














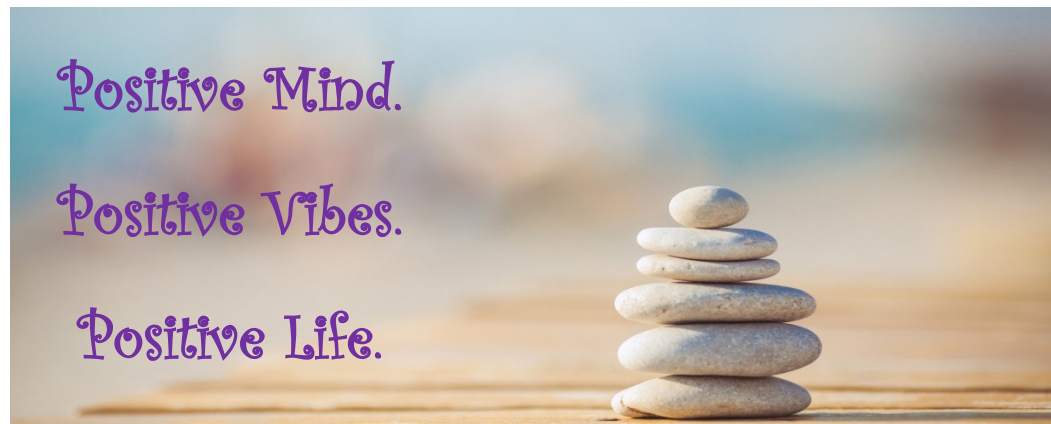




On The Go

Monday	Tuesday	Wednesday	Thursday	Friday
13 Arts & Crafts: Zen garden @ WRRC  Code#49155-00	14 Activity: Grocery shopping @ Walmart  Code#49155-01	15 Arts & Crafts: Make your own bath bomb @ WRRC  Code#49155-02	16 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#49155-03	17 Activity: Meditation class @ TruFusion  Code#49155-04
20 Activity: Bowling @ Strike Zone  Code#49155-05	21 Late Day: Calico Basin hike @ Red Rock  Code#49155-06	22 Arts & Crafts: Heat pack and stress ball @ HMGC  Code#49155-07	23 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#49155-08	24 Chef Day: Food focus- stuffed peppers  Code#49155-09
27 Activity: Bowling @ Strike Zone  Code#49155-10	28 Chef Day: Sweet potato fries  Code#49155-11	29 Create and Learn: Reed diffuser @ HMGC  Code#49155-12	30 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#49155-13	31 Activity: Scrapbooking/music @ HMGC  Code#49155-14

Schedule is subject to change without notice. City of Henderson Public Works , Parks and Recreation Department, Therapeutic Recreation and Inclusion Services Office: 702-267-4065 Henderson Multigenerational Center, 250 S Green Valley Parkway Cell Phone: 702-370-5957



MEDITATION MOMENTS