

# Oregon Park District

## VIRTUAL RECREATION CENTER

June 29 - July 5

Click on the activity to open the link!

### ARTS & CRAFTS

Monday: [Basic Macrame Knots](#)

Tuesday: [Baking Soda Paint](#)

Wednesday: [Raindrop Sun Catchers](#)

Thursday: [Jelly Soaps](#)

Friday: [Glue Art](#)

Saturday: [Popsicle Stick Flags](#)

Sunday: [Banjos](#)

### FITNESS

Monday: [Kids HIIT](#)

Tuesday: [Fitness Journaling](#)

Wednesday: [Beginner Hiking](#)

Thursday: [Low Impact Choreography](#)

Friday: [Childhood Games for Adults](#)

Saturday: [Fun Fitness Apps](#)

Sunday: [Cardio Dance](#)

### COOKING

Monday: [7 Layer Bars](#)

Tuesday: [Cauliflower Nachos](#)

Wednesday: [Yogurt Bites](#)

Thursday: [Strawberry Cheese Rollups](#)

Friday: [Grilled Sweet Peppers](#)

Saturday: [Zucchini Crisps](#)

Sunday: [Peach Sorbet](#)

### MINDFULNESS

Monday: [Resting and Releasing](#)

Tuesday: [Coloring](#)

Wednesday: [Journal Prompts](#)

Thursday: [Yoga For Beginners](#)

Friday: [Family Mindfulness](#)

Saturday: [Mindfulness Workouts](#)

Sunday: [Fun Flow](#)

### FAMILY FUN

Monday: [DIY Color Powder](#)

Tuesday: [Hook & Ring](#)

Wednesday: [Water Balloon Piñata](#)

Thursday: [Toss Games](#)

Friday: [Water Wall](#)

Saturday: [Family Olympics](#)

Sunday: [Camping with Kids](#)

### EDUCATION

Monday: [LEGO Zip Line](#)

Tuesday: [Trap, Cut, Rescue](#)

Wednesday: [Alphabet Soup](#)

Thursday: [Sun Dial](#)

Friday: [Solar Oven](#)

Saturday: [Exploding Baggies](#)

Sunday: [Dice Wars](#)