

RECREATION CENTERS – BENSLEY

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Bensley Recreation Center. Office hours are Mondays-Thursdays, 8:30 a.m.-6 p.m., and Fridays, 8:30 a.m.-noon.

Available for rent

The Bensley Recreation Center in Bensley Park, 2900 Drewry's Bluff Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000 plus square-foot building contains a multipurpose room and an arts and crafts room. For more information about classes, special events and rentals, call David Potter at 275-5321.



DAYTIME FITNESS FOR SENIORS

It's a new twist to your usual fitness programs. For the low monthly fee of \$30, take as many day time fitness classes as you want and come as often as you wish for that month. These classes will consist of Aerobics, Specialty Classes and Chair Fitness. Participants must register one week prior to the start of class. Classes do not meet on county-observed holidays.

Jan. 2-31	\$30	Course 32593
Feb. 1-28	\$30	Course 32939
March 1-29	\$30	Course 32940
April 2-30	\$30	Course 32941
May 1-31	\$30	Course 32942

Aerobics

Is designed to increase your heart rate and keep it there. It includes a low-impact, cardiovascular workout. Mondays-Thursdays, 9:30-10 a.m.

Specialty Classes

We will be offering a variety of fitness classes each day after aerobics. These classes may include: Yoga, Core, Kick Boxing, Body Toning, Strength Training, and Cardio. Classes will vary month to month. A monthly class schedule is available at the center. Mondays-Thursdays, 10-10:30 a.m.

Chair Fitness

This class is designed for older adults with limited mobility who want to improve their strength, endurance and flexibility. Exercises are performed seated and standing, using the chair for support. Stretch, tone, and socialize to a variety of upbeat music. Mondays, Wednesdays, Thursdays, 10:45-11:30 a.m.

CARD GROUPS

Canasta and Dominoes Group

Join this group as we play canasta or dominoes for fun. This program is free for everyone to enjoy. People of all skill levels are encouraged to participate.

Tuesdays		
Jan. 2 -April 24, noon-4 p.m.	Free	Course 32943

Pinochle Card Group

Meet new friends while playing pinochle. Bring your lunch and spend some time with us. Beginners can join at any time to learn this game. Wednesdays

Jan. 3-April 25, 10 a.m.-4 p.m.	Free	Course 32944
---------------------------------	------	--------------

Bridge Card Group

This program is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must pre-register one week prior to playing.

Details: Joyce Wenberg, 796-6218.

Thursdays

Jan. 4-April 26, 9:30 a.m.-noon Free Course 32945

Hand & Foot Card Group

Join other seniors for a game of Hand & Foot on the first, second and fourth Friday of the month. Beginners can join at any time to learn this card game similar to Canasta.

Fridays

Jan. 5-April 27, 9 a.m.-noon Free Course 32946

SPECIAL EVENTS

Valentine Potluck

Seniors, bring your favorite dish to share and be a sweetheart to someone special at our Valentine Potluck. We will feature some delicious food and entertainment during this event.

Monday, Feb. 12, noon-2 p.m. Free

Jailhouse Rock Senior Dance

Seniors 50+, come rock the night away to your favorite Elvis Presley hits. Musical Performance by Elvis tribute artist Wrenn Mangum. Light refreshments will be provided. Register early, space is limited.

Friday, March 2, 7-9 p.m. \$5 Course 32947

St. Patrick's Day Potluck

Seniors, celebrate the luck of the Irish with good friends and great food. Entertainment will be provided. Bring your favorite dish to share.

Monday, March 12, noon-2 p.m. Free

Easter Egg Hunt and Extravaganza

Be a part of our annual Easter Egg Hunt at the Bensley Community Building. Meet the Easter Bunny, collect eggs for prizes, and enjoy the company of family and friends. The hunt will begin promptly at 11 a.m. Children will be grouped according to age. No registration necessary.

Saturday, March 24, 11 a.m.-1 p.m. Free

RECREATION CENTERS – BENSLEY

For more information on Bensley programs,
call David Potter at 275-5321 or
potterd@chesterfield.gov.

SENIOR SEMINARS

Estate Planning

Explore the topic of estate planning with the expertise of a professional. An attorney will lead this educational session discussing the various estate planning topics to include wills and trusts. Program will include a question-and-answer period.

Friday, Feb. 9, 11 a.m. Free Course 32948

Staying Fit as You Age

Movement and staying active are necessary for aging well. Topics will cover appropriate activity choices while aging, functional movements exercises and healthy nutritional choices.

Friday, April 20, 11 a.m. Free Course 32949

YOUTH PROGRAMS

Karate

Master Instructor Randy Jones will teach self-defense, physical fitness, coordination, balance and discipline in this ongoing karate jutsu-style for ages 7 and up .

