



# **Lane County 2026 Spring & Summer Activity Guide For All Ages**

*Compiled on behalf of the  
Lane County Developmental Disabilities Advisory Committee  
by  
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Welcome to the 4<sup>th</sup> edition of the All-Ages Activity Guide! We have gathered some ideas and suggestions for things to do in Lane County and beyond for Spring and Summer 2026. **Please note that we do not endorse any of the offerings in this guide. It is important to pre-plan before heading out to these places and events.** We suggest contacting venues ahead of time to make sure they are open.

The list of ideas and contacts has been put together for people of all ages and abilities, families, and service providers. Hopefully it will provide inspiration to think up additional fun and engaging activities.

Routines, schedules and daily rhythms are important to maintain even when planning something outside the typical day. We recommend posting a monthly calendar of activities like these to provide structure, and to have events to look forward to. You can even make a monthly calendar and every day have at least one special activity or event on it.

May you have many happy and fun-filled days ahead!

From our hearts to yours,

The Lane County Developmental Disabilities Advisory Committee



# 2026 NEARBY FAIRS, FESTIVALS & EVENTS

- Sweet Salvage Vintage Fairs and Markets  
<https://www.facebook.com/SweetSalvageDesigns/>
- 119<sup>th</sup> Rhododendron Festival  
Thursday, May 14-Sunday, May 17 in Florence  
<https://florencechamber.com/rhododendron-festival/>
- Function 4 Junction Show 'n Shine Car Cruise  
Friday, May 29-Saturday, May 30  
<https://function4junction.com/>
- Scottish Festival  
May 30 @ the Irving Grange, 1011 Irvington Dr., Eugene  
[info@eugenescottishfestival.org](mailto:info@eugenescottishfestival.org)  
<https://eugenescottishfestival.org/>
- Eugene Tea Festival  
Sunday, May 31 @ Farmer's Market Pavilion, 85 E. 8<sup>th</sup> Ave., Eugene  
<https://www.eugeneteafest.org/home>
- Lebanon Strawberry Festival  
Thursday, June 4-Sunday, June 7 @ Cheadle Lake Park, 37919 Weirich Dr., Lebanon  
<http://www.lebanonstrawberryfest.com/>
- Elkton Blooms & Butterflies  
Saturday, June 20 @ Elkton Community Center, 15850 Hwy. 38W, Elkton  
<https://elktonbutterflies.com/event/blooms-butterflies/>
- Black Sheep Gathering  
Friday, June 26-Sunday, June 28 @ Linn County Expo Center, Albany  
<http://www.blacksheepgathering.org/>
- Eugene Pride Festival  
Saturday, June 27 @ Lane Events Center  
<https://www.eugenepride.org/>
- Oregon Country Fair  
Friday, July 10-Sunday, July 12 in Veneta  
<https://www.oregoncountryfair.org/>

- Bohemia Mining Days  
Thursday, July 16-Saturday July 18 @ Coiner Park, Cottage Grove  
<https://www.spiritofbmd.com/>
- Asian Celebration  
Saturday, July 18 @ Alton Baker Park, Eugene  
<https://asiancelebration.org/>
- Lane County Fair  
Wednesday, July 22-Sunday, July 26 @ Lane County Fairgrounds  
<https://www.atthefair.com/>
- Scandinavian Festival  
Thursday, August 13-Sunday, August 16 in Junction City  
<https://junctioncityscandia.org/>
- Oregon Aloha Festival  
Friday, August 21-Saturday, August 22 @ Alton Baker Park, Eugene  
<https://www.oregonalohafestival.com/>
- Fort Umpqua Days  
Sunday, August 30-Monday, August 31 @ Elkton Community Center, 15850 Hwy. 38W, Elkton  
<https://elktonbutterflies.com/event/fort-umpqua-days/>
- Coburg Antique & Vintage Fair  
Sunday, September 13 @ in downtown Coburg  
<https://www.coburgmainstreet.com/antiquefair>



See <https://www.eugencascadescoast.org/events/annual-events-festivals/>  
for more Lane County events!



