Registration begins Monday, August 24
See page 20 for registration information.
Our Goal: Chesterfield County Parks and Recreation Department’s 50+ Active Lifestyles program staff strives to provide quality leisure activities and services. These activities are designed to assist, inform, entertain, enhance and enrich the lives of Chesterfield County’s citizens 50 and older.

Did you know you can register online? Go to www.chesterfield.gov/parks
Click on register now

Program Staff:
*Tonya Leabough, 50+ Active Lifestyles Coordinator
804-751-4135, leaboughty@chesterfield.gov

*Kim Graves, Senior Recreation Specialist
Stonebridge Recreation Center
804-768-7885, gravesk@chesterfield.gov

Did you know?
Chesterfield’s Cooperative Extension Office became part of the Parks and Recreation Department on July 1.

Cooperative Extension uses research-based information to address issues and provide programming in the areas of 4-H Youth Development, Agriculture and Natural Resources, and Family Consumer Sciences. The goal is to help citizens maintain and improve the quality of their environment.

Visit the https://www.chesterfield.gov/429/Cooperative-Extension or call 804-751-4401 for information.
The Chesterfield County’s Mobility Services is focused on improving existing transportation options and coordinating a community-wide transportation service network comprised of transportation providers to meet our community needs. Persons in need may include older adults, people with disabilities and low-income individuals without personal vehicles. Call 804-706-2796.

Changing Status of Activities
Chesterfield County is committed to ensuring the health and safety of all citizens as we respond to the changing situation surrounding COVID-19. Consistent with directives from the Virginia Governor’s Office and the Virginia Department of Health, the Chesterfield County Parks and Recreation Department realizes many of the activities listed in this guide may be cancelled or postponed. Please consult the Chesterfield Parks and Recreation website and social media sites for updated information:

• www.chesterfield.gov/parks
• Facebook: www.facebook.com/chesterfieldvaparksrec/
• Twitter: twitter.com/CCPRVA

Locations for Older Adult Programs:
Stonebridge Recreation Center: 804-768-7885

Chesterfield Baptist Church and Huguenot Road Baptist Church programs will resume at a later date to be determined.

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**Chesterfield on Foot Walking Club**
Explore Chesterfield County trails and parks while meeting new walkers and getting fit.
Organized walks led by Parks and Recreation staff. Please register in advance.
1st and 3rd Monday, 9 a.m.

**Course 37746**
- **Sept. 21** – Huguenot Park (2.3 miles), 10901 Robious Road North. Meet at playground.
- **Oct. 5** – Rockwood Park Nature Center (1.5 miles), 3401 Courthouse Road. Meet in front of Nature Center.
- **Oct. 19** – Government Center Trail System (1.4 miles), 9501 Lucy Corr Circle. Meet at the trail sign behind Smith-Wagner Building.
- **Nov. 2** – Robious Landing Park (Loop Trail 1.5 miles), 3800 James River Road. Meet at Shelter 2.
- **Nov. 16** – Mid-Lothian Mines Park (1.6 miles), 13301 North Woolridge Road. Meet at the east parking lot.
- **Dec. 7** – Harry G. Daniel Park at Iron Bridge (2.1 miles), 6600 Whitepine Road. Meet at the playground.
- **Dec. 21** – Government Center Trail System (1.4 miles) 9501 Lucy Corr Circle. Meet at the trail sign behind the Smith-Wagner Building.
Details: 804-751-4135

**Swingin’ Seniors Golf Tournament**
The Swingin’ Seniors Golf Tournament is open to golfers 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. Tournament includes 18 holes, range balls, cart and a meal. Open for the first thirty-eight registered players.
The First Tee Chesterfield Golf Course
6736 Hunting Creek Road
Tuesday, Oct 6 (rain date: Oct. 13)
9 a.m. shotgun start
$70 per pair
Details: Mark Pinney, 804-748-1992

**Circle 8 Square Dance Club**
Dancing is great exercise, mentally and physically. Beginner and experienced dancers can meet new friends and learn a progression of new dance steps. Square Dancing is a family affair, come join us. The caller is Gene Chamberlain.

**Will resume after January 1, 2021**
Usually meets on the 2nd and 4th Thursday of each month, 7-9 p.m.
Cost to dance is $6 per person per night. Beginners have a free night for the first two dances.
Stonebridge Recreation Center, 230 Karl Linn Dr.
Details: Chuck and Madalyn Prithman, 804-320-3054 or Charlie and Anne, 804-639-1155
INSTRUCTIONAL CLASSES
Taught by a Certified Pickleball Instructor through the International Pickleball Teaching Professional Association. You may reach instructor Linda Scott at 804-683-8481 or pickleball4all@aol.com. Details: 804-751-4135.

Beginner Pickleball 101
Designed for those who are new to the sport of pickleball. You do not have to be an athlete to learn this game, however, those who have previous sports experience will tend to move along faster. This class will match the pace and needs of the participants whether totally new to sports or experienced. The goal will be to teach you to play pickleball well enough to enjoy the game. Time will be spent on the basics: learning the rules, serving, forehand, backhand court positioning and scoring. We will be playing lots of games. Most players will be considered a beginner/social player at the end of this class and will be ready to join practice groups at their level to gain more experience and to have fun. Sometimes this class is repeated but often time players are ready to move on to the Beginner Plus class. Others may be ready for the Advanced Beginner class which requires the instructor’s permission. Paddle and balls are provided. Eye protection (glasses) are suggested, and court shoes/tennis shoes are highly recommended as walkers/runners/cross trainers are unsafe for this sport. It is important that all players be close in ability level. You will need instructor’s permission to take this level.

