

Friends for Youth: Things to Do

Food and Nutrition

- Cook a meal together
- Create a cookbook together
- Plant a Garden, or just a few plants
- Show youth how to grocery shop
- Go berry picking at Berry patch Farms:
www.berrypatchfarms.com
- Make ice cream: www.kidsdomain.com

Education

- Go to the Denver Museum of Nature and Science (free days: www.dmns.org)
- Take a tour of the Denver Mint
- Go to the Denver Zoo www.denverzoo.org
- Take your youth to your office/place of work
- Go to the Denver Art Museum; it's free on Saturday
www.denverartmuseum.org
- Practice a job interview together
- Visit his or her school
- Take a tour of the Capitol Building:
www.denvergov.org
- Tour the Tivoli Center, Tabor Center or Larimer Square
- Do homework together at a coffee shop
- Go to the Race Car Museum in CO Springs:
(719) 685-3021
- Tour The Wings Over the Rockies Air & Space: Museum: www.wingsmuseum.org
- Go to the Black American West Museum:
www.blackamericanwest.org
- See a Foreign film
- Go to the Veterans Day Parade
- MLK walk in City Park

Sports

- Go to a Rockies, Nuggets, and Avalanche etc. game
- Teach youth how to play tennis, golf, etc.
- Go to a Skateboard Park
- Play basketball, football, soccer, street hockey etc.
- Play a pick-up soccer game at Washington Park
- Play pool at a neighborhood hall
- Go swimming at the YMCA
- Run/Walk the Cherry Creek 5K together
- Go to the batting cages
- Go to a neighborhood Recreation Center

Entertainment

- Go to the Dollar Movie Theater
Tiffany Plaza 6: Hampden Ave. and Tamarac St.
- Go to a play
- Go see a film "On the Rocks" at Red Rocks
www.redrocksonline.com
- Watch a movie at the Boulder Outdoor Cinema
<http://www.boulderoutdoorcinema.com>
- Eat at an ethnic restaurant
- Go to an age-appropriate arcade and play video games

- Play miniature golf
- Play cards or a board game at a park
- Go for ice cream at Dairy Queen
- Go to Castle Rock Outlet Stores
- Build something together: model cars, etc.
- Work on cars or bikes
- Build something with legos
- Scrap book together
- Listen to music
- Go to a concert
- Watch street performers in Boulder
- Go to Dave and Busters
- Go Bowling
- Go to the Boondocks in Northglenn, CO
- Go to Elitch Gardens
- Play laser tag together
- See a "Movie in the Park"
www.denvergov.org/recreation.

Great Outdoors

- Make a picnic
- Go for a hike
- Hang out at the park
- Play Frisbee/Frisbee golf
- Hit golf balls at a driving range
- Go fishing
- Take a walk
- Visit REI downtown and then go for a bike ride, or climb the wall
- Ice skate at the Evergreen Lake House or Big Bear Ice Area @ Lowry

Life Skills

- Help youth with a checking/savings account
- Help youth create a budget
- Visit a college campus together
- Help youth create a resume
- Show youth how to use the RTD system
- Offer to take youth to church
- Take youth shopping and show them how to budget
- Read a book together and discuss
- Help youth fill out college applications
- Go to the Library

Give back to the Community

- Volunteer together
- Do something for someone else together
- Volunteer at Denver Dumb Friends League
- Make sandwiches and bring them to the homeless (@ "Christ's Body": (303) 860-1272)
- Make something for your friends together
- Participate in a Walk/Run for a good cause
- Help with their local community clean-up day
- Visit a nursing home

Check out www.denver365.com for more ideas or call your Case manager for more details: 303-756-9285.

