

Kentville PLAYS KIT

A white silhouette of a tree with a person swinging on a swing set hanging from one of its branches. The tree has a thick trunk and a full, rounded canopy. The person is small and positioned in the middle of a swing arc.

Senior Kit #1



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Kentville Plays Kit Liability Waiver

The use of recreation equipment and materials, like any recreational activity, has inherent risks. For example, the risks of using this equipment include, but may not be limited to:

- Feelings of excitement and fun
- Increased physical & mental health, fitness, and physical literacy
- Sounds of excitement and fun
- Bruises and abrasions to the legs, arms and/or hands
- Getting hit by a motor vehicle
- Head, neck, and/or spinal injury
- Death and/or dismemberment

I hereby understand and acknowledge that the use of The Kentville Plays Kit may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, equipment failure, the effects and all other such risks being known and appreciated by me.

I understand that all instructions, laws, and rules for safe participation must be followed and that the **SOLE RESPONSIBILITY FOR ME AND MY FAMILIES PERSONAL SAFETY REMAINS WITH ME**, including our physical and emotional preparation and fitness to participate.

With my and my families participation with the Kentville Plays Kit, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** the Town of Kentville, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands or claims of any kind arising out of my participation in Town of Kentville use of equipment.



Welcome to your Rec Kit!

These items have been selected to help you connect with yourself and your community through activities you can explore and enjoy for life.

Each kit will come with a guide for using your items and finding the resources that are available to you in your community. Each set of instructions can be added to this folder. As your kit grows, you'll be able to use and reuse items from previous kits and find new ways to use what you already have in your home.

The first and most important item in this kit is your rec journal.

Each delivery, we will provide you with prompts and questions that will get you thinking about what you most enjoy doing, and how that can help you get through your toughest days. We encourage you to write down how you feel before and after each activity, so you can keep identifying things you like and don't like. Then you'll be able to let us know so we can make each kit better and better. You might be surprised at how much you enjoy an activity you didn't think you were interested in.

It's also okay if you don't enjoy every activity that you try or that's included in your kit! Trying different types of activities helps us figure out what we are and aren't interested in. The more you try (and fail!) the better you'll be able to understand and explain to others what you enjoy doing. Try and come up with different ways to use the materials provided! Make your kit your own!

If you have any questions about your kit you can contact the Kentville Recreation team at recintern@kentville.ca

In this week's kit you'll find:

- Journal
- Pen and pencil
- Crafting cord
- Scissors
- Acrylic paint
- Paint brushes
- A small pot
- Canvas
- Ruler
- Sand
- Theraband
- Box
- Zen Garden items

Activities include:

- Journaling
- Knot tying
- Macramé
- Yoga
- Painting
- Card games
- Theraband
- Sudoku
- Zen Garden



Your Journal

Journaling can be really rewarding, but sometimes it can feel like our thoughts and feelings aren't special enough to write down. Writing down any and everything is the best way to get started, but we have a few prompts written below to help you start breaking down that wall and putting the pen to paper.

Each week we'll try and provide a few more prompts and each activity will have some questions you can answer to better understand where you find the most enjoyment in life. Be sure to write your name, and grab your crayons to add some color and make it your own!

To start, here are a few ideas you can write down:

What did you do today?

Who have been the most important people in your life?

Finish this thought: *Nobody knows that I . . .*

What would you tell your 16-year-old self?

List 30 things that make you smile.

What do you think your body would say if it could talk?

What is the best advice you ever received?

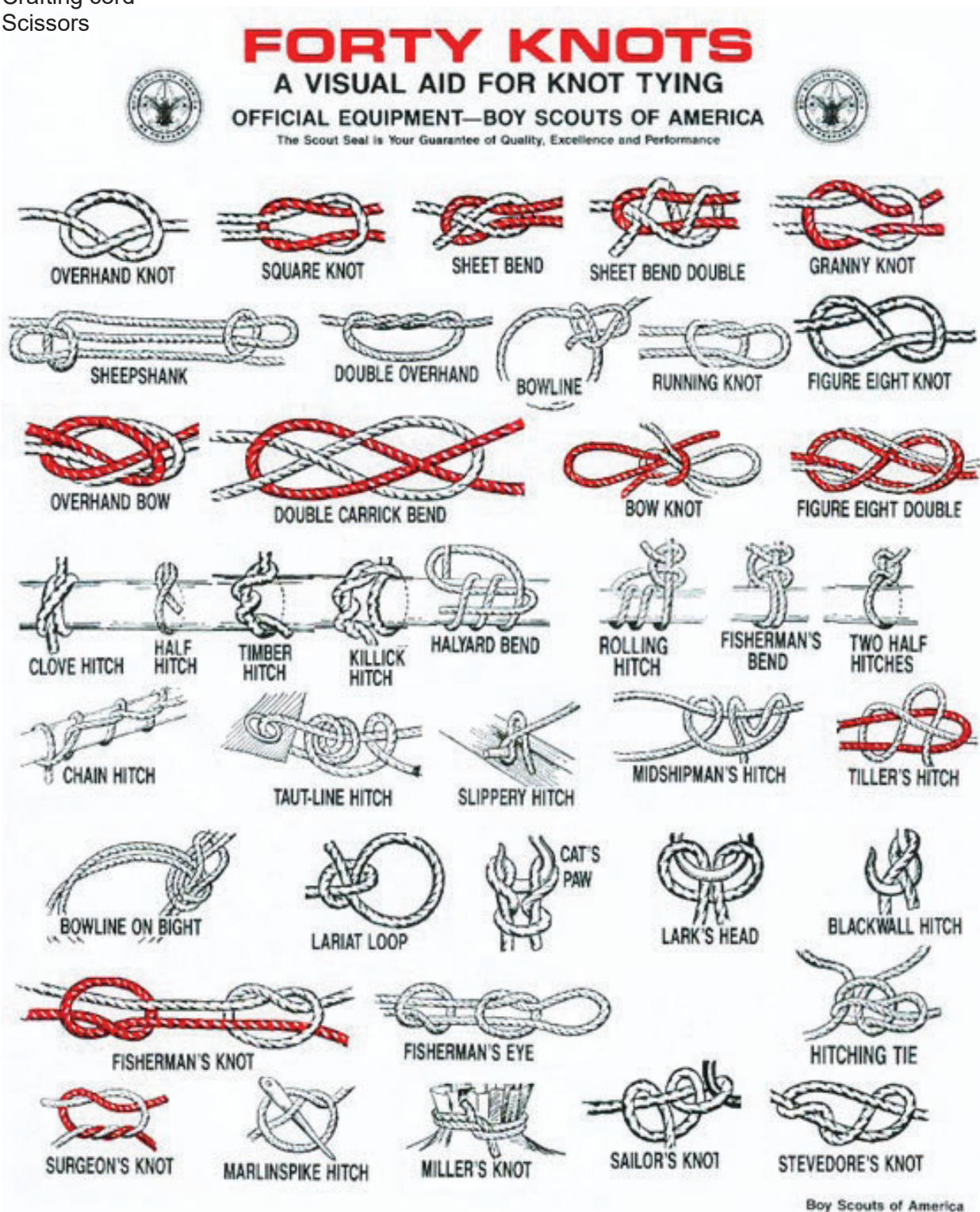
What is the biggest lie you have ever told?

Knot tying

Knot tying is a simple activity that can come in handy whether you're decorating your house, putting on a necktie, or going rock climbing! It's a super versatile activity and will help us out with our next project, macramé. Here are a few knots to get you started. You can find more at 101knots.com or animatedknots.com.

What you'll need:

- Crafting cord
- Scissors



Macramé

Macramé is a crafting technique that uses different knots to create shapes and patterns. In this example, your creation will be used to hold a planting pot, though it could easily hold a jar or other decoration as well. Your kit includes macramé cord and other items you may need, but if you'd like to explore other variations, you can easily use alternate materials such as string, yarn, or strips of old clothing and fabric if you don't have access to the type of cord provided. We even tried it out with old shoelaces! You can see the result in the pictures alongside each step.

What you'll need:

- Crafting cord
- Scissors
- Your pot

This is a very simple tutorial, but feel free to add more complicated patterns and knots from the last activity if you're up for the challenge!

