

50+ ACTIVE LIFESTYLES

The following active/sports programs are considered to be recreational play designed to encourage an active lifestyle. Come join in on an activity, meet new friends, improve your skills or get ready to compete in the Virginia Senior Games.

Tennis

Organized for tennis players of all levels, ages 50 and older. Meet new tennis partners during weekly play. Previous tennis experience is necessary. Times will vary according to the season.

Rockwood Park, 3401 Courthouse Rd. (courts 1-4)

Mondays, 9-11 a.m.

Free Course 32774

Details: Susan Miller, 751-4753

Horseshoe Pits

Grab those horseshoes from the closet, clean them up and head to the horseshoe pits located by the basketball courts at Rockwood Park. Gather a group of friends and play your favorite game of horseshoes. The pits are available for your enjoyment on a first-come, first-served basis.

Rockwood Park, 3401 Courthouse Road

Men's Basketball

Men, ages 50 and older, can join for weekly recreational play.

Swift Creek Elementary, 13800 Genito Road

Mondays, 6:30-9 p.m.

Free Course 32613

Jan. 8-May 14, (not held 1/15, 2/19, 4/2)

Details: Susan Miller, 751-4753

Daytime Men's Basketball

Men, ages 50 and older, can join for weekly recreational play.

Huguenot Road Baptist Church, 10525 W. Huguenot Road

Tuesdays, Jan. 9-April 24 (not held 4/10) 2-3:30 p.m. Free

Details: Kim Graves, 212-8815

Course 32916

Volleyball

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

Hopkins Elementary, 6000 Hopkins Road

Mondays and Wednesdays, 6:30-9 p.m.

Jan. 3-May 16 (not held 1/15, 2/19, 4/2 and 4/4) Free Course 32614

Details: Susan Miller, 751-4753

Indoor Badminton

Come and play the game you grew up enjoying! Join fellow players for weekly recreational play. Registration required.

Huguenot Road Baptist Church, 10525 W. Huguenot Road

Mondays, Jan. 8- April 30 (not held 1/15, 4/2, 4/9) 2-4 p.m. Free

Details: Kim Graves, 212-8815

Course 32896

Golf

Designed for golf players of all levels, ages 60 and older, who can keep up with four hours of play. You must register at least one week in advance. Proper golf attire required. Fee includes golf, a golf cart and prizes, payable on site.

Providence Golf Course, 1160 S. Providence Road

Wednesdays, April 4-6-Oct. 26, 9 a.m.

(Call for \$)

Details: Bob Bergin, 794-1097 or Dave Flynn, 272-1712

Chesterfield on Foot - Walking Club

We enjoyed exploring Chesterfield County trails and parks so much that we decided to continue this program into the winter and spring. Come join us and get fit while meeting new walkers. We will be documenting steps and celebrating miles. Organized walks will be led by Parks and Recreation Staff on the first and third Monday of each month at different locations, weather permitting. Register in advance. Call Susan for cancellation message.

1st and 3rd Monday, 9 a.m.

Free Course 32241

(not held 1/1 and 1/15)

Feb. 5: Rockwood Park Nature Center (1.5 mi), 3401 Courthouse Road

Feb. 19: Huguenot Park (2.3 mi) 10901 Robious Road – Meet at the playground

March 5: Government Center Trail System (1.4 mi), 9501 Lucy Corr Circle — meet at the trail sign behind Smith-Wagner Building

March 19: Harry G. Daniel Park at Iron Bridge (1 mi.), 6600 Whitepine Road — meet at shelter 3

April 2: Mid-Lothian Mines Park (1.6 mi), 13301 North Woolridge Road

April 16: Robious Landing Park, 3800 James River Road, (Loop Trail 1.5 mi), meet at Shelter 2

Details: Susan Miller, 751-4753

DANCE

Spring Dance — Hawaiian Luau

This annual dance is for Chesterfield County residents, ages 50 and older. Great music will be provided by Spectrum. Space is limited, and preregistration is required. Supported by Chesterfield County Parks and Recreation, Chesterfield County Public Schools and the Office of the Senior Advocate.

Thomas Dale High School, 3626 W. Hundred Road

Friday, May 11, 7-10 p.m.

Free Course 33352

Register by May 4

Sophisticats Ballroom Dance Club

Dancing is great exercise! Beginner and experienced dance couples can meet new friends and practice dance steps.

Meets on the second Friday of each month, 7 p.m.