Tuesdays and Thursdays, 6-7 p.m.

Jan. 2-Feb. 8 \$50 Course 32959

Feb. 13- March 22 \$50 Course 32960

March 27 -May 10 (not held 4/3 & 4/5) \$50 Course 32961

Move and Create

Help your child explore their creative talents. Parents will participate with their children, ages 3-5, in various mind building exercises as well as develop motor skills. Participants will split their time between arts and crafts and physical activity.

Thursdays, 1:30-2:30 p.m.

Feb. 1-April 19 Free Course 32950

ADULT PROGRAMS

Move Your Body Dance

Learn how to dance without needing a partner. Line dancing enables you to learn how to dance to country, Latin, swing and ballroom style music. Learn popular and classic dance footwork and moves. Most importantly, this is a class to learn the joy and fun of dance.

Mondays, 7:15-8:15 p.m.

Jan. 22-Feb. 26 \$43 Course 32951

March 19-April 23 \$43 Course 32952

Introduction to Belly Dancing

Belly dancing is an increasingly popular form of recreation. This gentle, low-impact exercise features movement of the torso and arms as well as traveling steps. Wear comfortable clothing. For ages 14 and older.

The instructor will be Donna Vronek.

Wednesdays, 7:40- 8:40 p.m.

Jan. 3- Feb. 21 \$54 Course 32957

March 7-April 25 \$54 Course 32958

Intermediate Belly Dancing

Building on the basics of Middle Eastern dance, this course will include an introduction to veil dancing, figure eights, shimmies and hip articulation. Veil and finger cymbal purchases available.

Prerequisite: Six months of belly dancing classes. Wear comfortable clothes. For ages 14 and older. The instructor will be Donna Vronek.

Wednesdays, 6:30-7:30 p.m.

Jan. 3- Feb. 21 \$54 Course 32955

March 7-April 25 \$54 Course 32956

Karate

Master Instructor Randy Jones will teach self-defense, physical fitness, coordination, balance and discipline in this ongoing karate jutsu-style program for adults.

Tuesdays and Thursdays, 7-8 p.m.

Jan. 2-Feb. 8 \$50 Course 32959

Feb. 13- March 22 \$50 Course 32960

March 27 -May 10 (not held 4/3 & 4/5) \$50 Course 32961

Cardio Kickboxing

Are you looking for a fun new workout? Join us on Monday evenings as Sports Backers Fitness Warrior Lisa Clements instructs a family friendly cardio workout. This class is for all fitness levels, and is beginner friendly. What's even more awesome, is that thanks to our partnership with Sports Backers we are able to offer this class free of charge!

Mondays, 6:15-7 p.m.

Jan 8-April 30 Free



RECREATION CENTERS – ETRICK

For more information on Ettrick programs,
call Tonya Leabough at 706-2596 or
leaboughty@chesterfield.gov.

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Mayes-Colbert Ettrick Recreation Center. County residency or membership is not required to participate in the programs.

Available for rent

The Mayes-Colbert Ettrick Recreation Center in Ettrick Park, 20621 Woodpecker Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000 plus square-foot building contains a kitchen, arts and crafts room, conference room and a multipurpose room. Office hours are Monday- Thursday, 8:30 a.m.-6 p.m. and Fridays, 8:30 a.m.-noon. For more information and rentals, please call Tonya Leabough at 706-2596.

FITNESS & WELLNESS

Work It Out

Drop by for a light workout using our equipment. Items available: Exercise DVDs, 1-8 lb. weights, mats, medicine balls and exercise. Also enjoy our walking trail. Times are subject to change. Please call ahead for availability. **Not held on holidays.** Ages 18 and up.
Tuesdays and Thursdays, Jan. 2- April 26, 9:30-11 a.m.

Tabata with Taliah

This HIIT (High Intensity Interval Training) class combines hip hop moves with strength training and cardio for the perfect total body workout. HIIT consists of periods of "work" and "rest" – a method designed to help the body burn more calories than any other workout! All fitness levels are welcome. Classes are led by Sports Backers Fitness Warrior Taliah Muhammad.
Tuesdays and Thursdays, Jan. 4- April 26, 5:30-6:30 p.m.
(not held 2/6, 3/22 and 4/19) Free Course 33000

HEALTH COACHING

All topics are presented by Marie Giammarco, Certified Integrative Nutrition Health Coach. **Please register at least one week in advance for each class.**

Effects of Sugar on Your Body

This will be a discussion on the effects of sugar and its addictive characteristics. Tips will be provided on healthier sugar substitutes and how artificial sweeteners impact your health.
Thursday, Feb. 8 1-2 p.m. \$12 Course 33100