Step 1: Measure out your cording. It's recommended to use 4x the length you would like your hanging to be, but there are tons of other ways to calculate your length. You've been given 10ft of material to work with. It's estimated you'll only need 8ft for your piece, but feel free to use the extra length to get more creative with your knots, or to keep the extra 2ft to keep practicing knots above.

Step 2: Cut your cord into four equal pieces (2ft each or 2.5ft if you're using the whole length).

Step 3: Fold the cords in half. Tie a knot at the top of the fold. This is what you'll use to hang your piece. Clean up the knot by tugging on the cords so it's nice and neat.



Step 5: Take any two cords and tie a knot a little ways down. Do this with each one until you have something like this. Make the knots even all the way around. If it makes it easier, hang it up on something before you start tying – a cabinet knob, a doorknob etc.



Macramé Continued

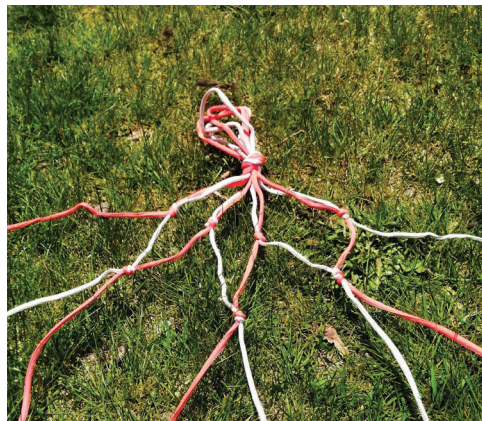
Step 6: Now take two of the knots you just made and grab one cord from each one of those knots and tie those cords together with another knot. Go all the way around until you have four knots. Make sure they are all equal. This will be your second row of knots and you will see the hanger start forming. This is your light bulb moment!

Step 7: Repeat step 6 and make another, third row of knots. With these little jars, I found three rows of knots to be the best.

Step 8: Put your pot in there and make sure it fits. If it doesn't, then just adjust your knots a bit or stretch them out as much as you can. If it does fit in there – then just tie all the loose ends at the bottom into a big knot. This big knot will be the bottom of your jar hanger.

Step 9: You can trim the excess hanging from the knot or keep it long. Place your pot inside, hang it up and enjoy.

This one was made with old shoelaces! It also only has two sets of knots, so yours may look slightly different. You can really use anything for macramé! If you have a jar, you could put lights or a candle inside for a night light or beautiful outdoor decoration. The examples below show a few different options.



When you're ready, check out the paint your pot activity to decorate it, and be sure to hold onto your piece! In your next kit we'll be planting in your pot, so start thinking of a sunny spot where you can hang your creation.

Use your journal to reflect on your day and this activity a little more. Once you piece together how you feel about this type of activity, let us know by writing to us or filling out the form at the back of this kit. Here are a few more prompts to start you off.

What senses did you use during this activity?

Did the cord have a smell?

How did it feel in your hands? Soft? Scratchy?

Were you happy with the spot you hung it?

What did you enjoy about this activity? Maybe you didn't enjoy it at all!

Why? Why not?



Fitness

Making sure your body is strong, flexible and mobile is important all throughout life. Working out can seem intimidating at times, and even kind of boring if you're doing it by yourself. Try and find ways to do your workouts outside to get the most out of them. You'll be amazed at how much more you can enjoy the same activity by doing it out in nature instead of cooped up in your house. With that said, these exercises are totally doable indoors on a rainy day too!

Whip out your journal and try and set a goal or two to start moving your body! Getting started is half the battle. Maybe your goal is to do each activity every day, or maybe you just want to try each one over the course of a week, that's awesome! Do whatever feels manageable and motivational for you, and track your progress!

Here's an example of goals you could make in your journal and how you can keep track of them!

My goal is to improve my fitness by using my theraband 3 times and going for 2 walks this week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	x		x	x	x	

Make comments on how you're feeling each day. Maybe you're getting too sore and need to stretch out with one of your yoga workouts. Maybe it was rainy and that ruined your plans. Don't feel like missing your target means you've failed, it just means maybe you need to try something different and mix it up, or maybe your body is telling you that you need rest. Maybe you need to focus on another activity that uses your hands or gets you thinking so that you can stay fresh for your next workout. Find YOUR fitness routine. Movement is medicine!

A Note on Body Positivity

Living an active and healthy lifestyle is important regardless of your unique and individual fitness goals. The activities in this kit are meant to offer you a starting point to develop an understanding of your own interests around physical activity. Being active doesn't always mean doing what you're doing as fast as possible. It can be easy to get down on ourselves when we're not progressing as quickly as we'd like. Start by getting to know your body and getting in the habit of thanking it (in your head or on paper) for how much it does for you each day. Have fun, and be kind to yourself!

Theraband

Therabands help with building strength *and* flexibility. All you need is a chair or bench to sit down on and lean against. We will give you 4 new Theraband exercises with each kit! Try and aim for 3 sets of 5 repetitions. Take as much rest as you need. As you improve, try and add 1 repetition. Keep building until you're doing 3 sets of 12.

Hips & Thighs

Start: Sit at the front of the chair, chest up, and feet hip width apart. Slowly lift out of the chair with your knees directly over your toes. Keep your back straight and arms out.

Finish: Hold the top position with knees bent. Slowly bend knees to lower yourself to the chair. Don't drop to the chair.



Chest

Start: Place the band around your upper back. Grab the ends of the band with elbows bent and palms facing down or inward.

Finish: Press out, extending your elbows forward to shoulder level. Slowly return to starting position.



Upper Back

Start: Grasp the band with both hands in front of your chest with the elbows slightly bent and shoulders down.

Finish: Keep elbows slightly bent and pull band outward until the band reaches across your middle chest. Hold the end position briefly, squeezing the shoulder blades together. Slowly return to starting position.



Middle Back

Start: Wrap the middle of the band around an extended foot. Grasp both ends of the band at the outside of your knee with your outside hand.

Finish: Pull band backwards and slightly up until your outside hand is beside your ribcage. Pause. Slowly lower to starting position.



Yoga

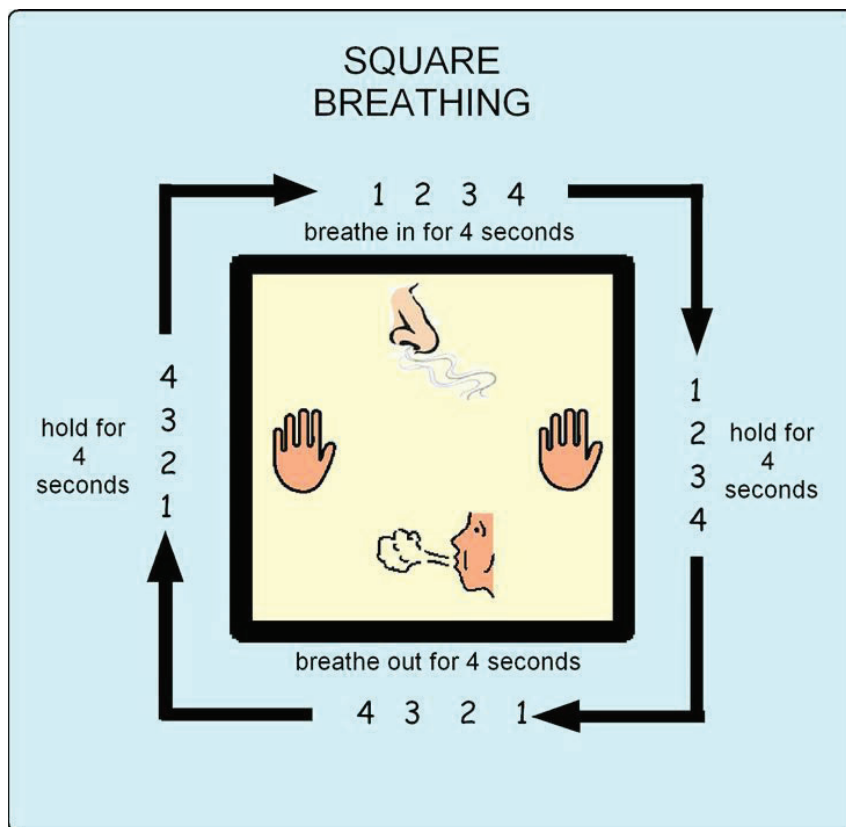
Yoga offers so many benefits. If you prefer slower, focused activities that strengthen and enhance flexibility, yoga is great for a lower-intensity workout focused on mindfulness and breathing patterns. Yoga will also keep you strong and safe from injury when pursuing other forms of physical activity.

