



# MY DENVER

## SEPTEMBER 2023 | Fall

### GLENARM RECREATION CENTER



MY Denver Activity Hours 3:30PM - 6:00PM Ages 8 - 18	MON	TUE	WED	THU	FRI
<b>Program Hours</b> Activity #1: 3:30PM - 4:30PM Activity #2: 5:00PM - 6:00PM	2 <b>NO MY DENVER ACTIVITIES</b>  Labor day	3 <u>Activity #1</u> Card board bird house <u>Activity #2</u> 2 k walk	4 <u>Activity #1</u> Bird nest  <u>Activity #2</u> Slime	5 <u>Activity #1</u> Rock painting  <u>Activity #2</u> Yoga class	6 <u>Activity #1</u> Nature walk  <u>Activity #2</u> Galaxy jar
<b>Enrichments:</b> Karate Thursdays 4:00PM - 5:00PM	11 <u>Activity #1</u> Unicorn Horns <u>Activity #2</u> Zumba class	12 <u>Activity #1</u> Canvas Art  <u>Activity #2</u> Pilates class	13 <u>Activity #1</u> Social Recreation  <u>Activity #2</u> Card board bird house	14 <u>Activity #1</u> Friendship bracelets  <u>Activity #2</u> Spring Art	15 <u>Activity #1</u> Walking loteria  <u>Activity #2</u> Hacky sacks
<i>This institution is an equal opportunity provider</i>  Calendar Subject to Change	18 <u>Activity #1</u> Bird feeders  <u>Activity #2</u> 2 k walk	19 <u>Activity #1</u> Friendship bracelets <u>Activity #2</u> Hacky sacks	20 <u>Activity #1</u> Rock painting  <u>Activity #2</u> Yoga class	21 <u>Activity #1</u> Galaxy Jars  <u>Activity #2</u> Nature walk	22 <u>Activity #1</u> Human Pinata  <u>Activity #2</u> Melting beads
	25 <u>Activity #1</u> Canvas Art  <u>Activity #2</u> Zumba class	26 <u>Activity #1</u> Unicorn Horns  <u>Activity #2</u> Card board bird house	27 <u>Activity #1</u> Melting beads  <u>Activity #2</u> Pilates class	28 <u>Activity #1</u> Bird nest  <u>Activity #2</u> Yoga class	29 <u>Activity #1</u> Slime  <u>Activity #2</u> Bird feeders
<b>Activity Key</b> Urban Arts and Culture Sports and Wellness Science, Technology and Ed. Community Engagement Social Recreation					