Connect with us on social media!

We invite you to “like” Parks and Recreation on Facebook and “follow” us on Twitter. This will give us opportunities to interact and communicate with you often. Find us on Facebook @chesterfieldvaparksrec and Twitter @CCPRVA. You can also visit us on the web at www.chesterfield.gov/parks.

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REGISTRATION BEGINS MONDAY, AUGUST 24. TO REGISTER FOR CLASSES, SEE PAGE 45.

Mission Statement - To enhance the quality of life for citizens and visitors through First Choice recreation opportunities, experiences, and partnerships.

Vision Statement - To become the First Choice destination for quality parks, facilities, sites, and programs.
EMPLOYMENT OPPORTUNITIES

The Chesterfield County Parks and Recreation Department seeks individuals to work as facility supervisors. Salary range varies with qualifications and experience. Apply online at www.chesterfield.gov/careers

PARKS AND RECREATION MAIN OFFICE

12140 Harrowgate Road
Chester, VA 23831
804-748-1623
parksrec@chesterfield.gov

CHESTERFIELD COUNTY BOARD OF SUPERVISORS
Leslie Haley, Midlothian District, Chair
Kevin Carroll, Matoaca District, Vice Chair
James Holland, Dale District
Jim Ingle, Jr., Bermuda District
Christopher Winslow, Clover Hill District

PARKS AND RECREATION ADVISORY COMMISSION (PRAC)
The Parks and Recreation Advisory Commission meets monthly to hear concerns, discuss issues and provide input to the department about the operation of parks and recreation services. Citizens are welcome at the meetings, held the first Thursday of each month at 6:30 p.m. at the Community Development Building. For more information, call 804-748-1623 or www.chesterfield.gov/prac

Bermuda District
Catherine Cheely
Brenda White, Chair
Rueben Turner
Bob Terrell
Shayne McDavid, Vice Chair
Mary Ellin Arch

Matoaca District
Raymond Marsh
William Pipp

Midlothian District
Rob McCurry
John Simpson

School Board Representative
David Glass

Adverse Weather Hot Line
804-748-1001 or on the web at chesterfield.gov/fieldclosings

Field Closings and Facility Closings
Field Closings: Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. Decisions regarding games at outdoor school sites are made by league commissioners on weekends.

Facility Closings: If you are not sure about the status of a facility or activity, first call the hot line, then appropriate staff and finally Parks and Recreation at 804-748-1623.

James D. Worsley, Ph.D., CPRE, CTRS
Director

The first quarter of 2020 came to a screeching halt nationwide to deal with a pandemic and its borders unknown to all. Due to health concerns and the need for no-contact and stay at home orders, our programming outlets were changed to safely and immediately meet your needs. Using virtual programming on our social media channels and website provided a means to help keep you active, engaged, and informed. We have missed seeing you personally along with your energy and your passion. With the support of administration, we responded in ways we never thought possible to continue to provide resources to you, our most vital asset.

As we continue to return to programming and our facilities, we thank you for your patience, resilience, and trust that we will continue to excel in providing excellent customer service to our First-Choice community.

We are excited about great opportunities for reconnecting with you this fall. Explore all the unique activities that Parks and Recreation has to offer: fitness and wellness, outdoor adventure, science and technology, summer camps, sports, senior adult programming, trails, parks, and so much more.

We are happy to welcome the Virginia Cooperative Extension Service to our family. Check our website for more information on programs and services. We look forward to seeing you soon.
ATHLETIC LEAGUES – ADULT

The Chesterfield Parks and Recreation Department co-sponsors numerous leagues, offering a variety of sports. The department, in cooperation with county schools, provides the facilities necessary for the operation of these leagues.

Non-resident Fees
Fees are charged to nonresidents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is $15 per person, per sport and applies to all adult and youth teams, leagues, open gyms and individuals. Non-compliance may lead to a denial of the privilege of using county facilities.

American International Soccer League
This soccer league plays at various locations on Sundays.
Details: Pedros Chicas, 804-641-8607

Esperanza Soccer League
This soccer league plays at various locations on Sundays.
Details: Alejandro Dejuki, 804-929-6642

Southside Churches Recreation Association
This league is open to all church teams. Games begin in November and are played on weeknights at various locations.
Details: Debbie Snyder, 804-720-4254 or Larry Floyd, 804-229-3717

Softball Nation
Adult slow-pitch leagues at Harry G. Daniel Park at Iron Bridge and Warbro Athletic Complex. The divisions include men, coed and church in the adult slow-pitch league. Signup information can be found at www.softballnation.com. Some fields may be available for rental for tournament play or other functions, such as corporate events.
Details: Butch Tiller, 804-378-2285 or tilcomm@aol.com

Southside Churches Recreation Association
This association offers men’s, women’s and coed leagues for area church teams.
Details: Debbie Snyder, 804-720-4254

Senior Softball
This league offers play for men aged 50 plus and women aged 40 plus.
Details: chesterfieldseniorsoftball.com

Bon Air Church League Softball
This league plays Mondays at the Warbro Athletic Complex.
Details: Mark Cheatham, 804-382-4464

RVA Senior Softball
This league offers play for recreational players aged 50 plus.
Details: 804-552-1243 or rvaseniorsoftball.com

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Adverse Weather Hot Line:
804-748-1001 or chesterfield.gov/fieldclosings

Field Closings: Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. Decisions regarding weekend games at outdoor school sites are made by league commissioners.

Scan to visit REGi online registration, or visit www.chesterfield.gov/parks
ATHLETIC LEAGUES – YOUTH

The Chesterfield Parks and Recreation Department sponsors or cosponsors numerous youth and adult leagues, offering a variety of sports. The department, in cooperation with county schools, provides the facilities necessary for the operation of these leagues.

Chesterfield County cosponsors several youth basketball programs for all ages. Most practices start in November and games start in January.

Chesterfield Basketball League chesterfieldbasketball.org
countywide
Chesterfield Girls Basketball League thecgbkl.com
Northern Chesterfield
Bon Air Southampton bonairbasketball.net
Chester Presbyterian Chester, Enon
chesterpres.org/chester-presbyterian-basketball-association-sign-ups

Chesterfield County cosponsors several youth baseball and softball programs. Practices start in March. Games begin in April.

Baseball
Chesterfield Baseball Clubs, Inc.
Countywide program is for youths, ages 5-18. Details: Blake Eller, 804-357-6968 or cbcbaseball.org
Chesterfield Little League
Ages 5-18. Practice and play in Hull Street Road corridor. Details: playcll.com
Central Chesterfield Little League

Softball
Chesterfield Youth Softball Association
League offers slow-pitch and fast-pitch softball for youths, ages 5-18. Practice and play is countywide. Details: presidentofcysa@gmail.com or at leaguelineup.com/cysa

Soccer
Countywide program for youths, ages 5-17. Games are played Saturdays, starting in September, at various park and school sites. The program consists of six-member leagues that offer in-house and select travel team play. Register to play through area soccer associations:
Richmond Strikers Chesterfield chessterfield.prestosposports.com
804-271-2714
F.C. Richmond Soccer League fcrichmond.com
804-897-5200
Richmond Kickers richmondkickersyouth.com
804-644-5425, x311

Our newest lacrosse group offers high quality recreational-level coaching and play for boys and girls in grades 1-8. This is a county-wide program that bases its operations at River City Sportsplex and Stratton Park. For more information, visit www.cylax.org.

Chesterfield Quarterback League
This a countywide youth football league for ages 6-14. Practice starts in August. Games will be played on Saturdays beginning in September at various park and school sites around the county. Register through your local athletic associations.
Details: cqlfootball.com

Chesterfield Metro Football Association
Home of the Giants, affiliated with USA Football and local youth organizations. This association offers football and cheerleading to youths aged 5-14. The league uses Virginia High School League Rules and enforces the must-play rule for all participants. Practice starts in August.
Details: Lou Lippa, 804-937-8444 or chesterfieldgiants.com

Chesterfield Cheerleading League
This county wide program provides skill building in the sport of cheerleading while preparing cheer teams for sideline and competitive performances. Chesterfield Cheerleading League supports sport associations across the county and will place participants between the ages 5-15 with an association within your geographic area. CCL currently supports the Chesterfield Quarterback League and the Chesterfield Basketball League, providing sideline cheerleading for the recreation football and basketball seasons. Registrations will begin soon. Details: cheerchesterfield.com

Countywide program for youths 5-14. The league consists of several athletic associations representing various high school districts in the county and surrounding areas. Registration and practices begin in November. Details: zoomdog89.wixsite.com/chywl

Many youth sports require registration through your local Athletic Association. To find out which Athletic Association serves you and to receive additional information on how to register for a youth sport, you may call 804-751-2322. The Athletic Associations are listed below.

