

HAVE FUN, GET FIT

AND CONTRIBUTE TO YOUR NEIGHBORHOOD

Join FRIENDS OF LICTON SPRINGS for our monthly work parties - Get yourself and LICTON SPRINGS PARK in shape!

Liven your fitness plan with:
Canary Reed pulls!
Mulch barrow jogs!
Wood chip bends!
Planters' squats!
Bramble root digs!



2019 Work party Dates:

January 12

February 9

March 9

April 13

May 11

June 8

July 13

September 14

October 12

November 9

December 14

Meet at the "Comfort Station" in the park,
97th & Ashworth:

- 2nd Saturday of each month
- 10 am to 2 pm-rain or shine

For more information call:
Joe Kiegel (206) 399-9274
Liz Kearns (206) 525-5243
Want to contribute but
can't make the work
parties? Ask about needed
donations!

Tools and gloves provided
Wear appropriate clothing
(muck boots recommended)