# TRASH WALKS WITH NOT LADYLIKE COMMUNITY





# THE EVENING'S **SCHEDULE**

6:30pm - a slow start with introductions for new folks

6:35 to 7:30 - each individual chooses their own path and pace to pickup garbage, coming together with other walkers and moving apart as they choose to

7:30pm - we drive independently or carpool to a second location (a local casual place that serves food/drinks) to warm up and chat OR you can go home your choice.

# PERFECT FOR INTROVERTS

You can wander off on your own to avoid the small talk, you get to practice introducing yourself to a small group, and there is always an easy topic to default to - the garbage! It's a win-win-win for the socially anxious!

THERE IS NO FORMAL PROGRAMMING AND NO EXPECTATION FOR CONVERSATIONS.



## DRESS FOR THE WEATHER

Please dress to be outside for one hour, whatever the weather, and bring the mobility aids that will make



### **SHARED SUPPLIES**

We provide large black garbage bags and small bags for bottle depot items. We share our 2 grabbers and sharps container



### **ACCESSIBILITY**

We choose parks with easy bus access, accessible sidewalks, and a lot of hard surfaces

We are a group of likeminded folks who enjoy being outside and taking care of our environment. Every Earth Month we host weekly trash walks in a local park because this is closely aligned with our values - and it's a lot of fun too!

WWW.NOTLADYLIKECOMMUNITY.COM