

50 Family Fun Things To Do!



Our Mission:

Health Solutions exists to assist those in need of healthcare services who require expert care to support recovery and to successfully achieve their healthcare goals. Health Solutions is committed to offering exceptional quality services that set the standard for healthcare in Colorado. This care is provided through service excellence, innovation, compassion, and promotion of self-determination.

Our Values

We believe that individuals in need of our services are our highest priority. They are the reason why Health Solutions exist.

We believe in the preservation of human dignity, self respect, and individual rights in a caring environment that results in enabling individuals to live, work, and contribute in their chosen community.

We believe in the person-centered approach to care in which the total healthcare needs of the individual are addressed. We encourage families to become involved in their loved one's treatment efforts.

We believe our employees are our most valuable asset and we promote a healthy work environment, open communications, teamwork, trust, honesty, and ethical behavior which allows us to be accountable to each other, to the individuals we serve, and to our community.

We believe that Health Solutions should be responsive to the healthcare needs of its communities and should direct its resources to meet those needs in a cost effective manner.

We believe in being a good corporate citizen of the community, maintaining communications with the various public's we serve, and participating actively in community affairs, particularly those related to healthcare.

Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



Huerfano County
 9260 Russell Avenue
 Walsenburg, CO 81089
 Phone: 719-545-2746

Las Animas County
 417 S. Indiana
 Trinidad, CO 81082
 719-846-4416



www.Health.Solutions

Our 50 Family Fun Things To Do!

Las Animas & Huerfano Counties



Your Health Is Our Priority

50 Family Fun Things To Do!

- 1) Picnic in the park.
- 2) Volunteer at a nursing home or assisted living facility.
- 3) Take a bike ride.
- 4) Play horseshoes or badminton.
- 5) Bake & decorate cookies together.
- 6) Start a neighborhood litter pick up.
- 7) Volunteer at the Red Cross.
- 8) Go fishing.
- 9) Read a book out-loud, taking turns.
- 10) Go swimming.
- 11) Plan and plant a garden together.
- 12) Play a board game.
- 13) Watch an animal documentary.
- 14) Take a day trip to the mountains.



- 15) Roast marshmallows & s'mores.
- 16) Do a nature scavenger hunt.
- 17) Film a family comedy video.
- 18) Roller skate.
- 19) Day hike on a local trail.
- 20) Offer to walk dogs at the animal rescue.
- 21) Ask senior relatives to share their favorite family memories.
- 22) Play a card game.
- 23) Design and paint your own t-shirts.
- 24) Have an in-family photo contest.
- 25) Organize a family block party.
- 26) Go golfing.
- 27) Go to a movie theater.
- 28) Go ice skating.
- 29) Learn to recycle with your family.
- 30) Organize a kid's book club.
- 31) Go to an archery range.
- 32) Attend the Trinidad Blues Fest street party.
- 33) Attend the Art-o-cade parade.
- 34) Go to the Trinidad Round-up Rodeo.
- 35) Enter a craft or art project in the Las Animas or Huerfano County Fair.
- 36) Visit the A.R. Mitchell Museum, Museum of Friends or Francisco Fort Museum.
- 37) Buy fruits and vegetables from the farmer's market.
- 38) Become involved with Southern Colorado Family Center.
- 39) Play half-court basketball.
- 40) Donate clothing to a homeless shelter.



- 41) Research and plan a family vacation.
- 42) Kids plan, shop and cook dinner.
- 43) Develop a family stock market club.
- 44) Go see a local theater production or music performance.
- 45) Plan and have a party.
- 46) Play Frisbee or catch in the park.
- 47) Have a family spelling bee contest.
- 48) Try Minute-to-win-it Games.
- 49) Enter a charity walk or run event.
- 50) Come up with your own list of 50 Fun Things to Do!



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