# OUT & ABOUT IN THE COMMUNITY

## ○ Bowling/Bumper Bowling

### **Emerald Lanes**

140 Oakway Rd., Eugene  
541-342-2611

### **Firs Bowl Lanes**

1950 River Rd., Eugene  
541-688-1558

### **Strike City**

1170 Hwy. 99 N, Eugene  
541-688-8900



## ○ Mini Golf

### **Camp Putt Adventure Golf Park**

4006 Franklin Blvd., Springfield  
541-852-4653

### **Putters**

1156 Hwy. 99 N, Eugene  
541-688-8901

## ○ Trampoline Parks

### **Get Air**

4211 W. 11<sup>th</sup> Ave., Eugene  
541-827-1016

### **DEFY Eugene**

85 Division Ave., Eugene  
541-246-9989

## ○ Pizza +

### **Coburg Pizza Company**

90999 S. Willamette St., Coburg (eat and play in Pavilion Park!)  
541-484-6600

### **Roaring Rapids Pizza and Merry-Go-Round**

4006 Franklin Blvd., Eugene  
541-988-9819

## ○ Volunteer at Food for Lane County Youth Farm

Dan Budd, 541-343-2822 or email [dan@foodforlanecounty.org](mailto:dan@foodforlanecounty.org)

## ○ Volunteer at Bags of Love

541-357-4957 or email [info@bagsofloveinc.org](mailto:info@bagsofloveinc.org)

## ○ Tour Shelton McMurphey Johnson Historic House (closed Mondays)

303 Willamette St., Eugene  
541-484-0808

- **Museum of Natural & Cultural History** (closed Monday-Tuesday)  
1680 E. 15<sup>th</sup> Ave., Eugene  
541-346-3024
- **Clay Space**  
222 Polk St., Eugene  
541-653-8089
- **MECCA Materials Exchange Center for Community Arts**  
(secondhand arts & craft supplies)  
555 High St., Eugene  
541-302-1810
- **Eugene Family YMCA**  
600 E. 24<sup>th</sup> Ave.  
541-686-9622
- **Potters Quarter** (paint your own pottery studio)  
2848 Willamette St., Eugene  
541-434-9277
- **Reality Kitchen** (Thurs., Fri., Sat.)  
645 River Rd., Eugene  
541-505-8867
- **Takoda's Rainbow Restaurant**  
91806 Mill Creek Rd., Blue River  
541-822-1153
- **Ice cream, frozen yogurt & shaved ice**
  - Prince Puckler's**  
1605 E. 19<sup>th</sup> Ave., Eugene  
541-344-4418
  - Handel's Homemade** (in Gordon Lofts)  
550 Pearl St., Unit 110, Eugene  
541-735-3150
  - Menchie's Frozen Yogurt** (in The Shoppes at Gateway)  
2820 Gateway St. #106, Springfield  
541-357-4262
  - Kona Shaved Ice truck**  
541-972-5662 or Facebook Kona Ice of North Eugene for daily locations
  - Sweetbay Shave Ice**  
(outdoor) 1385 Oakway Rd., Eugene  
541-954-9690
  - (indoor) 460 Willamette St., Eugene  
same phone



# OUTDOOR ACTIVITIES

Camps, Picnics, Walking & Exploring Nature

- Metal detector treasure hunting

*Apply online for a free Metal Detector Permit within Eugene City parks*

<https://www.eugene-or.gov/FormCenter/Parks-and-Open-Space-24/Metal-Detector-Permit-560>

*To apply for a free Metal Detecting Permit within Willamalane District parks, download PDF application from*

<https://willamalane.org/sites/default/files/2023-12/metal-detecting-permit.pdf>

*For Lane County parks, download PDF permit from*

<http://www.cdclc.org/pdf/Lane%20County%20Parks%20Detecting%20Permit%20as%20of%20March%202021%206.pdf>

- Whole Earth Nature School & Camps

541-937-5437

<https://www.wholeearth.org/>

- Nearby Nature Programs at Alton Baker Park

541-687-9699

<https://www.nearbynature.org>

- Train for a walking marathon (see calendar for races)

