

DDRC Online Recreation Programs June 2 - 5

Tuesday Workouts at 11am

This Week's Focus: Cardio & Strength

Start your morning off right with some upbeat exercise (and music)! All moves can be done sitting or standing, but make sure you set up enough space as you will need to move around. You can bring a hand towel, two water bottles, or two cans of food if you want weights. Hope you can join!

Wednesday Art & Crafts at 3:30pm

This Week: Abstract Painting

Come be creative and have fun! Join us this week to make an abstract painting. You will need masking tape, paints (or markers) of several different colors, and thick paper (card stock, watercolor paper, canvas, etc.). If you do not have tape, you can bring a ruler instead. If you get done early, I also included a summer art printout in the email that you can color and design. If you ever need any supplies or have any questions, we are willing to help!



Friday Healthy Eating Social at 12:30pm

This Week's Theme: Easy & Healthy Main Courses

Come have fun and spend time with friends at our weekly lunch social. I will be cooking chicken lettuce wraps for my meal. If you want to make the same recipe as me, you can use this website:

<https://www.onelovelylife.com/chicken-lettuce-wraps/>

We will have some time to socialize, discuss what we're eating, and then we will play a "Guess the Food" game.

