

COMMUNITY BUILDINGS – BENSLEY

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

Available for rent

The Bensley Community Building 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 wish and come as often as you wish during the month. The classes will be 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.

May 1-31	\$30	Course 31613
June 1-29	\$30	Course 32403
July 3-31	\$30	Course 32404
Aug. 1-31	\$30	Course 32405
Sept. 5-28	\$30	Course 32406

Aerobics

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

Specialty Classes

We will be offering a variety of fitness classes each day after aerobics. These classes may include: Stretch, Core, Kick Boxing, Body Toning, Strength Training, and Extreme Cardio. Classes will vary month to month. A monthly class schedule is available at the community building.
Monday-Thursday, 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.
Monday-Thursday, 10:45- 11:30 a.m.

CARD GROUPS

Canasta and Dominoes Group

Join this group and play canasta or dominoes for fun. People of all skill levels are encouraged to participate. This program is ongoing.
Tuesdays, May 2-Aug. 29, 11 a.m. -4 p.m. Free Course 32421

Pinochle Card Group

Meet new friends while playing pinochle. Beginners can join at any time to learn this game. Bring your lunch and spend some time with us. Program is ongoing.
Wednesdays, May 3-Aug. 30, 10 a.m.- 4 p.m. Free Course 32422

Bridge Card Group

This program is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must preregister one week prior to playing.
Thursdays, May 4-Aug. 31, 9:30 a.m.-noon Free Course 32423
Details: Joyce Wenberg, 796-6218.

Hand & Foot Card Group

Join other seniors for a game of Hand & Foot. Beginners can join at any time to learn this card game similar to Canasta.
Fridays, May 6-Aug. 25, 9 a.m.-noon Free Course 32424

SENIOR SEMINARS

Senior Travel

Is it time to get away and explore new places? Join Karolyn Hall with Signa Tours for this informative session discussing senior travel opportunities. Advanced registration required.
Friday, May 12, 11 a.m. Free Course 32506

Estate Planning

Explore the topic of estate planning with a professional. An attorney will lead this educational session that covers various estate planning topics, including wills and trusts. The program will include a question-and-answer period.
Friday, August 11, 11 a.m. Free Course 32507

COMMUNITY BUILDINGS – BENSLEY

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

SPECIAL EVENTS

American Traditions Potluck

Seniors, join us for a cookout as we celebrate America's freedom and traditions. Entertainment will be provided. Bring a friend and your favorite dish to share.
Monday, June 26, noon- 2 p.m. Free

National Night Out

Get involved in your community. National Night Out is designed to bring neighbors together, increase safety awareness and strengthen our community for a safer future for our children. Come to Bensley Park for a night of entertainment and fun. No registration is required for this event.
Tuesday, Aug. 1, 6-9 p.m. Free

Celebrating Elvis Potluck

Seniors, come celebrate the music of the Elvis Presley. Entertainment will be provided. Bring a friend and your favorite dish to share.
Monday, Aug. 14, noon-2 p.m. Free

ADULT PROGRAMS

Move Your Body Line Dance

Learn how to dance without needing a partner. Line dance enables participants 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. The instructor will be Michael Weeks.
Mondays, 7:15- 8:15 p.m.
May 15- June 19 \$43 Course 32412
July 10-Aug. 14 \$43 Course 32413

Bensley Park Walking Club

Did you know walking helps you to maintain healthy weight, strengthen bones and lower blood pressure? All great reasons to join us for this after-work walking club. Participants meet at Bensley Park shelter to stretch before each walk. Walks will be led by Melanie Noise.
Wednesdays, 6-7 p.m.
May 24- Aug. 16 Free Course 32414

Karate

Master Instructor Randy Jones will teach self-defense, physical fitness, coordination, balance and discipline in this karate-jitsu-style program for those ages 7 and up. Youth will be instructed from 6-7 p.m., and adult and advanced-level participants will be instructed from 7-8 p.m.
Tuesdays and Thursdays, 7-8 p.m.
May 16-June 22 \$50 Course 32409
June 27-Aug. 3 \$50 Course 32410
Aug. 8-Sept. 21 (Not held 8/22 or 8/24) \$50 Course 32411

Introduction 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 those ages 14 and older. The instructor will be Donna Vronek.
Wednesdays, 7:40-8:40 p.m.
May 17-June 21 \$41 Course 32417
July 12-Aug. 16 \$41 Course 32418

Intermediate to 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 those ages 14 and older. The instructor will be Donna Vronek.
Wednesdays, 6:15-7:15 p.m.
May 17-June 21 \$41 Course 32415
July 12-Aug. 16 \$41 Course 32416

