



COBBS CREEK OUTDOORS & MORE

NEIGHBORHOOD AIR QUALITY ESSENTIALS



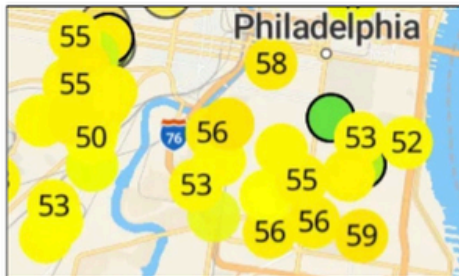
Checking air quality in your neighborhood

You can view live air quality data from Clean Air Council's air monitoring program and other local monitors across Philadelphia.

Scan the QR code or visit:
map.purpleair.com



Local air quality map reflecting a moderate air quality day



Understanding Air Quality Information



To stay informed and safe, regularly check air quality data. Check local air quality if you notice odors or visible signs of air pollution. If air quality is **green** it is an ideal time to open windows, exercise and play outside! **Yellow** means moderate. **Orange** is unhealthy for sensitive groups. **Red**, **Purple** and **Maroon** air unhealthy for everyone. When air quality is unhealthy, minimize time outdoors and avoid doing high intensity activity.



These Air Quality Essentials are brought to you by the Breath of Fresh Air Program.

Possible symptoms from poor air quality

- Eye irritation, itching & watering
- Trouble breathing and chest tightness
- Coughing and wheezing
- Headaches and dizziness

Best Practices

- Check the air quality daily. If you use an inhaler, don't leave home without it!
- Use indoor air filters on high pollution days.
- Close car windows and set AC to recirculate.
- Listen to your body and seek medical care if needed.
- Check on vulnerable friends, neighbors, and elders.



COBBS CREEK OUTDOORS & MORE



THE CIRCUIT TRAILS ARE ESSENTIAL TO THE REGION

HELP US PROVE IT

When complete, the Circuit Trails Network will connect 850+ miles of trails in the Philadelphia and surrounding region. These trails include the **Cobbs Creek Trail**, Schuylkill River Trail, Pennypack Trail, Delaware River Heritage Trail, and **Darby Creek Trail**. Trails offer connections to better health through recreation and exercise while also serving as transportation networks. A survey is being conducted by Trust for Public Land (TPL) and Rails to Trails Conservancy (RTC) on behalf of the Circuit Trails Coalition, a collaboration of non-profit, public, and philanthropic partners. This survey aims to learn more about how surrounding communities use the trail network, and what benefits residents see trails providing their neighborhoods.

Help make the case to decision makers that trails are essential pathways for transportation and recreation and directly contribute to the local economies they serve. Whether you have stopped to buy a smoothie, purchased a new bike, or attended paid programming related to a trail we're interested in hearing how trails provide economic benefits. Complete the 3 minute survey to help us learn about how people use trails and better understand the benefits trails provide residents, visitors, and businesses. All responses are completely confidential.

THE CIRCUIT TRAILS

Scan the QR code

Or visit rtc.li/survey



UPCOMING EVENTS: JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	2 Orchard Tenders, 10-12PM, Cobbs Creek Community Environmental Center, 700 Cobbs Creek Parkway Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	3	4 Weekly Yoga at Cobbs Creek, 11AM-12PM, Yoga4Philly, 700 Cobbs Creek Parkway Spin Like a Wheel, 11-1PM, Prescribe Outside, Cobbs Creek Nature Playground
5 Park Clean Up, 2-4PM, Cobbs Creek Ambassadors and Philly Mycology Club, Thomas Ave and Cobbs Creek Parkway	6 Cobbs Creek Neighbors Community Meeting, 5:30 PM, Cobbs Creek Library	7	8 Wineberry Wednesday!, 10- 11 AM, 5:30-6:30 PM, Cobbs Creek Community Environmental Center Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	9 Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	10	11 Community Water Testing, 10AM, 700 Cobbs Creek Parkway Weekly Yoga at Cobbs Creek, 11AM-12PM, Yoga4Philly, 700 Cobbs Creek Parkway
12	13	14	15 Cobbs Creek Free Fishing with LHI, 5-7PM, Intersection of 65 th street and Cobbs Creek Pkwy Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	16 Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	17	18 Weekly Yoga at Cobbs Creek, 11AM-12PM, Yoga4Philly, 700 Cobbs Creek Parkway
19	20	21 Books and Cooks, 4:30- 6:30, Prescribe Outside, 4865 Market St	22 Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	23 Free Fishing, 5-7PM, Bartram's Garden Community Boathouse	24	25 Weekly Yoga at Cobbs Creek, 11AM-12PM, Yoga4Philly, 700 Cobbs Creek Parkway Monarchs and Milkweeds Wonder Walk, 11-1PM, LHI, 700 Cobbs Creek Parkway
26	27	28	29 Bartram's Garden Free Fishing, 5-7PM, Let's Go Outdoors, Bartram's Garden Community Boathouse	30 Bartram's Garden Free Fishing, 5-7PM, Let's Go Outdoors, Bartram's Garden Community Boathouse	31	

Questions about any of these events? Email mmyers@cleanair.org, Follow Cobbs Creek Watershed Coalition on FB and Instagram



COBBS CREEK OUTDOORS & MORE



KIDS CORNER!

Name: _____ Date: _____



Trees Word Scramble



The letters of the words below are jumbled. Unscramble the letters and write the word on the blank line provided.

- | | |
|------------------|-------------------|
| 1. NMOLE _____ | 13. DAOVACO _____ |
| 2. APRE _____ | 14. VELIO _____ |
| 3. HRYERC _____ | 15. MLAP _____ |
| 4. RFI _____ | 16. IBCHR _____ |
| 5. SBSA _____ | 17. SRYECSP _____ |
| 6. PALEP _____ | 18. ESUCRP _____ |
| 7. MEL _____ | 19. ECARD _____ |
| 8. CAENP _____ | 20. OLWWLI _____ |
| 9. DDEORWO _____ | 21. COOUTCN _____ |
| 10. PMAEL _____ | 22. ICHYROK _____ |
| 11. NAYNAB _____ | 23. ONDLMA _____ |
| 12. NPEI _____ | 24. AKO _____ |

almond

cedar

hickory

pear

apple

cherry

lemon

pecan

avocado

coconut

maple

pine

banyan

cypress

oak

redwood

bass

elm

olive

spruce

birch

fir

palm

willow



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