

CITY OF LAUREL DEPARTMENT OF PARKS & RECREATION

VIRTUAL PROGRAM

MAY 2020



SPECIAL EVENTS

New special events will be offered and available to participate virtually.

FITNESS

We encourage you stay active during these times and will offer various fitness workshops online.

TO OUR WONDERFUL COMMUNITY

The Department is in the business of creating memories and making life worth living. It has always been our goal to offer an abundance of activities and programs to the Laurel community and that has not changed since COVID-19 has been introduced to our lives.

Though COVID-19 has affected our normal programming tremendously,

we as a City have decided to take on the challenge to offer virtual programs in order to serve our great community in a safe way.

We hope that you enjoy these new programs and encourage you participate in any way you can so that we as a community can get through these times together.

OUTDOOR ACTIVITIES

We encourage you and your families to enjoy the outdoors safely with our outdoor activities and games.

VISIT THE CITY WEBSITE WWW.CITYOFLAUREL.ORG

Virtual Escape Rooms

[Alice and Wonderland Digital Escape Room](#)

[Asteriod Collision](#)

[Escape from Star Killer Base \(Star Wars Inspired\)](#)

[Harry Potter Escape from Hogwarts](#)

[Spy Apprenticeship Digital Adventure](#)

Access all Virtual Escape Rooms [here](#)



Special Events: Kids to the Park Day, 30-Day Fitness Challenge & the City of Laurel Chalk Walk



Celebrate the 10th Annual Kids to Park Day online on Saturday, May 16th, 2020

Click [here](#) to access online resources provided by the Nation Park Trust

MAYOR'S MESSAGE

Imagining what you and your family can do for fun this spring and summer while we all continue to live through the COVID-19 pandemic? Not to worry, the City of Laurel has you covered! The creative folks of your Department of Parks and Recreation have put together some innovative virtual programs and activities for adults and children! From virtual escape rooms, outdoor activities, virtual dance, yoga, and senior citizen activities, the Department of of Parks and Recreation has it all. I hope that you will take advantage of as many programs as possible. We are here to help everyone stay safe, healthy, and active. We will get through this together!

-Craig A. Moe, Mayor

OUTDOOR ACTIVITIES

CHALK WALK

Design fun and inspiring chalk art throughout the City. Take a picture and tag us on Facebook

NATURE SCULPTURES

Create unique nature sculptures using what you can find: rocks, twigs, leaves, & flowers

NATURE SCAVENGER HUNT

Check off all the items you can find on you outdoor walk

PAINTED ROCKS

Find rocks that can be painted and leave them along for others to find on your next outdoor walk



STAY CONNECT: FOLLOW US ON FACEBOOK @LAURELPARKSREC

Senior Services Resources:

- [10-minute Zumba class](#)
- [Protect Yourself from Coronavirus Scams](#)
- [Fast Walking 30-minute Fitness Workout](#)
- [Standing/Sitting Senior Workout Routine](#)
- [Yoga for Seniors](#)

Be on the look out for information about our Virtual Paint Night!

STAY CONNECTED

Senior citizens are feeling lonely and isolated from family and friends right now. If you have a loved one in a Senior Citizen Facility or isolated at home, give them a call and let them know they are not alone!

7:30pm Reminder to Call

www.CityofLaurel.org

Fitness & Wellness

[Cuban Dance Virtual Classes](#)

[Rachel Voss Yoga & Meditation](#)

& more to come!

CITY OF LAUREL CHALK WALK

WE ARE ENCOURAGING YOU AND YOUR FAMILY TO CREATE SIDEWALK CHALK DESIGNS THROUGHOUT THE CITY

WRITE AN INSPIRATIONAL QUOTE OR CREATE A UNIQUE DESIGN. USE THE HASHTAG #LAURELCHALKWALK

BE SURE TO FOLLOW US ON FACEBOOK @LAURELPARKSREC

LAUREL
Department of Parks & Recreation

30 DAY FITNESS CHALLENGE MAY 2020



SUN	MON	TUE	WED	THU	FRI	SAT
					01 20 Jumping Jacks 20 High knees	02 Take a walk around Alice B. McCullough Field
03 Play a game of hopscotch	04 20 Crunches 20 Squats	05 Take a walk around Granville Gude Park	06 Do a Zumba workout on YouTube	07 Play a game of freeze tag	08 20-minute dance party	09 10-second plank 20 Crunches
10 Take a walk around Riverfront Park	11 20 Jumping Jacks 20 High Knees	12 Play a game of charades/ Heads Up!	13 Play a game that requires a ball	14 Learn a Tik-Tok dance	15 Take a walk around Alice B. McCullough Field	16 Do a kid's cardio workout on YouTube
17 20-second plank 30 crunches	18 30 crunches 30 squats	19 Do a Yoga workout on YouTube	20 30 Jumping Jacks 30 High knees	21 Play a game of hopscotch	22 Play a game of Simon Says	23 Take out your bike/scooter
24 20-minute dance party	25 Play a game that requires a bat/stick	26 Take a walk around Granville Gude Park	27 30-second plank 30 Crunches	28 Play a game of charades/ Heads Up!	29 40 Jumping Jacks 40 High knees	30 Take a walk around Riverfront Park
31 40 Crunches 40 Squats						

ADDITIONAL ACTIVITIES

GARDENING ACTIVITIES

Check out [these](#) step-by-step gardening activities to get the kids outside and defeat boredom

EDUCATIONAL RESOURCES

Click [here](#) to access free online learning resources for your child

VIRTUAL FIELD TRIPS

The Louvre, Mars, San Diego Zoo, and even Mars! The choices are endless, click [here](#) to take a virtual tour

LIBRARY EVENTS

Check out the PGCMLS- Laurel Branch online events at their website by clicking [here](#)