



# MY DENVER

## FEBRUARY 2023 | Healthy Heart



### LA ALMA RECREATION CENTER

MY Denver Activity Hours Ages 8 - 18	MON	TUE	WED	THU	FRI
<b>Mondays</b> Activity #1: 5:00PM– 6:00PM Activity #2: 6:30PM - 7:30PM  <b>Tuesdays - Fridays</b> Activity #1: 3:00PM - 4:00PM Activity #2: 4:30PM - 5:30PM  <b>Snack/Dinner</b> Mondays - Fridays 3:00PM - 6:00PM  <i>This institution is an equal opportunity provider</i>  <b>Calendar Subject to Change</b>				<b>1</b> <u>Activity #1</u> Veggie RX  <u>Activity #2</u> Pet Rocks	<b>2</b> <u>Activity #1</u> Hula Hoop  <u>Activity #2</u> PS4 Monopoly
	<b>5</b> <u>Activity #1</u> Heart Craft: Day 1  <u>Activity #2</u> Dodgeball	<b>6</b> <u>Activity #1</u> Heart Craft: Day 2  <u>Activity #2</u> Diabetes Awareness	<b>7</b> <u>Activity #1</u> Musical Chairs  <u>Activity #2</u> Stuffies: Day 1	<b>8</b> <u>Activity #1</u> Stuffies: Day 2  <u>Activity #2</u> Nature Walk	<b>9</b> <u>Activity #1</u> Heart Craft: Day 3  <u>Activity #2</u> Mega Ball Four Square
	<b>1 2</b> <u>Activity #1</u> Jump Rope  <u>Activity #2</u> Bedazzle Bags: Day 1	<b>1 3</b> <u>Activity #1</u> Stuffys day three  <u>Activity #2</u> Bedazzle Bags: Day 2	<b>1 4</b> <u>Activity #1</u> VDay Slime  <u>Activity #2</u> Vaping/Smoking Awareness	<b>1 5</b> <u>Activity #1</u> Hula Hoop  <u>Activity #2</u> Veggie RX	<b>1 6</b> <u>Activity #1</u> PS4 Monopoly  <u>Activity #2</u> Dodgeball
	<b>1 9</b> <b>NO MY DENVER ACTIVITIES</b>  <b>Presidents' Day</b>	<b>2 0</b> <u>Activity #1</u> Blood Pressure Awareness  <u>Activity #2</u> Uno W/Prizes	<b>2 1</b> <u>Activity #1</u> Musical Chairs  <u>Activity #3</u> Story Telling	<b>2 2</b> <u>Activity #1</u> Veggie RX  <u>Activity #2</u> Diamond Art Stickers	<b>2 3</b> <u>Activity #1</u> Pet Rocks Reprise  <u>Activity #2</u> Dodgeball
	<b>2 6</b> <u>Activity #1</u> Nature Walk  <u>Activity #2</u> PS4 Monopoly	<b>2 7</b> <u>Activity #1</u> Fuse Beads  <u>Activity #2</u> Mega Ball Four Square	<b>2 8</b> <u>Activity #1</u> Karaoke  <u>Activity #2</u> Coloring Sheets	<b>29</b> <u>Activity #1</u> Veggie RX  <u>Activity #2</u> Cholesterol Awareness	

**Activity Key**  
 Urban Arts and Culture  
 Sports and Wellness  
 Science, Technology and Education  
 Community Engagement  
 Social Recreation