YOUTH PROGRAMS

Summer Hang Time

Children, ages 8-13, can spend their summer afternoons with us, participating in outdoor and indoor activities including sports, games, video games and arts and crafts. Fee includes two field trips. Space is limited to the first 30 participants who register by June 30.
Mondays - Thursdays, July 10-Aug. 3, 2-5 p.m. \$10 Course 32419

Move and Create

Help your child explore their creative talents. Parents will participate with their children, ages 2-5, in various mind-building activities designed to develop motor skills. Participants will split their time between arts and crafts and physical activity.
Thursdays, May 11-June 22, 1:30-2:30 p.m. Free Course 32420

Karate

Master Instructor Randy Jones will teach self-defense, physical fitness, coordination, balance and discipline in this karate-jitsu-style program for those ages 7 and up. Youth will be instructed from 6-7 p.m. and adult and advanced-level participants will be instructed from 7-8 p.m.
Tuesdays and Thursdays, 6-7 p.m.
May 16-June 22 \$50 Course 32409
June 27-Aug. 3 \$50 Course 32410
Aug. 8-Sept. 21 (Not held 8/22 or 8/24) \$50 Course 32411

COMMUNITY BUILDINGS – ETTRICK

For more information on Ettrick programs,
call Tonya Jones at 706-2596 or
jonesty@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 Community Building. County residency or membership is not required to participate in the programs.

Available for rent

The Mayes-Colbert Ettrick Community Building 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 Jones at 706-2596.

FITNESS & WELLNESS

Work It Out

Drop by for a light workout using our equipment. Items available: Exercise DVD's, 1-8 lb. weights, mats, medicine balls and exercise bands. Also enjoy our walking trail. Times are subject to change. May call ahead for availability. Not held on holidays. Ages 18 and up. Tuesdays and Thursdays, 9:30-10:30 a.m., May 2-Aug. 31 (Not held 6/20 or 7/4)

Lifestyle/Health Coaching



All topics are presented by Marie Gianmarco. Certified Integrative Nutrition Health Coach. For ages 50+.
Thursdays, 1-2 p.m. \$12

Your Overall Health and Wellness

This class will help you set small achievable goals for health and wellness, as well as how to successfully accomplish them.
June 8 **Course 32500**

Eating Healthy

We will discuss the importance of eating healthy with a discussion of foods that you should eat and add to your diet to achieve optimum health.
June 22 **Course 32501**

Weigh Less and Live More

Discussion and tips on how to safely drop pounds and feel satisfied.
Aug. 10 **Course 32502**

Having a Healthy Body Image over 50

As we age, our bodies go through normal physical changes. Many people have serious issues with acceptance of their bodies. This is a discussion on ways to accept ourselves as we are.
Aug. 24 **Course 32503**

Get Maximum Results with Fit by Benns, LLC Fitness Classes

This husband and wife team will take you through boot-camp style fitness class using body-weight, various exercise equipment, dance and end with relaxing stretching. You will work your entire body while listening to music. Open to all fitness levels. Modified exercise provided.
Tuesdays, May 2-June 6, 7-8 p.m. \$60 **Course 32505**

Tabata with Taliah

This HITT (High Intensity Interval Training) class combines hip hop moves with strength training and cardio for the perfect total body workout. HITT 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, May 2-Aug. 31, 5:30-6:30 p.m.
(not held 7/4 and 8/1) Free **Course 32504**



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 exercise videos and stretch your muscles during supervised group exercise. If arts and crafts is more your thing, there will be small projects to complete and take home. There will be occasional presentations of various topics relevant and important to the 50-plus generation. A monthly activity calendar will be available onsite.

Tuesdays and Thursdays, 9:30 a.m.-noon, May 2-Aug. 31 Free
Course 32472

Morning Billiards

Are you a pool shark? Our game room is open for laughs and friendly competition. For ages 50 and older. Must call and register before attending. Not open on holidays.

Mondays and Wednesdays, May 16-Aug. 31, 9:30-11:30 a.m. Free

Summer Social

Summer is here. What better way to celebrate than with friends at the Ettrick Community Building. Open to the first 60 people, ages 50 and older. Must register at the building by May 25.

Wednesday, June 21, 11 a.m.-1 p.m. \$5

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.

Thursday, May 4, 5-7 p.m. \$30 **Course 32490**
Thursday, July 6, 6-8 p.m. \$30 **Course 32492**

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.