Importance of Self-Care and Your Health

Mental and emotional health are impacted by stressors in our lives. Self-care is important to help keep a positive outlook on life especially if you are a caretaker or had a loss in your life.
Thursday, March 8 1-2 p.m. \$12 Course 33101

Living an Active Lifestyle

Physical activity and relationships as we age are important. We will discuss how physical activity can keep your body healthy, as well as help improve some chronic conditions like diabetes and other inflammatory issues.
Thursday, April 12 1-2 p.m. \$12 Course 33102



OLDER ADULTS

Morning Mixer

Start your day enjoying free hot beverages and socializing with new and old friends. Participants, ages 50 and older, will enjoy playing pool, cards, board and tabletop games. Discuss the latest books you've read or movies you've seen. Take advantage of our exercise videos and stretch your muscles a bit during supervised group exercise time. If arts and crafts is more your thing, we'll have small projects that you can complete and take home. There will be occasional speakers and presenters discussing various topics relevant and important to the 50-plus generation. A monthly activity calendar will be available onsite.
Tuesdays and Thursdays, Jan. 2-April 26, 9:30 a.m.-noon
Free Course 32997

Valentine Social

Come to the Ettrick Recreation Center for an afternoon filled with socializing and Valentine treats. For ages 50 and older. Register at the center by Jan. 22.
Wednesday, Feb. 7, 11 a.m.-1 p.m. \$5

Fire and Fall Prevention: NFPA Remembering When

Remembering When™: A Fire and Fall Prevention Program for Older Adults was developed by NFPA and the Centers for Disease Control and Prevention (CDC) to help older adults live safely at home for as long as possible. Remembering When™ is centered around 16 key safety messages – eight fire prevention and eight fall prevention – developed by experts from national and local safety organizations as well as through focus group testing in high-fire-risk states. Come ready to learn and ask questions.
Thursday, Jan. 18, 2-3 p.m. Free Course 32993
Thursday, April 19, 2-3 p.m. Free Course 33103

Ready, Set, Go! Wildfire Fire Safety

The Ready, Set, Go! (RSG) Program, managed by the International Association of Fire Chiefs (IAFC), seeks to develop and improve the dialogue between fire departments and the residents they serve. The program helps fire departments to teach individuals who live in high risk wildfire areas-and the wildland-urban interface-how to best prepare themselves and their properties against fire threats.
Thursday, Jan. 25, 2-3 p.m. Free Course 33104

See Tracks? Think Train!

This program will answer the following questions: Is it legal to walk down the railroad tracks? What should you do if your vehicle stalled on the tracks? How do you stop a train if there is an emergency along the railroad track or your vehicle is stalled at a crossing? Where does Virginia rank in collisions, deaths and injuries around railroad tracks and trains? Operation Lifesaver's (OLI) mission is to end collisions, deaths and injuries at highway-rail grade crossings and along railroad rights of way. Learn more at www.oli.org.
Thursday, March 15, 2-3 p.m. Free Course 33105

RECREATION CENTERS – ETTRICK

For more information on Ettrick programs,
call Tonya Leabough at 706-2596 or
leaboughty@chesterfield.gov.

CLASSES

RUFNS Basic Computer Session

Discover the wonderful world of using computers to enhance your technology skills in just a couple of hours. Build self-confidence while having fun and entertainment. Sandra W. Ruffin, a retired business teacher, will teach at a pace appropriate for all participants. Register at least one week in advance
Monday, March 12, 5-7 p.m. \$30 **Course 32998**

RUFNS Internet Class

Participants will learn Internet terms, how to browse the Internet for information, games, email, Facebook, creating passwords and online banking. Build self-confidence while having fun and entertainment. Sandra W. Ruffin, a retired business teacher, will teach at a pace appropriate for all participants. Register at least one week in advance.
Monday, April 9, 5-7 p.m. \$30 **Course 32999**

Extreme Couponing

This class will discuss in detail where to find the best Internet coupons, how to be a smart shopper, how to begin couponing, why a sale is not always a good price, how to get the best deals and more. All participants receive a free packet of information containing money-saving tips, strategies, ideas and free coupons to assist you with saving money. **Please register at least one week in advance.**

Saturdays, 10 a.m.-1 p.m.
Feb. 17 \$10 **Course 32991**
March 17 \$10 **Course 32992**

Flying Art: Creating a Butterfly Friendly Garden

By building a simple butterfly garden, you'll help preserve the essential habitat that butterflies and other pollinators need to survive and bring more butterflies to your yard! Register by Feb. 21.
Wednesday, Feb. 28, 10:30 a.m.-noon Free **Course 33107**

FINANCIAL SEMINARS

All financial seminars are presented by a representative with Chesterfield Federal Credit Union. Register at least one week in advance.

