

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.

We meet, we play, we socialize and we form friendships.

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 31214**

Details: Kim Graves, 751-4753

Golf

Designed for golf players of all levels aged 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 5-Oct. 25 8 a.m. (Call for \$)

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

Swingin' Seniors Golf Tournament

Tournament is open to golfers, ages 50 and older. Register in teams of two and indicate if you will be playing in a foursome. Format is two-person Captain's Choice. A meal will be served following the round of golf. The tournament includes 18 holes, range balls, cart, lunch and prizes.

First Tee Golf Course, 6736 Hunting Creek Road

Tuesday, June 6, 9 a.m. shotgun start \$70 per pair **Course 32144**

Details: Mark Pinney, 748-1992

Indoor Badminton

Come re-learn the game you grew up with! Join fellow players for weekly recreational play. Refresher rules will be reviewed. On-going.

Huguenot Road Baptist Church, 10525 W. Huguenot Road

Mondays, May-August, 2-4 p.m.

Free

(not held May 29)

Details: Elizabeth Markham, 212-8815

Horseshoe Pits

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

Rockwood Park, 3401 Courthouse Road

INSTRUCTIONAL CLASSES

Details: Kim Graves, 751-4753

Beginner Pickleball

Designed for those who have never played the game or who have very limited or no experience with other sports. The pace is slow and designed to work for those who need more time to learn how to play well enough to enjoy the game. Time will be spent on the basics: learning the rules, serving, forehand, backhand, court position and scoring. Most players will be considered a beginner/social player by the end of this class. There will be some drills and some time to play. Proper court shoes and safety glasses are recommended. All other equipment provided.

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road

Saturdays

\$36

May 6-27, 1-2:30 p.m.

Course 32183

June 3-24, 1-2:30 p.m.

Course 32191

Mondays,

\$36

May 1-22, 5:30-7 p.m.

Course 32184

June 5-26, 5:30-7 p.m.

Course 32193

Advanced Beginner Pickleball (rate 2.0)

This is a class for those who have played pickleball at the beginner/social level, who have taken mini-lessons at various locations or who have past experience with tennis, badminton or racquet ball. This class enables them to improve their basic shots and basic strategy to get 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. Instructed by Linda Scott; email questions to pickleball4all@aol.com. You will need instructor's permission to take this level.

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road

Saturdays

\$36

May 6-27, 2:45-4:15 p.m.

Course 32187

June 3-24, 2:45-4:15 p.m.

Course 32188

Mondays,

\$36

May 1-22, 7:15-8:45 p.m.

Course 32182

June 5-26, 7:15-8:45 p.m.

Course 32186

Pickleball Strokes and Strategy (rate 2.5)

This class is for those who have been playing for pickleball for a while and want to take their game to the next level by learning how to play smarter, not harder. This class is all drills with no play. Past participants say that it is a lot of work but still fun! We will be using the Tutor Pickleball Machine. At the end of this class, you will be a good solid intermediate player. You will need permission from the instructor to take this class. Proper court shoes and safety glasses are recommended. All participants should have their own paddles and at least three months experience. Instructed by Linda Scott; email questions to pickleball4all@aol.com.

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road

Sundays

\$36

May 7-28, 3-4:30 p.m.

Course 32185

June 4-25, 3-4:30 p.m.

Course 32190

50+ ACTIVE LIFESTYLES

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

Pickleball - 50+ Drop-In Play

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 or composite paddles. Proper court shoes and safety glasses are recommended. Detailed monthly schedule (subject to change) is available at:

www.chesterfield.gov/pickleball/ Free

Outdoor Locations (weather permitting)

- Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road
- Chesterfield Career and Technical Center, 13900 Hull Street Road
- Goyne Park, 5300 Ecoff Avenue
- Point of Rocks Park, 201 Enon Church Road

Indoor Locations

St. Marks United Methodist Church, 11551 Lucks Lane
Fridays, 12:30-3 p.m. **Course 32127**
Details: Kim Graves, 751-4753, or gravesk@chesterfield.gov

Chesterfield on Foot (Walking Club)

Come explore Chesterfield County trails and parks while getting fit and 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. Be sure to attend the kick-off on Monday, May 1 for program details. Register in advance and refer to the list below for walking locations.

