













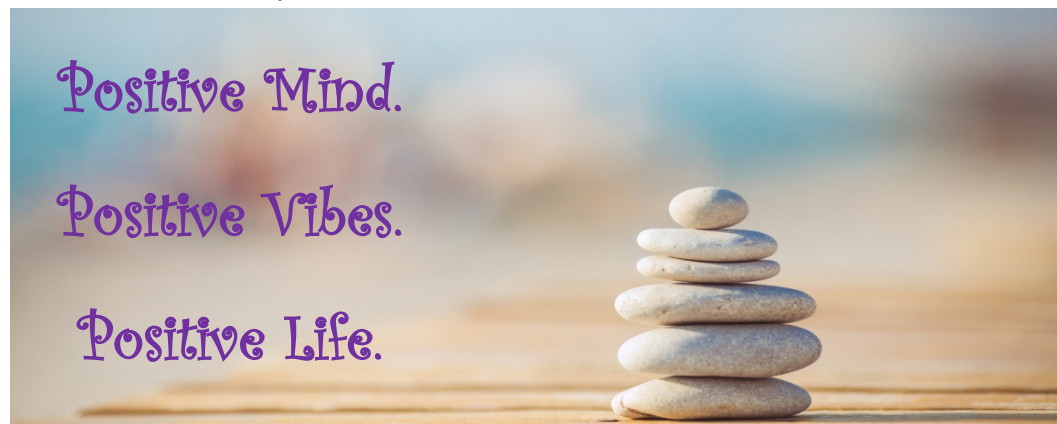




Monday	Tuesday	Wednesday	Thursday	Friday
13 Arts & Crafts: Zen garden  Code#491155-00	14 Activity: Grocery shopping @ Walmart  Code#491155-01	15 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#491155-02	16 Activity: Make your own bath bomb @ HMGC  Code#491155-03	17 Create and Learn: Reed diffuser @ HMGC  Code#491155-04
20 Activity: Bowling @ Strike Zone  Code#491155-05	21 Late Day: Calico Basin hike @ Red Rock  Code#491155-06	22 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#491155-07	23 Chef Day: Food focus-stuffed peppers  Code#491155-08	24 Activity: Meditation class @ TruFusion  Code#491155-09
27 Activity: Bowling @ Strike Zone  Code#491155-10	28 Arts & Crafts: Heat pack and stress ball @ HMGC Code#491155-11	29 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#491155-12	30 Activity: Scrapbooking/music @ HMGC  Code#491155-13	31 Chef Day: Sweet potato fries  Code#491155-14

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: 702-249-7065



MEDITATION MOMENTS