Financial First Aid

Many events can destroy even the best plans. This workshop is specifically for those in crisis who want to focus on regaining control of their financial situation through careful financial assessment, expense prioritization and effective negotiation with creditors.
Thursday, Jan. 18, 6-7:15 p.m. Free **Course 33108**

10 Steps to Financial Success

These ten steps can help people find financial success regardless of their income. From developing a budget, to setting goals, to weighing insurance needs, this presentation covers the core concepts necessary to develop and maintain personal financial control.
Thursday, Feb. 15, 6-7:15 p.m. Free **Course 33115**

Using Credit Cards Wisely

Credit cards don't come with an owner's manual, but this presentation aims to provide one that will give you the knowledge to make wise choices for your specific situation. Areas covered include criteria for choosing a credit card, using credit to achieve your goals, debt management and ways out of credit card crisis.
Thursday, March 15, 6-7:15 p.m. Free **Course 33138**

Teens and Money

This workshop covers everything teenagers and young adults need to know in order to create a successful and enjoyable financial future. Participants will learn how to manage their money effectively, prepare for common upcoming bills, open checking and savings accounts, establish credit (and use it wisely) and build wealth through long-term investments. These ten steps can help people find financial success regardless of their income.
Thursday, April 19, 6-7:15 p.m. Free **Course 33139**

RETIREMENT PLANNING

All retirement planning seminars are presented by Larry Winningham, LUTCF with MassMutual Financial Group. Please register at least one week in advance.

Retirement Concepts

Today, more than ever before, individuals struggle with the idea of retirement. Their anxiety levels rise because they don't know when they can retire and how much they need to save to retire and stay retired. This presentation sheds light on these concerns.
Tuesday, Feb. 27, 6-7 p.m. \$20 **Course 33141**

Retirement Challenges

In a very real sense, people are living longer. However, this presentation deals with the inescapable challenges that come with long lives, e.g. quality of life, keeping up with inflation, rising health care cost, market risk and excessive withdrawals that deplete income.
Tuesday, March 20, 6-7 p.m. \$20 **Course 33142**

Sources of Retirement Income

Planning for retirement income is an important part of your long-term financial well-being. This non-branded presentation outlines common sources of retirement income including 401(k)s, IRAs (traditional and Roth), Social Security, Annuities and other secondary sources of income. This presentation also discusses permanent life insurance cash values for supplemental retirement income.
Tuesday, April 10, 6-7 p.m. \$20 **Course 33143**

RECREATION CENTERS – ETRICK

For more information on Ettrick programs,
call Tonya Leabough at 706-2596 or
leaboughty@chesterfield.gov.

YOUR PRIVATE LABEL

Making Natural Bath and Body Products for Personal Use

Natural and minimally processed bath and body products can be expensive. In this hands-on, introductory course, Sandra Morton will instruct students on how to make their own products, which will compare in purity and indulgence to the pampering products found in shops and boutiques. You will use pure carrier oils, therapeutic essential oils and other fine ingredients to make a creamy body lotion (from a base), silken massage oil and a soothing foot scrub. Participants will also be given tips on where to find recipes and formulations, where to buy ingredients, how to measure and mix ingredients, and how to calculate and convert recipe amounts. Registration fee includes all materials and supplies.

Monday, Jan. 29, 6:30-8:30 p.m. \$40 Course 33309

Sugar Scrubs and Salts Soak

Stock your bathroom with the kind of expensive bath and body products found in exclusive spas for less. In this hands-on class, learn the basics of making a revitalizing scrub, a rejuvenating soak and an exfoliating body polish. Participants will learn recipes, characteristics and unique qualities of ingredients used in making natural bath, body and spa products.

Monday, March 19, 6:30-8:30 p.m. \$40 Course 33310

SPECIAL INTEREST

Anything Goes- Active Hour

If you need to be more active in your life, this is the program for you! Individuals with disabilities, ages 18 and older, are welcome to join us for Active Hour. Participate in everything from chair yoga, aerobics, dancing and more. We won't stop 'til the hour's up.

Wednesdays, 10-11 a.m. Free
Jan. 24-Feb. 14 (not held 2/7) Course 33210
March 21-April 11 Course 33211

Snack'n It Up

Snacks are a necessity for everyday life. Learn how to make quick and easy snacks and "No-Bake" desserts to take home. Individuals with disabilities, ages 18 and older, are welcome to join the culinary fun.