Pickleball Center, Chesterfield Technical Center, 13900 Hull Street Road
Sundays, Sept. 6, 13 & 20
5-7 p.m. $44
Course 37751
Tuesdays, Oct. 6, 13 & 20
9-11 a.m. $44
Course 37752

Pickleball Strokes and Strategy 103
This class is for those who have played Pickleball 101 and 102, have been playing pickleball for at least one year with success in the basic areas but want to take their game to the next level, or with the instructor’s permission. You will be learning to play smarter/not harder. This class changes with new drills as they become available and will use the Tutor pickleball throwing machine. We will be working with handling lobs, “bangers,” the third shot-drop/drive or lob. Instruction will include doubles strategy. After completing this class and mastering the skills, you could be a low intermediate player 2.5 to 3.0. It is important that all players be close in ability level. You will need permission from the instructor to take this class. Eye protection is suggested, and court shoes/tennis shoes are highly recommended as walkers/runners/cross trainers are unsafe for this sport.

Pickleball Center, Chesterfield Technical Center, 13900 Hull Street Road
Mon., Wed. & Fri., Sept. 21, 23 & 25, 9-11 a.m. $44
Course 37754

For questions about these Pickleball programs: 804-751-4135
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. Eye protection is suggested (glasses) and court shoes/tennis shoes are highly recommended as walkers/runners/cross trainers are unsafe for this sport. Play is 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.

Outdoor Rotation Play locations during scheduled times:
- Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road
- Pickleball Center, Harry G. Daniel Park at Iron Bridge, 6600 Whitepine Road
- Pickleball Center, Chesterfield Technical Center, 13900 Hull St. Road

Indoor Rotation Play locations during scheduled times:
- Stonebridge Recreation Center, 230 Karl Linn Drive
  Fridays, 9 a.m.-3 p.m.
  *Call 804-768-7885 if you have a group that would like to play
- St. Mark’s United Methodist Church, 11551 Lucks Lane
  Fridays, 12:30-3 p.m. **Course 37850**
  New player intro and practice, 12:30-1:30 p.m.
  Schedule TBD - call for updates
- Bon Air United Methodist Church, 1645 Buford Road
  Experienced players
  Mondays, 3-5 p.m. **Course 37851**
  Beginner play, no instruction provided.
  Mondays, 1-2 p.m. **Course 37852**
  Thursdays, 1-3 p.m. (no play on the 3rd Thursday of each month) **Course 37853**
  Schedule TBD - call for updates

DROP-IN PLAY – Courts are available for use on a drop-in basis, first-come, first-served.

Drop-in Play – Outdoor locations (weather permitting) have blended lines on tennis courts:
- Goyne Park (Lighted Facility), 5300 Ecoff Avenue
- Dodd Park at Point of Rocks (Lighted Facility), 201 Enon Church Road
- Swift Creek Middle School (Closed 8 a.m.-3 p.m. on school days), 3700 Old Hundred Rd
- Ettrick Park (Lighted Facility), 20621 Woodpecker Road
- Midlothian Middle Complex (Lighted Facility), 13501 Midlothian Turnpike

Detailed monthly schedule available at: www.chesterfield.gov/pickleball
www.chesterfieldpickleball.club/calendar.
Schedule subject to change.
Details: 804-751-4135

CHESTERFIELD PICKLEBALL CLUB
Details: Linda Scott, 804-683-8481 or pickleball4all@aol.com

For questions about these Pickleball programs: 804-751-4135
Kayaking - 50+ Calm Water Sampler
Geared towards the never to mature to have fun crowd (50+), here is your opportunity to see if the growing sport of kayaking is for you. Professional instructors will teach the basic safety and paddling techniques needed to get out for an evening paddle on calm water. Sit-on-top and touring kayaks will be available for sampling. Swimming ability is required. Max. weight is 250 lbs. due to kayak limitations. Dutch Gap Conservation Area, 251 Henricus Park Rd. $35 ($40 with rental)
Thursday, Aug. 20, 6-8:30 p.m. Course 37274
Sunday, Sept. 20, 9-11:30 a.m. Course 37275

Kayaking - 50+ River Paddling Sampler
Learn from the best. Chesterfield County Parks and Recreation has been the leader in kayak instruction in our region for over 25 years. Geared towards the 50+ crowd, here is your chance to see if river kayaking is for you. Chesterfield County’s professional, certified instructors will teach safety and the basic techniques needed for padding down a short stretch of the James River through mild, Class I-II riffles. User friendly sit-on-top kayaks will be used. Swimming ability is required. Max. weight of 235 lbs. due to kayak limitations. James River Park System, Pony Pasture 8:30 a.m.-noon $40 ($45 with rental)
Saturday, Aug. 29 Course 37232
Saturday, Sept. 26 Course 37600

50+ Introduction to Archery
Rockwood Nature Center is offering a seniors only option of our popular Introduction to Archery course. Learn the basics of this fun and rewarding sport, including the rules, safety, and step-by-step shooting form for group-style target archery. Participants can choose between adjustable compound bows for individuals of all strengths and draw lengths or simple recurves. Class is held rain or shine. Minimum age is 50. Rockwood Nature Center, 3401 Courthouse Road Saturday, Oct. 10, 1-3 p.m. $20 Course 37773

50+ Snakes in the Garden
Have you ever found a snake, or evidence of one, as you were weeding or planting flowers? Was it venomous or non-venomous? This program will cover the basics of Virginia snake I.D. especially the garden and yard loving species you are most likely to meet.
Rockwood Nature Center, 3401 Courthouse Road Thursday, Sept. 24, 11 a.m.-noon $7 Course 37830

50+ Introduction to Horseback Riding
Geared toward the 50+ crowd, you can learn horseback riding fundamentals in four classes. Course includes proper techniques in handling, mounting, dismounting, posting to trot, diagonals, and canter preparation. Wear long pants and shoes with a heel. Hunter Lane Stables, 3578 Hunter Lane Mondays and Fridays, 6-7 p.m. Sept. 14, 18, 21 & 25 $110 Course 37588

Other programs that would interest 50+er’s:
- Bicycle Maintenance
- Kanawha Canal Paddle
- Bald Eagle Tours

For questions about these Adventure programs: 748-1124, or Nature Center programs: 804-768-7448
TECHNOLOGY TODAY
Classes fill fast. Please register early and in advance. Instructed by Thinking Cap Technologies.

