



# 30 Days of Play!

## APRIL 1-30

Discover all that Henrico Recreation and Parks has to offer! Explore local parks, visit a recreation center, or try a new activity. For extra encouragement, participants who turn in their books will be entered in a raffle drawing.

Let's get started!

For more information, contact 804-501-PARK (7275) or [recandparks@henrico.gov](mailto:recandparks@henrico.gov).

### Contact Information

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Email: \_\_\_\_\_

# 30 Days of Play!

Thank you for joining the 30 Days of Play Challenge!

Included in this packet is a list of daily activities. From walking park trails and playing pickleball to pop-ups in the park and art classes, it's the perfect way to stay active, connect as a family, and explore everything Henrico Recreation and Parks has to offer.

To participate, pick one of our fun suggestions or be creative and choose your own adventure in the parks. Mark or record your daily activity and at the end of the month, turn in your book to any of these rec centers (Belmont, Deep Run, Dorey or Eastern Henrico) by Wednesday, May 7.

Participants will be entered to win a prize!

The family or individual that wins the raffle will be contacted by a member of the team.

Let's play, connect, and explore together!

## Key:



**Access Pass or Group Exercise Pass required**  
*See front desk for details*



**Registration required in advance**






**\$1 Tickets & Concessions**

*Unless noted, all other programs are free and registration is not required.*

*TR = Therapeutic Recreation is an adaptive form of recreation for those with disabilities or medical conditions.*

## Tuesday, April 1




- **Line Dance**   
10:30-11:30am. Belmont Rec Center
- **PITAIYO**   
12:30-1:30pm. Deep Run Rec Center
- **Pickleball for All**   
5:30-7pm. Eastern Henrico Rec Center
- **Your choice**

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## Wednesday, April 2

- **Tranquility Spill**   
12:30-1:30pm. Dorey Rec Center
- **Open Gym Basketball 18+**   
1:30-4pm. Eastern Henrico Rec Center
- **Pickleball for All 12+**   
5:30-8:30pm. Deep Run Rec Center
- **Your choice**

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## Thursday, April 3

- **Core & Kettlebells**   
10:15-11am. Deep Run Rec Center
- **Strong Nation**   
5:30-6:30pm. Eastern Henrico Rec Center
- **Table Tennis 12+**   
5:30-8:30pm. Deep Run Rec Center
- **Your choice**

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## Friday, April 4


- **Liquid Fireworks**  
10-11:30am. Taylor Farm Park
- **Friday at the Museum**  
12-4pm. Clarke-Palmore House
- **Movie: TMNT: Mutant Mayhem**  
7:45-9:45pm. Crump Park
- **Your choice**

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## Saturday, April 5


- **Handmade Day**  
10am-12pm. Belmont Rec Center
- **Build Your Own Fishing Pole**   
10am & 2pm. Deep Run Park
- **Celebrate Self Care Day**  
2-3:30pm. Belmont Rec Center
- **Your choice**

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## Sunday, April 6




- **Kite Day**  
12-3pm. Dorey Park
- **Do You Have a Dress for the Ball?**  
2-3pm. Meadow Farm
- **Basketball 18+**   
3-5pm. Deep Run Rec Center
- **Your choice**

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## Monday, April 7



- **Game Room**   
4-8pm. Belmont Rec Center
- **Women's Basketball 18+**   
5:30-8pm. Eastern Henrico Rec Center
- **Chill Flow Yoga**   
6-7pm. Dorey Rec Center
- **Your choice**

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## Wednesday, April 9

- **Spring Day Story and Crafts**  
10-11am. Deep Run Rec Center
- **After School Archery**   
5-7pm. Eastern Henrico Rec Center
- **Bellydance Fusion**   
6-7pm. Dorey Rec Center
- **Your choice**

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## Friday, April 11

- **Homeschool Day**  
9-11am. Meadow Farm
- **Jazzy Affair!**  
6-8pm. Dorey Rec Center
- **Bingo! Family Fun Night**  
7-9pm. Belmont Rec Center
- **Your choice**

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## Tuesday, April 8



- **Kids Gym**  
9:30-11:30am. Deep Run Rec Center
- **TR Weekday Sampler**  
10:30-11:45am. Belmont Rec Center
- **Blast from the Past Book Club**  
1-3pm. Rec & Parks Main Office
- **Your choice**

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## Thursday, April 10


- **Tales for Tots**  
10-10:45am. Deep Run Rec Center
- **Game Room**   
12-4pm. Eastern Henrico Rec Center
- **Canasta**   
1:30-4:30pm. Deep Run Rec Center
- **Your choice**

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## Saturday, April 12



- **What's in a Name?**  
2-4pm. The Springs Rec Center
- **\$1 Movie**   
3 & 7pm. Henrico Theatre
- **Mountainfilm**  
4-10pm. Dorey Park
- **Your choice**

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### Sunday, April 13

- **Badminton 12+**   
1-4pm. Eastern Henrico Rec Center
- **History of Lakeside**  
2-3:30pm. Belmont Rec Center
- **Game Room**   
3-8pm. Deep Run Rec Center
- **Your choice**

