

Rec to



Recreation
Division

the Rescue

Vol. 6



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

Summer programming is in full swing and we are excited to be able to provide safe and fun activities for our participants! We are looking forward to our fall programs starting this September and hope to see you there!

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...

- New, modified summer programming has begun! Visit our website for program offerings.
- Picnic shelters are available to use on a first come basis. Park buildings are available for reservations. Call 763-572-3570 for reservations.
- 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 at the parks!

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

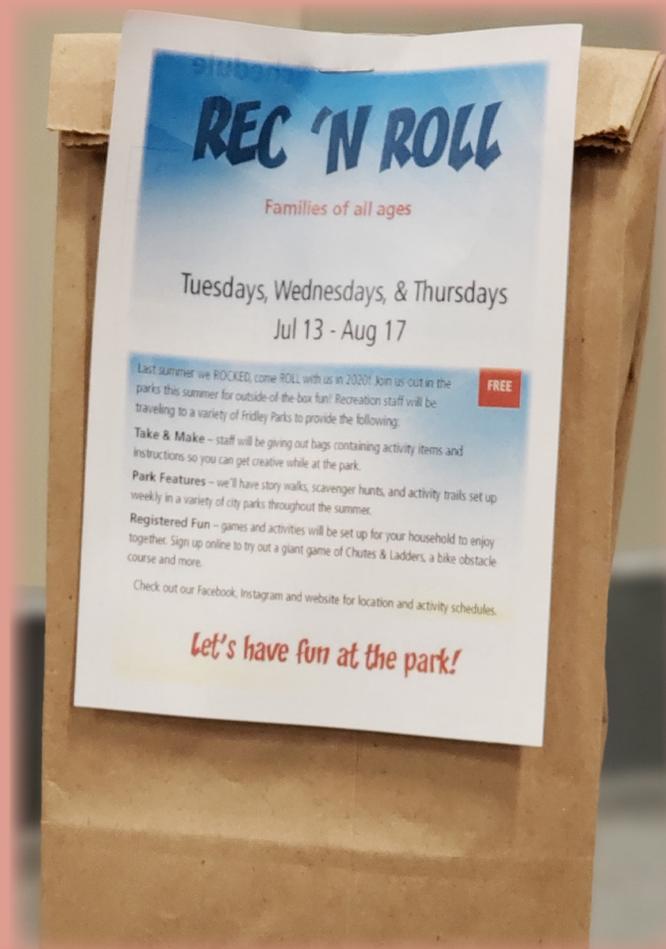


Rec in the House

Rec 'N Roll Take & Make

Each week our Rec team has been handing out Take & Make projects for you to make and enjoy at home! Projects include friendship bracelets, leaf rubbings, and various arts and crafts projects.

Take & Make Schedule July 21 - August 20		
Tuesdays	Wednesdays	Thursdays
1:30pm Ruth Circle 8160 Ashton Ave 1	1:30pm Madsen 735 73rd Ave 4	1:30pm Flanery 1487 Onondaga St 7
2:30pm Sylvan Hills 6205 Jupiter Dr 2	2:30pm Terrace 6735 7th St 5	2:30pm Creek View 6801 Anoka St 8
3:30pm Summit Square 5201 Capitol St 3	3:30pm Moore Lake 5890 Central Ave 6	3:30pm Briardale 6171 Rice Creek Dr 9



You can pick up a Take & Make bag at the locations, dates and times listed above. Don't forget to take a picture of your finished project and email it to Recreation@FridleyMN.gov and we will post your project pic to our Instagram page!

