

# Activity Ideas for Neighbourhood Groups

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<b>Got the space? Create a communal vegetable garden</b>	Connect with your neighbours over the shared love of local, delicious food. Work together to grow your own produce. This is a great way to get together to share the work and the rewards. Consider donating some of the harvest to the local food bank.
<b>Grow a Row</b>	As part of your garden this year, plant and grow an extra row of your favourite veggies to donate to a local food bank through the <a href="#">Grow a Row</a> program. You can also donate your extra veggies to others in need.
<b>Healthy Hikes Challenge</b>	Take the <a href="#">Healthy Hikes Challenge</a> ! The Challenge runs from May 1 <sup>st</sup> to October 31 <sup>st</sup> . The mental, physical, and social benefits of enjoying time in nature are countless. Do it on your own or with family and friends. There are 270 Conservation Areas on Ontario and <a href="#">4, right here in Pickering</a> . Sign up today at <a href="http://healthyhikes.ca">healthyhikes.ca</a> .
<b>Community Cleanups</b>	<p>If you're involved in Community Cleanup programs such as Adopt a Park, Pitch in Parties, 20 Minute Makeover or Great Canadian Shoreline Cleanup, you may already qualify for this program! Visit the <a href="#">Community Cleanup section</a> of our website for more information on these cleanup programs.</p> <p>Thinking of organizing your own community cleanup? We can provide bags &amp; gloves, as well as pick up and dispose of the waste at the end of your event. Contact our Coordinator, Environmental Awareness at 905.420.4660 ext. 2043 for more information.</p>
<b>Neighbourhood Yard or Garage Sale for Charity</b>	Rid your home, garage or yard of any unwanted items for a great cause! For example, consider participating in <a href="#">Yard Sale for the Cure</a> by holding a yard sale and donating the profits to help find a cure for breast cancer. Got another charity in mind? There are many that could use your help.

<b>Plant Sale for Charity</b>	Many gardeners split their plants in the spring or fall so that they grow better. Why not share these plants with others while raising funds for your favorite charity?
<b>Be a Natural Neighbour</b>	Learn about what it takes to be a good neighbour to the natural environment around you. Create a way to educate your fellow neighbours; it could be about water conservation, organic lawn care, encroachment, planting for nature, etc. The Toronto & Region Conservation has great <a href="#">information flyers</a> to help get you started.
<b>Set up a Neighbourhood Carpool Group</b>	Want a great way to ease gridlock, improve air quality, and reduce greenhouse gas emissions. Check out Smart Commute Durham's <a href="#">Carpool program</a> to match yourself up with others who travel similar routes.
<b>Organize a Walking School Bus</b>	<p>A Walking School Bus is when two or more families travel to or from school together. It combines healthy exercise with hands-on street proofing lessons and reduced greenhouse gas emissions. If just nine families participate regularly in a Walking School Bus, they can collectively prevent almost 1,000 kg of greenhouse gases from being released into the atmosphere.</p> <p>Have your family and school get involved one of the many programs offered by <a href="#">Active and Safe Routes to School</a>.</p>
<b>Book/Magazine Swap</b>	Finished reading your favourite book or magazine? Get together with friends and swap in your old favourites for some new reads. This is a great way to recycle your reading materials, and allows others to enjoy them just as much as you did.
<b>Cycling Tour</b>	What better way to see the beautiful sights of Pickering than by bike? Round up your neighbourhood group and explore the City's colourful trails and breathtaking waterfront. Cycling is a great way to get around, not only for leisure, but for work, school and the endless other commutes you and your family make on a daily basis.

