

Oregon Park District

VIRTUAL RECREATION CENTER



June 8-14

Click on the activity to open the link!

ARTS & CRAFTS

Monday: [Suncatchers](#)
Tuesday: [Paper Weaving](#)
Wednesday: [Fireflies](#)
Thursday: [Finger Knitting](#)
Friday: [Soap Clouds](#)
Saturday: [Sandpaper Shirts](#)
Sunday: [Pom Pom Rug](#)

MINDFULNESS

Monday: [Goal Categories](#)
Tuesday: [5 Minutes a Day](#)
Wednesday: [Mindful Coloring](#)
Thursday: [Mindful Workplace](#)
Friday: [Self Care Bingo](#)
Saturday: [Micro Meditations](#)
Sunday: [21 Day Challenge](#)

FITNESS

Monday: [Trampoline Workout](#)
Tuesday: [Movie Night Workout](#)
Wednesday: [Ultimate Frisbee](#)
Thursday: [Push Up Challenge](#)
Friday: [Name Challenge](#)
Saturday: [Trail Fit](#)
Sunday: [Geocaching](#)

FAMILY FUN

Monday: [Paddle Tennis](#)
Tuesday: [Magnetic Slime](#)
Wednesday: [Lava Lamps](#)
Thursday: [Card Games](#)
Friday: [Bingo](#)
Saturday: [Jenga With a Twist](#)
Sunday: [Water Blob](#)

COOKING

Monday: [Corn Salad](#)
Tuesday: [Grilled Peaches](#)
Wednesday: [Soft Pretzels](#)
Thursday: [Zucchini Fritters](#)
Friday: [Campfire Cones](#)
Saturday: [Santa Fe Chicken](#)
Sunday: [Strawberry Salsa](#)

EDUCATION

Monday: [Jelly Bean Building](#)
Tuesday: [Balloon Air Pressure](#)
Wednesday: [Giant Word Search](#)
Thursday: [Fizzing Ice Cubes](#)
Friday: [Writing Prompts](#)
Saturday: [Outdoor Math](#)
Sunday: [Nature Color Hunt](#)