

Things to do in Utah

5 Good Reasons to “Stay in the Game” of Caregiving...

- Physical Health – stay fit, eat well, exercise, doctor visits, relaxation
- Mental Health – stress, decision making clarity, new ideas
- Relationships – build you up, helps with tasks / support, good sounding board
- Social Participation / Stimulation – energy, ideas, friendship, respite, love
- Safety – self, care receiver, public, let others know, get advice / information

Ideas in Salt Lake and Adjoining Counties

Walk around the block twice	See a play at the Desert Star Theatre
Go for a walk around Liberty Park	Choose from the low fat menu
Bike ride on the Jordan River Parkway	Buy a journal and start writing
Walk the shore of the Great Salt Lake	Walk through Hogle Zoo
Visit Antelope Island	Feed the ducks on the Jordan River
Watch practice at the Olympic Oval	Visit the lights at Temple Square
Let someone else do your dishes	Play opera and sing with the performer!
Attend a free concert in Murray Park	Do a Bee’s Game at Franklin Covey Field
Ask a friend to sit with your caregiver	Walk the track at the Olympic Oval
Do a play at Hale Center Theatre	Visit “This is the Place” state park
Go to a Jazz game	Watch the fireworks at Taylorsville Park
Attend a high school play	Stroll through Gardner Village
Go to a show at Abravanel Hall	Go walk through IKEA and dream
Take a picnic to a park	Test drive a new car
Go to a street festival	Go get a small burger from the dollar menu
Visit the Festival of the Trees	Visit the Hawaiian Cultural Center
Go bowling on \$2.00 Tuesdays	Visit the History Center and find ancestors
Ride Trax from one end to the other	Allow your neighbor to bring in casserole
Visit the Tracy Aviary to see the Pelicans	Invite friends over, do each others hair!
Sit on a bench downtown and people watch	Go see the old Saltaire
Do the foot tour of down town Salt Lake	Go to a friends for dinner
Critic art at the local art gallery	Visit Red Butte Gardens
Have a barbeque with neighbors	Take Spanish lessons
Walk the Thanksgiving Point Gardens	Walk through the Farmer’s Market
Attend the Scottish Festival	Go window shopping in Park City
Let your children do the house cleaning	Go to the dollar movie
Take in a film festival	Go walk along the Great Salt Lake
Go watch planes land at the airport	Hire a person to clean once a month
Attend a free summer concert at the Utah Cultural Celebration Center	Visit Kirkin o’ the Tartan at First Presbyterian Church in Salt Lake City
Plant flowers in your yard	Play in the sandbox with your grandson
Do a 10 minute power walk	Write in your journal for 30 minutes
Invite your friends over to play cards	Join an aerobics class
Let your spouse take you to dinner while your neighbor watches your dad	Let one of your children stay with your dad on Tuesday night while you go out

Learn to Belly Dance	See a show at the Sandy Amphitheater
www.nowplayingutah.com	Hold hands with your spouse
Draw plans for a dream house	Go for a walk through your neighborhood
Visit a state park and smell nature	Shovel snow from a friends walk
Go for a drive and watch the leaves change	Go visit an old mining town
Take a dirt road in Utah to somewhere new	Turn off the T.V. and talk
Go see Gilgal Garden in Salt Lake City	Write a letter to an old friend
Invite the kids over to make cookies	Go get a roll at the Lion House Pantry
Make a snowman or snow family	Buy watermelon at the Farmer's Market
Turn your bathroom into a day spa	Have a snow ball fight
Take a 15 minute power nap	Ride FrontRunner to Ogden and do lunch
Spend the day at Lagoon	www.utah.gov tourism site
Sit under a warm blanket and sip hot cocoa	Read a good book on a blanket at the park
Make something out of wood	Go get an ice cream cone
Invite friends to finger food and a movie	Go work on your old truck in the garage
Call an old friend and laugh over memories	Go swimming
Go ice skating	Take a painting class
Pay 3 people a compliment today	Smile
Teach your daughter how to apply make up	Go to the Light Show at Willard Bay (Dec)
Look for patterns in the clouds	Drive the Alpine Loop
Take your kids to a ball game	Do your nails
Go see the Bonneville Salt Flats	Get a cup of coffee at your favorite café
Run through the sprinklers with grandkids	Do a family photo shoot at a park
Build something out of sugar cubs	Watch a parade
See an IMAX film at Clark Planetarium	Share life's funniest moments
Make a photo collage of today's fashions	Spend 30 minutes knitting
Try a new restaurant	Get a hair cut
Sit in the library and read a book	Go see the old Saltaire
Take a Yoga class	Eat Baklava at the Greek Festival
Go fishing or just sit along the river	Write a love letter to your spouse
Do a service project	Take a hayride at Wheeler Farm
Find the Hidden Gardens at Sugar House Park, or walk along the creek	Take out photographs from an old trip and talk about your favorite memories
Take a drive to your old home town and show your children where you grew up	Make a family calendar and schedule one 3-day break per quarter
Go see the Salt Lake County Building Public Art collection	Stand out in the snow and catch snow flakes on your tongue
Go tour the old Salt Lake City Cemetery and read head stones – talk about what it would have been like to live in their time	BBQ a hotdog in the back yard and pretend you're eating out – spread a blanket on the back lawn
Have a kitchen picnic – invite family over with their favorite items, be spontaneous	Use the video camera to make a family movie, dress up and play parts.
Turn off the T.V. – sit and talk	Just leave the house – see where it leads...

This document was created by Salt Lake County Caregiver Support to help Caregivers generate new and creative ways to find respite. Updates and copies can be obtained by calling us at (801) 468-2460 or by reviewing our website www.aging.slco.org/caregiversupport/. Enjoy!