The following pages offer two different yoga sequences, the first is a traditional yoga sequence, and the second is a chair yoga sequence. This means you can do it from your seat. Experiment with both forms and do whatever you feel most comfortable with!

Mindfulness

Yoga is often associated with mindfulness, but mindfulness can be practiced anytime and anyplace. We can practice mindfulness by focusing on the present, taking things one thing at a time, and paying attention to yourself and your surroundings. This helps us take a step back from the things that are stressing us out. Sometimes when we're stressed, it can feel like we're trapped inside a bubble. Taking a moment to practice mindfulness can give us another perspective that makes life seem a little less overwhelming.

This mindfulness exercise can be used to focus attention to your breathing and to calm your body. Use it throughout your yoga practice and in everyday life when you need a moment to reset.



Transition slowly between the poses below.

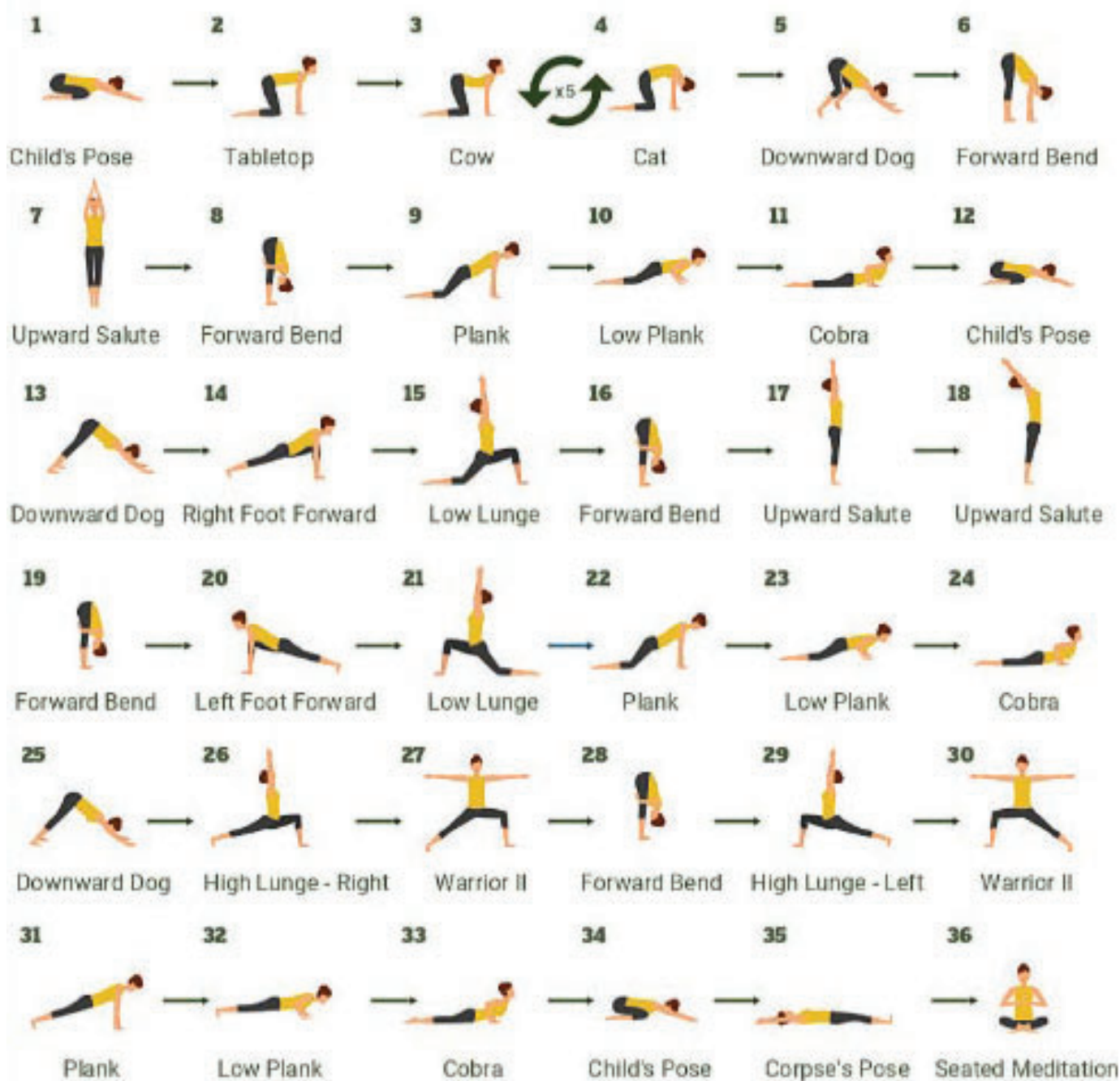
Focus on your breathing, taking air **in through your nose** and **out through your mouth**.

Try and inhale over 5 seconds, feeling your chest and lungs inflate.

Breathe out as long as it takes for your lungs to empty again.

Hold each pose between 10 and 30 seconds, using your breath as a measure.

When transitioning between poses, move slowly to the next pose while you breathe **out**.



If you find yourself getting distracted, hold the pose you're in and reconnect to your breathing, holding it for 5 inhales and exhales before you move on in your practice.

Chair yoga routine, Karen Guzak



sit tall - hands to heart



hands overhead palms up



neck side stretch



side stretch - look up



side stretch - look down



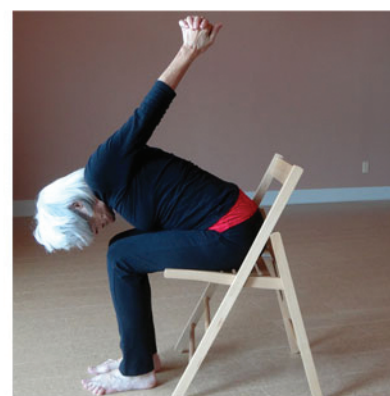
seated twist - both sides



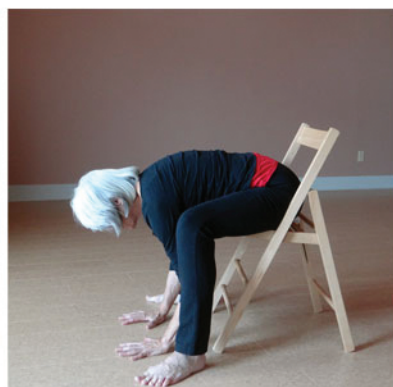
eagle arms shoulder stretch



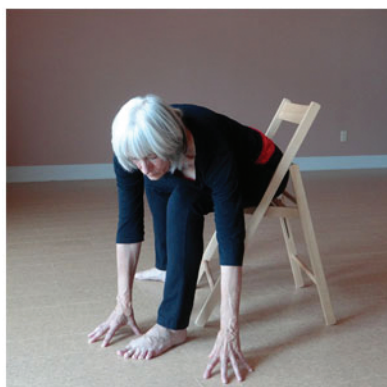
open heart - arms to back



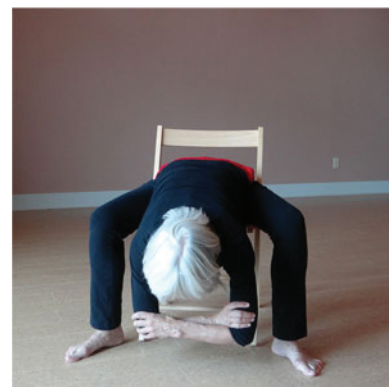
fold forward shoulder stretch



wide leg forward fold



wide leg fold to side

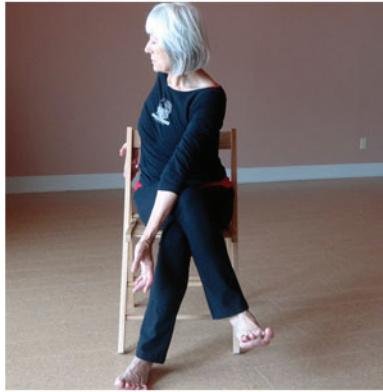


wide leg hang and sway

Breathe slowly & deeply through the whole practice - feel better all over.