Basic Classes: No prior knowledge or experiences required.

Cutting the Cable TV Cord
Learn how to get rid of costly cable TV by switching to over-the-air TV and streaming services. Discussion will center on devices that are needed, on digital antennas and what they provide, and on streaming and the associated services. By the end of the class, attendees will understand devices like Roku, Firestick, and Smart TVs.
Stonebridge Recreation Center, 230 Karl Linn Drive
Wednesday, Sept. 30, 10 a.m.-noon
$13 Course 37408

Smartphones: A Computer in your Pocket
This is an introduction to smartphones. In this two part class, learn what they do, how to turn it on/off, how to access Wi-Fi, about the settings on your smartphone and how to install applications. You can bring your smart phone to class, fully charged or listen about the different types and decide what you might wish to purchase.
Stonebridge Recreation Center, 230 Karl Linn Drive
Fridays, Oct. 2 & 9, 10 a.m.-noon
$26 Course 37409

Introduction to Tablets
Tablets are small touch-screen computers that are changing the way many people look at computers and mobile devices. This class is designed for those with little or no knowledge of tablets. Participants will understand the differences between e-readers and tablets, how to access the Wi-Fi, how to manage the settings on the tablet and how to install applications. Participants can bring tablets, if they have one, just make sure it is fully charged and ready to go.
Stonebridge Recreation Center, 230 Karl Linn Drive
Friday, Dec. 4 & 11, 10 a.m.-noon
$26 Course 37410

Prerequisites are required for the following classes:
Knowledge of turning the computer/tablet on and off; accessing Wi-Fi; settings; and applications/programs.

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 and tablets.
Stonebridge Recreation Center, 230 Karl Linn Drive
Friday, Oct. 16, 10 a.m.-noon
$13 Course 37409

Introduction to Facebook
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.
Stonebridge Recreation Center, 230 Karl Linn Drive
Wednesday, Nov. 18, 10 a.m.-noon
$13 Course 37411
Programs held at:
Stonebridge Recreation Center
230 Karl Linn Dr., North Chesterfield 23225

Directions to Stonebridge Recreation Center:
From VA-150/Chippenham Pkwy
Merge on to US-60 W/Midlothian Turnpike exit toward Midlothian. Turn left on Stonebridge Plaza Ave. We are in the building with Richmond Volleyball Club and across the street from the Element Apartments.

FITNESS AND WELLNESS

Line Dancing to the Oldies
Experience line dancing to music from the 50’s and 60’s in a positive environment. No partner or experience is needed. Instructed by Beverly Martin.
Tuesdays, 10:15-11:15 a.m. $30
Sept. 8-Oct. 20 (not held 10/6) Course 37428
Oct. 27-Dec. 15 (not held 11/10 & 11/17) Course 37429

Basic Hula Dancing
Refresh your mind, body and spirit with this story-telling dance, using graceful hand movements and gently swaying hips. Learn party-style hula to a few popular Hawaiian favorite tunes and be ready to dance at your next Luau party. No partner or experience needed. Fun and easy to learn. Instructed by Mary Jane Smith.
Mondays, 2-3 p.m. $30
Sept. 14-Oct. 5 Course 37403
Oct. 12-Nov. 2 Course 37404
Nov. 9-30 Course 37405

Introduction to Pickleball
This is an introduction to pickleball on concrete courts, indoors. Time will be spent on the basics: learning the rules, serving, forehand, backhand, court positions, volleys, dinks and scoring. Some players will be considered a beginner/social at the end of this class and will be ready to join practice groups at their own level to gain more experience. Some will want to repeat the class to increase their skill levels. Most of our time will be spent learning to play the game at the basic level and then with supervision. All pickleball equipment provided. Tennis shoes and safety glasses are recommended. The most important physical attribute is that players should have a good sense of balance. Instructed by Linda Scott.
Tuesdays, noon-2 p.m. $44
Nov. 3-17 Course 37455

Low Impact Aerobics
This is a cardiovascular workout to basic steps that includes warm-up and cool-down exercises. Some strength training is included. Hand weights are provided, but participants may bring their own. Instructed by Sherella Brown.
Tuesdays, 9-10 a.m. $16
Sept. 1-Oct. 13 (not held 10/6) Course 37430
Oct. 20-Nov. 24 Course 37431
Dec. 1-Jan. 12 (not held 12/22) Course 37432
Thursdays, 9-10 a.m. $16
Sept. 3-Oct. 8 Course 37433
Oct. 15-Nov. 19 Course 37434
Dec. 3-Jan. 14 (not held 12/24) Course 37435

Chair Fitness
This is a combination of low impact aerobic exercises from the comfort of a chair. Some strength training is included. Hand weights are provided, but participants may bring their own. Instructed by Sherella Brown.
Mondays, 11:15 a.m.-noon $10
Sept. 21-Oct. 26 Course 37436
Nov. 2-Dec. 7 Course 37437
Dec. 14-Feb. 1 (not held 12/21 & 1/18) Course 37438
Thursdays, 10-10:45 a.m. $10
Sept. 3-Oct. 8 Course 37439
Oct. 15-Nov. 19 Course 37440
Dec. 3-Jan. 14 (not held 12/24) Course 37441

