

# Virtual Recreation Center



Welcome! We are devoted to continuing our services, even if it's not in-person. With the ever-evolving situation that is COVID-19, this Virtual Recreation and Resource Center will provide entertaining, educational and inspiring resources to maintain a healthy and active lifestyle, build and continue meaningful relationships, and experience new things.

Bookmark this page on your home web browser or [follow us on Facebook](#) for updates on our operational status and ideas to keep you and your loved ones healthy, informed, and engaged. Please note: We do not endorse or receive funds to advertise any of the third-party sites or services listed or referenced on this page.

**Help us make the best of challenging times -**

Email us at [parkrec@ci.marshfield.wi.us](mailto:parkrec@ci.marshfield.wi.us) with your ideas or resources!

## Education & Enrichment

- Read! Download an e-book from the [Everett Roehl Marshfield Public Library](#).
- Visit Marshfield's [Wildwood Park & Zoo](#) to see what the animals & staff are up to.
- Utilize [PBS' Online Learning Resources](#).
- While museums are closed, you can still [tour these museums online!](#)
- Online learning [resources for early childhood and elementary \(Grades K-5\)](#).
- Online learning [resources for junior high and high school \(Grades 6-12\)](#).
- Mad Science Milwaukee has [at home experiments for kids to try!](#)
- Do you have an aspiring artist at home? [Learn to sketch Disney characters from DisneyParks sketch artists!](#)
- Educational TedTalks by [TedEd](#) (for the curious, older student).
- Interactive, game-like learning - Offered free by [BrainPop](#) during school closures.
- Improve your memory and stay sharp for free with [Lumosity](#).

## Get Outside!

"Stay at home" directives allow for individuals to enjoy the outdoors, provided the individuals comply with [Social Distancing guidelines and other protective measures](#).

- Go for a walk in your [local park](#). Don't forget to tag us on social media!
- Visit a nearby County ([Wood](#) or [Marathon](#)) or [State Park](#) for a hike.
- Walk/run around your neighborhood and say hi (from a distance) to all of your neighbors who are getting outside too.
- Go for a drive and enjoy the calmness of the neighborhood.

## Fitness & Wellness

Stay active from the comfort of your home or outside! All classes can be completed in under an hour!

- [Morning Stretch](#)
- [Yoga](#)
- [Family Fun Cardio](#)
- [Strong by Zumba](#)
- [Bodyweight Workout](#)
- [P.E. with Joe](#) (30-minute Physical Education workout)
- [Strength Training & Cardio](#) (Thank you Anna 🙏)
- [Home Workout for Seniors](#)

## Connectivity

Although we're all social distancing physically, we can stay connected mentally and emotionally.

- Call a friend or relative you haven't spoken to in a while to check in.
- Write a letter - revive old pen pal relationships and make new ones.
- Facetime/video chat with your loved ones who may also be in shelter in place.
- Talking with people you trust about how you are feeling is important.
- [Support a local restaurant](#) - Buy a gift certificate for when 'dining in' returns as an option or order delivery/takeout.

## Stay Informed

Visit these sites for the latest information regarding COVID-19:

- [Marshfield Clinic](#)
- [Center for Disease Control](#)
- [Wood County resources for COVID-19](#)
- [Marathon County resources for COVID-19](#)

## Brain Fuel

Visit these sites for information on nutrition resources:

- [Soups and Socks United Way Partner](#)
- [St. Vincent De Paul Food Pantry](#)