

## River Bend Nature Center Bucket List

### #1 Be Healthy – Get Fit – Stay Active!

- Bike River RBNC Trails
- Hike/Walk RBNC Trails
- Ski RBNC Trails
- Snowshoe RBNC Trails
- Run RBNC Trails
- Participate in the RBNC Maple Syrup 5K/10K/1 mile walk Fun Run on May 6th, 2017!

### #2 Spend More Time with Friends, Family & Your Significant Other

- Hike, Bike, Walk, Ski, Snowshoe, or Run RBNC Trails with loved ones
- Play at the Kids in the Wild Play Area
- Attend a Birds and Bagels program on the first Saturday of the month
- Have a Birthday Party at RBNC
- Have a friend or family get together at RBNC
- Have a Picnic at RBNC
- Attend the Candle Light Hike Saturday, February 11<sup>th</sup> 2016
- Attend Winterfest, Maple Syrup Fun Run/Pancake Breakfast, and or Bats, Bones, & Bonfires
- Go on a Date at RBNC

### #3 Learn Something New

- Come check out RBNC's display boards to learn something new
- Attend a monthly Older Wiser Livelier Seniors (OWLS) program on the third Wednesday of the month

- Sign up your kids for a monthly home school program
- Attend a monthly Animal Ambassadors program
- Attend another public event program at RBNC
- Go on a hike using a nature/science app on your phone like iNaturalist, E-Bird, Sky Map, or something else

### #4 Volunteer & Other Ways to Make the World a Better Place!

- Help teach programs as a Volunteer Naturalist
- Volunteer as an Office or Weekend Building Volunteer
- Help maintain the trails as a River Bend Ranger, Cross Country Ski Groomer, or River Bend Mower
- Help restore the land with Restoration Club which meets every Wednesday
- Volunteer for special events and projects like painting the Prairie Mural, Maple Syruping, Winterfest, Maple Syrup Fun Run/Pancake Breakfast, or Bats, Bones, and Bonfires
- Help the Board of Directors by serving on a committee including Membership, Development, Ramble, Land/Facilities, Programs/Events, and 40<sup>th</sup> Anniversary
- Support River Bend Nature Center by becoming a member

- Make a financial contribution to support RBNC
- Make a donation to the Partners Scholarship Fund to reduce enrollment fees so kids whose families have financial hardship can attend a summer camp
- Make a donation to have a loved one's name engraved on a brick and installed at Honor Point
- Donate toilet paper rolls for RBNC to use for environmental education programs
- Donate gallon size plastic milk containers until May 19<sup>th</sup> to help build a plastic igloo to use for programs
- Donate interior house paint and acrylic paint to RBNC until February 15<sup>th</sup> to help RBNC paint a Prairie Mural (greens, browns, blues, yellows, blacks, and whites)

### #5 Spend Less Money

- Become a Member at RBNC
- Do Something for Free at RBNC
- Use your membership discount to do something even cheaper
- Membership and donations are tax deductible

### #6 Read More

- Read in our bird watching cove
- Check out a book from the RBNC collection
- Attend a Nature Book Club meeting on the last Tuesday of the month

- Read a children's book from the kids' corner
- Read one of the donated magazines in the bird watching area
- Read one of the books from Orwin Rustad's donated book collection
- Look through one of the wildlife or nature field guides

### #7 Improve Your Mental & Emotional Health

- Pray and or meditate at RBNC
- Read and or write at RBNC
- Do yoga or go for a thinking walk at RBNC
- Visit a RBNC quiet place
- Draw or Paint at RBNC
- Do what helps you destress at RBNC

### #8 Get Off Your Electronics

- Go Exploring; check out the top places to see at RBNC
- Look for animal tracks
- Watch the birds/make bird calls
- Go Star Gazing
- Geocaching
- Go on our Orienteering courses

### #9 Live Life to the Fullest

- Complete 2 items in every section (16 items)
- Complete about 4 items in every section (32 items)
- Completed 40 or more items