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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **Music and Movement Monday** | **Talk A Walk Tuesday** | **Wander Somewhere New Wednesday** | **Tasty Treat Thursday** | **Fun Friday** | **1** |
| **2** | **3**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **4** | **5** | **6** | **7** | **8** |
| **9** | **10**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **11**  **ARS On the Go Drive By Event**  6:30pm to 7pm  Community Center Lower Level Parking Lot | **12** | **13** | **14** | **15** |
| **16** | **17**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **18** | **19** | **20** | **21** | **22** |
| **23** | **24**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **25** | **26** | **27**  **ARS On the Go Drive By Event**  6:30pm to 7pm  Community Center Lower Level Parking Lot | **28** | **29** |
| **30** | **31**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** |  |  |  |  |  |

**August 2020 ARS At Home**

**Monday Activities: Music and Movement Monday**

Park and Rec Concert in the Park Series is starting for the season. Please remember COVID 19 when making plans to be around other people. Each Monday night at 7:00 p.m. at Johnson Park Football Field. This series of concerts is ON YOUR OWN for now. ARS Staff will not be present at the activities, and this is not an ARS sponsored activity. Mondays, August 3, 10, 17, 24, 31

\*\*\*Not going to the concerts: then get out and move! Play basketball, take a walk, pull weeds; anything to get your body moving!

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**Tuesday Activities: Take a Walk Tuesday**

Track your steps and receive a prize token through the ARS Walking Club. Each mile logged gets a prize. How do you keep track? 10 City Blocks equals 1 mile…..2,000 steps equals 1 mile. Keep track of your miles and text them to me at 507.217.0383 with your name and how many miles completed. I will hand out prize tokens at ARS On the Go Events. Call me with any questions, 507.217.0383. Let’s Get Walking!

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**Wednesday Activities: Wander Somewhere New Wednesday**

Hop in the car, on your bike or on foot. Wander somewhere new. Have you been to Winthrop lately? The Country Drive in is open and has such good food. You can also take a walk around town and see what’s up. There is a park behind the High School. Enjoy!

**Thursday Activities: Tasty Treat Thursday**

Make a yummy snack. Here’s an idea: Peanut Butter/Chocolate Chip Energy Bites

2/3 cup peanut butter, ½ cup chocolate chips, 1 cup old fashioned oat meal, ½ cup flax seeds, 2 tablespoons honey. Combine all of these ingredients. Put in the fridge for 30 minutes. Take out of the fridge and roll into bite sized balls. Store up to one week in the fridge. Very yummy! You can also experiment and add what you like….coconut, raisins, dried cranberries, m&ms, nuts…..the options are endless.

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**Friday Activities: Fun Friday**

Get out and do something you LOVE: call a friend, make a craft, take a walk, watch the squirrels play, write a letter….whatever you LOVE to do. Take a picture of this activity and send it to me so I can share on Facebook. Send your pictures by text to 507.217.0383 or email to [arsnu@newulmtel.net](mailto:arsnu@newulmtel.net). I can’t wait to see what you LOVE to do.

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| ARS on the Go----drive-by edition…#3  **When:** Tuesday, August 11th. Tonight, you will pick up a compass necklace to string, a ceramic pumpkin to paint, a wooden pumpkin to paint and assemble, a foam picture frame to create, a rock to paint and put out for someone to find “kindness rock,” and some fun removable stickers to dress up to wall in your room.  **Where**: Community Center Lower Level Parking Lot at 600 North German Street in New Ulm.  **Time:** Drive by between 6:30 p.m. and 7:00 p.m. An ARS employee or volunteer will come to your car with ARS on the Go supplies. Please remember to stay in your car and just wave if you see your friends!  \_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_>\_  ARS on the Go----drive-by edition…#4  When: Thursday, August 27th. Tonight, you will pick up a Painting with Rhonda project and some paint (the instruction will be online—you can find it on ARS Website, nuars.org----, also in the bag will be wooden trees to paint and assemble, some water color paints with a tablet of paper and some stickers to create whatever you would like and a foam art project.  Where: Community Center Lower Level Parking Lot at 600 North German Street in New Ulm.  Time: **:** Drive by between 6:30 p.m. and 7:00 p.m. An ARS employee or volunteer will come to your car with ARS on the Go supplies. Please remember to stay in your car and just wave if you see your friends! |

**Coordinator’s Note**: Hi everyone! I hope you are all well. We have been very lucky lately and have received some awesome donations to continue with ARS On the Go. I posted on Facebook awhile back that MRCI Bargains Store here in New Ulm donated $2,000 to us. We also are continuing with Painting with Rhonda through the Grant that we received from Prairie Lakes Regional Arts Council with cooperation from the Minnesota State Legislature with money from the State’s general Fund. I hope to see you all at ARS On the Go Drive By Events in August.

**507-217-0383**

[**arsnu@newulmtel.net**](mailto:arsnu@newulmtel.net)

[**www.nuars.org**](http://www.nuars.org)

Find us on Facebook (Adaptive Recreational Services)

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