



50+ ACTIVE LIFESTYLES



**Chesterfield Baptist Church
16520 Hull Street Road
Moseley, VA 23120**

December 2023

5
9:30-10:15 a.m. Active & Fit #42885
10:30-11:15 a.m. Chair Yoga #42888
11:30-12:30 p.m. Qigong for Positive Outcomes #42893
12-3 p.m. Hand and Foot/Triple Play #43025
12:30-2:30 p.m. Learn to Play Euchre #43027
1:30-3:30 P.M. Watercolor 3-Journey to Joy #43016

7
10-11 a.m. Learn to Play Bridge #43031
12-3 p.m. Mexican Train Dominoes #43032
1-3 p.m. Healthy Living Workshop-Diabetes Self-Management #42979
1-2:30 p.m. Pearl Harbor Remembrance Day #43066



12
9:30-10:15 a.m. Active & Fit #42885
10:30-11:15 a.m. Chair Yoga #42888
11:30-12:30 p.m. Qigong for Positive Outcomes #42893
12-3 p.m. Hand and Foot/Triple Play #43025
12:30-2:30 p.m. Learn to Play Euchre #43027
2-3:30 p.m. Gingerbread House Day #43068



14
10-11 a.m. Learn to Play Bridge #43031
10 a.m.-noon Holiday Decorating with Natural Materials #43041



12-3 p.m. Mexican Train Dominoes #43032.
1-3 p.m. Healthy Living Workshop-Diabetes Self-Management #42979
1-2 p.m. Beginner Line Dancing #42901
2:30-3:15 p.m. Chair One Fitness #43012

19
9:30-10:15 a.m. Active & Fit #42885
10:30-11:15 a.m. Chair Yoga #42888
11:30 a.m.-12:30 p.m. Qigong for Positive Outcomes #42893
12-3 p.m. Hand and Foot/Triple Play #43025
12:30-2:30 p.m. Learn to Play Euchre #43027
1-2 p.m. Book Club Meeting #43038
2-3:30 p.m. Symbols and Sentiments of Blandford Cemetery #43059

21
10-11 a.m. Learn to Play Bridge #43031
12-3 p.m. Mexican Train Dominoes #43032
1-3 p.m. Healthy Living Workshop-Diabetes Self-Management #42979
1-2 p.m. Beginner Line Dancing #42901
2-3:30 p.m. Reindeer Games #43070



26
CHESTERFIELD CLOSED FOR CHRISTMAS



28 NATIONAL CARD PLAYING DAY



10-11 a.m. Learn to Play Bridge #43031
12-3 p.m. Mexican Train Dominoes #43032
12:30-3:30 p.m. Euchre Tournament #43071

*To Register for CBC Programs, Go Online—
Chesterfield.gov/parks or Call (804) 748-1623

**Chesterfield Baptist is open on Tuesdays and
Thursdays from 8:30 a.m. to 4 p.m.

***For more information on CBC programs call
Karen Powell at (804) 339-2877.

Happy Holidays