Bellwood
Beulah
Chalkley
Christian
Chester Sports Boosters
Clover Hill
Crenshaw
Davis
EMC Knights
Enon
Ettrick
Evergreen
Gates
Gordon
Harrowgate
Hening
Hopkins
Jacobs
Matoaca
Midlothian
Old Hundred
Providence
Robious
Salern
Scott
Smith
Spring Run
Swift Creek
Weaver
Wells
Woodlake
Woolridge

All NEW coaches will be required to go through the background check process, which includes fingerprinting. All approved individuals will be sent a national background check card with an expiration date of three years. Current background check cardholders may be selected for random background checks. Details: 804-748-1623
COMMUNITY GROUPS

Alliance for Cultural Tourism (ACT)
Facilitates the cooperative development of sites, facilities and programs among cultural and historical organizations.
Details: 804-796-7045

Athletes in Motion (AIM USA)
An organization dedicated to providing affordable, quality programs for youth including self-defense/safety and cheerleading prep. Registrations and payments are made on site. Classes are weekly throughout the county year-round. For ages 4-15.
Details: 804-372-3331 or infoaimusa@gmail.com

Royalettes Baton Corps
Details: Diane Gunnels, 804-306-7629 or www.royalettesbaton.com

Bushin-kan Karate
Details: www.bushin-kan.org

Chesterfield Community Band
Details: Robert Coghill, 804-748-5990, or www.ccband.org

Chesterfield County Choral Society
Details: Judy Lee, 804-271-1057 or www.chesterfieldcountychoralsociety.com

Chesterfield Pickleball Club
Details: Linda Scott, 804-683-8481, or pickleball4all@aol.com

Chester Knights Fencing Club
Details: Mark Logan, prévôt USFCA, 359-4152
chesterknightsfencing.wordpress.com
Facebook: Chester Knights of Karl Przystawik Fencing Club Chesterfield County

Circle 8 Square Dance Club
Details: Charlie and Anne Mathews, 804-639-1155

Richmond Volleyball Club
Details: Darcy Carroll, 804-358-3000

River City Crew
Youth rowing program for 8th-12th grade students in the Richmond area. Learn-to-Row programs -spring, summer and fall.
Details: Tom O’Rourke, 804-356-2799 www.rivercitycrew.com

Sophistocats Ballroom Dancing
Details: Shirley Callahan, 804-320-2882 or www.sophisticats.x10host.com.

Virginia Boat Club
Provides recreational and competitive rowing to the community and high schools. Details: Henry Holswade, 804-320-2984, or www.virginiaboatclub.org

What is Cooperative Extension?

Extension is a joint effort bringing together Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. There is a Virginia Cooperative Extension (VCE) office in every locality across the state that works with local partners to identify the needs of their communities. VCE 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.

Chesterfield Cooperative Extension offers a variety of programs including gardening and lawncare advice, nutrition education, educational workshops and seminars, plant disease/weed and insect identification, youth camps and clubs, school enrichment programming, and more. Please visit our website for details about these programs or how to get involved: www.chesterfield.gov/429/Cooperative-Extension

The Chesterfield Cooperative Extension Service office is located adjacent to the Central Library:
9501 Lori Road
Chesterfield, VA 23832

Contact the staff Monday – Friday, 8 a.m.-4:30 p.m., at 804-751-4401.
**Young Rembrandts Fall Art Fun**

Back-to-school is in full swing as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students ages 6-12 will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We’ll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. Classes held directly after school September – December at 17 various elementary school locations. Individual program flyers will be distributed to students in the host schools. $75 course registration fee includes all materials and supplies. 

Details: [www.youngrembrandts.com](http://www.youngrembrandts.com)

**ArtZ - Multimedia Art Experience**

Miss Mary’s art program is for ages 7-12 and offers a multimedia art experience. Paint, clay, brushes, graphite pencils, canvases, oil and chalk pastels, artist grade paper and colored pencils...mix them all together and what do you get? An art class filled with exciting and imaginative art project. Please bring an old shirt since being creative can be messy. Fee includes all materials and supplies. 

Details: [www.Artz-rva.com](http://www.Artz-rva.com)

**JumpStarz - Jump Rope Lessons**

What activity is the equivalent of running and eight-minute mile, burns more calories per minute than most exercises, and works every part of your body? It’s jumping rope. JumpStarz uses the fun and exciting sport of double-dutch to build confidence, improve cardiovascular health and nutrition, while empowering youth to set and reach goals. Learn basic to intermediate double-dutch skills, partner tricks, long rope and single rope to include games. All skill levels are welcomed. 

Details: [www.thejumpstarz.com](http://www.thejumpstarz.com). Fee includes all materials and supplies. For ages 6-15.

Curtis Elementary, 3600 W. Hundred Road 
Mondays, Oct. 12-Nov. 9, 4-5 p.m. (not held 11/2) $30 Course 37549

Hopkins Elementary, 6600 Hopkins Road 
Mondays, Nov. 16-Dec. 7, 4-5 p.m. $30 Course 37798

Reams Elementary, 10241 Reams Road 
Tuesdays, Oct. 6-27, 4-5 p.m. $30 Course 37799

Salem Elementary, 9600 Salem Church Road 
Tuesdays, Nov. 10-Dec. 1, 3:05-4:05 p.m. $30 Course 37800

Bellwood Elementary, 9536 Dawnshire Road 
Thursdays, Oct. 15-Nov. 5, 4-5 p.m. $30 Course 37801

Ettrick Elementary, 20910 Chesterfield Avenue 
Thursdays, Nov. 19-Dec. 17, 6-7 p.m. (not held 11/26) $30 Course 37550

**BRICKS 4 KIDZ**

Bricks for Kidz is an educational company that uses LEGO Bricks to teach science, technology, engineering, mathematics and art in fun and exciting ways.

**Gadgets & Gizmos**

Students ages 6-12 will love our interactive Bricks 4 Kidz models made from specialty LEGO Technic Brick kits. This course is all about the fun of doing something with what you’ve built. From a spinning top and foosball table top game to a spin art machine and battle tops model, students will love playing with their technic brick builds and motorized LEGO creations. Anticipate lots of STEM learning too. Each student will build and take home a custom Lego mini figure. Fee includes all materials and supplies. Courses instructed by staff of Bricks 4 Kidz Chesterfield/ Powhatan.

**Galaxy Far Away**

Take an adventurous journey through space. Students ages 6-12 will build a rocket to blast through the atmosphere into a realm that is truly out of this world. Build the world where rebels Fighter and the Dark Side Fighter start epic battles. Students will build motorized models that represent spacecraft from your favorite popular space movie and learn a lot about space along the way. Course instructed by staff of Bricks 4 Kidz Tri-Cities/ Mechanicsville. Fee includes all materials and supplies. 

Ecoff Elementary, 5200 Ecoff Avenue 
Mondays, Oct. 5-Nov. 16, 4-5 p.m. (not held 11/2) $65 Course 37811

Wells Elementary, 13101 S. Chester Road 
Tuesdays, Oct. 6-Nov. 17, 2:20-3:20 p.m. (not held 11/3) $65 Course 37534

Curtis Elementary, 3600 W. Hundred Road 
Wednesdays, Oct. 7-Nov. 4, 4-5 p.m. $65 Course 37814

Hening Elementary, 5230 Chicora Drive 
Thursdays, Oct. 8-Nov. 5, 4-5 p.m. $65 Course 37815

Enon Elementary, 2001 E. Hundred Road 
Fridays, Oct. 2-Nov. 6, 4-5 p.m. (not held 10/16) $65 Course 37816

For more information, contact Jackie Maclin, 804-748-1123 or maclinj@chesterfield.gov
CHALLENGE ISLAND

Super Star STEAM Island
Calling all trailblazers, groundbreakers, and universe-shakers. You and your tribe will take a STEAMtastic journey through Challenge Island Hall of Fame from Amelia Earhart to Walt Disney, Jackie Robinson, and Steve Jobs to a galaxy of other game-changers. Super Star Island shines as bright as a Challenge Island Kid, so grab onto your inner star and join us for this stellar cross-curricular engineering adventure. For Students ages 6-13. Fee includes all materials and supplies.
Clover Hill Elementary, 5700 Woodlake Village Parkway
Mondays, Oct. 5-Nov. 16, 2:20-3:20 p.m. (not held 11/2) $75 Course 37818
Robious Elementary, 2801 Robious Crossing Drive
Tuesdays, Oct. 6-Nov. 17, 4-5 p.m. (not held 11/3) $75 Course 37535
Bettie Weaver Elementary, 3600 James River Road
Thursdays, Oct. 8-Nov. 12, 4-5 p.m. $75 Course 37536
Details: Jackie Maclin, 804-748-1123

Black Belt Diva Women’s Self Defense Workshop
This is an empowering self-defense class where participants learn basic hands-on tactics and safety awareness. The class is appropriate for teen girls, adults, maturing women, and women with disabilities. Open to females ages 13 and older. No prior martial arts skills are needed. The instructor is Crystal Benjamin, a Certified Martial Arts Instructor and second-degree black belt.
Mayes-Colbert Ettrick Recreation Center
20621 Woodpecker Road
Saturdays, 9-11 a.m.
Oct. 10 $30 Course 37822
Oct. 24 $30 Course 37824
Nov. 7 $30 Course 37825
Nov. 21 $30 Course 37827
Dec. 12 $30 Course 37828
Details: Jackie Maclin, 804-748-1123

COMMUNITY PROGRAMS

CANINE AGILITY AT CHESTER DOG PARK
Details: Denise Flora, 804-717-6860 or florad@chesterfield.gov

Canine Agility at Chester Dog Park
NEW
Details: Denise Flora, 804-717-6860 or florad@chesterfield.gov

Intro to Agility Workshop
What does it take to be an Agility Dog? In this workshop, discover some of the foundational groundwork games that will teach body awareness, balance, and impulse control. Dogs will be introduced to low beginner obstacles. Dogs must be dog and people friendly and be familiar with the basic cues of sit, down, come, and stay. Proof of up-to-date Rabies, Distemper, and Parvo vaccinations required. For dogs 18 months and older and their handler. Handlers under 18 years must be accompanied by an adult. For ages 12 and over.
Chester Dog Park, Goyne Park, 5300 Ecoff Ave.
Sunday, Sept. 20, 2-4 p.m. $20 Course 37793
Wednesday, Nov. 18, 10:30 a.m.-1:30 p.m. $20 Course 37795