Mondays, 10-11 a.m. \$5
Jan. 22 Course 33213
Feb. 12 Course 33214
March 12 Course 33215
April 16 Course 33216
May 14 Course 33217

SPECIAL EVENTS

Family Fun Time

Cards, pool and video games...OH MY! Bring the family out for a day of friendly competition and fun. Light refreshments will be served.

Open to the first 40 who register by Feb. 9.
Saturday, Feb. 24, 1-3 p.m. \$3 per person Course 33147

Eggs: Explosion of Color

Have fun designing and creating your own special Easter eggs. All coloring supplies will be provided. Bring the entire family, **along with your own hardboiled eggs** and get ready to create. For children ages 3-12. Adults must accompany children. Register by March 9.

Thursday, March 22, 5:30-6:30 p.m. Free Course 32990

Egg Hunt

The Easter Bunny is coming! Join him at Ettrick Park for our annual egg hunt. Awesome prizes will be awarded for specially marked eggs. Participants will enjoy refreshments, prizes and photos with the Easter Bunny. Bring your own basket. The hunt will begin promptly at 10 a.m. Children will be grouped according to age, ages 1-12. Adults and children must register. Open to the first 64 who register by March 9. Fills up fast, so register early! Event is held rain or shine!

Saturday, March 24, 10 a.m.-noon Free Course 32989

Dance the Night Away

Show off your dance moves and enjoy some great music and great people. Singles and couples are welcome to enjoy this fun event. There will be a DJ playing some of your favorites songs. Light refreshments will be served. For the 40-plus crowd. Open to the first 50 participants who register by March 26.

Saturday, April 14, 6:30-9:30 p.m. \$7 Course 32988

Daddy and Daughter Dance

Girls, ages 4-10, can enjoy an evening with their daddies. We will offer music, dancing, a daddy-daughter photo and light refreshments.

Open to the first 50 participants who register by April 2.
Friday, April 20, 6:30-8:30 p.m. \$7 per person Course 32987

GROUP ACTIVITIES

What's on Board?

Board games are a great way to stimulate the mind and have fun. You can sink battleships or buy property around town. Try a game that's familiar or something new. A variety of board games will be available. Not held on holidays.

Tuesdays and Thursdays, Jan. 16-April 26, 2-4 p.m. Free
Course 33144

Spades Anyone?

1 book, 2 books, 3 books, 4. Bid your best. Bring some friends and let the card playing begin. Rules will be established before the beginning of the game. Not held on holidays.

Mondays, Jan. 22- April 30, 1:30- 3:30 p.m. Free Course 33145

Double Deck Pinochle

It's double deck pinochle. This form of pinochle will be played with two decks of pinochle cards to increase the challenge. Participants of all skill levels are encouraged to join in on the fun. Meet new friends and partner up! For ages 18 and older. Other time frames may be available. Not held on holidays.

Wednesdays, Jan. 24-April 25 (not held 2/7) Free Course 33146

RECREATION CENTERS – ETTRICK

For more information on Ettrick programs, call Tonya Leabough at 706-2596 or leaboughy@chesterfield.gov.

CLUBS

Retirees Club

The time and day of each meeting will be determined by the group.

Ettrick/Matoaca's Walking Club

Days available for logging in are Monday-Thursday, 9 a.m.-6 p.m.

Single Parents Club

Are you a single parent who would like to share your experiences with other single parents? Begin your new friendships here at the Ettrick Community Building. We will provide the space, and the day and time is up to the group. If you are interested, give us a call.

HISTORY

Historic Mills of Chesterfield County: Abundance of Water Power

The presentation will provide an insightful glimpse into the history of mill power that was prevalent during the 18th and 19th centuries, from the county's oldest mill at Swift Creek to the mills at Ettrick and Matoaca. Learn about the evolution of lumber mills, grist mills, textile mills and other industry that dominated Chesterfield County.

Wednesday, March 7, 1:30-2:30 p.m. Free Course 33181

YOUTH & TEENS

Kickin' Karate

This ongoing program for participants, ages 7 and older, is appropriate for all belt levels, including beginners. Carrie Irving, certified master instructor, will teach self-defense, safety awareness, self-discipline, respect and how to avoid dangerous situations. Students may earn achievement awards such as ribbons, certificates, medals and Student of the Month. Uniforms may be purchased for an additional fee.

Mondays and Wednesdays, 7:30-8:30 p.m.

Feb. 12- March 21	\$50	Course 32994
March 26- May 2	\$50	Course 32995
May 7-June 13 (not held 5/28)	\$50	Course 32996

Tough Tots-Little Dragons Karate Club

Get ready for some kickin' karate, kids style! This program is designed to enhance self-confidence, self-esteem and physical fitness in kids, 4-6 years old. Carrie Irving, certified master instructor, will teach these tots respect, discipline and stranger danger.

