

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The Tri-Town Unplugged* Calendar serves as a reminder that there is more to life than what is on the other side of the plug! These activities emphasize person to person interaction, health and wellness. All are encouraged to participate in Tri-Town Unplugged activities! *Calendar adapted from Needham Youth Services' "Needham Unplugged"</p>			<p>1 Head to the library and check out a book! (<i>Life is Good: The Book is Good</i> only)</p> 	<p>2 What are you thinking? Journal it! Sit down in a quiet space and write for 15 minutes.</p> 	<p>3 Donate your spare change to a cause you care about.</p> 	<p>4 Dust off an old family recipe and make it together.</p> 
<p>5 Make every Sunday Social Media Free Sunday! Share your stories in person rather than online.</p> 	<p>6 Plan to visit a local museum! Stop by the library to reserve your pass.</p> 	<p>7 Make a donation to a local food pantry.</p> 	<p>8 Turn the music up and have a dance party!</p> 	<p>9 Make homemade valentine cards!</p> 	<p>10 Hike in the light of the full moon! Windrush Farm 6 – 7:30PM (Details here: BTA/BOLT)</p> 	<p>11 Explore BOSTON! Take a trip into the city... and use those museum passes!</p> 
<p>12 Get Wet! Free recreational swim at the Danvers Y: 11:30 – 1:00! Social Media Free Sunday!</p> 	<p>13 Build a blanket fort!</p> 	<p>14 Complete a jigsaw puzzle as a family!</p> 	<p>15 Family read in! Snuggle together with a good book!</p> 	<p>16 Attend Meditation at Masco w/ Zen Center! HS Library 3 to 4PM</p> 	<p>17 Create a pizza parlor at home!</p> 	<p>18 Inside or Out! Make a campfire and roast marshmallows. Share some funny family stories.</p> 
<p>19 Bundle up and take a family hike on the Topsfield Rail Trail! Social Media Free Sunday!</p> 	<p>20 Write a letter to someone who is special to you.</p> 	<p>21 Text free Tuesday! Try going ALL DAY without texting!</p> 	<p>22 Time travel! Browse through some old family photo albums.</p> 	<p>23 The Flint Library hosts GIANT Game Day! 11AM – 7PM</p> 	<p>24 Head to the gym! Free Family Fitness at the Danvers Y! Gym Activities: 2:30-3:30PM Rec Swim: 3:30-5:00PM</p>	<p>25 Clean out your closets! Donate any children's clothing to Community Giving Tree.</p> 
<p>26 Do something nice for a neighbor! Social Media Free Sunday!</p> 	<p>27 Mom or Dad, take the night off --- kids cook dinner!</p> 	<p>28 Have breakfast for dinner!</p> 	<p>Check out Upcoming February TTC Programs: More info at: tritowncouncil.org - (Events Tab)</p> <p>2/9: 7PM @ Masco; Dr. Ruth Pofee -Teen/Tween Brain Development</p> <p>2/11: 7 – 9PM @ Masco; Open Gym for MS/HS youth</p> <p>2/15: 9:15AM @ Trinity Church; Stephanie Meegan – Balancing Technology Use in Family Life</p>			