Foundational Puppy Agility Groundwork - Level 1
Do you have a new puppy that will be training for agility later? Why not give them a head start in that training? Through games and while on leash, work on simple skills such as following the handler in straight lines and large and small circles. Ladder work, wobble board, and walk the plank will teach body awareness. Also work on strengthening basic skills such as sit, down, come, and leave it. Puppies must be familiar with the basic skill concepts. All puppies must be dog and people friendly. Proof of up-to-date Rabies, Distemper, and Parvo vaccinations required. For puppies 16 weeks-6 months and their handler. Handlers under 18 years must be accompanied by an adult. Minimum age is 12 years.
Chester Dog Park, Goyne Park, 5300 Ecoff Ave.
Wednesdays, Sept. 9-Oct. 14, 10:30-11:30 a.m. $90 Course 37794
Henricus Historical Park re-creates 17th-century life in the second successful permanent English settlement in North America and in the Virginia Indian site of Arrohateck. Due to its prime location as a military outpost on a bluff overlooking the James River, the site also boasts a rich Civil War history that visitors may experience through special events and programs. Surrounded by the Dutch Gap Conservation Area, the living-history museum offers exceptional SOL- and STEM-aligned Pre-K-12, college and adult education programs. There is also indoor and outdoor meeting and special-event space available for rental. Henricus Historical Park is a nonprofit 501(c)(3) organization, which operates in partnership with the Henricus Foundation and the counties of Chesterfield and Henrico. For more information about Henricus Historical Park, visit www.henricus.org, or follow us on Facebook and Twitter.

Contact Information:
251 Henricus Park Road
Chester, Virginia 23836
Visitor Center: 804-748-1611
School and adult education programs and camps: 804-318-8797

Hours of Operation:
Wednesday-Sunday, 10 a.m.-5 p.m. (Last ticket sold at 4 p.m.)

Admission Fees:
Adults: $9
Children (3-12): $7
Children (2 and under): Free
Members: Free (must present Patron pass or photo identification)
Military: $1 discount to active and retired military personnel and their families

Park Rentals:
Henricus Historical Park is the perfect setting for special events such as retreats, weddings, parties, banquets and other festivities. Henricus boasts a number of indoor and outdoor venues available for rental throughout the year. For more information, Caitlin Sunderland, 804-748-1131

Gift Shop:
The gift shop carries unique items that represent the site’s 400 years of history. Featured gifts include handmade Virginia Indian products and an authoritative selection of books. To contact the gift shop, call 804-748-1611.

Membership:
Henricus is a non-profit 501(c)(3) organization that operates in partnership with the Henricus Foundation and counties of Henrico and Chesterfield. Private philanthropy bridges the gap between county resources and what the park needs to operate and expand. Visit www.henricus.org to learn more.

Volunteers:
Volunteers are needed to work as educators and historical interpreters in addition to assisting with events and special projects onsite. Call 804-748-1611 for more information.

Henricus offers multi-curricular, hands-on, SOL- and STEM-aligned programs for grades Pre-K-12. These programs are designed to be held at the re-created Indian community of Arrohateck and the Colonial Citie of Henricus with professional educators and costumed re-enactors and interpreters. See below for a list of on-site programs and tours, as well as Outreach Museum-to-You programs (held at your facility) for both youths and adults.

Onsite Education Programs

Pre-K-K:
History Kids: Colonial and History Kids: Indian

Grades 1–5:
People of the River-Powhatan Indians, Success of the Citie – Henricus 1611, Mapping the James River, Voyage to Virginia (a joint program with Agecroft Hall), Two Lives of Pocahontas

Middle-High School level programs:
Virginia Governments, Colonial Cultures of the James River and Two Lives of Pocahontas

• Title I discounts available

Onsite Adult Education Programs

• Two Lives of Pocahontas, Lords and Leaders, Science and Medicine of the 17th Century, Guided Historic Highlights tour.

History Kids/Indian
Pre-K-K

History Kids/Colonial
Pre-K-K

Mapping the James River
Grades 1–5

Virginia Governments
Grades 4–9

Lords and Leaders, Two Lives of Pocahontas, Science and Medicine of the 17th Century.

Specialized programs upon request.

Teacher Workshops - historical information, primary sources
Henricus and Agriculture in the Classroom (VA Farm Bureau) - Free

Joint workshop held annually in July.
Experience a day designed especially for home school families, featuring hands-on activities, demonstrations, and crafts, at a living history museum. Registration is required by Sept. 10 by calling 804-318-8797.

Thurs., Sept. 10, 10 a.m.-2 p.m.

**Haunted Henricus: Things that Go Bump in the Night**
Legends and tales from throughout the centuries come to life before your eyes. What will you encounter out in the darkness? Will it be the Headless Horseman? The demon hounds of the Wild Hunt? Deals with the devil gone wrong? Find out, at Things that Go Bump in the Night. Tours not appropriate for children under 6. Tickets available online at Henricus.org. Tours begin at 7 p.m. and leave every 15 minutes.

Fri. and Sat., Oct. 23-24, 7-8:30 p.m.
$9/adult, $7/children ages 3-12; Henricus Members: free

**Haunted Henricus, Jr. (Ages 3 - 10)**
An afternoon of family-friendly Halloween fun! Interact with Powhatan and Colonial interpreters as you trick-or-treat in our recreated Indian village and English settlement, listen to spook-tacular stories, and make your own Halloween-themed craft. Children are encouraged to dress in their Halloween costumes. All children must be accompanied by at least one adult. Registration is required by Oct. 22 by calling 804-318-8797.

Sat., Oct. 24, 1-3 p.m.
$7/child, $5/adult; Henricus Members: $5/child, free for accompanying adults

**Haunted Henricus Paranormal Overnight Investigation**
With over 400 years of history - from the Powhatan Indians and Colonial Settlers to the Revolutionary and Civil Wars – Henricus and Dutch Gap are said to be full of paranormal activity. Join Henricus staff and Transcend Paranormal to investigate the historic site and see what evidence you can find. Tickets also include the last tour of Things That Go Bump in the Night.

Sat., Oct. 24, 8:30 p.m.-9 a.m.
$30. Reservations available online. Limited availability.

**Henricus Witching Hour**
Explore the history of witchcraft during a perfectly wicked afternoon of magical mischief. Enjoy a variety of activities and chat with our costumed interpreters about historical witchcraft practices and punishments in the 17th century and beyond. This event is family-friendly, but please leave your toads and snakes at home.

Saturday, Oct. 31, 10 a.m.-5 p.m.
$9/adult, $7/children ages 3-12; Henricus Members: free

**Adult Program: Women of Two Worlds**
Who were the women of 17th century Virginia? In Women of Two Worlds, discover the cultural, economic and political impact of the English and Powhatan women who called Virginia, or Tsenacomoco, their home. Adult groups, clubs, college classes, and individuals welcome. Registration required by November 10th by calling 804-318-8797.

Sat., Nov. 14, 1-3 p.m.
$14/adult; Henricus Members: $12

**Hands-On Hearth Cooking Class (Ages 16 - Adult)**
Do you have a special interest in colonial cooking? Would you like to cook over an open fire? Are you interested in tasting recipes that are 400 years old? Explore the diverse world of English cooking as it was brought to Virginia over 400 years ago. Enjoy period recipes and cooking techniques. Prepare, cook and taste a variety of seasonal food and staples. Participants should wear 100% cotton clothing suitable for messy work. Class size is limited.

Sun., Nov. 15, 10:30 a.m.-4 p.m. (Ordinary)
$95
Details and registration: [http://17thcvirginiacook.wixsite.com/workshops](http://17thcvirginiacook.wixsite.com/workshops)

**Friendship, Trade & Feast at Henricus**
The English and Powhatan historical interpreters at Henricus will explore the autumn harvest feasts and fun common to all people in 17th-century Virginia. Visitors will have a chance to be immersed in the cooking, games, and songs that were common to the homes in 1611-1622 Virginia. This event will further interpret the history of the first “Thanksgiving” in England America - the one which happened in 1619 in Virginia. Enjoy the smells, sounds, and frolic of the 17th century past.

Sat., Nov. 28, 10 a.m.-5 p.m.
$9/adult, $7/children ages 3-12; Henricus Members: free

**Discovery Days: A Family Day Camp**
Program will include a story, interactive tour of our re-created 17th century site, and a make-and-take craft. Visit Henricus.org for the day’s theme. All children must be accompanied by an adult. Registration required by Dec. 2 by calling 804-318-8797.

Sat., Dec. 5, 10 a.m.-1 p.m.
$12/child, $8/accompanying adult; Henricus Members: $9/child, $5/adult

**Three Centuries of Virginia Christmas & a Visit from Father Christmas**
Begin the celebration in 1611 at Henricus Fort and see how Dutch ideas influenced English holiday traditions. Move on to 1778, when the Revolution called for simpler ways to mark the season. Next, it’s 1860: celebrate with carols and hot cider while decorating a Victorian Christmas tree by the fireside. Bring the kids. Your festive journey through time will end with a visit from Father Christmas. He’ll hear everyone’s Yuletide wishes. Make your holidays historical at Henricus.