<https://eclecticedgeracing.com/event-calendar>

- West Eugene Wetlands walking tour

<https://willametteriverfest.org/wp-content/uploads/2020/08/WREN-Tsanchiifin-Trail-Map.pdf>

- U-pick berries & flowers

- Rent adaptive bikes

Hilyard Community Center

2580 Hilyard St., Eugene

541-682-5311

<https://www.eugene-or.gov/740/Equipment-and-Room-Rentals>

- Delta Ponds

<https://www.eugene-or.gov/5111/Delta-Ponds-Loop-Trail>

- Dorris Ranch

<https://www.willamalane.org/places/dorris-ranch>

- Alton Baker Park

<https://www.eugene-or.gov/facilities/facility/details/Alton-Baker-Park-29>

- Canoe Canal at Alton Baker Park

<https://www.eugene-cascades-coast.org/listing/alton-baker-canoe-canal/9624/>



- Mt. Pisgah Arboretum  
<https://mountpisgaharboretum.org/visit/>
- Go birdwatching at Fern Ridge Lake  
<http://www.oregonbirdingtrails.org/wvguide/Fern%20Ridge%20Loop.pdf>
- Sliding and swimming at Lake Creek Rock Slides (Lower Lake Creek Falls)  
<https://www.blm.gov/visit/lower-lake-creek-falls>
- Triangle Lake  
<https://www.eugenecascadescoast.org/listing/triangle-lake/4746/>
- Hobbit Trail at the Oregon coast (just north of Heceta Head)  
<https://www.eugenecascadescoast.org/listing/hobbit-trail/10846/>
- Explore local waterfalls: so many to choose from!  
<https://www.eugenecascadescoast.org/outdoors/scenic-landscapes-nature/waterfalls/>
- McKenzie Lavender Farm  
40882 McKenzie Highway, Springfield  
541-736-8575  
<https://www.mckenzieriverlavender.com/>
- Wading water features in parks
- Playing in EWEB Fountain  
River Edge Plaza in Downtown Riverfront Park, Eugene
- Dexter Lake  
<https://stateparks.oregon.gov/index.cfm?do=park.profile&parkId=179>
- Fern Ridge Lake & Marina  
<https://www.recreation.gov/gateways/237>
- Tram Tour of Oregon Garden  
879 W. Main St., Silverton  
503-874-8100  
<https://oregongarden.org/tram-tours/>
- Albany Historic Carousel & Museum  
503 1<sup>st</sup> Ave. W., Albany  
541-497-2934  
<https://albanycarousel.com/>
- The Living Rock Studios  
911 W. Bishop Way, Brownsville  
541-466-5814  
<https://www.livingrockstudios.org/>



- Go to a dog park to watch dogs playing. Make up names for the dogs and what they are saying to each other.
- Watch planes taking off and landing at Eugene Airport. Tune into the radio tower on phone app (LiveATC.net) to listen to traffic control.
- Watch remote control plane planes at Eugene RC Aeronauts Flying Field  
92560 Alvadore Road, Junction City  
<https://www.eugenerc.org/>  
(Call Eugene Toy & Hobby at 541-344-2117 for contact information for the flying field. They also sell radio-control planes.)
- Check Oregon Horse Center to see if there are equestrian events to view.  
<https://www.oregonhorsecenter.com/>
- Stargaze on clear nights, and learn about the constellations. Name your special star.
- Pick a special tree to love, and decorate it with eco-friendly objects. Hang small prizes and gifts on the tree, and put up a sign inviting people to take one and to leave one if they want to. Name the tree. Learn what kind of tree it is. Make up a story about its history.
- Clean up the neighborhood with grabber tools, gloves and trash bags.
- Make letters or cards for nursing homes, and call ahead to deliver to the door. You can also wave to those inside. You could do this for the local firehouse, hospital, post office or other places with essential workers, to show appreciation.
- Contact local car clubs and host a drive-by car cruise (clubs often are open to showing off their cars by doing cruises).  
Emerald Empire Sports Car Club  
<https://www.eesc.org/>  
[President@eesc.org](mailto:President@eesc.org)
- Hold a giveaway exchange of new, packaged items under \$5 (books, magazines, DVDs CDs, games, toys). Meet in a parking lot; plenty of large, empty parking lots around town (Valley River Center, Shopko on Coburg Rd., etc.)
- Treasure and scavenger hunts