Virtual Connections



***Parks & Rec* Trivia**

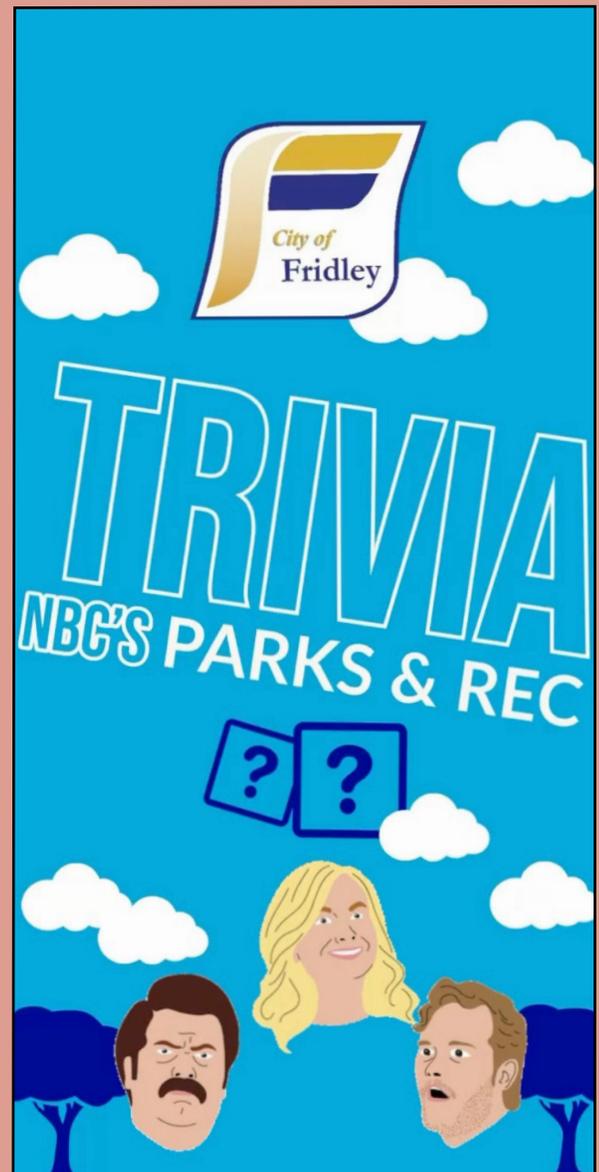
Here comes another fun interactive challenge! Check out our Instagram Story for “NBC’s *Parks & Rec*”

trivia. Test your knowledge of the hit NBC show *Parks & Rec*.

If you have an idea for an Instagram quiz or activity, email us at Recreation@FridleyMN.gov or DM us on Instagram [@FridleyRecreation](https://www.instagram.com/FridleyRecreation)

Register NOW for Fall Programming!

Fall programs are now open for registration! You can register through our [city website](#). We are offering adults sports leagues and fitness classes, and a variety of youth programs and activities.





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!

Bounce Off

Put your tennis talents to the test! Push yourself to beat your own high volley score (or that of another member of your household). This challenge requires only two simple pieces of equipment: a tennis ball and racquet. Start by gently tossing the ball in the air and start counting each bounce (volley) on the racquet you make. Once the ball drops to the ground, the round is over. Repeat as many times as you like until you get a score you are truly proud of. Challenge yourself further – switch hands, close your eyes, skyrocket each bounce, etc.-the sky is the limit!



Together Apart



The Great Fridley Get Together

Join your fellow Fridley-ians and gather together, apart. We are ready to help you re-create the Fair in your own backyard. Save Monday, August 17 @ 6 p.m. to host your own get together and enjoy with other households throughout Fridley. [Register](#) your party with us and we will provide you with free goodies to enhance your experience...carnival game ideas/rules, prizes, treats, recipes and more!



Tie-Dye Party

Need a mask or two? Join us on Thursday, August 6th at 10 a.m. to tie-dye a mask. Bring a shirt or pillow case and tie-dye those too! Register now on [our website](#).





Engage in the Environment

Trail Stories, Trivia and Jokes

Hit the trails of Fridley to see what adventure awaits. A variety of trail activities for all ages, including story trails, trivia games, physical challenges and more. See calendar below to learn where to find the fun each week!

Park Features: Trail Stories & Activities Schedule

Locations	July 13 - 17	July 20 - 24	July 27 - 31	Aug 3 - 7	Aug 10 - 14	Aug 17 - 21
Riverview Heights 488 79th Way A	Trivia Trail ★	Best Foot Forward	Muscle Park	Joke Jaunt	Census Story	Animal Facts
Edgewater Gardens 6700 Ashton Ave B	Animal Facts	Trivia Trail	Census Story ★	Muscle Park	Joke Jaunt	Best Foot Forward
Madsen 735 73rd Ave C	Best Foot Forward	Animal Facts	Trivia Trail	Census Story	Muscle Park	Joke Jaunt ★
Meadowlands 6641 Kennaston Dr D	Joke Jaunt	Census Story	Animal Facts	Trivia Trail	Best Foot Forward ★	Muscle Park
Moore Lake 5890 Central Ave E	Muscle Park	Joke Jaunt	Best Foot Forward	Animal Facts ★	Trivia Trail	Census Story
Innsbruck 5815 Arthur St F	Census Story	Muscle Park ★	Joke Jaunt	Best Foot Forward	Animal Facts	Trivia Trail

★ Want to check out all of the trail activities and all the locations? Go to the starred location during the week listed and enjoy a different activity each week.



Fridley Heros



Lawn of the Week Winners!

We would like to recognize our Lawn of the Week winners! These residents have worked hard to help make their yards, and Fridley a more beautiful city. Thank you for all your hard work!



Nominate a Fridley Hero!

If you would like to nominate a Lawn of the Week or a 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.