Sat., Dec. 12, noon-5 p.m.
$9/adult, $7/children ages 3-12; Henricus Members: free

For more information call 804-748-1611 or www.henricus.org.
Join us on the Henricus bluff overlooking the James River as we honor and welcome our newest American citizens. This ceremony is free and open to the public. Tues., Sept. 22, 11 a.m. Free

The Henricus Foundation presents the sixth annual Hops in the Park, a national award-winning hops & harvest festival celebrating the long and rich history of brewing in Virginia. Hops in the Park features over 40 Virginia craft beers, brewing demos, farmers market, music, food, children's activities, and of course - Virginia history. All proceeds from Hops in the Park support Henricus Foundation's Children's Education Fund.
Sat., Nov. 7, noon-6 p.m. Free
Details: www.hopsinthepark.com

Boar's Head Feast
Tis’ the Season to step back in time. Follow the merry Lord of Misrule to England in the 1590s and enjoy the sights, sounds, and flavors of Christmas as we knew it then: a multi-course feast including roasted meats, pies, ale, cider and more, served at table in our spacious, candle-lit Guest House with a blazing Yule log fire. Dine to the sounds of period musicians, with wassailing a-plenty, and many a toast to Her Majesty Queen Elizabeth I. Begin your holidays with one of the oldest English Christmas traditions in one of the oldest English settlements in North America: Henricus.
Fri., Dec. 18, 7-9 p.m. Sat., Dec. 19, 6-8 p.m.
Pricing and tickets: www.henricus.org
HISTORICAL FACILITIES

Chesterfield County Parks and Recreation, in partnership with the Chesterfield Historical Society of Virginia, invites you to visit the Chesterfield County Museum, 1892 Historic Jail and Magnolia Grange located in the county government complex. Hours of operation are Tuesday-Friday, 10 a.m.-4 p.m. and Saturday, 10 a.m.-2 p.m.

Chesterfield County Museum

The museum serves as a replica of the first colonial courthouse built in 1750. Museum exhibits include Powhatan Indian culture, artifacts from America’s first iron furnace and coal mines, historic Civil War relics and artifacts from early Chesterfield colonial life. Explore a reproduction of an early 20th century General Store and view the changing exhibit “Chesterfield Remembers WWI: The Story of the WWI Soldier from Chesterfield County.” For details regarding monthly programming call 804-768-7311.

$2/person suggested donation.

1892 Historic Jail

This historic jail precedes several earlier jails that once stood on the Courthouse Green. It has been restored and is open for individual and group tours which begin at the County Museum next door. View the changing exhibit “Chesterfield Remembers WWI: The Story of the Home Front”. Take a tour of the original jail cells and learn about some of the historic trials. $1/person suggested donation.

Magnolia Grange

This Federal-style plantation house built in 1822 was named after the circle of Magnolia trees that once graced its front lawn. The house museum is noted for its distinctive architecture. Explore the histories of three families that lived in the house and who made important contributions to life in Chesterfield County. Today, the house is furnished with artifacts that interpret life at a country plantation during the 19th century. For details regarding programs and events call 804-748-1498.


HISTORY PROGRAMS — CHESTERFIELD HISTORICAL SOCIETY

History of Chesterfield

Chesterfield County has 270 years of history to welcome visitors. Explore Henricus Historical Park, the second permanent settlement in the New World. Experience colonial history at Eppington Plantation and the Historic Courthouse Complex. Tour beautiful Magnolia Grange and experience life of the 19th century. Visit the Chesterfield County Museum and the Historic Jail to discover the diverse history of Chesterfield’s past. Learn about some of the “firsts” that the County offers from commercial coal mining, to the first iron furnace and the first incorporated town in North America at Bermuda Hundred.

HOME SCHOOL HISTORY ADVENTURES

These programs are designed for families with children ages 6 and older. $5/child. Fridays 10 a.m.-noon.

To register visit www.chesterfieldhistory.com.

Chesterfield Coal

Did you know that Midlothian was the site of the first commercial coal mines in North America? Take a guided tour and discover what coal mining was all about. Participate in a scale hardness test and learn how to classify rocks. This activity addresses geology and coal mining. Program meets at amphitheater in front of lake. Midlothian Mines Park, 13286 North Woolridge Road Sept. 4

World War I: The War to End all Wars

This program will address impacts to soldiers facing life on the front in World War I. Learn about involvement of American troops during the war, trench warfare, equipment, gear, food they ate, challenges they faced, and discover some of the battlefield improvements such as tanks, airplanes, artillery and more. Chesterfield Museum, 6813 Mimms Loop Sept. 11

Geocaching

Learn some of the basics of navigation and how to use a hand-held receiver as you search for clues on a scavenger hunt and look for caches or hidden treasure. Learn how to use a compass, understand basic uses of topographic maps and how these functions are important. Castlewood, 10201 Iron Bridge Road Sept. 25

Hours at historical facilities may be impacted by guidelines related to COVID-19. Please check with the Historic Sites Supervisor, 804-751-4946, before visiting.
CIVIL WAR GUIDED TOURS
To register visit www.chesterfieldhistory.com. Details: Bryan Truzzie, 804-751-4946. Registration and payment required at least one week in advance.
$8 per person

Historic Point of Rocks Guided Tour
Visit Historic Point of Rocks and learn about the Union hospital established here where Clara Barton served. Walk the ground where President Lincoln visited in 1865. View federal fortifications and learn why this location played a major role in the Bermuda Hundred Campaign. Wear comfortable shoes. Tour meets in maintenance parking lot at Dodd Park.
R. Garland Dodd Park, 201 Enon Church Road
Friday, Oct. 30, 2–4 p.m.

SCOUT WORKSHOPS
The merit badge workshops are conducted by a merit badge counselor certified with the Heart of Virginia Council. For details contact Bryan Truzzie at 804-751-4946 or truzzieb@chesterfield.gov. Register at least one week in advance.

To register visit www.chesterfieldhistory.com.
Castlewood, 10201 Iron Bridge Road
Saturdays, 10 a.m.–1 p.m. $10 per scout

Citizenship in the Community
This workshop is for scouts looking to fulfill their merit badge requirements addressing rights, liberties and cultural heritage.
Nov. 14

Citizenship in the World
This workshop is designed for scouts looking to fulfill their merit badge requirements addressing rights, duties and citizenship around the world. Learn about international law, world trade, how governments function, foreign relations and forms of government.
Dec. 12

Citizenship in the Nation
This workshop helps scouts to understand their rights, liberties and freedoms as a citizen by discussing important historical documents, learning the branches of government and examining important historical speeches.
Dec. 19

Public Speaking Requests
Enjoy an engaging and educational program for your organization’s next social function. This is a wonderful opportunity for churches, civic organizations, garden clubs, and older adults to learn more about Chesterfield County’s history. A wide range of speaking topics, presentations and craft workshops are available. Free
For a complete list visit www.chesterfieldhistory.com or call Bryan Truzzie, 804-751-4946.

Chesterfield County Museum
6813 Mimms Loop
All programs are free with no reservations required.
Details: 804-751-4946

Sept. 19 and 20 – Time Travelers Weekend
This event sponsored by Richmond Region museums will allow participants to enjoy an admission-free weekend. The Chesterfield County Museum and Historic 1892 Jail will be open Saturday from 10 a.m.–2 p.m. and on Sunday from noon–4 p.m.

Sept. 26 – Through the Ages with Women of Chesterfield
A look at some accomplished women of Chesterfield County and their impact on the world around them. Speaker is Terry Wells, Chesterfield Historical Society Library Committee.

Oct. 3 – The Campaign for Women Suffrage in Virginia
Learn the untold story of the remarkable women who, for ten years, argued, cajoled, and marched to win the right to vote. The talk compliments the Library of Virginia's current exhibition “We Demand: Women's Suffrage in Virginia.”

Oct. 17 - Thirteen's Fiftieth
Recognize the flight of Apollo 13, that occurred 50 years ago this year, with a talk by N.A.S.A. Langley Research Center personnel.

Nov. 7 – America’s Doughboys and the National Pastime in the Great War
This presentation by Alexander Barnes, Command Historian with the Virginia National Guard, recounts the story of how baseball played an important role in entertaining the troops during WWI. Playing wherever they could find enough room to throw a ball, the Doughboys brought the game with them into the front lines and then into the occupation of Germany. Sharing their military service, in combat and on the baseball diamond, were a number of famous professional ball players, managers, lawyers, politicians, and even an umpire.

Nov. 14 - Apples to Appleseed: How Cider and John Chapman Shaped the Early Frontier
This lecture will explore a brief history of the apple and apple cider, and dive into the history behind Johnny Appleseed. Attendees will learn about the origins of the apple, its unique contribution to English North American culture and development, and how Johnny Appleseed (John Chapman) sprouted from his roots in a modest New England family to grow into one of the greatest legends our country has ever known.

Dec. 12 - Holiday Traditions Craft Workshop
Explore the history of some of your favorite holiday traditions. Why do we place lit pine trees in our homes? What are the origins of some favorite carols? Learn the answers to these questions and others and make a holiday craft to take home.
HISTORY PROGRAMS — CHESTERFIELD HISTORICAL SOCIETY

Magnolia Grange
10020 Iron Bridge Road
Details: 804-751-4946
Unless otherwise noted in the program description, all Magnolia Grange programs are free with no reservations required.

Tuesdays, 1 p.m.
**Sept. 1 - Games and Toys of Yesteryear**
At this fun-filled event, participants will get the chance to amuse themselves with playthings of the 1800s through the 1970s, all eras during which families resided at Magnolia Grange. Reservations are encouraged. To sign up, call 804-748-1498.