- Disc golf

Alton Baker Disc Golf Course  
100 Day Island Road, Eugene

Westmoreland Disc Golf Course  
1680 W. 18<sup>th</sup> Ave., Eugene

Stewart Pond Disk Golf Course  
4099 Stewart Road, Eugene

Clearwater Park Disk Golf Course  
2400 Clearwater Ln., Springfield



- Indoor or outdoor game days: hopscotch, marbles, jump rope, mini car racing, jacks, Pick-Up Sticks, hula hoop, Simon Says, Red Rover, Hide & Seek, Follow the Leader, etc. (Check Dollar Tree for items.)



# FARMS



- Northern Lights Christmas Tree Farm (field trips with lots of fun activities)  
<http://www.northernlightschristmastreefarm.com/field-trips.html>
- Watch Cherry Pitting at Hentze Farm  
<https://hentzefamilyfarm.com/>
- Thistledown Farm  
<https://thistledownfarm.net/about>
- Shady Oaks Farm  
<https://www.facebook.com/ShadyOaksPlantsandProduce/>

# SWIMMING

- Splash! at Lively Park  
<https://willamalane.org/places/splash-lively-park>
- Echo Hollow Pool  
<https://www.eugene-or.gov/3261/Echo-Hollow-Pool>
- Sheldon Pool  
<https://www.eugene-or.gov/3267/Sheldon-Pool>
- Willamalane Park Swim Center  
<https://www.willamalane.org/places/willamalane-park-swim-center>
- Eugene Family YMCA  
<https://www.eugeneymca.org/programs/aquatics>



# ANIMALS

- **Eugene Springfield Cat Lounge**

537 W. Centennial Blvd., Springfield

458-240-2939

<https://www.eugenespringfieldcatlounge.com/>

*\*\*Prepaid reservations strongly recommended.*

- **Sea Lion Caves**

91560 Hwy. 101, Florence

541-547-3111

<https://www.sealioncaves.com/>

- **Soaring Spirit Therapeutic Riding**

82811 Marlow Rd., Eugene, OR

541-514-6357

[https://www.facebook.com/SoaringSpiritTherapeutic/  
soaring\\_spirit\\_therapeutic@yahoo.com](https://www.facebook.com/SoaringSpiritTherapeutic/soaring_spirit_therapeutic@yahoo.com)

Kate Sutton, Owner



- **Aragon Alpacas**

33005 Dillard Rd. Eugene

541-912-0782

<http://www.aragonalpacas.com>

Ann & Mike Dockendorf, Owners

*\*\*Please call or email before visiting. Visits free of charge, but donations are appreciated to support care of the alpacas.*

- **Visit S.A.R.A.'s Treasures & shop with cats**

<https://sarastreasures.org>

541-607-8892

Adoptable thrift store resident cats are out and about to assist with shopping! 😊

- **Cascades Raptor Center** (closed Mondays, except Memorial Day)

32275 Fox Hollow Rd., Eugene

541-485-1320

<https://cascadesraptorcenter.org/visit/>

See <https://www.eugencascadescoast.org/outdoors/animals-birding-wildlife/>  
for more animal activities!

