|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **Music and Movement Monday** | **Talk A Walk Tuesday** | **1**  **Wander Somewhere New Wednesday** | **2**  **Tasty Treat Thursday** | **3**  **Fun Friday** | **4** |
| **5** | **6**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **7**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\BTB2TR4Z\clipart0214[1].jpg** | **8**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\UDDDAUJN\boy-scout-311682_960_720[1].png** | **9**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\R4OAOPGH\ice-cream-Yummy-ice-cream-24070264-360-380[1].jpg** | **10**  **ON YOUR OWN**  **Outdoor Movie**  700 Main Ave  in Lafayette  **8:45 pm**  **FREE** | **11** |
| **12** | **13**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **14**  **ARS On the Go** Drive-By  Event #2  **6:30pm-7 pm**  Community Center Lower Parking Lot | **15**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\YQIOBLLE\school_wheelchair_boy1[1].gif** | **16**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\UDDDAUJN\watermelon-32009_960_720[1].png** | **17**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\BTB2TR4Z\picnic-01[1].png** | **18** |
| **19** | **20**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **21**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\YQIOBLLE\shoes-38384_640[1].png** | **22**  **ON YOUR OWN**  **Crazy Days in Downtown New Ulm**  **July 22-26** | **23**  **Crazy Days** | **24**  **Crazy Days** | **25**  **Crazy Days** |
| **26**  **Crazy Days** | **27**  **ON YOUR OWN**  Concert at Johnson Park Football Field  7 p.m.  **FREE** | **28**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\YQIOBLLE\publicdomainq-0010107xuquny[1].png** | **29**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\UDDDAUJN\boy-riding-a-bicycle1[1].jpg** | **30**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\R4OAOPGH\mlp_oc_cookie_joe_cutiemark_by_philiptomkins-d6caqbg[1].png** | **31**  **C:\Users\ARS\AppData\Local\Microsoft\Windows\INetCache\IE\R4OAOPGH\beach_PNG7[1].png** |  |

**July 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. Please bring your own money to spend…..if concessions are available. ARS will NOT be paying for popcorn and water at this time. Mondays, July 6, 13, 20 and 27

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tuesday Activities: Take a Walk Tuesday**

ARS Walking Club is back. Track your steps and receive a prize. 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 send our your Walking Club prizes. Those of you who are already members….I have your lanyards and will get them to you as we go. Call me with any questions, 507.217.0383. Let’s Get Walking!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Wednesday Activities: Wander Somewhere New Wednesday**

Hop in the car, on your bike or on foot. Wander somewhere new. Have you been to Sleepy Eye lately? They have an awesome path to walk around the lake. Or better yet….GO JUMP IN THE LAKE! This day would also work for Walking Club.

**Thursday Activities: Tasty Treat Thursday**

Make a yummy snack, go to Dairy Queen or McDonalds or check out the New Ice Cream Stop Downtown. You can also see where the Jersey Sweet Spot Ice Cream Truck will be by checking out their calendar on their Facebook Page: Jersey’s Sweet Spot. You could also bake some cookies or just go and buy some fresh fruit. Watermelon is so good!

|  |
| --- |
| **Where is ARS?** Our events are held at the Community Center at 600 N. German Street unless otherwise noted on the second page of the newsletter. Thanks!  **Friday Activities: Fun Friday**  Do something fun today. Maybe an ARS on the Go project or go something else you LOVE to do. On July 10 at 8:45 p.m. there is a movie outside in downtown Lafayette…..check that out if it works for you. Remember COVID 19 when going to events. This event is not sponsored by ARS, and ARS staff will not be there.  ARS on the Go----drive-by edition…#2  When: Tuesday, July 14  Where: Community Center Lower Level Parking Lot at 600 North German Street in New Ulm.  What: 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! We will also be handing out cold treats to those who can come. |

\*Check us out on Facebook, we will be posting pictures from our events. Facebook will also have information about cancelations.



\* **Coordinator’s Note**: Hi everyone! I hope you are all well. We have not been given permission to meet yet at the Community Center, so ARS will continue with ARS On the Go for now. If you aren’t able to come to the drive-by events, please give me a call so I can arrange home delivery. We hope to see you all out and about…..just like going to an ARS event, but only for a short time.

**507-217-0383**

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

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

Find us on Facebook (Adaptive Recreational Services)

****

****

600 N German Street

New Ulm MN 56073

507.217.0383

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

 

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

[arsnu@newulmet.net](mailto:arsnu@newulmet.net)

507.217.0383