

Get a Life! 2023 – 2024

The person who completes (AND documents!) the greatest number of these activities will receive a prize at the 2024 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 1, 2024.

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