

## **November 2024**



## **Healthy Henderson**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 2
	4			No.	1 stamp for 49 years and under for working out in the fitness room at one of our facilities	1 stamp for walking 30 minutes at one of our indoor walking tracks
		SAD PL	1 2 M	4	BMRC, DRC, HMGC, VVRC, WRRC, SSRC	HMGC or DRC
3	2 stamps for swimming at one of our aquatic facilities HMCP, HMIP, HPAC, WRIP	1 stamp for playing one hour of pickleball at <b>Downtown</b> <b>Recreation Center</b>	2 stamps for walking 30 minutes at one of our indoor walking tracks HMGC or DRC	2 stamps for playing one hour of pickleball at Downtown or Silver Spring Recreation Centers	1 stamp for 50 years plus working out in the fitness room at one of our facilities  BMRC, DRC, HMGC, HPSF, VVRC, WRRC, SSRC	1 stamp for swimming at one of our aquatic facilities HMCP, HMIP, HPAC, WRIP
10	11	12	13	14	15	16
	1 stamp for 50 years plus working out in the fitness room at one of our facilities	1 stamp for playing one hour of pickleball at <b>Downtown</b> <b>Recreation Center</b>	1 stamp for 50 years plus working out in the fitness room at one of our facilities	2 stamps for playing one hour of pickleball at Silver Springs Recreation Center	1 stamp for 49 years and under for working out in the fitness room at one of our facilities	2 stamps for swimming at one of our aquatic facilities
	BMRC, DRC, HMGC, HPSF, VVRC, WRRC, SSRC		BMRC, DRC, HMGC, HPSF, VVRC, WRRC, SSRC		BMRC, DRC, HMGC, VVRC, WRRC, SSRC	HMCP, HMIP, HPAC, WRIP
17	18	19	20	21	22	23
	1 stamp for 50 years plus working out in the fitness room in one of our facilities	2 stamps for playing one hour of pickleball at Silver Springs Recreation Center	2 stamps for working out in the fitness room at one of our facilities	1 stamp for playing one hour of pickleball at <b>Downtown</b> <b>Recreation Center</b>	1 stamp for 49 years and under for working out in the fitness room at one of our facilities	1 stamp for swimming at one of our aquatic facilities
	BMRC, DRC, HMGC, HPSF, VVRC, WRRC, SSRC		BMRC, DRC, HMGC, HPSF, VVRC, WRRC, SSRC		BMRC, DRC, HMGC, VVRC, WRRC, SSRC	HMCP, HMIP, HPAC, WRIP
24	25	26	27	28	29	30
			1 stamp for 50 years plus working out in the fitness room at one of our facilities BMRC, DRC,	HAPPY THANKSGIVING! Facilities Closed	FAMILY DAY Facilities Closed	1 stamp for walking 30 minutes at one of our indoor walking tracks
			HMGC, HPSF, VVRC, WRRC, SSRC			HMGC or DRC

Rewards cards are valid for two years from the date of issue. Rewards and program rules are subject to change without notice and rewards are available while supplies last. Maximum two stamps per day. Other rules may apply.