Chair Yoga
This 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. All levels welcome. Instructed by Kathy Maguire.
Thursdays, 1:15-2 p.m. $25
Sept. 24-Oct. 22 Course 37377
Oct. 29-Dec. 3 (not held 12/26) Course 37378
Dec. 10-Jan. 21 (not held 12/24 & 12/31) Course 37379

For questions about these Stonebridge Recreation Center programs: Kim Graves, 804-768-7885
Gentle Yoga
Increase strength, flexibility, and balance with a gentle, unhurried approach. Standing postures, as well as mat work, will be incorporated. Participants need to be able to get down on the floor, and a mat is required. Instructed by Kathy Maguire
Thursdays, 2:15-3 p.m. $25
Sept. 24-Oct. 22 Course 37425
Oct. 29-Dec. 3 (not held 12/26) Course 37426
Dec. 10-Jan. 21 (not held 12/24 & 12/31) Course 37427

Functional Fitness
This class is designed to increase muscular strength and endurance, improve range of motion, and prepare you to more easily handle daily activities. 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.
Wednesdays, 2:15-3 p.m. $25
Sept. 23-Oct. 21 Course 37395
Oct. 28-Dec. 9 (not held 11/11 & 11/25) Course 37396
Dec. 16-Jan. 27 (not held 12/23 & 12/30) Course 37397

Fitness Warriors: Every day is the Best day! (drop-in)
Participants will see how fun it is to be fit. Students will receive a total body workout with functional cardio, strength building, flexibility and core exercises. This activity is provided with the support and partnership of Sports Backers, Fit to Go, and Richmond City Health District. Classes are led by Sports Backers Fitness Warrior C. T. Open to all fitness levels, ages 18 and older.
Tuesdays, 6-7 p.m. Free
Sept. 8-Dec. 15 (not held 10/6, 12/22 & 12/29) Course 37443

Basic Self Defense for Seniors
Participants will learn self-defense techniques, safety awareness, self-discipline and how to avoid dangerous situations. Instructed by Carrie Irving, certified master instructor.
Mondays, 3-4 p.m. $18
Sept. 21-Oct. 12 Course 37444
Oct. 19-Nov. 9 Course 37445
Nov. 16-Dec. 7 Course 37446

DROP-IN
Rise-N-Shine Walkers
Come get your blood flowing and your heart going while walking at Stonebridge Recreation Centers indoor gym.
Fridays, Sept. 4-Dec. 18 (not held 10/16 & 11/27) 9-11:30 a.m. Free Course 37450

Badminton
Come re-learn the game you grew up playing. Drop-in and join fellow players for weekly recreational play. Free
Wednesdays, Sept. 2-Dec. 30 (not held 11/11) 9:30-11:30 a.m. Course 37462

Table Tennis
Come enjoy the fun game of table tennis with people of all experience levels.
Wed. & Fri., Sept. 2-Dec. 18 (not held 11/11 & 11/27) noon-3 p.m. Free Course 37466

Health Screenings by Walgreens Pharmacy
Free Blood pressure checks offered by Walgreens Pharmacy. Registration is NOT required.
Thursdays, 9:30-11 a.m.
Sept. 10, Oct. 8, Nov. 5 & Dec. 3 Free Course 37372

Fitness Warriors: Cardio Jam (drop-in)
This class is fun, upbeat, and infuses aerobic and dance moves for a great cardio workout. Circuits or stations are incorporated to tone muscles and build endurance. Classes are led by Sports Backers Fitness Warrior Dee. For ages 18 and older.
Mondays, 6-7 p.m. Free
Sept. 14-Dec. 14 (not held 12/21 & 12/28) Course 37442

For questions about these Stonebridge Recreation Center programs: Kim Graves, 804-768-7885.
DROP-IN

Chair Volleyball
Chair volleyball is great for upper body mobility and joint flexibility, without the physical demands of customary volleyball. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five-foot-high net. Rules are like regular volleyball except “cheeks on the chair”.
Tuesdays, Sept. 1-Dec. 29
10-11 a.m. Free Course 37448

Pickleball
Stonebridge has one indoor pickleball court. If your group would like to play call and make a reservation, (804) 768-7885.
Fridays, 9-3 p.m. Free

LECTURES AND MORE

Brain Aerobics: Preventing Memory Loss
Brain Aerobics is designed to provide participants with thought-provoking experiences. A variety of cognitive and physical activities will be presented to encourage students to think more creatively. This is an all-natural way to boost your mood, improve your memory and protect your brain against aging. Instructed by Howard Wynn.
Mondays, 9:30-10:30 a.m. $20 Course 37456
Sept. 14-Oct. 12 Course 37457
Oct. 19-Nov. 16

Book Club
Fellow book enthusiasts come together for monthly book discussions, fellowship and light refreshments. Book discussions will be led by volunteers. A different book will be discussed each month. Registration is limited and required.
Mondays, Sept. 21, Oct. 19 & Nov. 16
3:30-4:30 p.m. Free Course 37458

Money Goals with VACU
Learn practical strategies to set and meet financial goals.
Wednesday, Sept. 2, 10-11 a.m. Free Course 37760

Master Gardening Seminar: What If There Were No Bees?
If you’re concerned about the loss of bees, join us for a presentation on what we can do to prevent this from happening. Master Gardener, Rick McCormick, will describe the impact of pollinators with a focus on bees. He will also answer questions about the life of bees/queens and give us insight on several ways to help even if we do not wish to keep bees ourselves.
Wednesday, Sept. 30, 10-11 a.m. Free Course 37707

Medicare Educational Talk
Mike Mason, a 14-year experienced Medicare insurance agent, will discuss the different parts of Medicare and compare and explain the different insurance options available. There will also be a discussion of the new changes in Medicare and their effect on those that are new to Medicare in 2020 and beyond.
Mondays, Sept. 21, Oct. 19 & Nov. 16
3:30-4:30 p.m. Free Course 37500

