



Township of Weehawken VIRTUAL RECREATION

#weeconnect

The Recreation Department wishes to share the following resources with you and your family. We know it can be hard staying at home with limited activities. However, join us through our Virtual Recreation Program! There is something for everyone.

Fitness Classes

a great way to stay active and fit while also staying safe!

Kids Yoga with Cinzia!



Weehawken Recreation Yoga instructor, Cinzia, will conduct weekly Kids Yoga classes by video for kids of all ages. Classes will be approximately 45 minutes long and will focus on breathing, relaxation, and basic poses that will be easy to follow along with. [Click here to access the videos.](#) Children and families may either practice yoga in the morning before starting school or after

school. Each week Cinzia will upload a new class video!

Kids / Family Dance Challenge with Kelly!

Weehawken Recreation Zumba instructor, Kelly, will upload a weekly dance challenge for kids and their families. Kelly will show you the steps to some fun music for you to practice for the week. At the end of the week, once you have mastered the steps you may post it for your friends and Kelly to see!

Upload the videos using the link: <https://flipgrid.com/dc09>



Password: time2dance and will be available up to 5 times for viewing.





Township of Weehawken

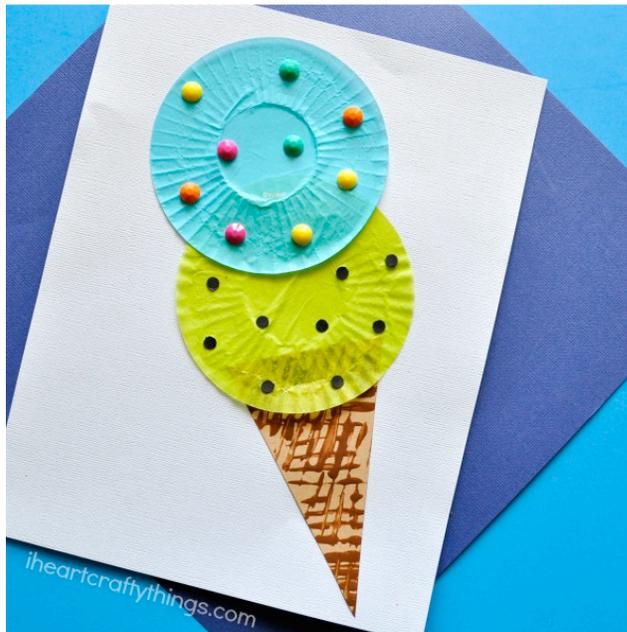
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HEY, LET'S MAKE STUFF

Summer time screams ice cream to me! I love those warm summer evenings that we hop in the air conditioned car and go out for an ice cream cone together as a family. My kids' favorite flavors are bubblegum and mint chocolate chip but I'm more of a Rocky Road type of gal. In honor of our favorite family summer outings, we got out some [colorful cupcake liners](#) this week and made this fun **Cupcake Liner Ice Cream Cone Kids Craft**. We included double scoops to make it extra fun!

[Click here](#) for the directions!



Take a photo of your completed project and tag #weeconnect.

Weehawken Recreation ? **Mystery** of the week! **Photos** ?

Week 8 Contest



It is time to do a little quiz game! You know, one of those that challenge your knowledge and makes you learn something, which is quite good, useful and entertaining at the same time. Each week we will publish a portion of a photo for you to identify.

Please email your answers to the weehawkenrecreation@gmail.com and include your name and age! Winning answers will be published in the next Virtual Recreation issue and will also be posted on the Weehawken Township Government Facebook page! *Happy sleuthing!*

Photo 1



Photo 2



Photo 3





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Weekly Virtual Field Trip!

Virtual field trips help keep your imaginations flowing! We get that in-person events are fun, but given our current circumstances, we think if you give this a try, you might be pleasantly surprised at how entertaining and educating they can be.

Universal Studios!



[Click here to ride - Spiderman Adventure](#)



[Click here to ride - E.T. Adventure](#)

The Weehawken Virtual Rec Program was created to provide resources that will keep you happy, healthy and engaged during these challenging times. Please check back weekly as new content and activities will continue to be added! Be sure to follow us on social media for the latest offerings and resources!

WE are in this together, and WE will get through this together.

Stay connected:



Twitter & Instagram: [@weehawkennj](#) hashtag: [#weeconnect](#)



[Weehawken Township Government Facebook Page](#) Website: <http://weehawken-nj.us/recreation.html>

Email: weehawkenrecreation@gmail.com -- 201-319-6061

Don't forget to share some photos and videos with us --#weeconnect