



Our Mission

The Arc fosters respect and access for individuals with intellectual and developmental disabilities and their families, giving them the power to achieve a full and satisfying life.

Contents:

Fun for ALL Abilities
State and National Parks
County Parks & Recreation
City Parks and Recreation
Virtual Fun

The Arc of Snohomish County
2500 Hewett Avenue, Ste. 300
425-595-2208

www.arcsno.org

[Sibshops](#)

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[Mothers Craft and Chat](#)

[Zoom at Noon](#)

[Padres Unidos](#)

[Fathers Network](#)

2021 Winter/Early Spring Activities Guide

Virtual and Outdoors

With a click of the mouse, you can explore beyond your living room and add knowledge, beauty and fun to your world. There is information available on any topic you can think of. So—enjoy exploring on line!



INFORMATION AND SUPPORT

Snohomish County Covid Response and Resources:
<https://www.snohomishcountywa.gov/DocumentCenter/View/72322/COVID-19-Resource-List?bidId=>

The Arc of Snohomish County: www.arcsno.org
Check [The Arc Facebook page](#) and our website for information. We will offer monthly virtual speakers, support, resource navigation and more!

Informing Families: A resource provided by the Washington State Developmental Disabilities Council, in collaboration with the Developmental Disabilities Administration to empower individuals and families to be active participants in planning and building a network of support and opportunities. www.informingfamilies.org

CDC: Center for Disease Control: Get up to date, factual information: www.cdc.gov

Child Care Aware: Help with childcare:
<https://childcareawarewa.org/families/#whotocall>

DSHS: Washington State Department of Social and Health Services: www.dshs.wa.gov

NAMI: National Alliance of Mental Illness: www.nami.org

Office of Superintendent of Public Instruction: Up to date information about area schools. <https://www.k12.wa.us/>

PAVE: Partnerships for Action, Voices for Empowerment: PAVE provides support, training, information and resources to empower and give voice to individuals, youth and families impacted by disabilities. www.wapave.org

SAMHSA: Substance Abuse and Mental Health Services. Public information and support, coping skills in times of crisis, trainings, help finding treatment. <https://www.samhsa.gov/>

WA Governor Inslee Website: The latest up to date information, press conferences, schedule of openings
<https://www.governor.wa.gov/>

WA State Healthcare Authority: <https://www.hca.wa.gov/>

LIBRARY RESOURCES



Your Online Library is always open!!!
Books, Videos, Activities for Kids, Learning classes, just look up your local library's website.

[Sno-Isle Libraries:](#) or www.sno-isle.org/online or www.sno-isle.org/online#learning

[Sno-Isle Overdrive Digital Materials](#)

[Library of Congress:](#) Videos of the Music at the Library series, Apps for digital collections, speakers, information.

[Ask a Librarian:](#) Have a question? Need help? Ask a librarian at the Library of Congress.

FUN AT HOME

All Abilities Welcome!

LEGO & Art Club

Zoom Event - Second Sunday of the Month

Grab your art supplies or LEGOS and join the fun!

Registration required

A promotional banner for a LEGO & Art Club Zoom Event. The top half is yellow with white and blue text. Below the text are two images: on the left, two children are smiling and holding up colorful LEGO bricks; on the right, a hand is painting a white surface with various colors of paint. At the bottom, there are logos for 'The Arc Snohomish County' and 'PARENT to PARENT' along with contact information for Moranne Aaron-Berel.

For questions, please contact:
Moranne Aaron-Berel
Moranne@arcsno.org | 425-258-2459 x122
www.arcsno.org

[Legos](#): Everything Lego

[Lego Building](#)

[MarbulaOne 2020 Marble Racing](#): The first Formula One racing for marbles!!

[Scavenger Hunt Adventures](#): There is a charge, they have some great ideas to glean.

[Volunteers of America](#): Virtual classes are offered in parenting, self-care, personal skills, volunteerism, etc.

[YMCA](#)

[Boys and Girls Clubs](#)

[Macaroni Kid](#): Listings of events and virtual events throughout Snohomish County

[Girl Scouts of Western Washington](#): While we are apart due to social distancing, Girl Scouts is **not** cancelled, and neither are the fun, interactive, creative, and engaging opportunities that define what we're all about and we're so excited to be offering you virtual programming, created with YOU in mind.

[Boy Scouts](#)

[Seattle Symphony](#): The musicians have generously agreed to share their talents during this time. Dates and times of broadcasts.

