# East End Activities

All programs are free. No registration required. Materials are available while supplies last.

### EASTERN HENRICO REC CENTER

#### **National Dinosaur Day**

Sun, Jun 1. 3-5pm. Ages 5+.

# **Dye-namic Creations**

Fri, Jun 6. 11am-1pm.

# Fathers, Flag Football & Fun

Sun, Jun 8. 1:30-3pm. Ages 6-11.

# TR\* Do-It-Yourself (DIY) Bingo

Fri, Jun 27. 10:30-11:45am. Ages 5+.

# **Knot Just Bracelets... Friendship Bracelets!**

Sun, Aug 3. 2-3:30pm.

#### Sink or Think

Thur, Aug 14. 11am-12:30pm. Ages 5+.

#### Senior Summer Mixer

Fri, Jul 25. 10-11am. Ages 50+.

# **Painting with Been Creative**

Fri, Aug 8. 6:30-8:30pm. Ages 18+.

# Flamingo Fling

Fri, Aug 15. 6-7pm. Ages 6+.



### Tue, Aug 5. 6-8pm. EHRC.

Inflatables, train rides, sports, line dancing, vendors, & free food (while supplies last.)



# Sat, Jun 7. 9am-noon. Dorey Park.

Farmers and vendors, live music, family fun, kids' zone, community groups, & more!

# **DOREY REC CENTER**



#### Friday Fun in the Park

Fri, Jun 27. 10am-noon. Ages 5+.

# Kayaking with the Community

Thur, Jun 26, 9:30-11:30am.

# Family Bingo & Games!

Fri, Jun 27. 6-7pm. Ages 5+.

# Canoeing with the Community

Thur, Jun 26. 1:30-3:30pm.

#### What is TR?\*

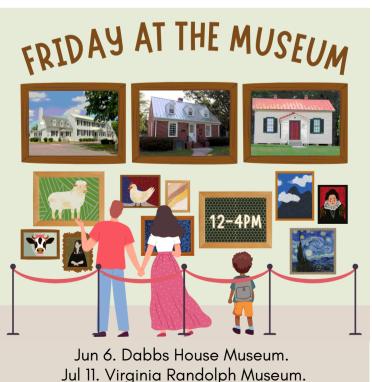
Therapeutic Recreation (TR) is an adaptive form of recreation for those with disabilities or medical conditions. We also offer Inclusion Services. More information can be found in our Program Guide.

# Last End Activities

All programs are free. No registration required. Materials are available while supplies last.







Aug 1. Deep Run School House.

#### Intro to Disc Golf

Sun, Jun 15. 9-11am. Taylor Farm Park. Sat, Jul 12. 10am-noon. Crump Park. Sun, Jul 13. 1-3pm. Dorey Park. Sat, Aug 9. 1-3pm. Taylor Farm Park.

### **History Investigators**

Sat, Jul 19. 10-11am. Ages 5-11. Clarke-Palmore House.

# Collecting Woodland Cemetery History

Sat, Aug 9. 8am-5pm. The Springs Rec Center.

### **Dye-namic Creations**

Sun, Aug 10. 10am-12pm. Taylor Farm Park.

# National S'mores Day

Sun, Aug 10. 2-4pm. Clarke-Palmore House.

#### Blast from the Past Book Club

Tue, Aug 12. 1-3pm. Ages 14+. Osborne Park.

#### TR\* Inclusive Nature Hike

Mon, Aug 25. 10-11:30am. Ages 5+. Osborne Park.

# More info & fun:

501-PARK

give us a follow!







program guide

newsletter