**Oct. 6 - Origami**
Retirees are invited to study the art of origami with local craftsperson, Ayumi Ledford.

Saturdays, noon
**Sept. 12 - Songs of the Civil War**
Hear 1860s music played by Susan Carraway on mandolin and guitar duo Virginia Dare. The program will be held outdoors. In the event of rain, the presentation will be moved inside.

**Sept. 19 and 20 - Time Travelers Weekend**
This event sponsored by Richmond Region museums will allow participants to enjoy an admission-free weekend. Magnolia Grange will be open Saturday from 10 a.m.-2 p.m. and on Sunday from noon-4 p.m. To register visit www.chesterfieldhistory.com

**Oct. 10 - Sister Soldiers**
At a program inspired by the induction of the first female generals in the U.S. Army fifty years ago, learn about ladies’ participation in the military from Fort Lee’s Army Women’s Museum staff.

**Oct. 24 - The Civil War and Women**
Learn how the Civil War affected the lives of women and children in this presentation by Donetta Bantle, a historical interpreter with Magnolia Grange.

**Nov. 7 - Overview of POWs in Vietnam**
Historical interpreter H. Lee Dixon will present a lecture to mark the anniversary of the 1975 ending of the Vietnam War.

**Nov. 14 - Polar Bear Expedition**
Join local historian Jack Bantle as he shares the story behind the American Expeditionary Force during WWI who engaged Bolshevik troops in Russia at the conclusion of the war. This military-themed lecture will discuss the importance of the Polar Bears.

**Nov. 21 - Celebrating Captain Sally**
First person interpreter Debbie Phillips will portray Civil War nurse Sally Tompkins, who died in Richmond in 1916.

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SPECIAL EVENTS

**“Yuletide of the Twenties” Christmas Open House**
Enjoy the holiday season at Magnolia Grange by experiencing holiday traditions in the 1920s. Learn about ornaments that would have been common during the period, holiday songs popular during 1920s Christmases, and the food that would have been served during that time. This family event will feature holiday music, refreshments, a craft activity for children, and special holiday discounts in the gift shop. Children may have their picture taken with Santa for free.

Magnolia Grange, 10020 Iron Bridge Road
Saturday, Dec. 5, 1-4 p.m. Free
Details: 804-748-1498 or www.chesterfieldhistory.com

**Holiday Christmas Teas**
Celebrate the holiday season by attending a Christmas holiday tea at Magnolia Grange. Enjoy musical entertainment and learn about traditional Christmas songs that were popular during the 1920s. Step back in time to experience a special Christmas tea with a selection of finger sandwiches, sweets and tea.

Magnolia Grange House Museum, 10020 Iron Bridge Road
Wednesday, Dec. 9, 1-3 p.m.
Wednesday, Dec. 16, 1-3 p.m.
$30. Reservations are required.
Details: 804-751-4946
To register: www.chesterfieldhistory.com

For more information call Bryan Truzzie, 804-751-4946. To register for these programs call 804-748-1623 and request the specific course number. Registration and payment are required for all programs in advance.
HISTORY PROGRAMS — PARKS AND RECREATION

HISTORICAL TOURS
To register call 804-748-1623 and request the specific Course number. Register for all programs at least one week in advance.

Details: Bryan Truzzie, 804-751-4946
$8 per person

Historic Architecture Tour
Discover the unique architecture of the historic buildings on the Historic Chesterfield Museum Complex. Learn how important Greek Palladian and Italianate Classical design influenced the construction of various historic structures. Join us as we explore the story behind these remarkable structures. Visit Castlewood, Magnolia Grange, and 1917 Historic Courthouse among others.
Chesterfield County Museum, 6823 Mimms Loop
Saturday, Sept. 12, 10 a.m.-noon
Course 37447

Mid-Lothian Mines
Take a guided tour through the park and learn more about the early coal mining history in Midlothian, one of the first commercial coal mine operations in North America. Learn about one of the earliest railroads, the development of the earliest road system to transport coal, and the impact that coal mining had on the region. View a reproduction of the headstock and hear what life was like for coal miners. Program meets at amphitheater.
Midlothian Mines Park, 13286 North Woolridge Road
Saturday, Sept. 12, 2-4 p.m.
Course 37486

Eppington Plantation
Eppington Plantation was a large tobacco plantation built in 1768 by Thomas Jefferson’s brother-in-law, Francis Eppes VI. Experience what plantation life was like in the 1700s as you tour the house and grounds. The house features items on display from the Eppes and Hines-Cherry families, who were previous residents, in addition to agricultural displays.
Eppington Plantation, 14602 Epees Falls Road
Saturday, Nov. 7, 10-11 a.m.
Course 37484

Falling Creek Ironworks
Discover the site of the first iron furnace in the World and explore the industrial history that evolved. Learn about the Virginia Company of London’s desire to exploit the vast resources, Archibald Cary’s forge and later grist mill that existed. Take a tour of the site and learn about the impact of the industrial achievements. View the most recent site improvements and additions to the park. Tour meets in parking lot at Ironworks Park.
Falling Creek Ironworks Park, 6407 Jefferson Davis Highway
Friday, Sept. 18, noon-1 p.m.
Course 37485

Pleasant View School
Take a guided tour and learn about the early African American history of one of the last preserved schoolhouses in Chesterfield County. An excellent example of early 20th century construction, the school retains all the original architecture of similar patterns typical of Rosenwald school construction during that era. Learn the history of the structure and similar schools of the period.
Pleasant View School, 18431 River Road
Saturday, Nov. 7, 1-2 p.m.
Course 37482

For more information or details, call Bryan Truzzie at 804-751-4946. To register call 804-748-1623 and request the specific course number. Registration and payment is required for all programs in advance.
50+ HERITAGE CRAFT WORKSHOPS
These workshops are engaging and focus on a different craft activity. To register call 804-748-1623 and request the specific course number. Register for all programs at least one week in advance.
Castlewood, 10201 Iron Bridge Road
Tuesdays, 10 a.m.-noon $8 per person

Suncatcher Craft
Participants will enjoy making their own personal suncatcher. Beautiful glass gems of various colors will be used to create a one-of-a-kind masterpiece. These items can be hung in a yard, patio or window.
Sept. 22

Halloween Craft Project
During this spooky good time, participants will have the opportunity to make several different projects.
Oct. 20

Mineral Mosaic
This activity will allow participants to create beautiful artwork with printed mosaics and learn about rocks, minerals and ores. Individuals will be able to choose one of four designs.
Nov. 24

Waterless Snow Globe
Participants will make a holiday snow globe without the mess. This activity will get you in the mood for the holidays and makes a perfect gift for that someone special.
Dec. 22

“HIKING THROUGH HISTORY” SERIES
These programs are designed to share the diversity of the history at sites throughout the county. These are easy hikes that share the beauty of nature and history. Wear comfortable walking shoes. Thursdays, 10 a.m.-noon $8 per person

History of Point of Rocks
This tour will take visitors from the parking lot at the tennis courts along the trail down to Ashton Creek Marsh to view federal fortifications and remnants of a causeway that existed to deliver supplies during the 1800s, then return back to the parking area. Then discover the history of Historic Point of Rocks by touring the site and walking out to the bluff overlooking the Appomattox, learning about the hospital site in 1864.
R. Garland Dodd Park, 201 Enon Church Road
Course 37490

Geology “Rock Hounds” Tour
This tour will allow visitors to experience the history of the county’s only coal mine park and discover the geological formations that exist. Learn about the development of coal and discover fossil deposits.
Midlothian Mines Park, 13286 North Woolridge Road
Course 37488

Industry along the Appomattox
This tour will allow visitors to discover the natural beauty of this recreational area as we explore the history of the mill industry that once existed along the river during the 18th and 19th centuries.
Radcliffe Conservation Area, 21300 Chesdin Road
Course 37492

History Educational Programs
All our programs are designed to meet SOL curriculum and are engaging for your students. Consider a program brought to your classroom or schedule a visit to the Chesterfield Complex that includes a visit to the Chesterfield Museum, Magnolia Grange, and 1892 Historic Jail.
Details: Bryan Truzzie, 804-751-4946 or truzzieb@chesterfield.gov

Traveling Trunk Outreach Programs
Life in Rural Chesterfield - economics, past and present and changes over time (Grade 2)
Chesterfield in the Revolution - Virginia leaders, battles and causes of the war (Grade 4)
Virginia in the Civil War - key battles, soldier life, music and causes of the war (Grade 6)
Archaeology of the Past - concepts include excavation of a site, establishing grids, mapping and artifact repair (Grade 6)
Chesterfield in WWII - Discover the role of troops in the war, equipment, trench warfare, nutrition and analyze primary source documents. (Grade 7-8)

Museum Complex Programs
Settling a New Land - looks at changes over time and past and present concepts discussing first settlers, colonists and Indians (Grades 1-2)
English Colonization - covers first settlements, importance of industry and Virginia in the Revolution and Civil War (Grades 3-4)
Chesterfield: Birthplace of an American Dream - addresses colonial history and religious freedoms, industry of iron and coal mines, evolution of mills and life in the 19th century (Grade 6-7)
DUTCH GAP CONSERVATION AREA
Explore the 809-acre conservation area which is part of the Virginia Birding and Wildlife Trail, an Important Bird Area, and part of the Chesapeake Bay Gateways and Watertrails Network. Watch wildlife from two observation decks overlooking Aiken Swamp. Launch a kayak or canoe from the new boardwalk that provides access to the James River and the Tidal Lagoon Water Trail. Hike, bike, or horseback ride the 4.5-mile long Dutch Gap Trail.