[How-To Virtual Game Night](#): This site has links to several types of virtual games, game Apps and ways to play.

[Opera, Cooking Classes, Actors Reading to Kids, Exercise, Etc.](#): Play date with grandma, cook, read with an actor, games. A great site for ideas to do at home.

[EXERCISE WITH WSU](#)

[YMCA Virtual Classes](#): Bring the Y to you, wherever you are

[Fitness classes](#): 25 Fitness studios and gyms offering free on-line classes during the Coronavirus outbreak.

Sibshops



Fun and recreational workshops designed to provide support and guidance for siblings of children with special medical or developmental needs.

[The Arc of Snohomish County Sibshops](#)

[Seattle Children's Sibshops](#)

[Kinderling Bothell](#)

VIRTUAL TOURS OF ART MUSEUMS

[The British Museum, London](#)

[Metropolitan Museum of Art, New York](#)

[J. Paul Getty Museum, Los Angeles](#)

[The Louvre, Paris](#)

[Vatican Museum, Rome](#)

[State Hermitage Museum, St. Petersburg](#)

[Guggenheim Museum, New York](#)

[The National Gallery of Art, Washington DC](#)

[Smithsonian National Museum](#)

[Van Gogh Museum, Amsterdam](#)

[San Diego Art Museum](#)

[Shack Art Center Virtual Tour](#)

[Renwick Art Gallery-showing various artists](#)



VIRTUAL TOURS OF MUSEUMS OF HISTORY

[Museum of Flight in Seattle](#)

[The Great Wall of China](#)

[The Smithsonian Institute](#)

[American Museum of Natural History](#)

[Pergamon in Berlin](#)

[National Museum of Anthropology in Mexico](#)

[National Cowboy and Western Heritage Museum](#)

[LaMay America's Car Museum](#): Love cars? Automotive-inspired activities to do from home.



VIRTUAL CAMPS

[Northwest Kids Magazine](#): 2020 Virtual Camp Expo: Information on virtual camps and activities for children of all ages.

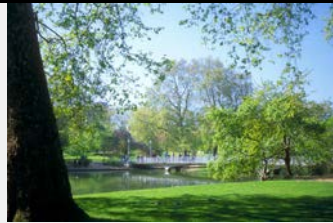
[Puget Sound Summer Camps: STEM, Language, Technology Camps](#) virtual camps

[University of Washington STEM camps](#): STEM, coding, robotics, gaming, video/photo editing.

[The Mountaineers](#): Find events and classes to hone camping skills, preparedness, planning, fitness, and conservation.

VIRTUAL OUTDOORS

City Parks & Recreation Departments



Virtual events can be found on your local Parks and Recreation websites along with outdoor fun ideas

[Arlington](#) (360) 403-3448 www.arlingtonwa.gov

[Edmonds](#) (425) 771-0230 www.edmondswa.gov
[Edmonds Virtual Programs](#)

[Everett](#) (425) 257-8300 www.everett.wa.gov
[Expedition Everett](#)

[Lake Stevens](#) (425) 334-1012 www.lakestevenswa.gov

[Lynnwood](#) (425) 670-5000 www.ci.lynnwood.wa.us

[Marysville](#) (360) 363-8400 www.marysvillewa.gov

[Mill Creek](#) (425) 745-1891 www.cityofmillcreek.com
[Mill Creek Virtual Activities Fall/Winter 20/21](#)

[Mountlake Terrace](#) (425) 776-9173 www.cityofmlt.com

[Monroe](#) (360) 794-7400 www.monroewa.gov
[Monroe Virtual Activities](#)

[Stanwood](#) (360) 629-2181 www.ci.stanwood.wa.us

[Grow a Garden](#): Access to Master Gardner information, social gardening groups, how-to's, and more for gardening in the PNW.

[Follow Capital Hill's Volunteer Park Conservatory](#): Beauty in our own backyard. Instagram account with pictures and information



[Woodland Park Zoo Seattle](#)

[Northwest Trek Wildlife Park](#): Love animals? Follow animal spy cameras, complete nature science experiments, learn about wildlife

[San Diego Zoo Live-Stream Cameras](#)

[Seattle North Country Virtual Tours](#): Visit our regions from the comfort of your couch -- explore the true PNW with our collection of photospheres from around the county.

[Farm Walks](#): www.farmwalks.org Farm Walks are normally shared on-farm through a guided walk-and-talk style alongside our favorite farmer hosts, but due to COVID19 the opportunity to get on the farm just wasn't an option.