Beginning Genealogy
This course is designed to offer practical and personal help in compiling a family history. This class is for beginners or those who need help with paper management. Learn how to organize what you have or add to it in the easiest manner. Learn to

ESSENTIAL ELIGIBILITY REQUIREMENTS

Programs and sites have essential eligibility requirements for participation. Essential eligibility requirements may include, but are not limited to age, prerequisite skills, safety, endurance, behavior, personal care and medical issues. For specific information about a program’s essential eligibility requirements, please contact the staff person listed with the program.
document family tales and find your family in the census records. Instructed by Bette Kot, MLIS.
Fridays, Oct. 2-Nov. 6, 1-3 p.m.
$20 
Course 37447

Fire & Fall Prevention
This program was developed by NFPA and the 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 preventions and eight fall preventions – developed by experts from national and local safety organizations, as well as through focus group testing in high fire risk states.
Wednesday, Oct. 7, 1:30-2:30 p.m.
Free 
Course 37376

Managing Your Financial Records with VACU
Learn helpful tips on how to manage your checking account. Topics include: expense tracking, online services, ATM rebates and how to avoid ATM fees.
Wednesday, Oct. 7, 10-11 a.m.
Free 
Course 37762

Tear Soup “A Recipe For Healing After Loss”
Angie Morriss, Crater Community Hospice, will present the video: “Universal and Timeless Story of Grief”. A group discussion will follow the video, and the story’s themes, lessons and valuable coping strategies will be discussed.
Friday, Oct. 16, 10-11 a.m.
Free 
Course 37766

Understanding your Grandchild with Autism
Representatives from the Children’s Mental Health Resource Center at VTCC will share information on common characteristics that many individuals with autism share, and helpful tips for positive interactions with children who have autism. There will be opportunities for questions.
Tuesday, Oct. 20, 10-11:30 a.m.
Free 
Course 37471

Decorating for the “Holly”days
Learn how to decorate for the holidays using natural greenery. This presentation by a Master Gardener also explains why to avoid using fresh or preserved boxwood in your décor. Enjoy a demonstration showing techniques and tips for creating a combination fresh/faux holiday wreath. Instructed by Master Gardener, Lela Martin.
Wednesday, Nov. 4, 10-11:30 a.m.
Free 
Course 37451

Social Security Basics
This discussion will center on the mechanics of the system, best time to withdraw, and consequences of drawing early and survivor benefits. There will be time to ask questions after the presentation.
Wednesday, Nov. 18, 2-3 p.m.
Free 
Course 37583

Learn to Tell Your Family Stories
Awaken your inner storyteller! Join Judith Onesty and Les Schaffer (Two Tellers Telling) in a beginning storytelling class. You will be introduced to the art of storytelling with some fun, easy games. Then you will receive our help in shaping your personal family stories to pass on to your relatives and friends.
Tuesdays, Nov. 3-Dec. 1 (not held 11/24)
10:30 a.m.-noon $15 
Course 37726

The Importance of Advance Care Planning
Learn the importance of advance care planning, including: last will and testament, power of attorney, guardianship, and medical advance directives. Instructed by Tracey Talliero, CEO of Crater Community Hospice.
Friday, Nov. 6, 10-11 a.m.
Free 
Course 37503

Identity Theft with VACU
Learn how to minimize your risk and what to do if you ever become a victim.
Wednesday, Nov. 18, 10-11 a.m.
Free 
Course 37764

Strategies for Eliminating Debt with VACU
Learn how to reduce consumer debt with specific examples and strategies.
Wednesday, Dec. 2, 10-11 a.m.
Free 
Course 37765

Reaching Your Loved One with Dementia
Discover opportunities to share memorable moments with your loved one. Learn proven ways to interact and deepen your connection using Montessori Activities for all stages of dementia. The class will focus on the spared abilities of the person with dementia. There will be open discussion, practice and specific examples to try at home. Please bring a picture of your loved one to class. Instructed by Linda Tebault.
Wednesday, Dec. 9, 6:30-8 p.m.
Course 37470

For questions about these Stonebridge Recreation Center programs: Kim Graves, 804-768-7885.
ARTS AND CRAFTS

Brushstrokes
This is an opportunity to complete unfinished pieces of art. This group meets to dedicate time to their drawings or paintings. This is a drop-in program with no instruction.
Mondays, Sept. 14-Dec. 28, 1:30-3:30 p.m.
Free  Course 37459

Custom-Made Wire Earrings
Beautiful wire earrings, fun to make and easy to wear. Learn some basic wirework techniques as you make earrings you will love to wear. This class will be two sessions. You won’t want to miss either one as we move from very simple to more details. Wire provided. Basic tools needed. Instructed by Judith Onesty.
Wednesdays, Sept. 16 & 23, 10-11:30 a.m.
$25  Course 37771

Watercolor Basics
This class will focus on elements of nature, water, sky, plants and trees—landscapes and seascapes. Watercolor basics is a class for both those who are new to watercolor painting and those who would like to review. Please call Stonebridge at 804-768-7885 for the supply list. Instructed by Carol Henderson.
Wednesdays, Sept. 30-Nov. 4, 10-11:30 a.m.
$30  Course 37452

Watercolor Techniques
This class is for those who have had some experience with watercolor painting. Students will review some basic terms and practice techniques then be able to work on their own paintings with guidance from the instructor. Please call Stonebridge at 804-768-7885 for the supply list. Instructed by Carol Henderson.
Wednesdays, Sept. 30-Nov. 4, 6-7:30 p.m.
$30  Course 37453