cross leg fold



cross leg twist - both sides



hip opener fold forward



cross leg lift and twist - core



wide angle leg lift - circle feet



lunge leg stretch



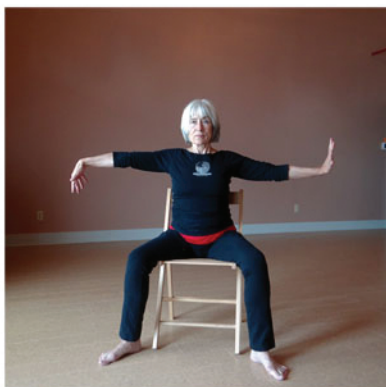
side angle stretch



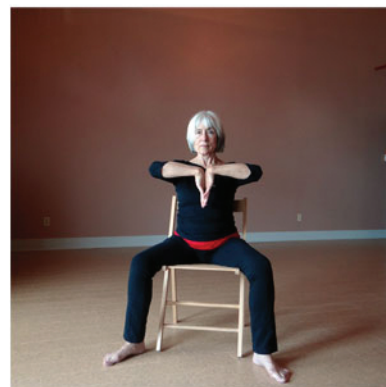
triangle modification



down dog modification



wrist circles - breathe



sit tall wrist stretch



easy pose - NAMASTE



Painting

Painting can be a great therapeutic activity when you're stuck inside on a rainy day, or if you want something to do while you're enjoying nature and want to capture the scene. Can't bring yourself to leave the tv screen? No problem! Painting is awesome because it's something you can do while you're listening to music, talking to friends and family over zoom, or watching your favorite show. Call up your friends for a paint night focused on one of the following activities, or take some time for yourself away others and make something.

Maybe you enjoy painting more when it's for something or someone. Maybe you enjoy painting just for the activity itself! See what you enjoy the most about painting as you go through these activities.

Before you start

Before getting started with your painting activities, make sure you find a nice flat surface. Be sure to lay down newspapers, garbage bags, or whatever you have available to prevent paint from leaking through your work or spilling. You'll also want to get yourself a dish of warm water to rinse your brushes between colors, and some paper towel or a cloth to dab away any mistakes you make (or to catch any of the previously mentioned spills!). Try not to wear anything you'd be upset to get some paint on.

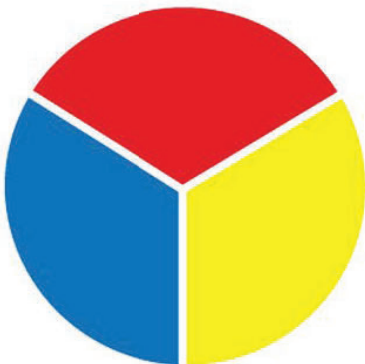
Your paint set includes 10 different colors for you to use. The next page gives you a mixing chart for finding the colors you'd like to use if you can't find the one you're looking for. Test with as **little paint as possible** so you don't end up with too much, or run out of paint early! You can always add more if you need to. You can use paper or a dish as your paint palette.

The color wheel will show you how to create different colors from the ones you've been provided. As you begin painting, you'll notice different tones and shades. Your white and black paint can help you create different tones by adding them to the different colors you create on the wheel. Your first painting activity includes some tips for painting with acrylic paint and working on canvas.

The Color Wheel



**Primary
Colors**



**Secondary
Colors**



**Tertiary
Colors**



Paint your place

We've provided you with a canvas, paint and paint brushes. Not sure what to paint? Go for a walk to your favorite place. Find an angle you enjoy, set up your painting station, and get painting. You can also take a picture to reference and make sure your angle stays the same while you work.



Tips from artist Sam Hall on getting started with your painting:

A little about the paints: Acrylic paint is inexpensive, versatile, and dries very quickly, so you can paint over mistakes almost immediately. It will wash off your hands but may stain clothes and surfaces. You may want to place a newspaper or a garbage bag below your canvas while you work!

Setup: big cleaning water, small mixing water, rag for wiping, brush

Place your palette, water, and a rag on the side you write with, so you won't be reaching across yourself every time. Place your brushes and paints on the other side.



Acrylic dries fast, but you can spray your palette with water now and then to keep the paint usable for longer periods. Don't leave your brushes standing in the water, as long periods of soaking will damage them. Make sure to clean them right away so that paint doesn't dry in the bristles.

Starting Your Painting!

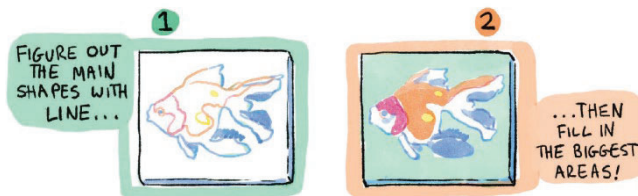
If you'd like, find a photo or still life to work from. You may find it helpful to try some practice sketches on paper before you begin painting.



Start by mixing some **very thin paint**, by loading up your brush with clean water and mixing a little paint into it. Begin with your *underpainting*- the rough sketch that will be your blueprint as you paint.

Focus on really getting the big shapes down how you want them- don't worry about detail yet.

Don't worry if you make a mistake, as you'll be painting over most of this- although you can leave parts of the underpainting visible if you'd like!

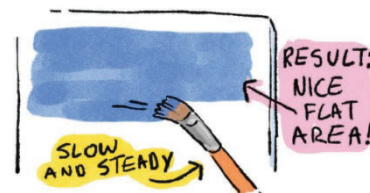


When you're happy with the underpainting, you can start layering more paint in! **Let each layer dry before you paint over the area.** Again, try to start with the biggest and most general areas, then work towards getting more specific and detailed. Use your bigger brushes for as long as possible, so as to not get bogged down in detail too early. Try experimenting with different kinds of brushstrokes and mark making!



You can thin acrylic paint with water to use it like watercolour! With your canvas lying flat, mix clean water with a little paint. Load your brush and paint a broad, straight stroke across the canvas. Working quickly, reload your

brush and paint the next stroke just below (barely touching) the first, so that they flow into each other. Try not to go back over these areas until they're dry. You can layer washes like this over and over each other to create some beautiful colours and textures.



Paint your pot

Remember the pot we had in our macramé creation? Before you plant in it during your next kit, get out your paint supplies and get decorating!

You can paint whatever design you want, but here are a few ideas:

- Paint the sky! As you paint around your pot, transition from day to night or vice versa for a beautiful scene to hang in your home or outside.
- Use tape to create layers of geometric patterns all around your pot! Use whatever colors go best with your surroundings.





Coloring

A simple, therapeutic activity, here are some reasons you should embrace coloring from **beaumont.org**.

