

September 2022

Healthy Henderson



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SATURDAY 3
				1 stamp for walking 30 minutes at one of our indoor walking tracks. HMGC or DRC	1 stamp playing one hour of pickleball at Downtown Recreation Center	stamp for walking minutes at one of our indoor walking tracks. HMGC or DRC
4	5	6	7	8	9	10
	Labor Day All Fitness Centers Are Closed	1 stamp for 50 years plus Line Dancing at DSC (Class is \$1)	1 stamp 49 years and under for working out in the fitness room in one of our facilities BMRC, DRC, HMGC, VVRC, WRRC	1 stamp 50 years plus Chair Exercises or Morning Stretch at DSC	1 stamp 50 years plus working out in the fitness room in one of our facilities BMRC, DRC, HMGC, HPSF, VVRC, WRRC	1 stamp for swimming in one of our aquatic facilities HMCP, HMIP, HPAC, WRIP
11	12	13	14	15	16	17
	1 stamp 50 years plus working out in the fitness room in one of our facilities BMRC, DRC, HMGC, HPSF, VVRC, WRRC	1 stamp for walking 30 minutes at one of our indoor walking tracks. HMGC or DRC	1 stamp playing one hour of pickleball at Downtown Recreation Center	Grab & Go Healthy Snack: Fresh Fruit	1 stamp for 50 years plus Line Dancing at DSC (Class is \$1)	1 stamp for swimming in one of our aquatic facilities HMCP, HMIP, HPAC, WRIP
18	19	20	21	22	23	24
	1 stamp playing one hour of pickleball at Downtown Recreation Center	Tunes Tuesday An underwater music & swimming experience 1:30pm-3pm Whitney Ranch Indoor Pool	1 stamp 50 years plus Chair Exercises or Morning Stretch at DSC	1 stamp 49 years and under for working out in the fitness room in one of our facilities BMRC, DRC, HMGC, VVRC, WRRC	1 stamp for walking 30 minutes at one of our indoor walking tracks. HMGC or DRC	1 stamp for swimming in one of our aquatic facilities HMCP, HMIP, HPAC, WRIP
25	26	27	28	29	30	
	l stamp 50 years plus working out in the fitness room in one of our facilities	1 stamp for walking 30 minutes at one of our indoor walking tracks.	1 stamp playing one hour of pickleball at Downtown Recreation Center	1 stamp 50 years plus working out in the fitness room in one of our facilities	1 stamp 49 years and under for working out in the fitness room in one of our facilities	
	BMRC, DRC, HMGC, HPSF, VVRC, WRRC	HMGC or DRC		BMRC, DRC, HMGC, HPSF, VVRC, WRRC	BMRC, DRC, HMGC, VVRC, WRRC	

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.