Floral Arrangement Workshop
Learn to create a beautiful arrangement of fresh flowers with Debbie Arrighi, the Florist from Buford Road Pharmacy’s Floral & Gift Shop. The arrangement you create will use high quality flowers. It will be yours to take home.
Saturday, Dec. 5, 10-11 a.m.
$20  Course 37505

THE SOLO TRAVELER

Seasonal Travel
When is the best time to travel? What are the cultural, ethnic, festivals, and holidays that can affect the journey and cost factors? Getting there, choices, and challenges are important factors to think about ahead of time. Learn what to think about and prepare for while planning a seasonal trip.
Saturday, Sept. 19, 9:30-11:30 a.m.
Course 37630

Self-Drive Road Trips
Maps, plans, and weather considerations. Do you need a theme, distance per day or specific geographic area to be comfortable? Destinations and plans or are you a “free spirit?” Learn about ways to prepare yourself and plan for your road trip.
Saturday, Oct. 10, 9:30-11:30 a.m.
Course 37631

Travel...Energizing, Challenging, Fatiguing?
Travel can be energizing, challenging, and fatiguing. What must I do to be physically, mentally, emotionally, and financially prepared to travel solo? Planning, patience and persistence (PPP) pays off. Practice walking, join a gym, and park further away from a building. Practice going somewhere new, close to home where you don’t know anyone. Get to know what locals do to get around, eat, live, and enjoy life. Practice saving, budgeting, and becoming aware of costs. Practice feeling comfortable with your instincts and what’s best for you. Practice safety first, posture and having an in-charge attitude.
Saturday, Nov. 14, 9:30-11:30 a.m.
Course 37632

What is My Comfort Zone?
Do I like a hot, steamy and lush landscape or love the hustle and bustle of a city or a bucolic country setting? Do I thrive in cool/cold weather outdoor locations or activities? Do I like to meander at my own pace, or do I want an organized tour led by others? Build on who you are naturally to become aware of people and places that are attractive to you. Start pulling materials together that satisfy your natural curiosity. Places that you never heard of or thought about might be that special discovery for you as a Solo Traveler.
Saturday, Dec. 12, 9:30-11:30 a.m.
Course 37634

For questions about these Stonebridge Recreation Center programs: Kim Graves, 804-768-7885.
FITNESS FOR ALL SKILL LEVELS

Free Spirit Fitness with Lisa
Are you looking for a fun, new workout? Join Sports Backers Fitness Warrior Lisa Clements for a family-friendly cardio workout. This class is for all fitness levels and is beginner friendly. Thanks to our partnership with Sports Backers, this class is free. Mondays, 6:15-7 p.m.
Sept. 14-Dec. 28 Free Course 37336

Fun & Fitness with Kathy B.
Let’s have some fun and get fit. This class is for everyone and accommodates all fitness levels. With the support and partnership of Sports Backers, this free class provides a total body workout with functional cardio, strength building, flexibility and core exercises. Classes are led by Sports Backers Fitness Warrior Kathy Brown.
Wednesdays, 5:30-6:15 p.m.
Sept. 2-Dec. 30 Free Course 37337

Low Impact Aerobics
This is a cardiovascular workout to basic steps that includes warm-up and cool-down exercises. Some strength training is included. Hand weights are provided but participants may bring their own. Instructed by Sherella Brown.
Wednesdays, 10-11 a.m.
Sept. 2-Oct. 7 $16 Course 37415
Oct. 14-Nov. 25 (not held 11/11) $16 Course 37416
Dec. 2-Jan. 13 (not held 12/23) $16 Course 37417

Chair Fitness
This class focuses on strengthening muscles and increasing a range of motion to enhance activities of daily living. Participants will be using hand weights, elastic bands and exercise balls to build muscle tone. This class is taught seated or standing with a chair. Classes are taught by fitness instructor Kecia Allen.
Wednesdays, 11:15 a.m.-noon
Sept. 2-Oct. 7 $10 Course 37419
Oct. 14-Nov. 25 (not held 11/11) $10 Course 37420
Nov. 3-26 $10 Course 37421

TECHNOLOGY TODAY

Classes fill fast. Please register in advance. Instructed by Thinking Cap Technologies. No prior knowledge or experience is required.

Facetime with your Grandkids
Learn a “cool” fun way to communicate with your grandkids who are near or far. It’s also easy, cheap and convenient. Explore and learn how to use Facetime on your iPhone. Class taught by Chuck Renfro with Thinking Cap Technologies.
Tuesday, Sept. 15, 9-11 a.m. $13 Course 37361

Cutting the Cable TV Cord
Learn how to get rid of costly cable TV by switching to over the air TV, streaming services and what devices you need. Learn about digital antennas and what they provide. Learn about what streaming is and all the services it provides. Understand devices like Roku, Firestick and others to include Smart TVs to access all of these services.
Tuesday, Oct. 20, 9-11 a.m. $13 Course 37362

Smartphones: A Computer in Your Pocket
This is an introduction to smartphones. Learn what they do, how to turn it on and off, and how to access Wi-Fi. You will also learn about the settings and how to install applications. Bring your smartphone to class, fully charged, or listen about the different types and decide what phone you would like to get. Class taught by Chuck Renfro with Thinking Cap Technologies.
Tuesday, Nov. 17, 9-11 a.m. $13 Course 37363

Hand Sculpted Paper Craft Workshop
Have fun by using upcycled paper, used gift bags and wrappings to make stunning paper flower arrangements and other crafts. Each participant will create their very own work of art; all materials included. Instructor Kacy Lux with Kacy’s Cupboard LLC.
Tuesday, Dec. 15, 10:30 a.m.-noon $15 Course 37670
SENIOR SEMINARS
Fridays, 11 a.m.-noon Free