<b>Take your Block for a Walk</b>	Neighbourhood walks are a great way to increase the health of your community. Not only does it promote health and fitness for people of all ages, but it gives neighbours an opportunity to socialize and connect with their immediate surroundings on a more intimate level.
<b>Bike/Pedestrian Safety Talk in the Park</b>	Host a safety talk in one of our public parks. Great weather brings out many cyclists and pedestrians looking to take advantage of the warmer/longer days.
<b>Neighbourhood Gateway Planting</b>	Help beautify your community and make your green space count. Distinguish your neighbourhood entranceway by refurbishing, or creating a gateway garden of various native trees, vegetation, and other features that will strengthen your community character.
<b>Report Illegal Dumping through the City's Eyes on the Street Program</b>	Use your neighbourhood group to keep an eye out, and report on issues such as graffiti, illegal dumping, litter, or vandalism. Working together to create a safer, cleaner neighbourhood! Visit our <a href="#">website</a> or contact Customer Care at 905.683.7575 for more information.
<b>Volunteer your Time</b>	What are you passionate about? Volunteer time devoted to that cause. Or, join one of the City of Pickering's dedicated groups of volunteers. <a href="#">Volunteer Opportunities with the City of Pickering</a>
<b>Coordinate a Volunteer Day to Help Seniors in Your Neighbourhood</b>	Assist those who could use a helping hand this season. From cutting the grass, to raking the leaves, to helping out with the grocery shopping – a little help can go a long way.
<b>Participate in the Yellow Fish Road Program</b>	This program from Trout Unlimited Canada, non-profit conservation organization, raises awareness about pollution entering local water bodies through storm drains. Participation is geared toward school age children and teens. Visit the <a href="#">Yellow Fish Road</a> website for more information.
<b>Organize a Neighbourhood Event</b>	Organize a fun community event for kids of all ages that celebrate local food, arts, culture, the natural environment, etc.

<b>Anti-idling Campaign</b>	Unnecessary vehicle idling wastes fuel and money. Idling also releases significant greenhouse gas emissions and other harmful pollutants to the air, contributes to climate change, and adversely affects our health and well-being. Teach others about anti-idling! Visit our <a href="#">website</a> for more information.
<b>Food or Clothing Drive</b>	Organize a food or clothing drive and donate to the local food bank, Habitat for Humanity, Goodwill, Salvation Army, Canadian Diabetes Association, etc.
<b>Tree Planting</b>	Organize a tree planting in your community and contribute to Pickering's urban forest by beautifying an area with trees, shrubs, and more.
<b>Interpretive Hikes</b>	Organize an interpretive hike in the neighbourhood to help raise awareness of the natural environment.
<b>Neighbourhood Watch</b>	Contact the Durham Regional Police Service and learn about how you can set up a Neighbourhood Watch group for your community.
<b>Green Space Workshop</b>	Educate your neighbours on topics such as native plants, organic lawn care, backyard habitat creation, and related subjects to bring awareness to properly maintaining healthy green space.
<b>Get Active</b>	Organize a neighbourhood or community 1km walk or 5km run to encourage healthy active living. Or, set up a neighbourhood walking group that regularly meets with the goal of getting to know the neighbourhood residents, and improving the overall health and safety of the neighbourhood.
<b>Calculate your Eco-footprint</b>	The eco-footprint measures all of the resources you consume, and waste you produce. Get together with neighbours and calculate your footprint. Let this be a personal motivator to initiate activities around the home and neighbourhood to reduce your footprint. You can calculate your eco-footprint at <a href="http://footprintnetwork.org">footprintnetwork.org</a> .

**Are you up for the Challenge? Check out these three Super Saver Challenges:**

<b>Water Saver Challenge</b>	Challenge your neighbours to a water saving spree. Record each participant's home water meter reading and then take a final meter reading after the challenge. The lowest water consumer (usage divided by the number of family members) wins a token water saving prize contributed by the other participants. Visit our website for information about <a href="#">water efficiency</a> .
<b>Energy Saver Challenge</b>	Challenge your neighbours to an electricity saving spree. Record each participant's home hydro meter reading and then take a final reading after the challenge. The lowest electricity consumer (usage divided by the number of family members) wins a token energy saving prize contributed by the other participants. Visit our website for information about <a href="#">energy conservation</a> .
<b>Waste Diversion Challenge</b>	Challenge your neighbours to a waste saving spree. On garbage day, each participant weighs their garbage and recycling using a household weigh scale. Divide the recycling weight by the total weight of both garbage and recycling to get your recycling ratio. The participant that scores the best ratio over the challenge period wins a token recycling prize contributed by the other participants. Use the Region of Durham's website to help you properly separate recycling from non-recyclable waste, and take the time to properly separate recycling from garbage. Visit Durham Region's <a href="#">website</a> for more information.