Wednesdays, 6:30-7:30 p.m.

Feb. 14-March 21	\$50	Course 33001
March 28- May 2	\$50	Course 33002
May 9- June 13	\$50	Course 33003

COMMUNITY GROUPS

Alliance for Cultural Tourism (ACT)

Facilitates the cooperative development of sites, facilities and programs among cultural and historical organizations.

Details: 796-7045

Athletes in Motion (AIM USA)

An organization dedicated to providing affordable, quality programs for youth including self-defense/safety awareness and cheerleading.

Details: Susan Cooper, 804- 372-3331 or infoaimusa@gmail.com

Baton Twirling

Royalettes Baton Corps

Details: Diane Gunnels, 306-7629 or www.royalettesbaton.com

Bushin-kan Karate

Details: Barry Edelman, 310-2810, or www.bushin-kan.org

Chesterfield Community Band

Details: Robert Coghil, 748-5990, or www.ccband.org

Chesterfield County Choral Society

Details: Rebecca Smith, 271-9803 or www.chesterfieldcountychoralsociety.com

Chesterfield Pickleball Club

Details: Linda Scott, 683-8481

Chester Knights Fencing Club

Details: Mark Logan, prévôt USFCA, 359-4152 <https://chesterknightsfencing.wordpress.com>
Facebook: Chester Knights of Karl Przystawik Fencing Club Chesterfield County

River City Crew

Youth rowing program for 8th-12th grade students in the Richmond area. Learn-to-Row programs -spring, summer and fall.

Details: Tom O'Rourke, 804-356-2799 www.rivercitycrew.com

The Ruff House Dog Park

Details: www.ruffhousedogpark.com or officers@ruffhousedogpark.com

Sophisticats Ballroom Dancing

Details: Shirley Callahan, 320-2882

Virginia Boat Club

Provides recreational and competitive rowing to the community and high schools.

Details: Henry Holswade, 320-2984, or www.virginiaboatclub.org

XZone Skate Park

This skate park is a cooperative skate program between Chesterfield Parks and Recreation and XZone, and offers after-school and summer programming.

Details: 715-3232 or www.xzoneva.org

RECREATION CENTERS – STONEBRIDGE


NEW

For more information on Stonebridge programs,
Judy Jones, 751-4135 or jonesj@chesterfield.gov.

STONEBRIDGE RECREATION CENTER

230 Karl Linn Drive, North Chesterfield, VA
Contact: Judy Jones, 751-4135



YOUTH/ADULT PROGRAMS

Kickin' Karate-Youth

This ongoing program for participants, ages 7 -17, is appropriate for all belt levels, including beginners. Carrie Irving, certified master instructor, will teach self-defense, safety awareness, self-discipline, respect and how to avoid dangerous situations. Students may earn achievement awards such as ribbons, certificates, medals and Student of the Month. Uniforms may be purchased for an additional fee.

Mondays and Wednesdays, 4-5 p.m.	\$50	
March 5-April 11		Course 33344
April 16-May 23		Course 33345

50+ PROGRAMS

Volleyball

Join fellow seniors for weekly recreational play. Come ready to bump, pass and set.

Tuesdays, March 6-April 24, 9:30-11 a.m.	Free	Course 33398
--	------	---------------------

Badminton

Come re-learn the game you grew up with! Join fellow players for weekly recreational play.

Wednesdays, March 7-April, 9:30-11:30 a.m.	Free	Course 33399
--	------	---------------------

Pickleball

This fast-growing sport is a combination of tennis, badminton and ping-pong played on a badminton sized court. Pickleball is played with a perforated plastic ball and wooden, composite, or graphite paddle. Rotation Play- Organized play where players line their paddles up on the wall. Starting on the left, the first four paddles are next in line to play when a court becomes available.

Mondays, March 5-April 30, 10:30 a.m.-12:30 p.m.		
Thursdays, March 1-April 26, 9:30-11:30 a.m.	Free	Course 33451

Introduction to Pickleball

Slow-paced for those who have never played a paddle/racquet sport and those who are new to playing pickleball. Time will be spent on learning the rules, serving, forehand, backhand, court position, and scoring. Some players will be considered a beginner/social player at the end of this class. There will be some drills and some time to play. All equipment provided. Court shoes and glasses are recommended.

Thursdays, April 5-26, noon-1:30 p.m.	\$39	Course 33442
---------------------------------------	------	---------------------

Chair Fitness

This is a combination of low impact aerobic exercises from the comfort of your chair. Some strength training included. Please bring your own hand weights. Instructed by Sherella Brown.