Money Management
Budgeting for people that live on a fixed income. Seminar taught by Richard Commander.
Sept. 11 Course 37349

Get Ready to Connect: GRTC Transit System
During this seminar learn about all of the services GRTC offers, where GRTC and the CAREvan go, the different bus passes and eligibility requirements, travel trainings and how to navigate the bus system via technology.
Sept. 25 Course 37350

Seniors Helping Seniors
Escorts to appointments, running errands, and meal preparation are some of the services available to seniors in need. Martha Gilliam of Seniors Helping Seniors will share ideas for every senior to consider.
Oct. 2 Course 37351

Estate Planning
Exploring the topic of estate planning with the expertise of a professional. Attorney Scott Stovall will lead this educational session discussing the various estate planning topics to include wills and trusts. Program will include a question and answer period.
Oct. 9 Course 37352

Effective Communication Strategies
Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Seminar presented by the Alzheimer Association.
Oct. 16 Course 37353

End of Life Options
Join us for a casual discussion about End of Life Doulas, who they are, what they do, how to find one, and when you should start talking to one.
Oct. 23 Course 37354

Strategies for Eliminating Debt
Learn how to reduce consumer debt with specific examples and strategies. Presented by Virginia Credit Union.
Oct. 30 Course 37355

Power of Attorney and Advance Medical Directives
Planning for incompetency and incapacity. Class taught by attorney Scott Stovall.
Nov. 6 Course 37356

Car Care and Maintenance
Join AAA for an informative session about caring for your vehicle. Individuals will learn safe helpful tips to take care of their car throughout the year to get the most from your vehicle.
Nov. 13 Course 37357

The Basics of Alzheimer’s: Memory Loss, Dementia and Alzheimer’s Disease
Alzheimer’s disease is not a normal part of aging. If you or someone you know if affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors stages of the disease, treatment, and much more.
Nov. 20 Course 37358

Insurance 101 for Seniors
Our experienced AAA Insurance Agents will review your current policies to make sure you have the proper coverage for home, auto and rental. They will answer questions on what you should have.
Dec. 4 Course 37359

Identity Theft
Learn how to minimize your risk and what to do if you ever become a victim. Presented by Virginia Credit Union.
Dec. 11 Course 37360

Medicare Bingo
Join us for Bingo while learning about changes to Medicare in 2020-2021. You have a chance to win prizes. Instructor Geri Hall. For ages 64 and up.
Tuesdays, 10:30 a.m.-12:30 p.m.
Sept. 22 Free Course 37412
Oct. 27 Free Course 37413
Dec. 8 Free Course 37414

Nonviolent Communication
By examining unmet needs behind what we do and say, NVC helps reduce hostility, heal pain peacefully and strengthen professional and personal relationships. Class instructed by Trupti Kulkarni
Tuesdays, 3-4 p.m.
Nov. 17-Dec. 15 (not held 11/24) $40 Course 37711

For questions about these Bensley programs: Lauren Wood, 804-768-7904
Work It Out
Drop by for a light workout using our equipment. Items available: Exercise DVD’s, 1-8 lb. weights, mats, medicine balls, exercise bands and aerobic steps. You can also enjoy our walking trail. Times are subject to change. Please call ahead for availability. Not held on holidays. Ages 18 and up.
Tuesdays & Thursdays, Sept. 15-Dec. 31 (not held 11/3, 11/26, 12/9 & 12/24) 9:30-10:30 a.m. Free Course 37805

Morning Mixer
Bring your own beverages and start your day with us socializing with new and old friends. 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.
Tuesdays and Thursdays, Sept. 15-Dec. 31, 9:30 a.m.-noon, (not held 11/3, 11/26 & 12/9 and 12/24) Free Course 37553

Please register at least one week in advance for each class.

SAFETY TALKS
See Tracks? Think Train!
In appreciation of National Train Day, learn ways to be safe around railroad tracks and trains. What should you do if your vehicle stalls on the tracks? How do you stop a train if there is an emergency along the railroad tracks or your vehicle is stalled at a crossing? Kimberly Rideout, Authorized Volunteer with Operation Lifesaver, will present the program. 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 http://www.oli.org.
Tuesday, Sept. 22, 2-3 p.m. Free Course 37802

Fire and Fall Prevention
A spill, a slip, a hospital trip? Learn ways to help older adults live safely in their home for as long as possible. This program provides key safety tips on fire prevention and fall prevention. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will present the program.
Tuesday, Nov. 10, 2-3 p.m. Free Course 37559

TECHNOLOGY TODAY
PLEASE REGISTER IN ADVANCE. INSTRUCTED BY THINKING CAP TECHNOLOGIES.

Introduction to Digital Photography with Phones and Tablets
Learn how to use lighting, composition and your camera’s settings to take better digital photos. Learn to take photos with smartphones and tablets, and learn 10 everyday uses for your phone’s camera.
Tuesday, Nov. 12, 2-4 p.m. $13 Course 37567

Smartphones: A Computer in your Pocket
This is an introduction to smartphones. In this two part class, learn what they do, how to turn it on/off, how to access Wi-Fi, about the settings on your smartphone and how to install applications. You can bring your smartphone to class, fully charged or listen about the different types and decide what you might wish to purchase.
Tuesday, Oct. 8 & 15, 2-4 p.m. $26 Course 37575

JENCARE TALKS
The following topics are presented by a representative from JenCare. Please register at least a week in advance.