Directions: From I-95, take exit 61 (Route 10, Hopewell) east to first traffic signal. Turn left onto Old Stage Road (Route 732), travel two miles to stop sign at Coxendale and follow to park entrance on right, Henricus Park Road.

For more information, call Noel Losen, 804-748-1129 or Mark Battista, 804-318-8735.

FAMILIES IN THE OUTDOORS
Unplug from the digital world and join us for a series of outings to explore our local environments. Each program is designed to encourage families to get outside, get exercise and enjoy the wild outdoors.

Night Ride and Campfire
Explore the Dutch Gap Conservation Area by bike – at night. Start your bike trek before sunset and pedal an easy two miles to the Peninsula. Enjoy a light meal by the lagoon, some activities and a campfire with s’mores. Turn on your headlights and ride back 2.5 miles to the parking lot. This is an easy bike ride with minimal elevation gain. Trail is suitable for bikes hauling trailers. Mountain bikes and hybrid bikes are necessary. Helmets and bike lights are required. Bring a light meal and drink. We’ll provide the s’mores.
Henricus Visitor Center, 251 Henricus Park Road Saturday, Oct. 17, 6-8 p.m. $5 Course 37508

Explore the Appomattox River Valley
Start your journey at the Radcliffe Conservation Area. Hike the bluff trail, scramble across rock outcroppings, roam along the wetlands while looking for beaver lodges and dams and explore tumbling streams. Reunite with the river trail and continue downriver for lunch at the abutment dam. Return along the River Trail. This will be an adventurous 2.5 to 3-mile hike.
Radcliffe Conservation Area, 21501 Chesdin Road Saturday, Nov. 14, 10 a.m.-1 p.m. $4 Course 37507

Winter Bird Count Primer
Joining a winter bird count this season? This two-hour walk will review the winter birds. Head to the wetlands to observe gadwall, pintail, and other waterfowl. Then head down the trail in search of eastern bluebirds, eastern meadowlarks, hermit thrush, yellow-rumped warblers and more. Bring your binoculars and bird book. Some binoculars will be available.
Dutch Gap Conservation Area, 341 Henricus Park Road Saturday, Dec 5, 8:30-10:30 a.m.
Free, but call 804-318-8735 to register

Bushwhacking the Brown & Williamson Conservation Area
Bushwhack and explore the 500-acre conservation area along the James River. Find the eagle nest, clues that reveal the story of the land, skunk cabbage and vernal pools. Have lunch in the hollow, then trek to the bluff that overlooks the James River. This will be an adventurous three-mile hike involving lots of bushwhacking and some stream crossings. Minimum age is 8. Children must be accompanied by an adult. NOTE: We will caravan from Henricus Park to the Brown & Williamson Conservation Area.
Henricus Visitor Center, 251 Henricus Park Road Saturday, Dec. 12, 10 a.m.-1 p.m. $4 Course 37506

First Day Hike at Dutch Gap
Spent the first day of January hiking and exploring the Dutch Gap Conservation Area. This will be an easy three-mile hike along bottomlands, wetlands, and the old river channel. Find out how nature reclaimed a landscape changed by humans.
Henricus Park Visitor Center, 251 Henricus Park Road Friday, Jan. 1, 10 a.m.-noon Course 37792
Free, but register online at www.chesterfield.gov/parks

Register at www.chesterfield.gov/parks • 804-748-1623

NATURE PROGRAMS
For more information on these programs, call Mark Battista at 804-318-8735 or battistam@chesterfield.gov. Register at least one week before programs.
WEEKDAY WANDERERS

Explore and learn about the rich and diverse resources of Virginia. Each trip will reveal the natural and cultural history of the various sites. All programs include a naturalist, transportation and admission fees (if required).

Details: Mark Battista, 318-8735

Fall Wildflowers
See and revel in the brilliant explosion of fall wildflowers. Enjoy the colorful array of wildflowers in the tidal marsh and the meadow. Total hiking distance will be approximately 2.5 miles.
Dodd Park at Point of Rocks, 201 Enon Church Road
Thursday, Sept. 17, 9:30-11:30 a.m. $8 Course 37512

Tree Identification Class
Ramble through the conservation area to learn common trees of the wetlands, forests and fields. This class will introduce participants to basic tree terminology and explain how to use a tree key. Also learn why trees are important to wildlife and us. Fee includes naturalist and the 120-page Common Native Trees of Virginia guide. This will be an easy, two-mile walk.
Henricus Park Visitor Center, 251 Henricus Park Road
Thursday, Sept. 24, 9:30 a.m.-12:30 p.m. $15 Course 37518

Discovering the Lower Appomattox River
Take a three-mile hike (1.5 miles up and back) along the Appomattox River Heritage Trail. Find stone arches and old canals that reveal the rich history of this area while enjoying the views of this state-designated scenic river and the natural history.
Parking lot at the end of Campbells Bridge, Petersburg (directions will be provided)
Thursday, Oct. 1, 9 a.m.-noon $10 Course 37515

Exploring the James River City Park
Stroll an easy three miles to explore Richmond's James River Park. This loop will include the Potterfield Walkway, the Belle Isle pedestrian bridge, and Belle Isle.
James River City Park, 22nd Street Parking Lot
Thursday, Oct. 8, 9 a.m.-noon $10 Course 37516

Ancarrow's Landing
Venture on an easy three-mile walk to discover some of the history and natural beauty of this bottomland park set along the tidal section of the James River.
Ancarrow's Landing, 1400 Brander St., Richmond
Thursday, Oct. 15, 9 a.m.-noon $10 Course 37523

Pocahontas State Park - Forgotten Camp 7
Hike through the southern forest of Pocahontas State Park for a quiet ramble to see the lake and site of the CCC Camp 7. This will an out-and-back hike of approximately 3.5 miles. State park parking fee is required. Bright Hope Horse Complex Parking Area, Pocahontas State Park (directions will be provided)
Thursday, Oct. 22, 9 a.m.-noon $10 Course 37524

Radcliffe Conservation Area
Journey on a three-mile trek to explore the varied terrain of Radcliffe Conservation Area. Hike along the Bluff Trail have lunch at the abutment dam, then return along the River Trail.
Radcliffe Conservation Area, 21501 Chesdin Road
Thursday, Oct. 29, 9 a.m.-noon $10 Course 37519

Powhatan State Park
Roam the varied trails for a 3.2-mile hike that incorporates Cabin, Pine, and the Big Woods Trails. Hike through pine and hardwood forests and some bottomlands. State park parking fee is required.
Powhatan State Park, 4616 Powhatan State Park Road, Powhatan (meet at parking lot with playground)
Thursday, Nov. 5, 9 a.m.-noon $10 Course 37514

Dutch Gap Conservation Area
Discover a landscape shaped by nature and humans during an easy three-mile hike that will take us along bottomlands, to the Cypress Swamp, and the old river channel. This will be an out-and-back hike.
Henricus Park Visitor Center, 251 Henricus Park Road
Thursday, Nov. 12, 9 a.m.-noon $10 Course 37856

Bushwhacking through Mary B. Stratton Park
Explore a park not yet open to the public and without trails. Venture through forested uplands, meadows, floodplains and along Falling Creek. Discover an old roadbed, the beaver dam, and Trampling Run. Bring a lunch to enjoy by the river. NOTE: We will caravan to Stratton Park.
Rockwood Nature Center, 3401 Courthouse Road
Thursday, Nov. 19, 10 a.m.-1 p.m. $10 Course 37525

Swift Creek Lake Hike
Venture out on new trails that follow the north shoreline of Swift Creek Lake, carves around coves and wetlands, and provides ample views of the lake. Start at the boat launch in Pocahontas State Park, cross the bridge, and then head into the mature forest. This is an easy four-mile hike on natural trails. State park parking fee is required.
Pocahontas State Park, 10301 State Park Road (meet at boat launch)
Thursday, Dec. 3, 10 a.m.-1 p.m. $10 Course 37513

Five Forks Battlefield
South of Petersburg and nestled in Dinwiddie County lies Five Forks Battlefield, a satellite of the Petersburg National Battlefield. Here, on Sunday, April 2, 1865, a decisive victory for the Federal army claimed the Southside Railroad which cut needed supplies to the Confederate army and started Lee's retreat and ultimate surrender at the Appomattox Court House. Now, march through pine forests along easy terrain to a lake where beavers play, stroll along streams and discover a peculiar area where boulders rise through the ground. This is an easy three-mile hike.
Five Forks Battlefield, Courthouse Road, Dinwiddie (directions provided)
Thursday, Dec. 10, 9 a.m.-1 p.m. $13 Course 37526
**NATURE PROGRAMS**

For more information on these programs, call Mark Battista at 804-318-8735 or battistam@chesterfield.gov.

Register at least one week before programs.

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**WILD LANDSCAPES**

Travel and explore diverse landscapes filled with natural beauty and intriguing history. Explore by kayak, bike, and by foot. All trips include guides and transportation.

**Lighthouse Paddle**

Launch your kayak from the southern tip of Mathews County. Next, stop at a sandy island for lunch and exploration, then continue your paddle to New Point Comfort Lighthouse, the third oldest lighthouse on the Chesapeake Bay. NOTE: Paddling destination may change due to weather or water conditions. Minimum age is 13 (youth aged 13-15 must be accompanied by an actively participating adult). Formal kayak instruction strongly recommended. Paddling time is approximately 3.5 hours.