# VISIT A BAKERY

*Call ahead; not all businesses may offer tours.*

- The Hideaway Bakery  
3377 E. Amazon Dr., Eugene  
541-868-1982  
<https://www.hideawaybakery.com/>
- Reality Kitchen Bakery & Café  
645 River Rd., Eugene  
541-337-1323  
<http://www.realitykitchen.org>
- Our Daily Bread  
88170 Territorial Rd., Veneta  
541-935-4921  
<https://www.ourdailybreadrestaurant.com/>
- Creswell Bakery  
182 S. 2<sup>nd</sup> St., Creswell  
541-895-5885  
<https://www.creswellbakery.com/>
- Country Bakery (open Fri.-Sat.)  
26615 Peoria Rd., Halsey  
541-369-2968  
<https://www.yelp.com/biz/country-bakery-halsey>
- Camas Country Mill/Schoolhouse Bakery & Store  
91948 Purkerson Rd., Junction City  
541-225-5640  
For educational outreach, contact [sueh@camascountrymill.com](mailto:sueh@camascountrymill.com)  
<https://www.caascountrymill.com/>



# AT-HOME ACTIVITIES & CRAFTS

*Oriental Traders is a good online resource for inexpensive craft and activity supplies, as are local Dollar Tree stores.*

- Make & fly kites  
<https://buggyandbuddy.com/make-kite/>
- Make giant bubbles  
<https://www.hgtv.com/design/make-and-celebrate/handmade/how-to-make-giant-bubbles>
- Make art with sun paper  
<https://www.mudandbloom.com/blog/2019/7/21/how-to-make-nature-sun-prints>
- Make natural bath bombs  
<https://gardentherapy.ca/diy-bath-bombs/>
- Grow a container veggie garden  
<https://www.almanac.com/content/container-gardening-vegetables>
- Staycation (tent in yard, BBQ, s'mores, camp songs, ghost stories, skits, etc.)
- Sprinkler play
- Obstacle courses
- Wash car
- Hopscotch
- Foursquare
- Follow the leader
- Red Rover
- Simon Says
- Make bird feeders or houses to hang.  
<https://www.birds.cornell.edu/k12/make-your-own-feeder/>
- Have a dance party and everyone show off their favorite moves.
- Grow an indoor herb garden.  
<https://extension.psu.edu/growing-herbs-indoors>
- Superheroes project: make up a unique superhero, write a description and a brief story, make a costume, take a drive and wave to people as your superhero, share with other superheroes virtually.
- Go Fish: use kitchen tongs (or other creative kitchen utensil that won't cause injury) to pick up small items (dog toys, small stuffed animals, Legos, hot wheels, etc.) that have been spread out on the floor or around the house.
- Make essential oils and massage lotion. Look for recipes online.
- Make a sign with cast-off household items. You'll need glue and anything you don't want anymore that you can make a letter out of. Old pencils, chains, broken forks, old buttons, etc. You can paint it or not--just glue the items to wood/cardboard, and make a sign. Check your junk drawers!
- Bake something delicious!
- Special dinner nights: Taco Tuesday, Friday Make-Your-Own Pizza Night, Make-Your-Own Yumm Bowl Night, etc.



- Household brainstorming session about ideas everyone has. Use a large piece of paper taped to the wall and crayons or markers to write down responses. All ideas are considered so everyone feels honored!
- Have every person in the home write on a piece of paper their favorite meal and activity for an evening. Put them all in a jar and draw one out every week; prepare that meal and do the activity written on the paper.
- Have a calendar in the home that has fun activities highlighted on it so residents can look forward to fun things coming up.
- Play pong: need straws for every player and one (or more) ping pong ball(s). Everyone uses their straw to blow and move the ball. Try to keep it from falling off the table.
- Make up a puppet show and build a set; invite friends and family to watch it via Zoom.
- Foot soaks, soothing face masks, makeovers, fingernail and toe polish, at-home spa day.
- Dominoes knock down: set them up on their ends or their sides just a little bit apart. Then knock 'em over. Make sure you give people you are playing with a warning about what you are going to do and get their permission. Some get mad when you knock over their hard work! Domino creations can be simple or complex.
- Kindness Day – make a list of kind deeds and do one at least one per week.
- Pajama Day with movie & popcorn.
- Indoor balloon toss games/hit with racquet and try to get in buckets.
- Virtual sharing circle: plan Zoom show and tells.
- Magic trick show (Dollar Tree has items): make up a magician name, make a costume.
- Mural coloring: paste up large, long sheets of paper or put them on the floor. Trace outline of your body and decorate image of yourself.
- Make a Feelings Map to track how you feel each day (e.g. Joyful Hill, Sleepy Swamp, Mad Mountain, Carefree Canyon, etc.) Use embroidery thread and thumbtacks to place in a spot each day and, string it from place to place each day according to how you feel.
- Record made-up stories, poems, jokes. Send to family members and/or friends.
- See who can make up the most fun imaginary games.
- Fabric strips banner: cut up old cloth/fabric into ½-1"-wide strips. The length should be twice the length of the finished result. (Example: if you want the banner to have 6" strips hanging, strips must be 12" long.) Tie the strips in half onto the long string to make the banner.



