HENRICO RECREATION & PARKS

# August 2020

## Schedule of Virtual Programs & Online Classes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 11am: How to make a Canoe Paddle | 11am: Discover the Science & Improve Health #1 (*WEBEX)<br>4pm: Gentle Yoga | 10am: Crayon Sun Catchers | 10am: Stick Plant Markers | 10am: Tissue Paper Flowers & Bouquets | 10am: Easy Peasy Twig Projects |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | 10am: Mandalas (*WEBEX) | 11am: Discover the Science & Improve Health #2 (*WEBEX)<br>4pm: Yin Yoga | 11am: Paper Chain Wall Hanging | | 12pm: Walkerton Tour Part 2 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 11am: Bring the Keys to your house (Key Lime Pie) | 11am: Discover the Science & Reboot Your Body #3 (*WEBEX)<br>4pm: Gentle Yoga | 10am: Fired Alcohol Ink Art (*WEBEX) | 4pm: Relaxation Techniques | 10am: Oyster Shell Bowl | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 4pm: Chair Yoga | 11am: Discover the Science & Reboot Your Body #4 (*WEBEX)<br>4pm: Yin Yoga | 11am: ABC's of Tap (*WEBEX) | | 12pm: Love Letters from the Henrico County Collection | |
| 30 | 31 | | | | | |
| | 1pm: The Curious World of Parrots (*WEBEX) | | | All programs can be viewed on YouTube!<br>Search for Henrico County Recreation and Parks. | | |

*WEBEX Classes are interactive and require registration. Details available at henrico.us/rec