

Rec to



the Rescue

Vol. 5



Recreation
Division



Get featured on our cover!
Take a picture of your family
dressed as super heroes and send it to
Recreation@FridleyMN.gov

Your guide to fun at home in Fridley!



Recreation Report

Registration for summer programming is now open! Keep an eye out for a brochure in your email or you can check out our website now for [upcoming activities](#) starting in July 13th!

We would like to introduce you to some new programs with this activity guide. In addition to the activities in this document we have more posted on our [website](#), [Facebook](#) and [Instagram](#).

Your safety and health are our top priorities and we will work to offer activities with that in mind. We know it is difficult to make plans during this time and we will share any updates we have on program status with you as we make decisions. Current status...

- The Summer ROCKS Program and Springbrook Day Camps have been cancelled for this year. Modified programming will begin during the week of July 6th. Keep an eye on our website for program offerings.
- Picnic shelters are available to use on a first come basis. Park buildings are closed through July 6th. No reservations will be taken until the City is able to reassess the guidelines and protocols at the end of June.
- Staff are monitoring the situation daily and will make plans in accordance with standards set by public health officials.
- If we are unable to offer a program that you have already registered for due to COVID-19, full refunds will be issued.

We're all in this together and hope to see everyone soon!

Parks & Trails



Fridley Parks and Trails are available for you to use. Please keep yourself and others safe by following the below guidelines...

- Do not use parks or trails if you are exhibiting [symptoms](#).
- Keep a minimum of 6 feet away from other people at all times. If this is not possible, find another location or leave the space.
- Share the trail and warn others of your presence as you pass; step aside to let others pass.
- Follow the [CDC's guidance on personal hygiene](#) prior to your visit. Wash your hands and avoid touching your face.
- The City playgrounds are not cleaned or sanitized, use at your own risk. If you choose to use the playgrounds wash and/or sanitize your hands before and after touching play structures and follow the distancing guidelines above.
- Plan ahead, Commons, Flanery and Moore Lake parks do have satellite restrooms available however, drinking fountains are not turned on.



Do you know which Fridley Park this is? Send us a direct message with your guess on Instagram [@fridleyrecreation](#) #FridleyHiddenGems



Rec in the House

4th of July Treats!

Want to create a festive, tasty treat for your 4th of July Celebration? Try this...

You will need:

- Graham Crackers
- Frosting
- Blue Berries
- Strawberries sliced into strips*

*ask an adult for help!

1. Spread frosting onto your graham cracker
2. Add blueberries to upper left corner for the stars
3. Place cut strawberries into rows to make stripes
4. Admire your fruit flag and enjoy!

Don't forget to take a picture of your finished treat and email it to Recreation@FridleyMN.gov and we will post your treat pic to our Instagram page!



