

# Oregon Park District

## VIRTUAL RECREATION CENTER



June 22-28

Click on the activity to open the link!

### ARTS & CRAFTS

Monday: [Glass Magnets](#)  
Tuesday: [Edible Slime](#)  
Wednesday: [Paper Pythons](#)  
Thursday: [Mini Fishbowl](#)  
Friday: [Rock Photo Holders](#)  
Saturday: [Paper Plate Fans](#)  
Sunday: [Ninja Stress Balls](#)

### FITNESS

Monday: [Capture the Flag](#)  
Tuesday: [Fitness Scrabble](#)  
Wednesday: [Kids Cardio](#)  
Thursday: [Full Body HIIT](#)  
Friday: [Pool HIIT Workout](#)  
Saturday: [Kids Fitness Games](#)  
Sunday: [Walker to Runner](#)

### COOKING

Monday: [Blackberry, Bacon, Basil Pizza](#)  
Tuesday: [Grilled Salad](#)  
Wednesday: [Graham Cracker Goodies](#)  
Thursday: [Pineapple Dole Whip](#)  
Friday: [Charcuterie Boards](#)  
Saturday: [Spaghetti Salad](#)  
Sunday: [Ranch Chicken Bites](#)

### MINDFULNESS

Monday: [Goal Setting Art](#)  
Tuesday: [Gratitude Game](#)  
Wednesday: [5 Minute Art](#)  
Thursday: [Stop, Breathe, Be](#)  
Friday: [Feelings Walk](#)  
Saturday: [Gratitude Prompts](#)  
Sunday: [Kids Meditation](#)

### FAMILY FUN

Monday: [The Fishbowl Game](#)  
Tuesday: [Stuck in the Mud](#)  
Wednesday: [Would You Rather](#)  
Thursday: [Minute to Win It](#)  
Friday: [Movie Night Bingo](#)  
Saturday: [DIY Giant Jenga](#)  
Sunday: [Lawn Dominos](#)

### EDUCATION

Monday: [Milk to Plastic](#)  
Tuesday: [Lemon Volcanos](#)  
Wednesday: [Pirate Ships](#)  
Thursday: [Math Card Games](#)  
Friday: [Word Dominos](#)  
Saturday: [Counting Coins](#)  
Sunday: [Uno Math](#)