First and third Monday, 9 a.m. Free **Course 32241**

May 1: Rockwood Park (Loop Trail 1.3 mi), meet at the Nature Center, 3401 Courthouse Road

May 15: Ettrick Park (Outer Loop 0.8 mi) – 20621 Woodpecker Road

June 5: Government Center Trail System – (White Loop Trail 1.4 mi)
9501 Lucy Corr Circle (meet behind the trail sign behind Smith-Wagner Building)

June 19: R. Garland Dodd Park at Point of Rocks (White Blaze Trail 1.35 mi) – 201 Enon Church Road

July 3: Harry G. Daniel Park at Ironbridge (2.1 mi) – 6600 Whitepine Road

July 17: Huguenot Park (2.3 mi) – 10901 Robious Road North

August 7: Robious Landing Park (Loop Trail 1.5 mi) – 3800 James River Road

August 21: Bensley Park (.42 mi) – 2900 Drewrys Buff Road

Details: Kim Graves 751-4753

Miniature Golf

You don't need to be a pro to enjoy miniature golf. Meet at the course each Thursday (weather permitting) for fun and a little competition. Play two games and win prizes.

Ironbridge Sports Park, 11400 Iron Bridge Road

Thursdays, May 4-25, 10 a.m.-noon \$24 **Course 32238**

Thursdays, June 8-29, 10: a.m.-noon \$24 **Course 32240**

Details: Kim Graves 751-4753

THE CHESTERFIELD TRAVELER

Everything Marine! Quantico, VA

Join us for a historical look at the United States Marine Corp. Arrive at the Quantico Marine Base, located only a short distance south of Washington. The base is home to the Combat Development Command, the Officers Candidates School and the FBI Academy. Your step-on guide is a retired 20-year Navy Officer who has had joint service deployments with all branches of the Armed Forces and Merchant Marines. The tour features Quantico Field (home of Marine Corps One - the Presidential Helicopter), Marine Officers Candidate School (Parade Deck and Barracks) and the town of Quantico. It also includes a stop at the Marine Corps gift shop, Marine Corps University and more! Following the tour, enjoy a buffet lunch at the Clubs at Quantico. The pride and legacy of the Marine Corps is more evident in the afternoon when you visit the National Museum of the Marine Corps, a lasting tribute to U.S. Marines past, present and future. The museum's soaring design evokes the image of the flag-raisers of Iwo Jima and beckons visitors to the 120,000 square-foot structure. There will be almost 2 1/2 hours to explore this impressive museum at your own pace. Don't forget to see the introductory film and visit the gift shop. Fee includes transportation, guide service and gratuity, lunch at the Clubs at Quantico, tour of the National Museum of the Marine Corps and the driver's gratuity.

Tuesday, June 20 \$125 **Course 32034**

Pick up: Target Chester, Jefferson Davis Hwy, 9 a.m. Return 7 p.m.

Pick up: Chippenham Hospital, 9:30 a.m. Return 6:30 p.m.

Register by: May 26

Solomon's Island, MD

Where the Patuxent River meets the Chesapeake Bay, you will find Solomons Island, Maryland. The first stop will be the Calvert Marine Museum, which traces the rich maritime history and diversity of the Chesapeake Bay. Climb through the hatch of the Drum Point Lighthouse before taking a 45-minute cruise on the museum's historic "bug-eye" boat, the William. B. Tennison, for a sail of the inner harbor and Solomons Island. Next, travel a short distance into the quaint, water-front downtown for a delicious Crab Cake lunch at The Pier Restaurant (if you can't eat crab – please let us know ASAP) After lunch, explore the shops and specialty stores. Next, visit the Lore Oyster House. This 1934 seafood-packing house has been restored and is designated a National Historic Landmark with exhibits that explore all aspects of oyster processing. Spend the afternoon at one of the mid-Atlantic area's treasures, the Annmarie Sculpture Garden and Arts Center, which features a sculpture garden that includes a 1/4 mile walking path meandering through the woods past sculptures, including more than thirty works on loan from the Smithsonian Institution and the National Gallery of Art. Enjoy a guided tour and time to explore this special place where art and nature meet!

Your tour cost Includes round trip motorcoach transportation, admission to the Calvert Marine Museum, boat ride aboard the Tennison, talk at the Lore Oyster House, Crab Cake lunch at The Pier Restaurant, admission and guided tour at the Annmarie Sculpture Garden and Art Center, all taxes and driver's gratuity.

Thursday, Aug. 17 \$156 **Course 32457**

Pick up: Target Chester, Jefferson Davis Hwy, 6:30 a.m. Return 7 p.m.

