










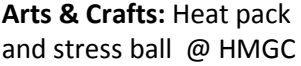



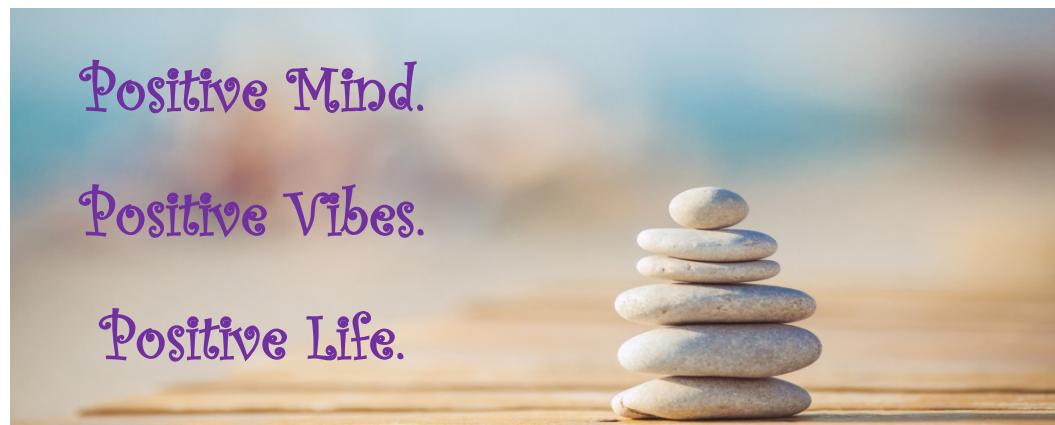




Monday	Tuesday	Wednesday	Thursday	Friday
13 Arts & Crafts: Zen garden  Code#491154-00	14 Activity: Grocery shopping @ Walmart  Code#491154-01	15 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#491154-02	16 Activity: Make your own bath bomb @ HMGC  Code#491154-03	17 Create and Learn: Reed diffuser @ HMGC  Code#491154-04
20 Activity: Bowling @ Strike Zone  Code#491154-05	21 Late Day: Calico Basin hike @ Red Rock  Code#491154-06	22 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#491154-07	23 Chef Day: Food focus-stuffed peppers  Code#491154-08	24 Activity: Meditation class @ TruFusion  Code#491154-09
27 Activity: Bowling @ Strike Zone  Code#491154-10	28 Arts & Crafts: Heat pack and stress ball @ HMGC  Code#491154-11	29 Activity: Swimming @ Henderson Multi-generational Indoor Pool  Code#491154-12	30 Activity: Scrapbooking/music @ HMGC  Code#491154-13	31 Chef Day: Sweet potato fries  Code#491154-14

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
 Valley View Recreation Center, 500 Harris St.
 Cell Phone: 702-249-0686



MEDITATION MOMENTS