Reduce Stress & Anxiety

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

Improve Motor Skills & Vision

Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

Improve Sleep

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

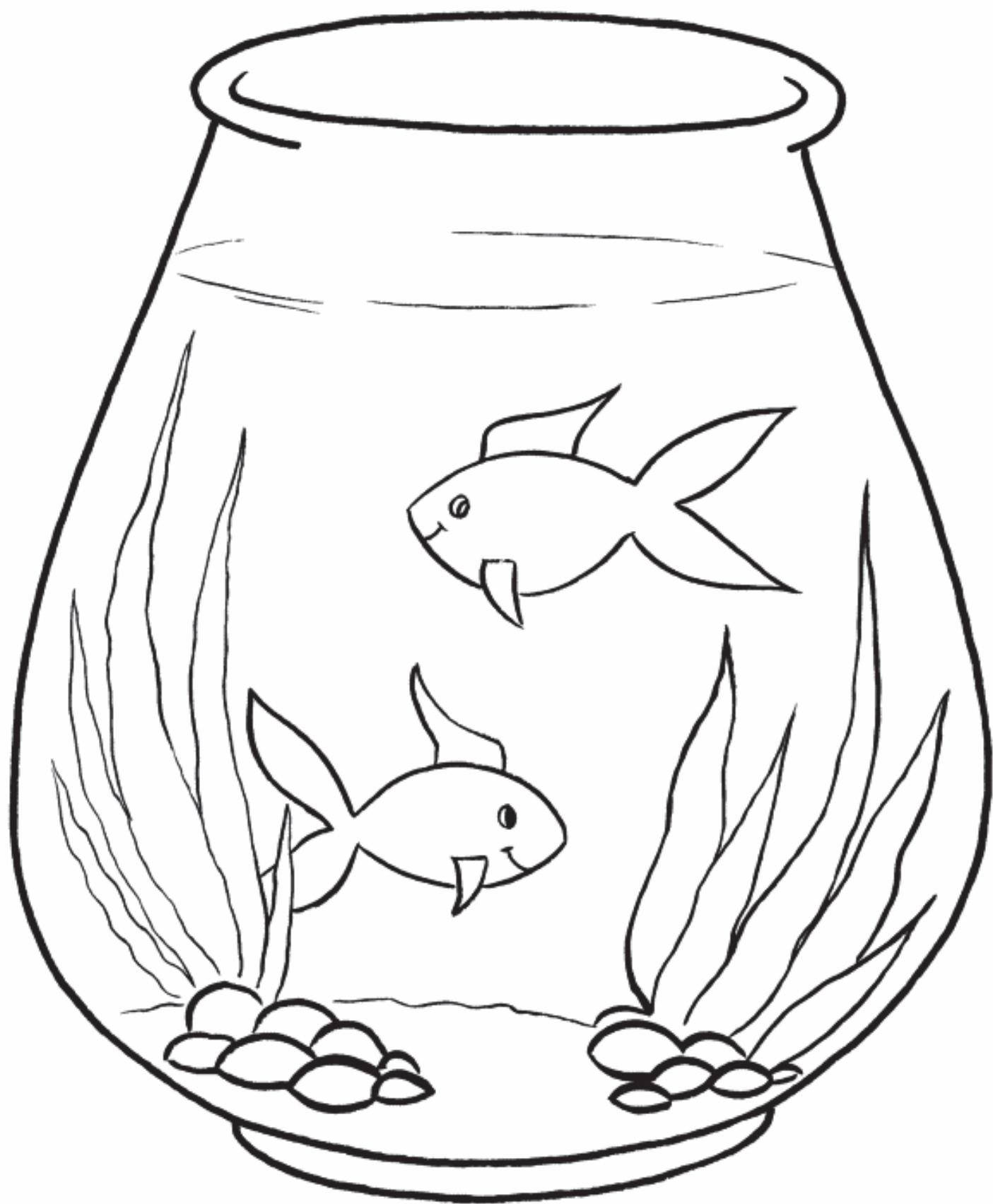
Improve Focus

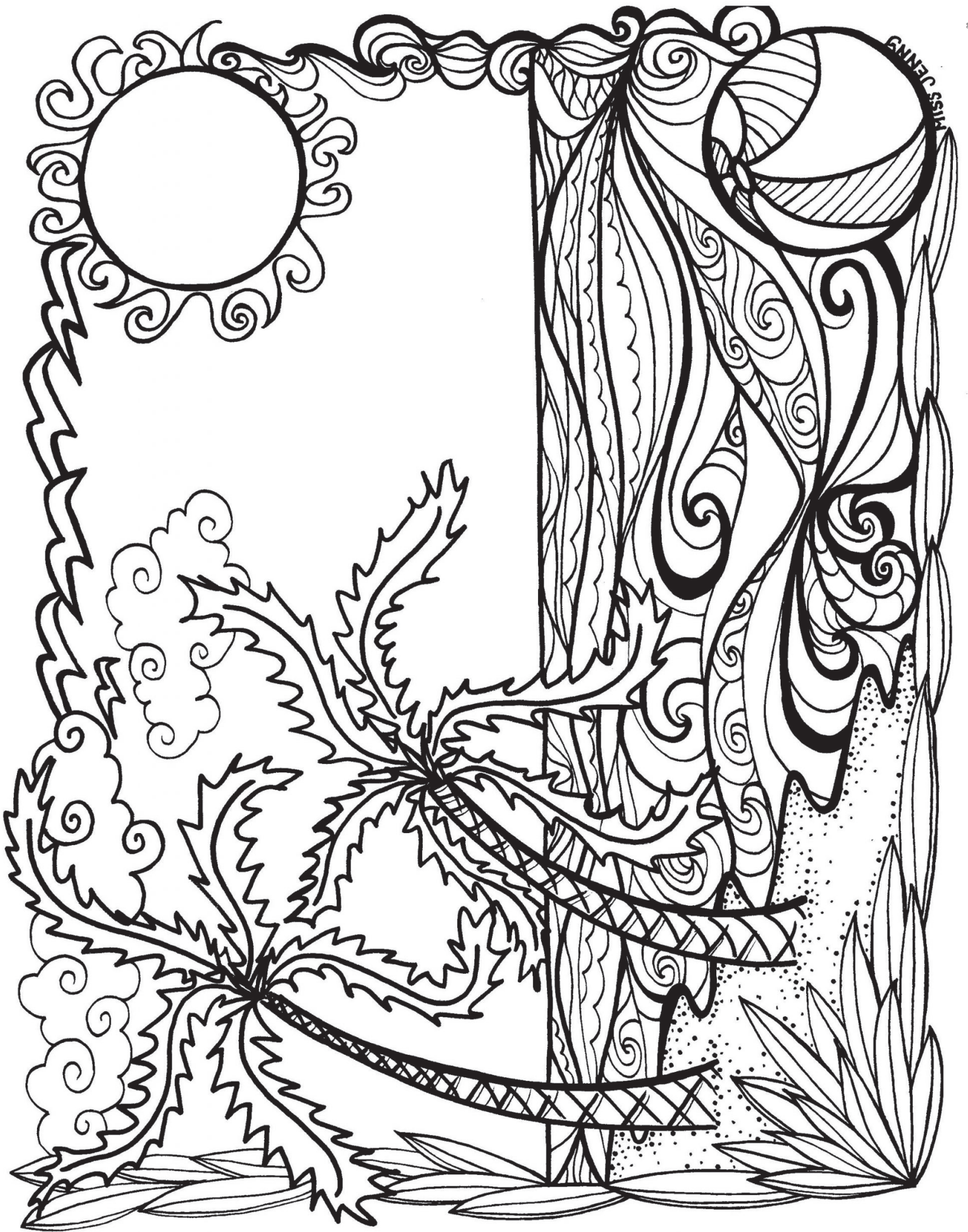
Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

