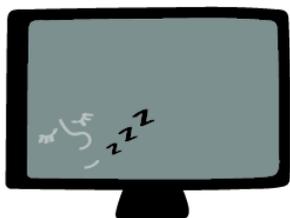


International Screen Free Week is

April 29 to May 5 2019

Celebrate with the Mayor's Screen-Free Challenge!

For our physical and mental health, we should limit our recreational screen use to two hours or less a day. It's best to give our phones, computers, and TVs some rest.



How should we celebrate? There are great screen-free options all around Somerville:

Thurs., April 25th: Celling Your Soul Screening
(Connexion, 149 Broadway, 5:30-7:00PM)

Mon., April 29th: ESMS Board Game Night
(Rincon Mexicano, 99 Broadway, 6:00-10:00PM)

Weds., May 1st: Puzzle swap at the Central Library
(79 Highland Ave. upstairs area, all day long!)

Thurs., May 2nd: 60 years & up dinner and bingo
(TAB Building, 167 Holland St., 4:00-6:00PM)

Complete the activity pass on the back!

It's also  **SustainaVille** week so there are lots of green and screen-free activities to do:

Weds., May 1st: Storytime at the East Library
(East Branch Library, 115 Broadway, 11:00AM)

Weds., May 1st: Teen Board Game Tournament
(Central Library, 79 Highland Ave., 2:30-4:30PM)

Thurs., May 2nd: Waste Mythbusters
(167 Holland Street, 6:00-8:00PM)

Fri., May 3rd: Storytime at the Central Library
(Central Library, 79 Highland Ave., 10:30AM)

Sat., May 4th: Annual Spring Cleanup Day
(Your ward meet-up point, 9:00AM-12:00PM)

For more information, visit www.somervillema.gov/sus.



Take the Screen Free Challenge

By May 5th and
Enter a
Raffle!



How to play:

Cross out each activity you participate in during Screen-Free Week.

By May 5th, email a picture of your activity sheet to sus@somervillema.gov.

All returned passes will be entered into a raffle sponsored by Thalia Tringo & Associates Real Estate.

The first four names pulled will win a prize!

Name: _____		Age: _____	
Contact: _____			
Monday	Play at East Somerville Main Streets' Board Game Night	Eat a screen-free Meatless Monday meal.	Write in your own screen-free activities:
Tuesday	Play at the Library's Teen Board Game Tournament	Put your screens away an hour before bedtime.	Write in your own screen-free activities:
Weds.	Listen to a story at the Central Library, or read a book of your choosing	Walk, bike, or roll the Blueback Herring Route (visit our website for a map).	Write in your own screen-free activities:
Thursday	Join the Waste Mythbusters session	Read a book and discuss your favorite part with someone.	Write in your own screen-free activities:
Friday	Listen to a story at the East Library, or read a book of your choosing	Play a sport, either one you love to do or one that's new to you.	Write in your own screen-free activities:
Saturday	Join the annual spring cleanup day	Walk, bike, or roll to explore a neighborhood near you.	Write in your own screen-free activities:

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