obstacle Course at Home** - These can be a lot of fun for everyone! You can look online for ideas or download free apps with your iPhone or Android for more ideas.

For additional support, or to speak with an EAP counselor please call 301-619-4657. EAP provides free and confidential assessment, short term problem resolution and referrals for civilian employees and their immediate family members. No issue is too big or too small for the EAP. Call today!