September-June

Tomahawk Creek Middle School,

1600 Learning Place Loop

Details: Shirley Callahan, 320-2882

For 50+ Outdoor Adventure Programs,
see page 33.

50+ ACTIVE LIFESTYLES

For more information on
50+ Active Lifestyles Programs,
contact Judy Jones at 751-4135 or jonesj@chesterfield.gov

PICKLEBALL CLASSES

Instructed by: Linda Scott pickleball4all@aol.com (804) 683 8481
Details: Susan Miller, 751-4753

Beginner Pickleball

Designed for those who have never played or are new to playing the game. It is slow-paced and designed for those who need more time to learn how to play well enough to enjoy the game. Time will be spent on learning the rules, serving, forehand, backhand, court position and scoring. Most players will be considered a beginner/social player at the end of this class and will be ready to join practice groups to gain more experience. There will be some drills and time to play. All equipment provided. This class may be repeated before players are ready to move to the next level. Glasses are recommended and court shoes/tennis shoes are required – no walkers/runners/cross trainers.

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road
Wednesdays, April 4-25, 5:30-7 p.m. \$39 Course 32904
Saturdays, April 7-28, 2-3:30 p.m. \$39 Course 32903

Advanced Beginner Pickleball

This class is for those who have: (1) passed the beginner class (2) have taken the mini-lessons given on the court at various locations AND played for at least three months, or have current experience with tennis, badminton or racquetball. The class moves fast to get you up to the low-intermediate level as soon as possible. We will work on consistency in basic shots, coming to the nets and dinks. There will be lots of drills and very little time to play. Proper court shoes and safety glasses are recommended. You will need instructor's permission to take this level.

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road
Wednesdays, April 4-25, 7:15-8:45 p.m. \$39 Course 32932
Saturdays, April 7-28, 3:45-5:15 p.m. \$39 Course 32905

Pickleball Strokes and Strategy

This class is for those who have been playing pickleball for at least six months with success in the basic areas, but who want to take their game to the next level. Learn to play smarter, not harder. This class is all drills, with some using the Tutor pickleball throwing machine. We will be working on handling lobs, handling "bangers," the third shot-drop or drive and doubles strategy. People say it's a lot of work but still fun! At the end of this class and after practicing these skills, you will be a good solid low-intermediate player 3.0. You will need permission from the instructor to take this class.

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road
Sundays, April 8-29, 2-3:30 p.m. \$39 Course 32906



Pickleball Play Locations

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/graphite paddle. Free

Rotation Play- Organized play where players line their paddles up on the fence. Starting on the left, the first four paddles are next in line to play when a court becomes available.

Drop-in Play- Courts are available for use on a drop-in basis, first-come, first-served.

Outdoor Locations (weather permitting) have blended lines on tennis courts and are available for **Drop-in Play**:

- Chesterfield Career and Technical Center, 13900 Hull Street Road
- Goyne Park, 5300 Ecoff Avenue
- Dodd Park at Point of Rocks, 201 Enon Church Road
- Swift Creek Middle School, 3700 Old Hundred Rd. (closed 8 a.m.-3 p.m. school days)

Rotation Play during scheduled times:

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road

Indoor Location Rotation Play

St. Marks United Methodist Church, 11551 Lucks Lane

Fridays, 12:30-3 p.m. Course 32778

Detailed monthly schedule available at www.chesterfield.gov/pickleball/, or call us to have one sent to you. Monthly schedule is posted at the Scott Pickleball Center. Schedule is subject to change. Details: Susan Miller, 751-4753

For more information on 50+ Active Lifestyles Programs, call Judy Jones at 751-4135 or jonesj@chesterfield.gov.

THE CHESTERFIELD TRAVELER

SPECIAL TRIP INFORMATION YOU SHOULD KNOW

Registration Information: Trips are filled on a first-come, first-served basis. A receipt represents a completed registration.

Trip Refund Information: Refund requests must be made in writing at least 30 days prior to the start of the trip. Because trips require an earlier confirmation with our vendor, this more advanced notice of your cancellation is required to receive a refund. If a change in day, time or location prohibits you from attending, we will be happy to refund your fee. Simply mail your written request at least one week prior to its start.

If you must cancel: Because some trips require earlier confirmation, a more advanced notice of your cancellation is required to receive a refund (at least 30 days in advance). Call us to see if there is a waiting list or we will work with you to allow someone to take your place.

Special Forms: All participants will be required to sign a Medical Release and Assumption of Risk Form, to participate, which will be mailed to you prior to the trip.