Tips for Shopping on a Budget
Save money when shopping and living a healthy senior lifestyle.
Oct. 20 Course 37576

Manage Stress
Stress management tips every senior should follow.
Nov. 24 Course 37572

Healthy Cooking
Learn how to cook two healthy simple meals quickly and easily.
Dec. 15 Course 37563
Advance Care Planning Seminar
Join Linda Rubin, a certified representative, who can help you plan your end-of-life health care. This seminar is specifically for Medicare Plan B qualified recipients. Linda will be able to go over your legal options and help you process one of the most comprehensive medical directives of its type. Plus, those getting one will be eligible for a free Last Will and Testament and Power of Attorney documents.
Tuesday, Oct. 20, 2-2:30 p.m.
Free
Course 37680

HISTORY
Ghosts of Chesterfield
This presentation will discuss many of the historic sites and properties located throughout Chesterfield County that have documented stories of spirits. Learn about the history of many historic sites throughout Chesterfield and the surrounding area. Participants will learn about the paranormal activity documented at many of these sites and ghostly apparitions that haunt these sites to this day.
Tuesday, Nov. 3, 2-3 p.m.
Free
Course 37562

Courthouse Centennial
This presentation focuses on the centennial history of the 1917 Courthouse and reflect on the Centennial celebration that was organized in 2017.
Wednesday, Nov. 18, 2-3 p.m.
Free
Course 37554

ARTS AND CRAFTS
Sculpting Paper Flowers—Roses
Learn to make a stunning, Fall inspired, floral arrangement using upcycled book pages. Great for a gift or any home décor. Each participant will create their very own arrangement. All materials and free vase included.
Wednesday, Oct. 28, 10:30 a.m.-noon
$15
Course 37717

Paper Flower Workshop—Kusudama Centerpiece
Have fun creating beautiful Kusudama flowers using upcycled paper materials. Great for a holiday centerpiece. Each participant will create their very own work of art. All materials are provided.
Wednesday, Nov. 18, 10:30-11:30 a.m.
$15
Course 37718

For questions about these Ettrick programs: Tiffani Davis, 804-706-2596
Hand Crafted Gift Bows Workshop
Use your old wrapping paper to make stunning up-cycled bows. Great for any occasion or as an add-on to other home projects.
Wednesday, Dec. 16, 10:30-11:30 a.m.
$10
Course 37719

AROMATHERAPY SERIES
Aromatherapy for Beginners
Interested in incorporating essential oils in your day-to-day life? Overwhelmed by conflicting information? Join us for the do’s and don’ts on using essential oils in the home.
Wednesday, Oct. 14, 10:30 a.m.-noon
$6.50
Course 37712

Aromatherapy for Immune Support
Looking for additional tools to support your immune system this Fall? Join us for this informative class where we will address the top 10 oils to support physical wellness as well as how we can support emotional wellness.
Wednesday, Nov. 4, 10:30 a.m.-noon
$6.50
Course 37713

Aromatherapy for Special Needs Support
Do you have a Grandchild or loved one with a challenging diagnosis? Wondering how you can provide more support? Come learn how aromatherapy can help support the whole family.
Wednesday, Dec. 9, 10:30 a.m.-noon
$6.50
Course 37714

GROUP ACTIVITIES
Ettrick/Matoaca’s Walking Club
Did you know that Ettrick Park has a walking trail? Join our walking club. We will collect 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.
GENERAL INFORMATION

How to Reach Us:
The department administration building, located at 12140 Harrowgate Road, Chester, is open 8:30 a.m.-5 p.m., Monday through Friday, except on government holidays. 804-748-1623, www.chesterfield.gov/parks or e-mail: parksrec@chesterfield.gov

Registration Information:
Registration begins August 24. Courses are filled on a first-come, first-served basis. A receipt represents a completed registration. The county charges $50 for returned checks.

We guarantee your satisfaction!
If after taking a course, you were dissatisfied with it, you may either transfer to another course or request a refund. Just notify us in writing within one week of the end of the course.

May we add your e-mail address to our list?
We are collecting e-mail addresses to better provide citizens with the information and services in which you are most interested. Information may include notices of special events, new programs and facilities, registration dates, volunteer opportunities and more. You will have the opportunity to opt in or opt out of the service. Send an e-mail to parksrec@chesterfield.gov to have your address put on the list. Please include your name, mailing address and phone number in the e-mail.

Adverse Weather Policy
- Decisions to cancel activities or close or open facilities late will be made by staff.
- Listen for closings and late openings on your local TV and radio stations.
- Check the status of activities or facilities:
  - Parks and Recreation website: https://www.chesterfield.gov/160/closings
  - Facebook: www.facebook/chesterfieldvaparksrec/
  - Twitter: www.twitter.com/CCPRVA
- Or call the main office at 804-748-1623 or the program staff.

CHESTERFIELD COUNTY HOLIDAYS:
MON., SEPT. 7
WED., NOV. 11; THURS., NOV. 26; FRI., NOV. 27
THURS., DEC. 24; FRI., DEC. 25
FRI., JAN. 1, 2021
REGISTRATION INFORMATION

To Register:
- **Online:** Go to chesterfield.gov/parks and click Register NOW. Have credit card information ready. *BEST OPTION!*

- **Mail In:** Complete form below and attach check or money order. No cash, please. *Make checks payable to Chesterfield County Treasurer.* Mail registration information and payment to: Parks and Recreation, P.O. Box 40, Chesterfield, VA 23832.

- **Call In:** Call 804-748-1623, Monday-Friday, 8:30 a.m.-4:30 p.m. with credit card information to register.

- **Walk In:** The Parks and Recreation administration building is open weekdays 8:30 a.m.-5 p.m. and is located at 12140 Harrowgate Road, Chester

**Card Options:**

Registration begins Monday, August 24.

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Mail registration form and check or money order to:
Parks and Recreation Department
P.O. Box 40
Chesterfield, VA 23832

Mail checks payable to:
Chesterfield County Treasurer
Phone Numbers:
(804) 748-1623

Resident □ Non-resident

Any special accommodations needed? □ Yes

THANK YOU!