

HENDERSON™

ADAPTIVE RECREATION AND INCLUSION SERVICES



What's Happening in September?

On the Go Program:

Monday – Friday 1:30pm - 5:30pm

Program Locations:

Black Mountain Recreation Center (BMRC)
Henderson Multigenerational Center (HMGC)
Silver Springs Recreation Center (SSRC)

September's theme is **“Around the World.”**

Participants will get to be a part of arts, crafts, food, and music from countries and cultures far and wide.

**September registration begins
Thursday, August 8 at 8am.**

Grocery Shopping: Participants will be grocery shopping for this month's recipes at the Walmart Neighborhood Market on Stephanie St.

Arts & Crafts: Participants will be making Koinobori flags (Traditional Japanese Windssocks), Aboriginal Bilma (An instrument used by aboriginal groups in Australia), Rain Sticks (Instruments used by tribes throughout Africa and North America), and Japanese Cherry Trees.

Science Day: Sites will be performing our Rainbow in a Glass experiment on Thursday Sept 12.

Chef Days: Participants will make Beef and Onion Piroshki (Russian baked sandwiches) on Thursday Sept 5 and Chicken Paella (Spanish rice dish) on Sept 19.

Adaptive Fitness: Groove dance with Melissa, Pickleball, and OTG staff will lead our Karate class.



Swimming: Active games are planned such as water volleyball, water polo and aqua exercise at Whitney Ranch Indoor Pool.

Participants will learn games played in to explore from a variety of cultures and countries.

Bowling: Join each site for an afternoon full of strikes and laughs at Strike Zone.

NEW! Staff Challenge Games: Staff & participants will compete in games and challenges together throughout the program year.

Scrapbooking Day: Participants create their September scrapbook page. Don't worry if you missed a picture day, there will be plenty of pictures to create your scrapbook.



702-267-4065
HendersonHappenings.com

Non-residents add 15%. Classes subject to change or cancellation. Management reserves all rights.

