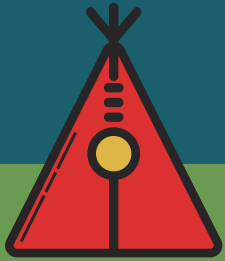


Oregon Park District

VIRTUAL RECREATION CENTER



June 15-21

Click on the activity to open the link!

ARTS & CRAFTS

- Monday: [Birdhouses](#)
- Tuesday: [Flower Bookmarks](#)
- Wednesday: [Pour Paint Pots](#)
- Thursday: [Sailboats](#)
- Friday: [Space Crayons](#)
- Saturday: [Temporary Tattoos](#)
- Sunday: [Crystal Names](#)

FITNESS

- Monday: [5 Minute Arms](#)
- Tuesday: [7 Minute Workout Song](#)
- Wednesday: [Beginner's Abs](#)
- Thursday: [Cardio Dance](#)
- Friday: [Family Fitness](#)
- Saturday: [Circuit Training](#)
- Sunday: [Free Live Streams](#)

COOKING

- Monday: [PB & J Sushi](#)
- Tuesday: [Pesto](#)
- Wednesday: [Veggie Burgers](#)
- Thursday: [Chicken Dogs](#)
- Friday: [Peanut Butter Banana Ice Cream](#)
- Saturday: [Fruit Pizzas](#)
- Sunday: [Pineapple Orange Creamsicle](#)

MINDFULNESS

- Monday: [Yoga for Kids](#)
- Tuesday: [Poetry Relaxation](#)
- Wednesday: [Mindfulness Meditation](#)
- Thursday: [Teen Meditation](#)
- Friday: [Self Care Calendar](#)
- Saturday: [Living with Gratitude](#)
- Sunday: [Self Reflection](#)

FAMILY FUN

- Monday: [Water Bombs](#)
- Tuesday: [Mini Volcanos](#)
- Wednesday: [Kids Car Wash](#)
- Thursday: [Outdoor Concert](#)
- Friday: [Four Square](#)
- Saturday: [Drive In Movie](#)
- Sunday: [Homemade Paint](#)

EDUCATION

- Monday: [Solar Activities](#)
- Tuesday: [White House Virtual Tour](#)
- Wednesday: [Teaching Math at Home](#)
- Thursday: [Literacy Games](#)
- Friday: [Online Summer Camp](#)
- Saturday: [10 Math Skills](#)
- Sunday: [Outdoor Education](#)