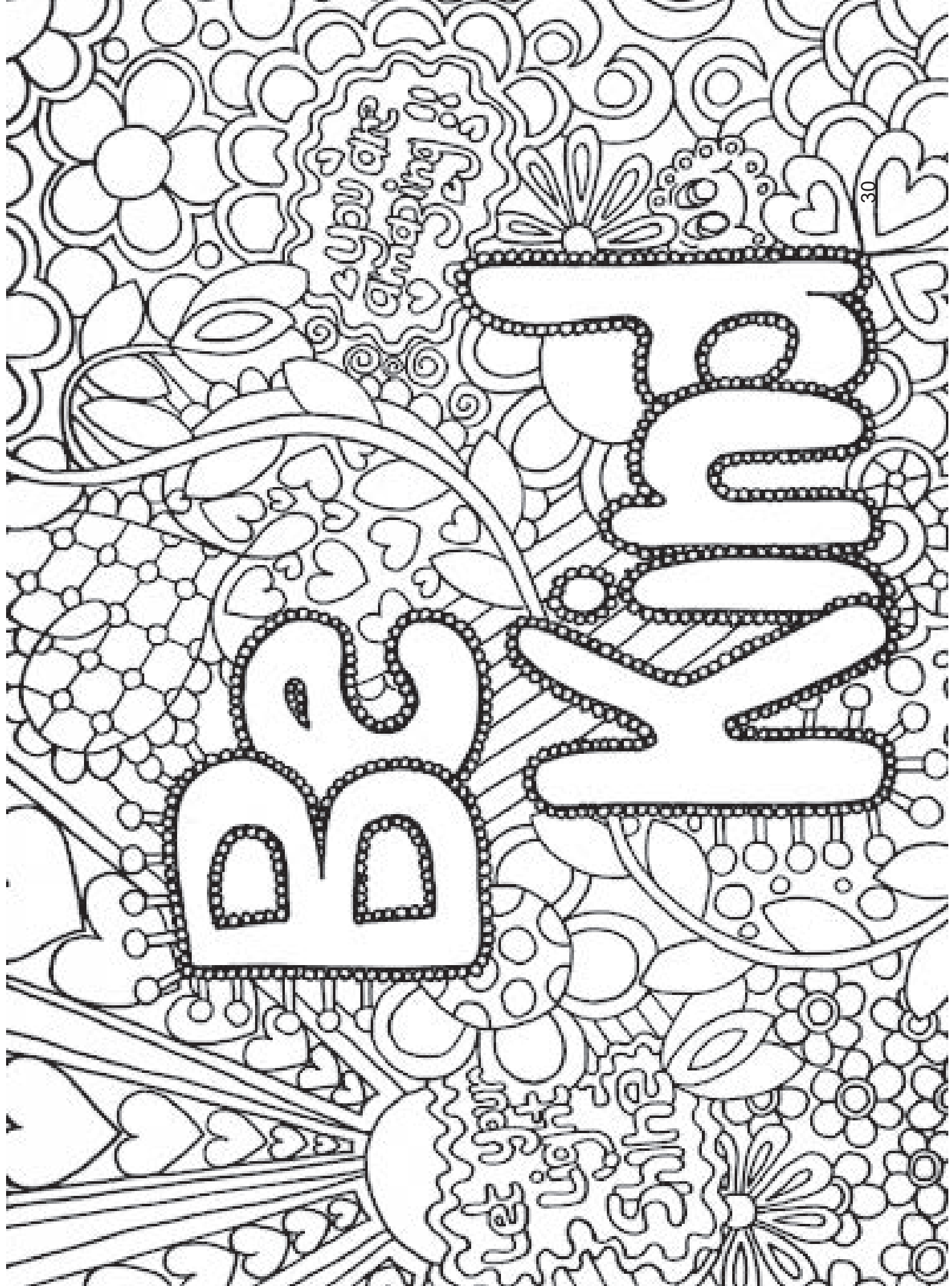
You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!

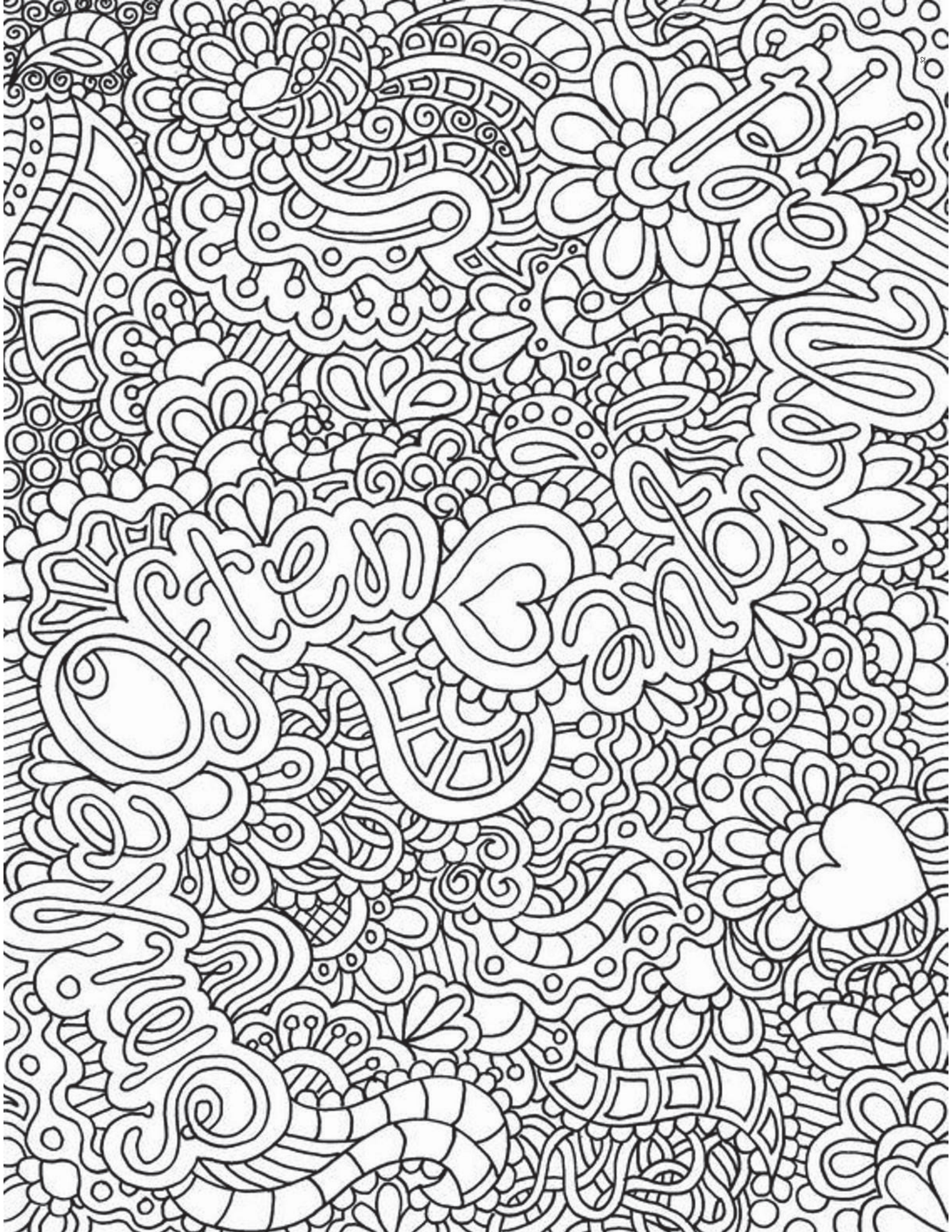
Convinced yet? The next few pages offer some coloring templates for you to use with the crayons from your kit.













Zen Garden

Zen gardens are soothing tools that let us connect with nature when we can't be outdoors. They are filled with sand and decorated with various objects, creating designs can help ease stress and anxiety. This activity is brought to you by Flying Squirrel Adventures!

What you'll need:

- Box
- Sand
- Rocks and leaves

Step 1: Get out your box, sand and rocks from your kit.

Step 2: Fill the bottom of the container with the sand.

Step 3: Add the rocks from your kit, along with anything else you find meaningful

Step 4: Add contents to the box, wherever feels right! If you are able, head outside and collect some other natural items such as grass and twigs to add to your box.

Step 5: Use a fork or a pencil to design patterns in the sand.

Step 6: Leave your box somewhere that you spend a lot of time (and that's safe from being knocked over!), and redesign it and add to it whenever you please!



Flying Squirrel Adventures is a free nature program for young and old in the heart of the Valley. We help people connect to the natural world through outdoor events and nature activities. Sometimes it's not possible to get outside so we created this activity kit to bring nature into your home. We hope you enjoy it!

We would love to see your creations and get your feedback on this activity kit.



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@flyingsquirreladventures



Sudoku

Sudoku.com – Learn how to play. They have an app for your phone or tablet too!

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

Any row contains more than one of the same number from 1 to 9

Any column contains more than one of the same number from 1 to 9

Any 3×3 grid contains more than one of the same number from 1 to 9

Sudoku Tips

Sudoku is a fun puzzle game once you get the hang of it. At the same time, learning to play Sudoku can be a bit intimidating for beginners. So, if you are a complete beginner, here are a few Sudoku tips that you can use to improve your Sudoku skills.

Tip 1: Look for rows, columns or 3×3 sections that contain 5 or more numbers. Work through the remaining empty cells, trying the numbers that have not been used. In many cases, you will find numbers that can only be placed in one position considering the other numbers that are already in its row, column, and 3×3 grid.

Tip 2: Break the grid up visually into 3 columns and 3 rows. Each large column will have 3, 3×3 grids and each row will have 3, 3×3 grids. Now, look for columns or grids that have 2 of the same number. Logically, there must be a 3rd copy of the same number in the only remaining 9-cell section. Look at each of the remaining 9 positions and see if you can find the location of the missing number.