Need a little extra help: If you plan to travel but have a special request, such as motion sickness, are a little slow in walking or have special diet requests give us a call and we can discuss your needs. Call Judy Jones, 751-4135, at least three weeks prior to the trip.

“Mamma Mia” at Riverside Theatre

The Riverside Centre for the Performing Arts presents . . . “Mamma Mia!” the ultimate feel-good show that has audiences coming back again and again to relive the thrill. You’ll hear all of ABBA’s greatest hits . . . “Dancing Queen,” “S.O.S.,” “Super Trouper,” “Take A Chance on Me,” “The Winner Takes It All,” and more! Sophie dreams of a perfect wedding where her father will give her away. The only problem is that she does not know who he is and her mother, Donna, refuses to discuss the past. Determined to figure it out, Sophie secretly invites three possible fathers to the wedding, only to discover the truth is not so clearly discernible. It’s an enchanting tale of love, laughter and friendship that only gets better with age. Enjoy a mouth-watering plated lunch prior to the matinee. A quick stop will be made at Russell Stover Candy Outlet en route to Riverside. Fee includes transportation, plated meal at Riverside Theatre, matinee performance of “Mamma Mia,” taxes & gratuity for meal, driver gratuity.

Wednesday, Feb. 28 \$ 132 **Course 33207**
 Pick up: Christian Life Church, 9:30 a.m.; Return 6:30 p.m.
 Pick up: Chippenham Hospital, 10 a.m.; Return 6 p.m.



An Annapolis Culinary Experience

Many of the houses and public buildings in Annapolis are more than two hundred years old. This tour to Annapolis is not only going to highlight the history - but we’ve added a special “culinary twist” where you’ll be sampling food at each stop.

Once arriving in Annapolis, the first stop is Ram’s Head Tavern & Brewery, where you’ll enjoy their Maryland-inspired Cream of Crab Soup. A riding tour of Annapolis will highlight the Grand Georgian Mansions, the City Dock area and the new World War II Memorial. Enjoy lunch at a popular downtown restaurant, Blackwall Hitch. Lunch includes a house salad and choice of Entrée. See list below and give entrée choice when you register. Non-alcoholic beverage also included. Your “Annapolis Culinary Experience” continues at the historic William Paca House & Gardens where you will enjoy a dessert unique to Maryland — the 10-layer Smith Island Cake! This breathtaking home has been restored to its colonial-era splendor. Visiting this home will give you a true sense of what it was like to be a part of the high-society of Annapolis during the 1700s. There will be time to explore the specialty shops in downtown Annapolis before departing for home. Fee includes transportation, step on guide, admissions, meal, all taxes and gratuities.

Tuesday, June 5 \$186 **Course 33208**

Lunch Choice:

- Lump Crab Linguine Skillet
(Linguine Pasta served with saffron lemon cream and lump Maryland blue crab meat)
 - Eastern Shore Chicken and Grits Skillet
(Grilled Chicken with tomatoes in a white wine sauce served over Maryland white corn grits)
- Pick up: Christian Life Church, Chester, 6:30 a.m.; Return 8 p.m.
 Pick up: Chippenham Hospital, 7 a.m.; Return 7:30 p.m.

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50+ Active Lifestyles Programs, call Judy Jones at 751-4135
or jonesj@chesterfield.gov.

OVERNIGHT TRIP

Charleston, SC: A City That Has it All

You are in for a treat as this trip is led by local Chester resident and native Charlestonian, Henry Fogle.

Tuesday - April 24: (Continental Breakfast/Dinner)

Early morning departures from Richmond begins your exciting trip to the "Oldest and Largest City in South Carolina." A stop for a Continental Breakfast with additional stops being made throughout your tour for the necessary rest, meal and comfort breaks. Lunch midday is on your own. An afternoon arrival follows a drive thru historic Summerville en route to your hotel located on the historic Ashley River. Dinner is planned at a waterfront restaurant known for its fantastic water view and delicious cuisine.

Wednesday - April 25: (Continental Breakfast/Dinner)

A delicious Hot Continental Breakfast starts your day followed by a short drive into historic Charleston to pick up a local Step-On Guide who will remain with you as you take in many of the city's most popular points of interest. A stop will be made at the Battery, a fortified seawall at the southernmost tip of the peninsula and Fort Moultrie which has been restored to portray the major periods of its history. Lunch is on your own in the City Market area. The highlight of the afternoon is an experience of a different type whose energy is derived from "Real Horse Power!" The "clippity-clop" pace of a Horse Drawn Carriage is the best way to discover the city "up close and personal." Return to the hotel for rest and relaxation prior to dinner in one of the city's most popular restaurants.

