

Oregon Park District

VIRTUAL RECREATION CENTER



June 1-7

Click on the activity to open the link!

ARTS & CRAFTS

- Monday: [Color & Relax](#)
- Tuesday: [Shaving Cream Art](#)
- Wednesday: [Animation Flipbook](#)
- Thursday: [Tissue Paper Flowers](#)
- Friday: [Marble Runs](#)
- Saturday: [Wind Chimes](#)
- Sunday: [Sharpie Mugs](#)

FITNESS

- Monday: [Full-Body, No-Gear Workout](#)
- Tuesday: [50 At-Home Workouts](#)
- Wednesday: [Improve Your Flexibility](#)
- Thursday: [30 Pilates Videos](#)
- Friday: [Solo Baseball Drills](#)
- Saturday: [Posture Exercises](#)
- Sunday: [Back & Shoulder Workout](#)

COOKING

- Monday: [Cooking for Kids](#)
- Tuesday: [Homemade Ice Cream](#)
- Wednesday: [Copycat Chick-Fil-A](#)
- Thursday: [Grilled Pizza](#)
- Friday: [Homemade Sushi](#)
- Saturday: [Chocolate Lasagna](#)
- Sunday: [6 Meal Prep Ideas](#)

MINDFULNESS

- Monday: [Morning Yoga Moves](#)
- Tuesday: [10 Mindful Minutes](#)
- Wednesday: [Relax & Color](#)
- Thursday: [Beginner's Guide to Poetry](#)
- Friday: [Journal Prompts](#)
- Saturday: [Meditation for Kids](#)
- Sunday: [Gratitude Jar](#)

FAMILY FUN

- Monday: [Kickball Game](#)
- Tuesday: [Scavenger Hunts](#)
- Wednesday: [Homemade Fire Starters](#)
- Thursday: [Make Your Own Play Dough](#)
- Friday: [Find a Trail](#)
- Saturday: [Mini Golf](#)
- Sunday: [Backyard Bingo](#)

EDUCATION

- Monday: [Color Mixing Wheel](#)
- Tuesday: [Smithsonian Learning Lab](#)
- Wednesday: [Drag Racing Cups](#)
- Thursday: [Virtual Yosemite](#)
- Friday: [Traveling Water](#)
- Saturday: [Match Levitation](#)
- Sunday: [Learn a Language](#)