

*Planned Activities with Park Mobile. Programs are subject to change and dependent on weather. For the latest Park Mobile news, follow them on Instagram [@henricoparkmobile.com](https://www.instagram.com/henricoparkmobile.com)*

## **Tree Scavenger Hunt**

**April 30-May 31. Deep Run Park & Dorey Park.**

We're posting QR codes in two parks to test your tree knowledge! Just scan the code with the camera app of your phone and the scavenger hunt will begin. At the end of the month, a winner with the most correct answers will be chosen from each park. The winners will each receive an Eastern Redbud tree. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

## **Werewolves**

**Mon, May 3, 3 p.m. The Springs Recreation Center.**

Join us at The Springs for National Supernatural Day. Discover the legend of the Werewolf at Confederate Hills and other wolfman facts, myths, and lore. Participate in activities and crafts to heighten your supernatural senses. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

## **Star Wars Day - Pedal Kart Racing**

**Tues, May 4, 12-4:30pm. Dorey Park Equestrian Ring.**

Join the Rebel Forces or Empire on Star Wars Day and get racing with pedal karts at Dorey or EHRC (TBD). We will race around the course and "May the Fourth be with you." Information: [hil078@henrico.us](mailto:hil078@henrico.us)

## **Comic Book Creators**

**Wed, May 5, 9-11am & 1-3pm. Hidden Creek Recreation Center.**

Join us for National Cartoonist Day. Learn the basics of how to start your own comic book. You will create your very own short story comic through the sequential art method. Whether it's about Superheroes, Dinosaurs, Space Aliens, or the Wild West it'll be your story. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

## **Cinco de Mayo Fitness Challenge**

**Wed, May 5. 10am-12pm at Deep Run Park. 2-4pm at Dorey Park.**

It's time to spice-up your workouts this Cinco de Mayo as we celebrate physical and mental strength. In honor of May 5 (5/5), the fitness challenge will offer 5 reps at each fitness station and complete 5 laps or rounds on the exercise trail. (Each exercise trail has 10 fitness stations.) Information: [bla083@henrico.us](mailto:bla083@henrico.us)

## **National Train Day**

**Mon, May 10, 4-7pm. Deep Run Park.**

All aboard! Celebrate National Train Day with us at Deep Run Park. There will be train rides and giveaways (while supplies last). Masks will be required for the train ride. Info: [sta02@henrico.us](mailto:sta02@henrico.us)

## **Bird Watching**

**Tue, May 11, 9-11am & 1-3pm. The Armour House & Gardens**

Learn about basic bird watching skills, then take a hike around the park as we search for our local winged friends. Binoculars will be provided, but make sure to bring a water bottle if needed and appropriate walking footwear for the trails. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

## **Sunset Yoga in the Park**

**Wed, May 12, 6-7pm. Deep Run Park.**

Vinyasa Flow Yoga practice is a yoga style that connects your movements with your breath. The yoga instructor will serve as your guide through a moving meditation yoga practice, offering pose variation suggestions to fit all yogi levels.

The Vinyasa practice poses and flows will vary class to class, and it will get your heart rate up! Expect to be appropriately warmed up, strengthened, and stretched to flow mindfully through poses with your body and your breath. (Bring your own mat/towel for poses and join us for a relaxing free class.) Information: [bla083@henrico.us](mailto:bla083@henrico.us)

### **Whack a Toad**

**Thur, May 13, 9-11am & 1-3pm. Three Lakes Park**

Join us on National Frog Jumping Day for some good ole "Whack a Toad" fun. There will be a frog racecourse set to practice your hopping skills and then help whack your toad into a barrel for more fun. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

### **Sunrise Yoga in the Park**

**Sat, May 15, 8:30-9:30am. Crump Park.**

Vinyasa Flow Yoga practice is a yoga style that connects your movements with your breath. The yoga instructor will serve as your guide through a moving meditation yoga practice, offering pose variation suggestions to fit all yogi levels. The Vinyasa practice poses and flows will vary class to class, and it will get your heart rate up! Expect to be appropriately warmed up, strengthened, and stretched to flow mindfully through poses with your body and your breath. (Bring your own mat/towel for poses and join us for a relaxing free class.) Information: [bla083@henrico.us](mailto:bla083@henrico.us)

### **Mountain Man Challenge**

**Sat, May 15, 11am-3pm. Robinson Park**

Join us for fun games and activities with AstroJump. Come ride the mechanical bull or participate in one of our other exciting games. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

### **Snow Cones & Sunshine!**

**Sat, May 15, 9-11am. Highland Springs Community Center**

**Sat, May 15, 3:30-5:30pm. The Springs Recreation Center**

Have some fun in the sun celebrating International Day of Families with a snow cone and outside play. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

### **Bingo Hike**

**Sun, May 16, 9am-1pm. Dorey Park**

Join us for National Love a Tree Day. Come and get your bingo card and take a hike. You can play against friends, family or solo. The cards feature items you would find outdoors and will make your regular hikes a more engaging time in nature. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

### **Fitness Obstacle Course**

**Tue, May 18, 2-4pm. Dunncroft/Castle Point Park**

**Thur, May 20, 2-4pm. Short Pump Park**

The Park Mobile team will set up an obstacle course in the park. Can you meet the challenge? Information: [bla083@henrico.us](mailto:bla083@henrico.us)

### **Paper Airplanes**

**Wed, May 26, 11am-2pm. Eastern Henrico Recreation Center**

Join us for a fun activity on National Paper Airplane Day. We will construct our very own airplanes and put our crafts through a variety of challenges. Supplies will be provided. Information: [hil078@henrico.us](mailto:hil078@henrico.us)

### **Sunset Yoga in the Park**

**Wed, May 26, 6-7pm. Twin Hickory Park.**

Vinyasa Flow Yoga practice is a yoga style that connects your movements with your breath. The yoga instructor will serve as your guide through a moving meditation yoga practice, offering pose variation suggestions to fit all yogi levels. The Vinyasa practice poses and flows will vary class to class, and it will get your heart rate up! Expect to be appropriately warmed up, strengthened, and stretched to flow mindfully through poses with your body and your breath. (Bring your own mat/towel for poses and join us for a relaxing free class.) Information: [bla083@henrico.us](mailto:bla083@henrico.us)