Mondays, 11:15 a.m.–noon

March 5-26	\$10	Course 33401
April 2-30	\$12.50	Course 33402

Thursdays, 10-10:45 a.m.

March 1-29	\$12.50	Course 33403
April 5-26	\$10	Course 33404

Low Impact Aerobics

This is a cardiovascular workout to basic steps that includes warm-up and cool down exercises. Some strength training included. Please bring your own hand weights. Instructed by Sherella Brown.

Tuesdays, 9-10 a.m.

March 6-27	\$16	Course 33405
April 3-24	\$20	Course 33406

Thursdays, 9-10 a.m.

March 1-29	\$20	Course 33407
April 5-26	\$16	Course 33408

Zen Movement

An introduction to the 4 most widely practiced forms of Eastern Movement; Meditation, consisting of guided relaxation and brief meditation period, Tai Chi, using an easy to learn Sun Style form, Qigong, elementary breathing exercises, and Yoga, consisting of gentle, seated postures and stretches. This class is designed to help the participant learn and build an individual practice of one or all of these mind and body exercise forms. Open to all ability levels and suitable for seated participants. Wear loose clothing and flat, comfortable shoes, no flip-flops, please.

Thursdays, noon-12:45 p.m. \$25

March 1-29	Course 33409
April 12-May 10	Course 33410

Tai Chi - Sun Style 31

Learn the Sun Style 31 Form! A restorative and rehabilitative form that is easy to learn and remember, this form helps to improve balance, breathing, brain function and body strength! Sun Style 31 Tai Chi form is suitable for participants of any ability level and is easily adaptable for seated participants. Wear loose clothing and flat, comfortable shoes, no flip-flops, please.

Thursdays, 11-11:45 a.m. \$25

March 1-29	Course 33411
April 12-May 10	Course 33412

Gentle Yoga

A gentle yoga class for participants of any ability level, including seated participants. This class introduces many adaptations of well-known postures and positions making them suitable for the senior practitioner or for a participant new to yoga. Yoga is for everyone! Increase flexibility, balance, and strength! Wear comfortable, loose fitting clothing.

Mondays, 11:45 a.m.-12:30 p.m. \$25

Feb. 26-March 26	Course 33415
April 9-May 7	Course 33416

RECREATION CENTERS – STONEBRIDGE


NEW

For more information on Stonebridge programs,
Judy Jones, 751-4135 or jonesj@chesterfield.gov.

Strength, Balance & Core

This class is designed to increase muscular strength and endurance, improve range of motion, and prepare you to handle daily activities more easily. Exercises designed to engage the core and improve balance and agility will be incorporated.

A chair will be used for seated and/or standing support. Please bring your own light hand weights and resistance tubes. All levels welcome. Instructed by Kathy Maguire.

Tuesdays, 3:30-4:15 p.m. \$25
March 6-April 3 **Course 33413**
April 10-May 8 **Course 33414**

Chair Yoga

This 45-minute yoga class will increase strength and flexibility as well as reduce stress while using an optional chair for both sitting and standing postures. When standing, the chair may be used for balance or support. If a chair is not needed, a mat may be used. All levels welcome. Instructor is Kathy Maguire.

Thursdays, 1:15-2 p.m. \$25
March 8-April 5 **Course 33418**
April 12-May 10 **Course 33420**

Kickin' Karate-50+

This ongoing program for participants, ages 50 and older, is appropriate for all belt levels, including beginners. Carrie Irving, certified master instructor, will teach self-defense, safety awareness, self-discipline, respect and how to avoid dangerous situations. Students may earn achievement awards such as ribbons, certificates, medals and Student of the Month. Uniforms may be purchased for an additional fee.

Wednesdays, 10-11 a.m. \$50
March 7-April 11 **Course 33346**
April 18-May 23 **Course 33347**

LOVE TO LINE DANCE

Instructed by Bev Martin.

Beginner Line Dancing

Learn some of the latest line dance steps and the basic steps to a variety of different music. No experience needed.

Tuesdays, March 6-April 10, 10-11 a.m. \$38 **Course 33438**

Intermediate Line Dancing

Have fun while exercising. Learn line dancing steps to a variety of different music. This class is designed for those with experience.

Tuesdays, March 6-April 10, 11 a.m.-noon \$38 **Course 33440**

TECHNOLOGY TODAY

Classes fill fast. Please register early and in advance. Instructed by Thinking Cap Technologies.

