

Get a Life! 2022 – 2023

The person who completes (AND documents!) the greatest number of these activities will receive a prize at the 2022 Housestaff Awards Dinner. You must provide some type of **proof** (photographic or otherwise) for each activity you do. All proof is due to the Residency Office by June 1st.

- ___ Bang a drum at the MoPOP Museum
- ___ Find your home from the top of the Space Needle
- ___ Catch a fish at Pike Place Market
- ___ Wander through Chihuly Garden and Glass
- ___ Climb Little Si (or Mount Si)
- ___ Visit Mt. St. Helens
- ___ Find the troll under the bridge
- ___ Go to a Mariners game
- ___ Take a ferry to Bainbridge
- ___ Kayak
- ___ Count bald eagles on the Skagit River
- ___ Join a sports team
- ___ Go to Issaquah's Salmon Days
- ___ Enjoy some time at SAM
- ___ Stick your nose in a flower at the Tulip Festival
- ___ Get a massage
- ___ Sing karaoke
- ___ Go to a musical or catch a local live music event
- ___ Do the Puyallup! Washington State Fair
- ___ Visit Snoqualmie Falls
- ___ Root for the Huskies at a home game
- ___ Swim in Lake Washington
- ___ Blow a kiss from the top of the Seattle Great Wheel
- ___ Reflect at the Chapel of St. Ignatius
- ___ Learn about the Moon Jellies at the aquarium
- ___ Walk the length of Ape Cave
- ___ Tour a local fermented beverage facility
- ___ Go to the Nutcracker
- ___ Visit the Museum of Glass
- ___ Visit Point Defiance State Park
- ___ Hear the chanting at St. Mark's (9:30pm Sundays)
- ___ Go to a Thunderbirds game
- ___ Eat at 6 different ethnic restaurants in Seattle
- ___ Ski/snowboard/snowshoe
- ___ Fly a kite at Gas Works Park
- ___ Discover your own Hood Canal adventure ([click here](#))
- ___ Go to Northwest Trek
- ___ Raise your scarf at a Sounders FC game
- ___ Cross the Columbia River
- ___ Recline at *Love & Loss* at the Olympic Sculpture Park
- ___ Check out the Ballard Locks
- ___ Sample a unique flavor at Molly Moon's
- ___ Pose in the Peace Arch
- ___ Wind through the wetlands at Magnuson Park
- ___ Visit Flaming Geyser State Park
- ___ Roller blade/bike/walk/run around Green Lake
- ___ Partake in a SeaFair event
- ___ Guide yourself through the Central Library
- ___ Go wild at Woodland Park Zoo
- ___ Walk/Run the Loop Trail at Discovery Park
- ___ See the Butterflies at the Pacific Science Center
- ___ Find the Japanese Garden at the Arboretum
- ___ Collect sea glass at Golden Gardens
- ___ Catch a flick at an outdoor cinema
- ___ Go whale watching
- ___ Get a pretzel in Leavenworth
- ___ See Seattle from the top of Tiger Mountain
- ___ Walk or bike ride onto a Washington State Ferry
- ___ Take the Boeing Plant tour
- ___ Check out Theo Chocolate Factory / Flagship Store
- ___ Sit in the sculpture at Kerry Park
- ___ Paddle at the UW Waterfront Activities Center
- ___ Find some sea stacks off the Olympic Coast
- ___ Dig up a razor clam
- ___ Go to a concert at the Gorge
- ___ Take part in virtual Guest Chef Night at FareStart
- ___ Go to Uwajimaya
- ___ Check out Sunrise at Mt. Rainier
- ___ Take a trip to somewhere in Canada
- ___ Tour the loop at Seward Park
- ___ Walk on Alki Beach in West Seattle
- ___ Take in a pro sports game (Seahawks, Storm or Kraken)
- ___ Pay your respects to Bruce Lee or Jimi Hendrix
- ___ Finish a race (Triathlon, Marathon, STP, Ski to Sea, Dawg Dash)
- ___ Visit the Hoh Rainforest
- ___ Have a seat in *Light Reign*
- ___ Visit Franklin Falls or Denny Creek
- ___ Bike on the Burke Gilman Trail
- ___ Partake in a PowWow
- ___ Sit in the cockpit of a SR71 Blackbird
- ___ Set foot on at least 2 of the San Juan Islands
- ___ Go to the Conservatory at Volunteer Park
- ___ Visit the Forks Timber Museum
- ___ Complete a pilgrimage to Young Street Bridge. Aberdeen, WA
- ___ Witness salmon spawning in Pipers Creek
- ___ Spiral your way through the Centennial Garden Labyrinth
- ___ Get produce from your local farmer's market
- ___ Take the Underground Tour
- ___ Beach comb in Point Roberts
- ___ Do an art walk
- ___ Cross over Deception Pass
- ___ Visit the Duwamish Longhouse
- ___ Go "Social Dancing" (e.g., Ballroom, Square, Scottish, etc.)
- ___ Sail or row at The Center for Wooden Boats
- ___ See a movie at a SIFF Cinema
- ___ Visit MOHAI
- ___ Float through the air at Emerald City Trapeze
- ___ Learn at the Cedar River Watershed Education Center
- ___ Stand-up paddleboard
- ___ Find your favorite latte foam artist
- ___ Visit the Hat 'n' Boots in Georgetown
- ___ Dig in for a great slam playing beach volleyball
- ___ Compete in the GME Office's annual Peeps Contest
- ___ Visit the North Cascades National Park
- ___ See Zoolights at Point Defiance Zoo
- ___ Complete a worthy *Get a Life!* addition and document it!*

The residency office also has an additional handout that has the cost and a brief description of each activity available on our website at www.uwmedres.org/GetALife.

*It cannot be a restaurant as there are way too many!