Virtual Connections

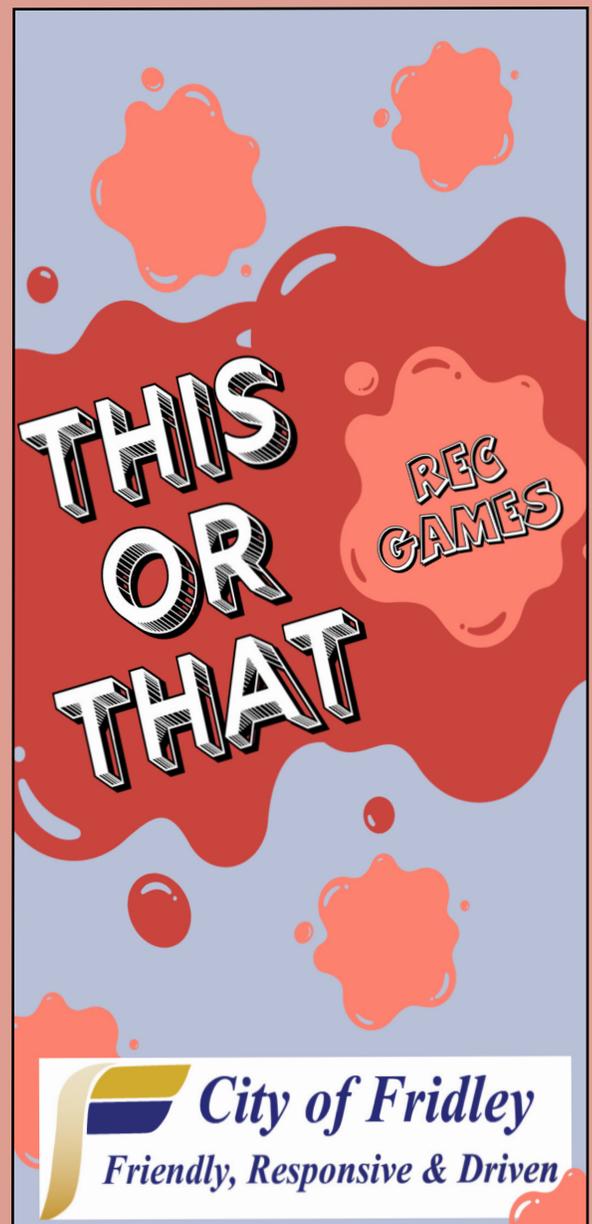


This or That: Rec Games

Another fun interactive activity coming your way. To check out "This or That: Rec Games" go to our Instagram [@FridleyRecreation](#). You can also find it on Fridley Recreation's Instagram Story! In this activity, you get to determine what classic recreation game you think is superior to the other. Have fun and pick wisely. If you have an idea for an Instagram quiz or activity, DM us on Instagram [@FridleyRecreation](#) or email us at Recreation@FridleyMN.gov.

Register NOW for Summer Programming!

You can register for summer programming through our [city website](#). We are offering adults sports leagues, fitness classes, youth programs, and activities in our parks!





Challenge Yourself!

You can do hard things!

In each guide we'll post a challenge or contest for you to participate in. Follow our Instagram page [@FridleyRecreation](#) and share your achievements at #FridleyCan!

Frisbee Tic-Tac-Toe

Try this fun game with a sibling, neighbor or friend (you can social distance by standing on opposite sides of the board). All you will need is chalk, nine cardboard circles (big enough to fill your Tic-Tac-Toe square) and a marker.

Use chalk to draw out a Tic-Tac-Toe grid in your driveway or a sidewalk. Cut out cardboard circles and draw an "X" on five of them and an "O" on the remaining four. Take turns tossing your discs like a Frisbee to the square you want ("X"s go first). Alternate who plays with "O"s and "X"s and see how many games you can win!



Together Apart



City of Fridley Puzzles

Have you been doing puzzles while you've been spending time at home? Try out this fun online puzzle of a [local landmark!](#) Complete the puzzle and share it with your family and friends!



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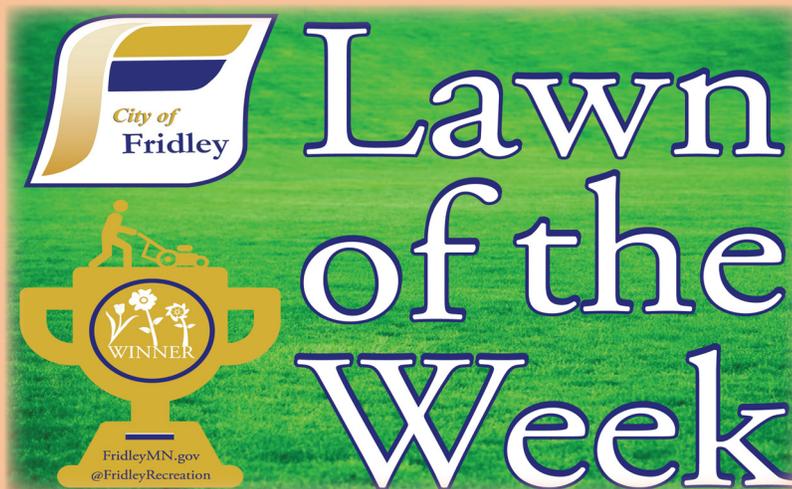


Engage in the Environment

Lawn of the Week

We have seen many Fridley Residents out in their yards this year and would like to recognize the outstanding yards whose lawn and gardens exemplify creativity, neatness and beauty. So get your mower and green thumb ready! City staff will identify a winner and a yard sign announcing the Lawn of the Week that will be placed in their front yard for one week. Recipients will receive a certificate of achievement and a prize. The City will consider nominations and make a final decision on the Lawn of the Week awards. Nothing like a little friendly competition to brighten up the neighborhood!

To learn more about the Lawn of the Week program or to nominate a lawn: you can call Fridley Recreation at 763-572-3570 or email us at Recreation@FridleyMN.gov.



Fridley Heros



Fridley Hero: Long Time Election Judge Norma Rust

Norma Rust has been a resident of Fridley since 1969 and has been an election judge for almost 40 years! If you've voted in Fridley chances are you have seen her around. Norma, had an interest in politics and the political process and becoming an election judge gave her an opportunity to be involved in that process, as well as serve her community. She is excited when people come to vote! Her favorite things about being an election judge are meeting first time voters and going into care facilities to see long time voters still enthusiastic about voting. Norma takes this role very seriously and has immense civic pride!

Election judges play a vital role in our democratic process. If you are interested in becoming an election judge visit the [city's website](#) or call the Civic Campus at 763-572-3450.



Nominate a Fridley Hero!

Please email Recreation@FridleyMN.gov to nominate a hero in your life, include why they are your hero and a photo of them. We'll choose one hero to highlight in each Rec to the Rescue Activity Guide.