Introduction to the Tablet

Tablets are small, touch-screen computers that are changing the way many of us look at computers and mobile devices. This two-day class is for those with little or no knowledge of tablets. Learn to understand the differences between e-readers and tablets. Learn how to turn your tablet on and off, to access Wi-Fi, about the settings on your tablet and how to install applications. Bring your own tablet, fully charged and ready to go. No pre-requisites required. Mondays, March 26 and April 2, 10 a.m.-noon \$26 **Course 33443**

Prerequisites required for the following classes: Knowledge of Turning the Computer/Tablet On and Off; Knowledge of Accessing Wi-Fi; Settings; Applications/Programs.

Intro to Facebook — Communicating with Friends and Family

This introductory class will provide you with a hands-on experience for one of the most popular social media sites. The class will teach the basic skills needed to connect and engage with your family and friends. Bring your own fully-charged laptop. Prerequisites required see above.

Monday, March 12, 10 a.m.-noon \$13 **Course 33444**

Introduction to Windows 10

Windows 10 is the latest version of Microsoft's operating system for PCs and tablets. Learn the basic operations of Windows 8 and 8.1 through introduction to Microsoft's Windows 10. Bring your own fully-charged laptops or tablets. Prerequisites required, see above.

Monday, April 23, 10 a.m.-noon **Course 33445**

Deco Mesh Wreath — Spring Theme

Beautiful deco mesh wreaths are easy and quick to make! Deco mesh can be used indoors or out. It's perfect for celebrating the seasons and holidays, as well as life's special events. In this class, you will learn how to make a seasonal wreath. Materials provided. Instructed by Lizzy Markham.

Wednesday, March 7, 10 a.m.-noon \$25 **Course 33421**

Sculpey Clay Magical Creations

During this four-week class you will use this magical, miracle clay to create items for everyday use, gifts and special occasions. Fee includes instruction, materials and lots of fun.

Tuesdays, March 6-27, 10-11:30 a.m. \$45 **Course 33441**

RECREATION CENTERS — STONEBRIDGE


NEW

For more information on Stonebridge programs,
Judy Jones, 751-4135 or jonesj@chesterfield.gov.

LECTURES

The AARP Smart Driver Course

Offered by AARP Driver Safety, this is the nation's first and largest refresher course designed specifically for drivers age 50 and older. Courses are offered in a traditional classroom setting taught by AARP-trained volunteers. Following completion of this eight-hour course, a certificate of completion will be issued. Please bring a snack or lunch.

Monday and Tuesday, April 16 and 17
10 a.m. - 2 p.m.

Course 33452

AARP Members: \$15/ Non-Members \$20 payable on site to the AARP instructor. Check or cash only, no credit cards.
Must pre-register by April 9

Improve your Environment, Improve your Health

Get advice on improving your environment by maximizing your space, minimizing safety hazards, and creating a pleasant space. This improves productivity, overall health and increases quality of living.

Wednesday, April 18, 10-11:30 a.m. \$5 **Course 33454**

DROP-IN

No registration required

Bingo

Join us for bingo and you might win a prize! You may play up to four cards. Drop-ins welcome, registration is recommended.

Fridays, 12:30- 3:30 p.m.
Begins March 9

Come Out and Play

Relearn the games you grew up with and learn a few new ones to include Scrabble, Card Games, Hand and Foot, Bridge, Monopoly, Uno, Puzzles, and Mexican Train. Card players must have partners.

Tuesdays and Thursdays, 12:30-3:30 p.m.
Begins March 6

Hand & Foot

Bring your friends and join fellow game enthusiasts to play your favorite card game Hand and Foot. Card players must have partners. If you would like to be a sub or learn more about the game please call for details.

Mondays, 12:30-3:30 p.m.
Begins March 5

Hobby Central (Arts and Crafts)

Do you have a favorite hobby? Come out and bring what you are working on! Knitting, crocheting, hand sewing and small craft projects are popular. We enjoy socializing with friends and meeting some new ones. Registration not required.

Mondays, 10 a.m. - 1 p.m.
Begins March 5

SPECIAL EVENTS

Luncheon

Invite your friends and join us for lunch. Must register one at least one week in advance. Lunch provided by Elmcroft of Chesterfield. Music provided by Eddie Sal.

Wednesday, April 18, noon-1:30 p.m. Free **Course 33453**

Strength, Balance & Core

This class is designed to increase muscular strength and endurance, improve range of motion, and prepare you to more easily handle daily activities.

FOR MORE 50+ PROGRAMS:

Call us to be placed on the mailing list and receive a complete listing of programs in the 50+ Active Lifestyles Brochure.

Monthly calendars are posted on our website.

Check out our website: www.chesterfield.gov/activelifestyles/

Like us on Facebook @chesterfieldvaparksrec