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### Tuesday, April 15

- **Seated Bootcamp**   
8:30-9:30am. Dorey Rec Center
- **TR Sensory Explorers**   
10:15-11:15am. Deep Run Rec Center
- **Pickleball for All**   
5:30-8pm. Eastern Henrico Rec Center
- **Your choice**

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### Thursday, April 17

- **Classic Game Show!**  
10-11:30am. Eastern Henrico Rec Ctr
- **Power Yoga**   
11:15am-12:15pm. Deep Run Rec Center
- **Table Tennis 12+**   
5:30-8:30pm. Deep Run Rec Center
- **Your choice**

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### Monday, April 14

- **Function**   
9:30-10:30am. Dorey Rec Center
- **TR Little Critters**   
10:30-11:15am. Deep Run Rec Center
- **Hand Crafted: Learn to Cross Stitch**  
6:30-8pm. Twin Hickory Area Library
- **Your choice**

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### Wednesday, April 16

- **Hand Crafted: Learn to Cross Stitch**  
2-3:30pm. Fairfield Area Library
- **Science Sleuths**  
3:30-4:30pm. Springfield Park
- **Intro to Geocaching**  
4-6pm. Meadow Farm
- **Your choice**

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### Friday, April 18

- **Farm and Forest Friend Friday**  
9-11am. Meadow Farm
- **TR Game Night**  
6-7:15pm. Eastern Henrico Rec Center
- **Movie: Despicable Me 4**  
8-10pm. Taylor Farm Park
- **Your choice**

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### Saturday, April 19

- **Hunt for Henrico History**  
9am-4pm. The Springs Rec Center
- **Earth Day**  
12-3pm. Deep Run Rec Center
- **Bog Bodies**  
2-3pm. Meadow Farm
- **Your choice**

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### Monday, April 21

- **Painting in the Park**  
10am-12pm. Three Lakes Park
- **Henrico Innovators**  
11am-12:30pm. Eastern Henrico Rec Center
- **Hatha Yoga**   
6:30-7:30pm. Deep Run Rec Center
- **Your choice**

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### Wednesday, April 23

- **30/30**   
9-10am. Eastern Henrico Rec Center
- **Flex and Stretch**   
10-10:45am. Belmont Rec Center
- **Deep Run Detective Agency**   
4-5pm. Deep Run Rec Center
- **Your choice**

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### Sunday, April 20

- **Easter Sunday**  
Spend the day in one of our parks
- **Pearls Eggs-cellent Adventure**  
2-3pm. Crump Park
- **Your choice**

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### Tuesday, April 22

- **Seasonal Stroll**  
10-11:30am. Deep Run Rec Center
- **Croquet**  
1pm. The Springs Rec Center
- **Game Room**   
3-6pm. The Springs Rec Center
- **Your choice**

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### Thursday, April 24

- **Rest & Recharge Yoga**   
2-3pm. Dorey Rec Center
- **Youth Basketball**   
3-5pm. Deep Run Rec Center
- **Kids Fit**   
3:45-4:30pm. Eastern Henrico Rec Center
- **Your choice**

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**Friday, April 25**

- **Pretzel Palooza - Craft & Crunch**  
10am-12pm. Deep Run Rec Center
- **Pearl Saves the World**  
1-2pm. Meadow Farm
- **TR StepNUP Club 1111**  
6-8pm. Eastern Henrico Rec Center
- **Your choice**

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**Saturday, April 26**

- **Kayaking with the Community**  
9-11am. Dorey Park
- **Farm Field Day**  
11am-2pm. Meadow Farm
- **Canoeing with the Community**  
2:30-4:30pm. Dorey Park
- **Your choice**

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**Sunday, April 27**

- **Game Room**   
1-8pm. Deep Run Rec Center
- **From Farm to Feast**  
2-3pm. Meadow Farm
- **\$1 Movie**   
3pm. Henrico Theatre
- **Your choice**

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**Monday, April 28**

- **TR Studio at the Springs**  
10:30-11:45am. The Springs Rec Center
- **Make It Monday**  
10am-12pm. Deep Run Rec Center
- **TR Kite Creations**   
10:30am-12pm. Eastern Henrico Rec Ctr
- **Your choice**

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**Tuesday, April 29**

- **Marshes, Marshes, Marshes!**   
2-4pm. Three Lakes Park
- **Sound Bath with Jim Morgan**   
6-7pm. Deep Run Rec Center
- **International Dance Day**  
6-7pm. Eastern Henrico Rec Center
- **Your choice**

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**Wednesday, April 30**

- **Chair Yoga for Resillience**   
10:30-11:30am. Deep Run Rec Center
- **HIIT**   
12:15-1:15pm. Eastern Henrico Rec Center
- **Senior Tai Chi**   
2-3pm. Belmont Rec Center
- **Your choice**

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Explore.  
Experience.  
Enjoy.

Learn More!



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