or



- Indoor bowling using random objects.
  - Make paper airplanes and parachutes for toys.
  - Indoor tiny drone races.
  - Search online to watch live webcams (animals, nature, cities, etc.)
  - Handheld percussion instruments jam session.
  - Karaoke contest with prizes.
  - Play Charades! Write down actions on colored strips of paper, put in a hat, bowl or box, and take turns choosing and acting out what it says on the paper.
  - Learn to make soap at home by watching YouTube videos, then give as gifts.
  - Treasure and scavenger hunts.
  - Painted rocks:
    - Day 1: Take a walk to collect rocks.
    - Day 2: Paint the rocks.
    - Day 3: Take a walk to hide the rocks.
- Option:** Join a Facebook group and track the rocks you paint.
- Eugene Rocks <https://www.facebook.com/groups/376848542662249/>
- Creswell Rocks <https://www.facebook.com/groups/1427224951434991/>
- Springfield Rocks [https://www.facebook.com/p/Springfield-Rocks-100066449951636/?locale=en\\_GB](https://www.facebook.com/p/Springfield-Rocks-100066449951636/?locale=en_GB)



# SENSORY IDEAS

- Swing or spin.
- Make a sensory bin: use any box. (Clear plastic boxes with a lid keep things neat and allow you to see contents.) Items to add depend on the age of your player for safety. You can theme them, make one for each day of the week, make one big one--whatever works for you!

- Rice
- Dried beans
- Sand or kinetic sand (see recipe below)
- Water
- Small waterproof toys
- Orbeez (These are worth their weight in gold! Order online; very inexpensive).



- Small fidgets
- Pom-poms
- Play dough or home-made playdough (see recipe)
- Small plastic containers
- Small lids
- Small items to scoop with
- Coffee beans
- Favorite essential oils on a small cloth
- Kitchen baster
- Slime (recipes below)
- Shells
- Pipe cleaners
- Straws
- Small water bottles (lids taped so they can't get in) with glitter and other small items that float.
- Pasta shapes
- Ice cube tray is good to scoop things into it.



- Table play with sensory product. DIY recipes below. You can also buy this stuff, but it's more fun to make! It's MESSY, so lay down a plastic shower curtain or tablecloth on the table AND floor to make clean-up a breeze!

## Sensory Slime

- 1 2/3 c. corn starch
- 1 c. cool water
- 1 packet of Kool-Aid, any color

**Directions:** Mix it! That's it.

### **Thicker Slime**

- 1 tsp. psyllium husk (find in the fiber supplement section at your grocery store)
- 3/4 c. water (with or without food coloring)

#### **Directions:**

Add both ingredients to a microwave safe bowl and mix well.

Microwave for 4-5 minutes, ensuring it does not boil over. Carefully remove the bowl from the microwave and stir. It will not be slime right out of the microwave, but once you give it a good stir, it will thicken up.

Ensure your slime is completely cool before allowing your kiddo to play with it!

**\*\*Depending on what type of fiber you purchase, it may have a terrible smell as it heats. No worries, this will go away as the slime cools down.**

Enjoy!

### **Taste Safe Kinetic Sand**

- 1 c. baking soda
- ½ c. sugar
- ½ c. corn starch
- 1 tbsp. cream of tartar
- ¼ cup water
- Optional: food coloring (see recommendation below)

**Directions:** Start by combining the dry ingredients together in a medium bowl (baking soda, sugar, corn starch, and cream of tartar).