Now try it out! Solutions can be found on the back of the next page.

1 (easy)

			5	8		2		4
3			6	2			1	
9					4			
		6	8					5
				3				1
7		2	9					
	4	3	1	9				
8		7						
5	1				6		3	

4 (medium)

	4		9		6			3
		7	1					
				8	9			6
2	8			5				
3	9				4	2		
				6	8	7		
							8	2
	3	5						

2 (easy)

	8				1			2
					4			1
	2	3		6	8	7		
								7
7				3		1		4
	6				9		3	
2		6						3
			2		7			
	5		6			9		

5 (hard)

4	1			3	6			
		7				8	5	
6								
	9					2		
		6		7				8
							9	1
		2		1	4			
					3			
7	4				8	5		9

3 (medium)

				2		8		
	7							
	6			9		7		5
1				8	6		2	
					3	4		
9							1	
	2			5				
7		9					3	
8				1		2		

6 (hard)

		6		2				
	8		9			6		5
		4			8	7		
							9	
	6	7	8		9			
				4		2		
3	7							
	5				3		1	9
				5				2

Solution 1

6	7	1	5	8	3	2	9	4
3	8	4	6	2	9	5	1	7
9	2	5	7	1	4	3	6	8
1	3	6	8	4	7	9	2	5
4	9	8	2	3	5	6	7	1
7	5	2	9	6	1	4	8	3
2	4	3	1	9	8	7	5	6
8	6	7	3	5	2	1	4	9
5	1	9	4	7	6	8	3	2

Solution 4

5	4	8	9	2	6	1	3	7
1	6	3	8	4	7	9	2	5
9	2	7	1	3	5	8	4	6
7	5	4	2	8	9	3	6	1
2	8	6	3	5	1	4	7	9
3	9	1	6	7	4	2	5	8
4	1	2	5	6	8	7	9	3
6	7	9	4	1	3	5	8	2
8	3	5	7	9	2	6	1	4

Solution 2

6	8	4	7	9	1	3	5	2
5	7	9	3	2	4	6	8	1
1	2	3	5	6	8	7	4	9
3	4	2	1	5	6	8	9	7
7	9	5	8	3	2	1	6	4
8	6	1	4	7	9	2	3	5
2	1	6	9	8	5	4	7	3
9	3	8	2	4	7	5	1	6
4	5	7	6	1	3	9	2	8

Solution 5

4	1	5	8	3	6	9	2	7
2	3	7	1	4	9	8	5	6
6	8	9	2	5	7	1	3	4
3	9	8	4	6	1	2	7	5
1	2	6	9	7	5	3	4	8
5	7	4	3	8	2	6	9	1
9	6	2	5	1	4	7	8	3
8	5	1	7	9	3	4	6	2
7	4	3	6	2	8	5	1	9

Solution 3

5	1	6	3	2	7	9	4	8
7	8	3	9	1	4	6	2	5
9	2	4	5	6	8	7	3	1
1	4	5	2	7	6	8	9	3
2	6	7	8	3	9	1	5	4
8	3	9	1	4	5	2	6	7
3	7	1	4	9	2	5	8	6
6	5	2	7	8	3	4	1	9
4	9	8	6	5	1	3	7	2

Solution 6

5	9	1	4	7	2	6	8	3
4	7	8	6	3	5	1	9	2
2	6	3	8	9	1	7	4	5
1	4	5	9	8	6	3	2	7
6	8	7	1	2	3	4	5	9
9	3	2	5	4	7	8	1	6
3	2	4	7	5	8	9	6	1
7	1	9	2	6	4	5	3	8
8	5	6	3	1	9	2	7	4



Interest Inventory

This kit has hopefully given you a chance to try some new activities and reflect on your interests. The next two pages also provide an interest inventory that you can fill out. It asks about your level of interest for a variety of activities and if you'd like to participate in those activities in the future. You can use your journal to help you answer, or you can reflect on each activity using your journal. If you'd like, you can return the inventory to us with the feedback form on the last page of this booklet. This will help us understand your interests as we develop future events and activities for your kits!

We hope you have enjoyed your kit so far!

Cheers!

The Town of Kentville

INTEREST CHECKLIST

Activity	What has been your level of interest						Do you currently participate in this activity?		Would you like to pursue this in the future?	
	In the past ten years			In the past year						
	Strong	Some	No	Strong	Some	No	Yes	No	Yes	No
Gardening Yardwork										
Sewing/needle work										
Playing card										
Foreign languages										
Church activities										
Radio										
Walking										
Car repair										
Writing										
Dancing										
Golf										
Football										
Listening to popular music										
Puzzles										
Holiday Activities										
Pets/livestock										
Movies										
Listening to classical music										
Speeches/lectures										
Swimming										
Bowling										
Visiting										
Mending										
Checkers/Chess										
Barbecues										
Reading										
Traveling										
Parties										
Wrestling										
Housecleaning										
Model building										
Television										
Concerts										
Pottery										

INTEREST CHECKLIST

Continued

Activity	What has been your level of interest						Do you currently participate in this activity?		Would you like to pursue this in the future?	
	In the past ten years			In the past year						
	Strong	Some	No	Strong	Some	No	Yes	No	Yes	No
Camping										
Laundry/Ironing										
Politics										
Table games										
Home decorating										
Clubs/Lodge										
Singing										
Scouting										
Clothes										
Handicrafts										
Hairstyling										
Cycling										
Attending plays										
Bird watching										
Dating										
Auto-racing										
Home repairs										
Exercise										
Hunting										
Woodworking										
Pool										
Driving										
Child care										
Tennis										
Cooking/Baking										
Basketball										
History										
Collecting										
Fishing										
Science										
Leatherwork										
Shopping										
Photography										
Painting/Drawing										

Community Resources

The following pages include very resources and contact information for you to access.
Reach out to your designated Parks & Recreation Department below if you have any questions!



**DO YOU
HAVE ANY
PARKS AND
RECREATION
RELATED
QUESTIONS?**

We are here to help!
**Reach out to a Parks and Recreation
Department near you!**



Town of Kentville
902-679-2539
recreation@kentville.ca

Canning and District
902-300-4140
director@canningrecreation.com

Village of New Minas
902-681-6577
johna@newminas.com

Port Williams
902-698-9086
pwrecreation@ns

Municipality of Kings
902-690-6190
recreation@countyofkings.ca

NEIGHBOURS HELPING NEIGHBOURS IN THE ANNAPOLIS VALLEY



The ongoing COVID-19 pandemic is affecting many in our Annapolis Valley community. Many need help and also many are willing to help.

Are you self isolating and have some practical needs?
Do you need groceries or medical supplies delivered to your home?
Are you out of work and out of money?
OR
Are you able to help us meet some of these needs?

If you answered yes to any of these questions, please visit
<https://helps.openarms.ca>

This website is intended to connect those who need help with people who can help.

MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19



1 MENTAL HEALTH MOBILE CRISIS TEAM 902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides crisis support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1 am to most Halifax area communities.



2 KIDS HELP PHONE 1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private. 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE 1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



4 CMHA NOVA SCOTIA 1-877-466-6606 (Toll Free)

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit novascotia.cmha.ca.



5 HEALTHY MINDS PATIENT NAVIGATOR 902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM 1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit strongestfamilies.com.



7 211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit ns.211.ca

Equipment Loan Program

We have the following items available for borrowing:

- Washer Toss Games
- Boche Ball set
- Croquet set
- Scooters
- Skateboards
- Soccer Balls
- Skipping ropes
- Indoor Shuffleboard
- Horseshoe set
- Yoga mats
- Hula Hoops
- Binoculars
- Pylon
- Scoop ball
- Sidewalk chalk
- Frisbee
- Volleyballs
- Helmets
- Walking poles
- Yardzee



A Parks and Rec representative will be dropping off reserved borrowed equipment to doorsteps on Tuesday afternoons. Items will be picked back up the following Monday morning. All items will be cleaned and sanitized in between uses.