Meet at Hardee’s in Mathews County (directions provided)
Friday, Sept. 18, 10 a.m.-3:30 p.m. $35 Course 37522

**Caledon State Park Bike Tour**

Take a leisurely cruise along forest roads in Caledon State Park. Head down to Caledon Marsh to look for bald eagles. Head to one of the bluffs overlooking the Potomac River for lunch. Stop at Boyd’s Hole along the shoreline, then continue to Stuarts Wharf. Total biking distance is approximately 11 miles. Bike tour is suitable for hybrid and mountain bikes.

Meet: Caledon State Park, 11617 Caledon Road, King George, VA 22485
Saturday, Oct. 10, 10 a.m.-1 p.m. $15 Course 37527

**Appomattox River Hike**

Hike along the fall zone of the Appomattox River, a regional treasure and designated scenic river. Start your hike at the Appomattox Riverside Park, then head downriver to Petersburg. Enjoy the sounds and views of cascading water. Ramble through meadows and forest and see the remains of a rich history of the old canals and mills. Total hiking distance is approximately four miles. Minimum age is 12.

NOTE: We will caravan down to Appomattox Riverside Park.
Parks Maintenance Office, 9201 Public Works Road
Saturday, Nov. 7, 9:30 a.m.-1:30 p.m. $15 Course 37520

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**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

Register at www.chesterfield.gov/parks • 804-748-1623
NATURE PROGRAMS – ROCKWOOD

Register at www.chesterfield.gov/parks • 804-748-1623

For more information on these programs, call 804-768-7448.
www.chesterfield.gov/nature center

NATURE PROGRAMS

ROCKWOOD

Adult Introduction to Archery
Learn the basics of this fun and rewarding sport, in an adults-only version of our popular Introduction to Archery course. Participants will learn the basics of archery including the rules, safety, and step-by-step shooting form for group-style target archery with adjustable compound bows for individuals of all strengths and draw lengths. Class is held rain or shine. Minimum age is 18.
Location: Rockwood Park, 3401 Courthouse Rd. 804-768-7448

OUTDOOR: Rockwood Nature Center, 3401 Courthouse Road
Saturdays, 10 a.m.-noon $20
Oct. 17 Course 37774

INDOOR: Future Beulah Recreation Center, 4216 Beulah Road
Sunday, 2-4 p.m. $20
Dec. 19 Course 37775

Star Shooters Club – New Archer Introduction
Required for all students new to archery who would like to participate in the Star Shooters Youth Archery Club but did not take an introduction to Archery Course within the past year. Participants must be enrolled in courses 37787, or 37784 to take this class. For ages 10 and older.
Location: Rockwood Park, 3401 Courthouse Rd. 804-768-7448

OUTDOOR: Rockwood Nature Center, 3401 Courthouse Road
Tuesdays, Sept. 1, 5:30-7 p.m. $10
Course 37785

Star Shooters Youth Archery Club
This program, for kids ages 10-16, meets weekly for eight weeks. This is a great way for kids to receive more in-depth archery instruction in a relaxed and fun atmosphere. During each class, participants will learn techniques, form, and rules for target archery, as well as try different types of bows (compound and recurves), shoot archery games and perform drills to become a better archer. Twice per season, kids can earn one of a series of rank patches based on their personal shooting scores. Bows and equipment are provided or use your own with instructor approval. At the end of the season, archers compete in a members-only tournament where the kids can pit their skills against others in their age brackets to take home a trophy! New students with no archery experience are encouraged, but also must register for the new archer club member introduction class. Instructors are USA Archery-certified. Cost includes equipment, patches, trophies, and tournament medals. Three time slots are available, but space is limited. Register early to be assured a spot.
Location: Rockwood Park, 3401 Courthouse Rd. 804-768-7448

OUTDOOR: Rockwood Nature Center, 3401 Courthouse Road
Tuesdays, Sept. 8-Oct. 27 $100/person
11 a.m.-noon Course 37787
5-6 p.m. Course 37784

INDOOR: Future Beulah Recreation Center, 4216 Beulah Road
Saturdays, 10 a.m.-noon $20
Nov. 21 Course 37780
Sundays, 2-4 p.m. $20
Dec. 13 Course 37781

Discover our live snake, turtle and honeybee exhibits, and learn more about the plants and animals of Central Virginia. Sign up for an archery program, summer camps, environmental education programs or arrange the next outing for your class or other children’s group. Our naturalists are available to answer your questions and expand your understanding of our natural world.

Location: Rockwood Park, 3401 Courthouse Rd. 804-768-7448

Facility Rental: Looking for a unique, private location for your next event? The Rockwood Nature Center multipurpose room is available for rent on a first-come, first-served basis. An hourly charge will apply. The 1100-plus square foot room has a drop down projection screen, tables and chairs, and multiple sinks.
Details: 804-768-7448

Rockwood Nature Center Hours:
• Fall: Wednesday-Friday, noon-5 p.m.

ARCHERY

Introduction to Archery
Enjoy the fun of learning a new sport, from stance to follow through, focusing on beginning form, safety, and proper use of equipment. Participants will learn the basics of archery on their choice of simple compound bows or recurve bows. This class focuses on group-style target archery. Class is held rain or shine.
For ages 10 and older, adults and families welcome.
Location: Rockwood Park, 3401 Courthouse Rd. 804-768-7448

OUTDOOR: Rockwood Nature Center, 3401 Courthouse Road
Saturdays, 10 a.m.-noon $20
Sept. 19 Course 37777
Oct. 10 Course 37778
Sundays, 2-4 p.m. $20
Oct. 25 Course 37779
INDOOR: Future Beulah Recreation Center, 4216 Beulah Road
Saturdays, 10 a.m.-noon $20
Nov. 21 Course 37780
Sundays, 2-4 p.m. $20
Dec. 13 Course 37781
ROCKWOOD NATURE CENTER PROGRAMS

Do I Need a Wildlife Rehabber?
Finding animals alone or in unusual places does not always mean they are in distress. This program focuses on dispelling some of the popular myths surrounding wild animals and how good intentions can often be more harmful. Learn when it is appropriate to intervene and when to contact a licensed wildlife rehabber. For 18+.
Sunday, Sept. 27, 1-2 p.m.  $7  
Course 37831

Raging Reptiles
Join the head of Rockwood Nature Center’s animal care team, Jessi Sakiewicz, to learn about all the nature center’s reptile friends. Enjoy hands-on interactions with turtle, lizards, and snakes to see what makes reptiles so cool. Children under the age of 12 must be accompanied by a participating adult. Please register at least one week in advance.
Tuesday, Nov. 10, 6:30-8:30 p.m.  $5  
Course 37789

It’s a Snake
Join the head of Rockwood Nature Center’s animal care team, Jessi Sakiewicz, to learn about Virginia’s snakes. Find out how to tell the difference between venomous and non-venomous species, discover more about snake behavior, get tips about snakes as pets, and interact with Rockwood’s reptiles. Children under the age of 12 must be accompanied by a participating adult. Please register at least one week in advance.
Tuesday, Dec. 8, 6:30-8:30 p.m.  $5  
Course 37790

Holiday Nature Wreath Workshop
Create and decorate an all-natural wreath for the holiday season, while meeting new people or socializing with old friends. Collect natural materials from the park, before warming back up inside with a hot beverage. Then, create a nature wreath with the instructions and extra materials provided. For 18+.
Saturday, Dec. 5, 10 a.m.-noon  $20  
Course 37791
NATURE PROGRAMS – ROCKWOOD

For more information on these programs, call Rockwood Nature Center, 804-768-7448.

50+ NATURE PROGRAMS

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.
Saturday, Oct. 10, 1-3 p.m.  $20  Course 37773

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. Minimum age is 50.
Thursday, Sept. 24, 11 a.m.-noon  $7  Course 37830

PRE-SCHOOL NATURE PROGRAMS

Details: Denise Flora, 804-717-6860 or florad@chesterfield.gov

NATURE EXPLORERS
Do you have a little tike eager to learn more about the natural world? These classes combine the excitement of nature with developing basic skills through nature walks, crafts, and stories. A parent or legal guardian must be present for the entirety of the class. For ages 3-5.  $6/class

Squirrel or Chipmunk?
Discover the difference between squirrels and chipmunks on a "squirrel watching" nature hike. Make a squirrel puppet and enjoy a fun story.
Friday, Sept. 18, 10-11 a.m.  Course 37817

Wise Owls
Can owls turn their heads all the way around? What do owls eat? Let’s explore the world of owls. Investigate a pretend owl pellets and enjoy a fun story.
Friday, Oct. 2, 10-11 a.m.  Course 37820

Animal Armor
Animals protect themselves in a variety of different ways from scales to spines and everything in between. Discover the wide world of animals that wear “armor” to protect themselves.
Friday, Oct. 16, 10-11 a.m.  Course 37821

The Shape of Things
Go on a “shape walk” with binoculars to discover the many shapes found in nature. Make a shape necklace and play a matching game with objects found on the walk. Also dance and sing with leaves.
Friday, Nov 6, 10-11 a.m.  Course 37823

Terrific Turkeys!
Have a gobbling good time playing the game of “Where’s Mr. Turkey?” and singing “Look at Mr. Turkey.” Also make a turkey craft and read a fun turkey story.
Friday, Nov. 20, 10-11 a.m.  Course 37826

