



Make Family Playtime Your Real Happy Hour

# Fall Challenge!

- Take a family walk around the neighborhood once a week.
- Play a game of two-hand-touch football with family or friends.
- Rake all the leaves from your yard into a big pile and jump in!
- Hike the trails at Gibraltar Rock and look at all of the beautiful fall colors. (4 miles north of Lodi on Hwy 113)
- On a crisp fall morning, go apple picking at one of our local orchards.
- Take a walk around your local farmers market (every Friday afternoon in Lodi) and let each family member pick out a new fruit or vegetable to try.
- This fall, collect as many different sizes, shapes, and colors of leaves that you find!
- Go for a fall nature walk on a trail you haven't explored yet.
- Have a picnic lunch or go for a nature hike at Devil's Lake State Park.
- Spend a Saturday or Sunday at a local pumpkin patch, such as Treinen Farm Corn Maze & Pumpkin Patch. For more information, visit [www.treinenfarm.com](http://www.treinenfarm.com)
- Go for one last family bike ride for the year!
- Go geocaching! Visit [www.geocaching.com](http://www.geocaching.com) and search using your address or zip code to find caches in our area!

We can't wait to see YOUR Real Happy Hour! Post pictures and videos on Facebook and/or Twitter and use the hashtag #LodiPride.



Find us on Facebook at  
Lodi Community Action Team



Follow us on Twitter at  
@lcat4youth

For more information on The Real Happy Hour, visit [www.therealhappyhour.org](http://www.therealhappyhour.org)



Lodi Community Action Team  
Promoting Healthy Lifestyles for Youth!  
[www.lodiaction.org](http://www.lodiaction.org)