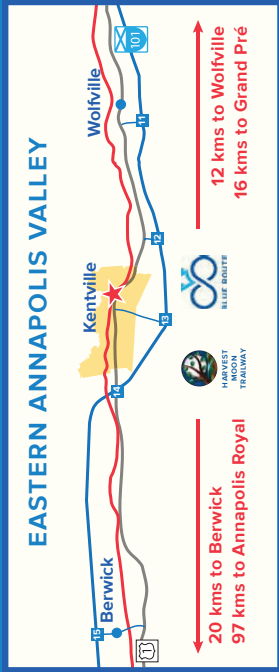
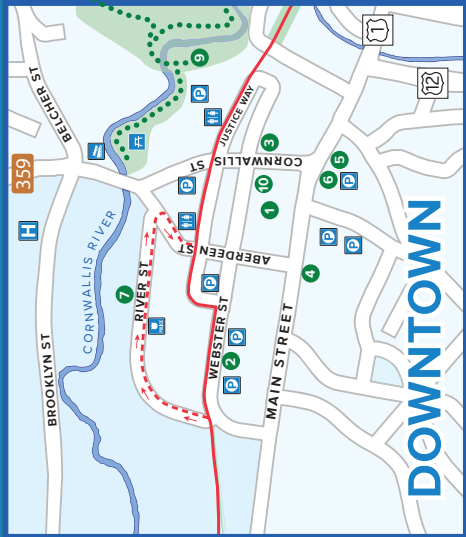
If interested in borrowing any of the items above, please call Ashley at 902-679-2539 or email at recreation@kentville.ca.

**Drop offs must be within Town of Kentville limits. A drivers license master number will be required at booking.*

Kentville Parks, Trails & Destinations

- Routes for walking, biking & hiking**
 Bike Route Eastbound through Downtown
- Recreational Trails**
- Washrooms
 - All Day Parking
 - Picnic Park
 - Bicycle Repair
 - Playground
 - Wheelchair Accessible
 - Dog Friendly
 - Police
 - Soccer
 - Tennis
 - Baseball
 - Hiking
 - Swimming
 - Splash Pad
 - Mountain Biking
 - Biking
 - Skateboarding
 - Running Track
 - Basketball
 - Bird Watching
 - Boat Launch
 - Community Theatre
 - Community Garden
 - Snowshoeing
 - Sledding
 - Cross-Country Skiing
 - Skating
 - Concerts/Events
 - Recreation Centre
 - Town Hall
 - CentreStage Theatre
 - Glooscap Curling Club
 - Miners Marsh
 - Farmers Market / Hardware Art Gallery
 - KCA School
 - Credit Union Rec Complex / Kings County Squash Club
 - Kentville Memorial Pool / Splash Pad

Recreation Hub
 Memorial Park, 800 West Main St.
 Soccer fields, playground, Kentville Trail access, skate park, and a community room to warm up in the winter.



Oakdene Park
 46 Campbell Road
 Soccer fields, natural playground, sledding in the winter, and outdoor theatre in the summer.

Centennial Arena
 120 Webster Street
 An all-season facility that hosts various events such as hockey, figure skating, Home Shows, promotional events, and concerts.

Memorial Park
 Park Street
 Ball fields, soccer fields, splash pad, outdoor swimming pool, tennis courts, and a popular place for sledding in the winter.

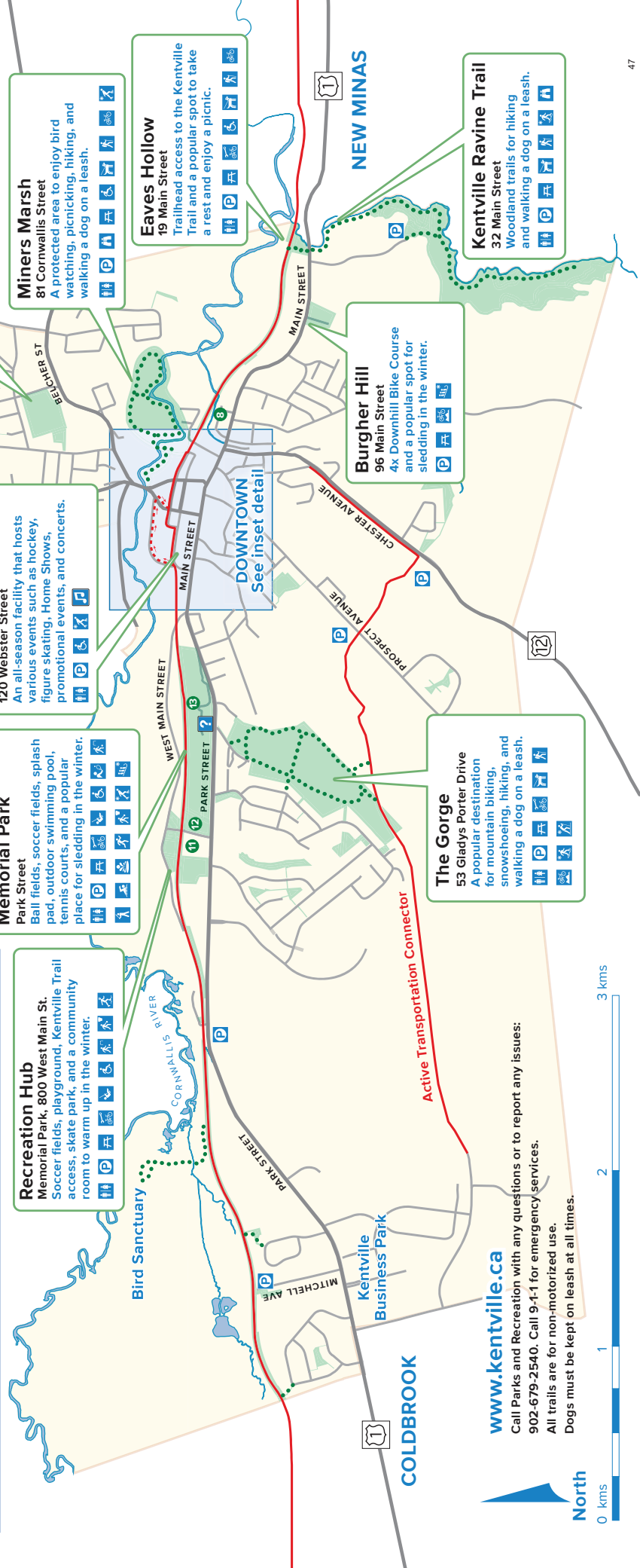
Miners Marsh
 81 Cornwalls Street
 A protected area to enjoy bird watching, picnicking, hiking, and walking a dog on a leash.

Eaves Hollow
 19 Main Street
 Trailhead access to the Kentville Trail and a popular spot to take a rest and enjoy a picnic.

Burgher Hill
 96 Main Street
 4x Downhill Bike Course and a popular spot for sledding in the winter.

Kentville Ravine Trail
 32 Main Street
 Woodland trails for hiking and walking a dog on a leash.

The Gorge
 53 Gladys Porter Drive
 A popular destination for mountain biking, snowshoeing, hiking, and walking a dog on a leash.



www.kentville.ca

Call Parks and Recreation with any questions or to report any issues:
 902-679-2540. Call 9-1-1 for emergency services.
 All trails are for non-motorized use.
 Dogs must be kept on leash at all times.





We Need Your Feedback!

To make sure we're meeting your needs please fill out this form to return to your kit provider during the next drop off. This will help us identify what folks are most interested in. Feel free to use the back of this page if you need more room.

Look back through your journal when thinking about your answers!

If you have online access and prefer to submit electronically, you can contact recreation@kentville.ca for a link to the form.

Do you have regular/home access to:

Phone	yes / no
Computer	yes / no
Internet/data	yes / no
Smartphone or tablet	yes / no

1. What was your favorite activity in this kit?
2. What was your least favorite activity in this kit (that you participated in)?
3. Were there any activities you chose not to participate in?
4. If yes, which ones? Why did you choose not to try that activity?
5. Are there any items you did not use in this kit?
6. Since receiving your kit, have you found any other uses for the items provided?
7. When using your kit, did you run out of any of the supplies **before** completing any activity?
8. Were there any activities you would like to see included again?
9. Overall, do you feel equipped to repeat the activities in this kit on your own moving forward?
10. Have you found any new interests or hobbies since receiving your kit?
11. Was there anything that made it particularly easy or difficult to use your kit regularly?