Thursday, June 1, 5-7 p.m. \$30 **Course 32491**
Thursday, July 27, 6-8 p.m. \$30 **Course 32493**

Crafting with Eileen

Bring your own T-shirt to paint a celestial sun and the words "hot fun in the summertime" on it. Eileen will show you the techniques and you will apply them. An example will be available at the building.

Thursday, June 22, 11:30 a.m.-1:30 p.m. \$6 **Course 32494**

COMMUNITY BUILDINGS – ETTRICK

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

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 in saving money. Register at least one week in advance.

Wednesday, June 14 10 a.m.-1 p.m.	\$10	Course 32467
Saturday, July 15 10 a.m.-1 p.m.	\$10	Course 32468
Saturday, Aug. 19 10 a.m.- 1 p.m.	\$10	Course 32479

YOUTH & TEENS

Creative Play

Calling all preschoolers from A-Z to participate in creative arts and crafts and reading activities. Mrs. Briggs, a retired librarian from the Petersburg Public Library, will read books related to nature followed by an arts and crafts activity. Parents and children, ages 3-5, are welcome. Open to the first 15 participants.

Wednesdays, 9:30-11 a.m.		
May 24-June 28 (not held 6/21)	\$10	Course 32498
July 26-Aug. 30	\$10	Course 32499

Kickin' Karate

This ongoing program for participants, ages 7 and older, is appropriate for all belt levels, including beginners. Carrie Irving, certified Tae Kwon Do 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.		
May 8- June 14 (not held 5/29)	\$50	Course 32469
June 19- July 26	\$50	Course 32470
July 31-Sept. 13 (not held 8/21, 8/23 or 9/4)	\$50	Course 32471

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, ages 4-6. Carrie Irving, certified Tae Kwon Do master instructor, will teach these tots respect, discipline and stranger danger.

Wednesdays, 6:30-7:30 p.m.		
May 10- June 14	\$50	Course 32476
June 21-July 26	\$50	Course 32477
Aug. 2- Sept. 13 (Not held 8/23)	\$50	Course 32478

Summer Dayz at Ettrick

Join us for four weeks of adult-supervised fun! Children, ages 10-15, can stay active participating in outdoor and indoor activities, including sports, games, billiards, video games, ping pong and arts and crafts. There will be special on-site activities and local field trips. Space is limited to the first 30 participants who register by July 10.

Monday-Thursday, 1-5 p.m.		
July 10-Aug. 3	\$30	Course 32474

SPECIAL INTEREST

Expressive Movement

This is open time for individuals with disabilities and their care providers to use our resources and equipment for activities. Recreation may include bowling, parachute games, exercising and stretching, board games and socializing. Space is limited. Please register at least one week in advance.

Mondays, 10:30- 11:30 a.m.	
May 8- June 26 (Not held 5/29) & Aug. 7-28	Free

SPECIAL EVENTS

Dance the Night Away

Come out, couples and singles, to show off your dance moves and enjoy some great music and great people. There will be a DJ playing some of the best old songs to take you back down memory lane as well as new songs to bring you back to 2017. Light refreshments will be served. There will be a black and silver theme. For the 40-plus crowd. Open to the first 50 participants who register by June 5.

Saturday, June 24, 6:30-9:30 p.m.	\$7	Course 32495
-----------------------------------	-----	--------------

National Night Out Neighborhood Bash

The Mayes-Colbert Ettrick Community Building staff and College Park would like you to join them for a free, fun and safe community event at Ettrick Park. This is an opportunity to meet others in your community and build relationships. There will be food, a disc jockey spinning tunes, a moonwalk, give-a-ways, games and other fun activities. Chesterfield County Parks and Recreation and College Park Neighborhood Watch will host this event.

Tuesday, Aug. 1, 6-8 p.m.	Free	Course 32473
---------------------------	------	--------------

COMMUNITY CLUBS

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.

Wednesdays, 1-6 p.m.		
May 10-June 21	Free	Course 32496
Aug. 2-30	Free	Course 32497

MAH — Mommies at Home

Are you a stay-at-home mom who would like to meet others that stay at home too? You might be able to find other mothers and children to create play dates with. We can provide the space; the day and time of your meeting is up to the group. Call for details.

Ettrick/Matoaca's Walking Club

Did you know that Ettrick Park has a walking trail? Come out, take a look and let's form a walking club. We will collect the names and you can set your own schedule. We can keep a log of when you are walking. Days available for logging in are Monday-Thursday, 9 a.m.-5:30 p.m.