In a separate bowl, mix food coloring (if you choose to use it) with the ¼ cup of water and mix well.

Add half of the colored water to dry ingredients (about 2 tbsp). Mix well. Add the rest of the water and mix well. That's it!

### **Homemade Play Dough**

- 2 c. all-purpose flour
- 3/4 cup salt
- 4 tsp. cream of tartar
- 2 c. lukewarm water
- 2 tbsp. vegetable oil

**Directions:** Start by mixing your dry ingredients together in a medium sized sauce pan.

Once well mixed, add in water and oil.

Heat over medium heat, stirring continuously. You will begin to see the liquid consistency turn to more of a dough like consistency.

**\*\*Important:** You can overcook this! Remove the pan from heat as soon as you see it's a dough-like consistency. Overcooking will make it dry and crumbly.

#### **Storing your Play Dough**

The best way to store your homemade play dough is wrapped in plastic wrap and stored in an airtight container. (Can stay fresh for over a month when stored properly.)

# GENERAL RESOURCES

## **Hilyard Community Center Specialized Recreation**

<https://www.eugene-or.gov/134/Adaptive>

541-682-5311

## **Kind Tree/Autism Rocks**

<https://kindtree.org>

541-780-6950

## **Willamalane Park & Recreation District**

<https://www.willamalane.org/>

541-736-4544

## **Eugene, Cascades, & Coast**

Resource center for Lane County activities & parks, brochures, maps, etc.

<https://www.eugencascadescoast.org/>

800-547-5445

## **Oregon Supported Living Program (OSLP) Arts Program**

<http://www.oslp.org/arts--culture.html>

## **United Way of Lane County resources for individuals & families**

<https://www.unitedwaylane.org/resources-for-individuals>

541-741-6000

## **Lane County 4H Youth Development Programs**

<https://extension.oregonstate.edu/4h/lane>

541-344-5043

Nutrition Education 541-344-0249

Main Office 541-344-5859

## **Allies, LLC**

<https://www.allies-llc.org/>

## **Bridgeway House** (social groups, theatre, camps, music therapy)

<https://bridgewayhouse.org/>

541-345-0805

## **MOM Magazine** (Lane County resources & relevant articles; free in grocery stores, etc.)

<https://www.mommag.com/>

<https://www.facebook.com/lovemommag/>

## **Oregon Family Magazine** (free in grocery stores, etc.)

<https://www.oregonfamily.com/>

541-683-7452

## **Adaptive Gardening & Horticulture Therapy Guide**

by Gail Karlsen, OSU Lane County Adaptive Gardening Specialist

<https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Adult-and-Childrens-Services/Adults-and->

[Seniors/BPHASA/Adaptive Gardening\\_523605\\_7.pdf?rev=be46711d3b56437dbf20c25d7cbf8065&hash=93FD845393FE6C5443DD1B28D08E5B8C](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Adult-and-Childrens-Services/Adults-and-Seniors/BPHASA/Adaptive_Gardening_523605_7.pdf?rev=be46711d3b56437dbf20c25d7cbf8065&hash=93FD845393FE6C5443DD1B28D08E5B8C)

**Special Olympics**

<https://www.facebook.com/Special.Olympics.Oregon.Eugene.Springfield/>

**Springfield Public Library**

Contact Teen Services Librarian Cara Kinsey [ckinsey@springfield-or.gov](mailto:ckinsey@springfield-or.gov) for more information on teen services & events

<https://wheremindsgrow.org/events/teen>

541-726-3766

**Eugene Public Library**

<https://www.eugene-or.gov/4422/Eugene-Public-Library>

541-682-5450

**Reality Kitchen Bakery & Cafe**

Reality Kitchen is a nonprofit organization dedicated to providing employment path experiences that nourish and inspire all learners, with and without disabilities. They serve delicious food while fostering personal and professional growth through supportive resources in an inclusive community setting.

<http://www.realitykitchen.org>

541-505-8867

We hope you have enjoyed this guide!



For suggested additions/changes, please email  
[heather.morijah@lanecountyor.gov](mailto:heather.morijah@lanecountyor.gov)