Thursday - April 26: (Continental Breakfast/Lunch/Dinner)

A hot continental breakfast again starts your day. A visit will be made to Angel Oak, said to be the oldest live oak in the country. It is believed to be between 500 and 1500 years of age and its shaded area covers over 17,000 square feet. Then on to Wadmalaw Island and the Charleston Tea Plantation, home to American Classic Tea, the "only" tea grown in America. After an informative factory tour, take an educational Trolley Ride through the tea fields and afterwards enjoy an iced drink and the gift shop. Enjoy a delicious Boxed Lunch out on the patio. Then Calhoun Mansion, a wonderful private home filled from top to bottom with some of the most wonderful antiques and interesting artifacts you can imagine. This evening enjoy fine dining on a Scenic Dinner Cruise.

Friday - April 27: (Continental Breakfast)

A hot continental breakfast is followed by check-out and departure for the Boone Hall Plantation, one of America's oldest working farms that has been continuously growing and producing crops for over three centuries. The world famous Avenue of Oaks and the Plantation House alone make this a "must see" on any tour in the area. One last stop at Brookgreen Gardens in Murrell's Inlet known as the "Floral Jewel of the Coastal Community." Your visit includes displays of the season's brightest flowers as well as an opportunity for lunch on your own and the gift shop before returning home.

Tuesday - Friday, April 24-27

Fee: per person

\$1,380/single \$1,115/double \$1,025/triple \$980/quad

Course 33353

Pick up: Chippenham Hospital, April 24 - 6:30 a.m.; Return April 27 - 8:30 p.m.

Pick up: Chesterfield Co. Government Complex, April 24 - 7 a.m.; Return April 27 - 8 p.m.

50+ ACTIVE LIFESTYLES – MORE PROGRAMS AT OUR OTHER LOCATIONS:

Join adults, 50 and older for a variety recreational opportunities. Register at least one week in advance.

For a complete listing of current classes, trips, and special events, pick up a copy of the 50+ Active Lifestyles brochure at any community building or library, or call 751-4135 to have one mailed to you and to be added to the mailing list. Also check out the website: www.chesterfield.gov/activelifestyles/



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For programs at the Bensley Recreation Center, see page 6.

For programs at the Etrick Recreation Center, see page 8.

For programs at the new Stonebridge Recreation Center, see page 12.

Programs at the Chesterfield Senior Center (Church of Our Saviour) will conclude on January 30 and the center will close. We encourage you to visit our other locations for exciting activities.

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or jonesj@chesterfield.gov.

PROGRAMS AT HUGUENOT ROAD BAPTIST CHURCH

10525 W. Huguenot Road, N. Chesterfield, VA 23235
Contact: Kim Graves, 212-8815, gravesk@chesterfield.gov

Directions to Huguenot Road Baptist Church:
From Iron Bridge Road, Take 288 North to the Courthouse Road Exit.
Take a right onto Courthouse Road, follow Courthouse Road for 7.6
miles. Cross over Midlothian, road turns into Huguenot Road. Follow
Huguenot Road for 2.7 miles, the church is on your right. Turn right
onto Dillon Road, park in parking lot behind the church.



Join adults, ages 50 and older, for a variety of recreational opportunities. Register at least one week in advance.

Programs include:

- Tai Chi
- Watercolor/Drawing
- Ukulele
- Bridge
- Mens Basketball
- Writing your Memoirs
- Chair Yoga
- Strength Training
- Meditation
- Gardening
- Essential Oils
- Luncheons
- Drop in games
- Staging Like a Pro
- Watercolor
- Technology
- Drawing

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/

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PROGRAMS AT CHESTERFIELD BAPTIST CHURCH

16530 Hull Street Road, Moseley, VA 23120
Contact: Judy Harris, 339-2877 or harrisju@chesterfield.gov

Directions to Chesterfield Baptist Church:
From 288, Take 360 West, Hull Street. Travel approximately 5.7 miles.
The church is on the right.



Join adults, ages 50 and older, for a variety of recreational opportunities. Register at least one week in advance.

Programs include:

- Technology
- Tai Chi
- Chair Yoga
- Acrylic Painting
- Chair Fitness
- Drawing
- Genealogy
- Bingo
- Crafts
- Jewelry Making
- Concerts
- Drop in games
- Low Impact Aerobics

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