[AAA Virtual Travel Talks](#)

[21 Outdoor Adventures](#): Hints for PNW outings:

[Washington's National Park Fund Virtual Tours](#):

[Leavenworth Video Tours](#)

[Guided Tours of National Parks](#): Follow a park ranger to places most people don't go to in our National Parks

[Kenai Fjords National Park](#)

[US National Park Virtual Tours via Google Earth](#): Includes all the US National Parks.

DISNEY VIRTUAL RIDES

- Go under the sea with [The Seas with Nemo & Friends](#) at Epcot
- Rocket through [Space Mountain](#) at Magic Kingdom
- Take a journey on the [Seven Dwarfs Mine Train](#)
- Choo choo through [Mickey & Minnie's Runaway Railway](#) at Disney's Hollywood Studios
- Fly in Neverland on [Peter Pan's Flight](#) at Magic Kingdom
- Sail through the [Pirates of the Caribbean](#) at Magic Kingdom
- Suit up for an adventure during [Buzz Lightyear's Space Ranger Spin](#) at Magic Kingdom
- Go on a chilly voyage on [Frozen Ever After](#) at Epcot
- Swim under the sea with friends during [The Little Mermaid: Ariel's Undersea Adventure](#) at Magic Kingdom
- Sing along to the classic [It's A Small World](#) at Magic Kingdom
- No fast pass needed for [Slinky Dog Dash](#) at Disney's Hollywood Studios
- All aboard to explore the [Big Thunder Mountain](#)

You might also want to check out the [favorite FREE things to do at Disney \(from home\)](#).



OUT AND ABOUT

Adventure like a pro: remember to mask up, keep a safe distance from other explorers and pack out what you pack in to help keep our outdoors beautiful.

[Winter Safety-Washington State Recreation](#)

[Washington State Parks/Recreation](#)

[Washington Wheelchair Accessible Trails and Maps](#)

[Washington Trail Association](#): Check for Winter Safety Tips, whether trails are open and accessible

[Outdoors for All](#)

[Local areas for Snow Recreation](#)

[Rasar State Park](#): 38730 Cape Horn Road, Concrete, WA 98237
360-826-3942

[SWIFT Center](#): 1895 Northern State Road, Sedro Wooley, WA 98284
Winter hours: 7-5:30

[Cedar River Watershed Education Center](#):
Planned opening is April 2021: [Online Learning](#)

[Local Urban Trails](#)

Center for Wooden Boats: www.cwb.org/free-programs
Seattle based for wooden boat lovers, free boat rental.

[Little Bit Therapeutic Riding](#): 425-882-1554 a community where horses transform the bodies, minds, and spirits of people with disabilities.

OUT AND ABOUT Cont'd

[Courageous Connections](#): Therapeutic Riding and Horsemanship and Equine Encounters. Classes are empowering and life changing safe places for the participant to experience personal growth and self-discovery.

[Shamrock Equine Therapy](#)

A licensed mental health counselor treatment for bipolar disorder, anxiety disorders, panic disorder, psychosis, depression and PTSD, working with both traditional therapy sessions and equine assisted therapy sessions.

[Northshore Wranglers Inclusion Program](#): 425-488-4821 ext. 121 Promoting "Fun For All", the program provides inclusion, fun and friendships for special needs individuals of all ages and abilities, in partnership with the community.

LEARNING

[Seattle Symphony](#): The musicians have generously agreed to share their talents during this time. Dates and times of broadcasts.

[Pacific Science Center Curiosity at Home](#): Virtual experiences and activities for the curious.

[How to Do It](#): Find instruction and inspiration for almost any subject you wish.

[Curiosity Stream](#): Requires a subscription

[On-line Learning for Children](#): Live classes for kids 3-18:

[On-line STEM Learning](#): STEM classes from The New York Time Learning Network.

[On-Line Coding, Programing, STEM](#): Find local on-line learning classes and tutoring.

[Seattle Aquarium](#): Experience the aquarium from anywhere, live webcams, virtual tours, animal facts

[The Great Courses](#): Free online learning available.

[Coursera](#): Classes from universities like Yale and Stamford and companies like Google and IBM for credit or free.

[Classes in Design, Photography, Lifestyle](#)

[Master Gardener Course from OSU Master Gardeners](#)

[College Courses for Credit or Free](#)

[Learn a new language](#)

[10 Best Language Learning Sites](#)