Pick up: Chippenham Hospital, 7 a.m. Return 6:30 p.m.

Register by: July 20

See page 29 for 50+ Active Lifestyles
Outdoor Adventure programs.

50+ ACTIVE LIFESTYLES

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

THE CHESTERFIELD TRAVELER CONT.

Celebrate Fall in Loudon County

Located just 25 miles from Washington, D.C. Loudoun County boasts award-winning wineries, breweries, distilleries, farm-to-table dining, country inns and estates. Oatlands Historic House and Gardens, situated on historic Route 15 near Leesburg, is a stately mansion, with exquisite gardens and more than 200 years of American history and culture. Open to the public since 1966, Oatlands is a National Trust Historic Site and a National Historic Landmark. You are in for a luncheon treat at Lansdowne Resort and Spa. This AAA Four Diamond family resort is set on 476 acres overlooking the scenic Potomac River. Enjoy a buffet lunch in their Riverside Hearth Restaurant with large panoramic windows. After lunch, a guide will board the coach for a wonderful three-hour tour of this beautiful part of Virginia. Travel along Route 50 (the John Mosby Highway) to Mt. Zion Church, one of the oldest churches in this area where both Union and Confederate are buried; the small town of Aldie and the Aldie Mill Historic Park, where there is a restored mill that also played a role during the war; and the last stop, the historic Goose Creek Bridge, site of another fierce engagement during the Civil War. This stop also will include a musket-firing demonstration by our guide. Other notable Civil War and Colonial historic landmarks will be pointed out during this tour. Your tour cost Includes: round-trip motorcoach transportation; admission to Oatlands Plantation; Lunch at The Red Fox; Guided Riding Tour of Loudoun County; all taxes and gratuities; driver and guide gratuities.

Wednesday, Oct. 25 \$145 **Course 32458**

Pick up: Target Chester, Jefferson Davis Hwy, 7 a.m. Return 7 p.m.

Pick up: Chippenham Hospital, 7:30 a.m. Return 6:30 p.m.

Register by: Sept. 27

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 in order to receive a refund.

IF YOU MUST CANCEL:

Because some trips require earlier confirmation, a more advanced notice of your cancellation is required in order to receive a refund (at least 30 days in advance). If you are unable to attend we will allow someone to take your place.

Special Forms: All participants will be required to sign a Medical Release and Assumption of Risk Form in order to participate, which will be mailed 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.

Looking for more 50+ Active Lifestyle programs?

Our 50+ programs are on pages 32-35. However, the full listing of programs at our satellite locations is available at www.chesterfield.gov/activelifestyles. You may also choose to receive a copy of the 50+ Active Lifestyles newsletter in the mail. Just call us at 804-751-4135. Check us out on Facebook @chesterfieldvaparksrec. Don't miss out!



Directions: 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.

PROGRAMS AT HUGUENOT ROAD BAPTIST CHURCH

Huguenot Road Baptist Church,
10525 W. Huguenot Road, N. Chesterfield, VA 23235
Details: Elizabeth Markham, 212-8815 or Kim Graves, 751-4753

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

Programs include:

- Technology Today
- Chair Yoga
- Bridge classes
- Strength training
- Drop-in to play your favorite card game
- Line Dancing
- Badminton
- Craft Programs
- Luncheons
- History Series

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

50+ ACTIVE LIFESTYLES

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or jonesj@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.

PROGRAMS AT CHESTERFIELD BAPTIST CHURCH

Chesterfield Baptist Church
16530 Hull Street Road, Moseley, VA 23120
Details: Ruth Grabiec, 339-2877

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

- Programs include:
- Technology Today
 - Group Personal Training
 - Healthy Living Seminars
 - Concerts
 - Acrylic Painting
 - Fitness
 - DSLR
 - Photography
 - Art Programs

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Directions to Chesterfield Senior Center:

From Hull Street, turn onto Genito Road (east) at the stoplight by Walgreens. Take the first right onto Stigall Drive behind the Walgreens. The church is on the right.

PROGRAMS AT CHESTERFIELD SENIOR CENTER

Chesterfield Senior Center, 4000 Stigall Drive, Midlothian, VA
Details: Judy Harris, 744-1899

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

- Programs include:
- Low impact
 - Chair fitness
 - Crafts
 - Drop in to play your favorite game

Call 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.

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