Let it Snow!
Is snow hot or cold? Find out as we play a snowball game and make our own snow. Make a snowy craft and read a snowy story.
Friday, Dec. 11, 10-11 a.m.  Course 37829
Recreational Tree Climbing
Join the professional arborists from Riverside Outfitters as they take you to new heights. For young and old alike. If you ever enjoyed climbing in trees, here’s your chance to really go up. The experienced staff of Riverside Outfitters will assist you as you ascend into the canopies of trees using specialized tree-climbing equipment. This program is for ages 8 and older. Youth 8-13 must be accompanied by an adult.
Forest Hill Park $22
Saturday, Sept. 19, 1-3 p.m.  Course 37589
Sunday, Oct. 11, 1-3 p.m.  Course 37590

Bicycle Maintenance
This class is designed to introduce the basics of bicycle maintenance and repair. The class will offer hands-on instruction in trouble shooting, brake and gear adjustments, tire changing, and roadside repairs. It will also cover proper bike fit, safety, and riding tips. Minimum age is 10.
Class size is limited, so registration is required.
Carytown Bicycles, 14267 Winterfield Pkwy (Midlothian location) Thursdays, 5:30-6:45 p.m.  Free
Sept. 17  Course 37570
Nov. 12  Course 37571
Jan. 14  Course 37572

Introduction to Horseback Riding
Learn horseback riding fundamentals in four classes. Course includes proper techniques in handling, mounting, dismounting a horse, posting to trot, diagonals, and canter preparation. Minimum age to participate is 8. Wear long pants and shoes with a heel.
Hunter Lane Stables, 3578 Hunter Lane Mondays and Fridays, 6-7 p.m.
Sept. 28, Oct. 2, 5, 9 $110  Course 37574

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 Friday, 6-7 p.m.
Sept. 14, 18, 21, 25 $110  Course 37576

Bald Eagle Tours
Join Capt. Mike Ostrander, with Discover the James - Bald Eagle Tours, on his 24-foot pontoon boat for this unique and spectacular experience on the James River. After boarding the boat, watch the sun rise while seeing our national symbol up close and personal. Minimum age is 15. Space is limited, so register early. Private charters are also available.
Deep Bottom Boat Landing, 9525 Deep Bottom Road Thursdays $50
Sept. 17, 9:30-11:30 a.m.  Course 37235
Oct. 29, 10 a.m.-noon  Course 37584

Whitewater Kayaking 101- “Sit-on-Top” Kayaking - River Trips
No previous whitewater experience is needed for this trip, which is designed for those wanting to explore the easier rapids stretch of the James River, from Pony Pasture to Reedy Creek in Richmond on “user friendly” sit-on-top kayaks. This is a great way to get a feeling for whitewater paddling without the rigors of being inside a true whitewater kayak. Swimming ability required. Rental includes kayak and all equipment. Minimum age 11, Youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations. It is strongly suggested that you have some previous paddling experience.
James River Park System, Pony Pasture 8:30 a.m.-3:30 p.m. $70 ($80 w/rental)
Saturday, Sept. 19  Course 37262

Kanawha Canal History Paddle
Join us paddling on the Historic Kanawha Canal in Richmond.
Use sit-on-top kayaks for this exploratory journey on the first commercial canal system in the country that has been vacated for decades. The instructors cover all safety and history for this step back in time. Renting provides all needed equipment. Minimum age is 11. Youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations.
James River Park System, Pumphouse Park 8:30 a.m.-11:30 a.m. $70 ($80 w/rental)
Sunday, Aug. 30  Course 37273
Saturday, Sept. 12, 8:30-11:30 a.m.  Course 37596
Sunday, Sept. 27, 8:30-11:30 a.m.  Course 37597

Whitewater Kayaking 101- “Sit-on-Top” Kayaking - River Trips
No previous whitewater experience is needed for this trip, which is designed for those wanting to explore the easier rapids stretch of the James River, from Pony Pasture to Reedy Creek in Richmond on “user friendly” sit-on-top kayaks. This is a great way to get a feeling for whitewater paddling without the rigors of being inside a true whitewater kayak. Swimming ability required. Rental includes kayak and all equipment. Minimum age 11, Youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations. It is strongly suggested that you have some previous paddling experience.
James River Park System, Pony Pasture 8:30 a.m.-3:30 p.m. $70 ($80 w/rental)
Saturday, Sept. 19  Course 37262
OUTDOOR ADVENTURES

For more information on Outdoor Adventures contact
Greg Velzy at 804-748-1124 or velzyg@chesterfield.gov.

Whitewater Kayak Rolling Clinics
Learn and practice kayak rolling during the off-season. Qualified instructors will teach and review rolls in a manner appropriate for beginner or experienced kayakers. Kayaks and equipment are available. Personal kayaks need to be cleaned before use in the pool. Minimum age is 13. Previous kayaking experience is required.
Manchester YMCA, 7540 Hull Street Rd.
Sundays, 5:30-8 p.m.
$50 ($55 w/rental)

Course 37591
Oct. 25
Course 37592
Nov. 15
Course 37593
Dec. 13
Course 37594
Jan. 10

50+ WATER ADVENTURES

Kayaking - 50+ Calm Water Sampler
Geared towards the never too 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 250 lbs. due to kayak limitations.

Dutch Gap Conservation Area, 251 Henricus Park Road
Thursday, Aug. 20, 6-8:30 p.m.
Course 37274
Sunday, Sept. 20, 9-11:30 a.m.
Course 37275
$35 ($40 with rental)

Kayaking - 50+ River Paddling Sampler
Learn from the best. Chesterfield 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 paddling 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
6-9 p.m. $40 ($45 with rental)
Saturday, Aug. 29; 8:30 a.m.-noon
Course 37232
Saturday, Sept. 26 8:30 a.m.-noon
Course 37600

Virginia Boat Club
This cosponsored group provides recreational and competitive rowing to the community and high schools. Eight-man and four-man sweep-rowing instruction is offered.
Details: Henry Holswade, 804-320-2984

Changing Status of Activities
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• www.chesterfield.gov/parks
• Facebook: www.facebook.com/chesterfieldvaparksrec/
• Twitter: twitter.com/CCPRVA
CHESTERFIELD
CHALLENGE COURSE
Help your team or group to...

• Achieve goals
• Cultivate teamwork
• Develop relationships
• Build trust

Bring your group, organization, company, class, co-workers or Scout troop to the Chesterfield Challenge Course. The course consists of high and low elements designed to promote initiative and confidence, as well as strengthen group dynamics, communication and willingness to work together. Brochures are available upon request.

Details: Jan Olson, 804-751-4133 and olsonj@chesterfield.gov
The following active/sports programs are considered to be recreational play designed to encourage an active lifestyle. Join in on an activity, meet new friends, improve your skills or get ready to compete in the Virginia Senior Games.

**FITNESS**

**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. Weather permitting. Call for cancellation information.
1st and 3rd Mondays, 9 a.m.
Free
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.
Nov. 2 – Robious Landing Park (Loop Trail 1.5 miles), 3800 James River Road. Meet at Shelter 2.
Nov. 16 – Midlothian 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
Course 37364
Details: Mark Pinney, 804-748-1992

**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, Sept. 1-Oct. 28, 8 a.m. (Call for $)
Details: Bob Bergin, 804-794-1097 or Grant Dunham, 804-378-7584
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. It is so much fun at the social level and is as competitive as you want it to be. Taught by a Certified Pickleball Instructor through the International Pickleball Teaching Professional Association. If you have questions, please contact Linda Scott, instructor, 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, previous sports experience will help you 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 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. Paddle and balls are provided. 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
Beginner Pickleball 101
Tuesdays, Sept. 1, 8 & 15, 8-10 a.m. $44 Course 37747
Saturdays, Sept. 12, 19 & 26, 8-10 a.m. $44 Course 37748
Saturdays, Oct. 3, 10 & 17, 9-11 a.m. $44 Course 37749
Sundays, Oct. 4, 11 & 18, 4-6 p.m. $44 Course 37750

Pickleball Beginner Plus
A continuation of the Beginner Class, for new players and for those with "other sports backgrounds" to get started in Pickleball. The focus will be on helping with any problem areas. Supervised play and individual attention will be available. 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
Beginner Pickleball 101
Tuesdays, Sept. 1, 8 & 15, 8-10 a.m. $44 Course 37747
Saturdays, Sept. 12, 19 & 26, 8-10 a.m. $44 Course 37748
Saturdays, Oct. 3, 10 & 17, 9-11 a.m. $44 Course 37749
Sundays, Oct. 4, 11 & 18, 4-6 p.m. $44 Course 37750

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

PICKLEBALL – PLAY LOCATIONS
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 Rd.
• Pickleball Center, Chesterfield Technical Center, 13900 Hull Street Road

Indoor Rotation Play locations during scheduled times:
• St. Mark’s United Methodist Church, 11511 Lucks Lane
  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

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 Road.
• Ettrick Park (Lighted Facility), 20621 Woodpecker Road
• Midlothian Middle Complex (Lighted Facility), 13501 Midlothian Turnpike


Chesterfield Pickleball Club
Details: Linda Scott, 804-683-8481 or pickleball4all@aol.com
SOLO TRAVELER
Classes held at Stonebridge Recreation Center, 230 Karl Linn Drive

SEASONAL TRAVEL
What is the best time to travel? What are the cultural and 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 how to prepare and plan for your trip.
Sat., Sept. 19, 9:30-11:30 a.m.  Free  Course 37630

SELF-DRIVE ROAD TRIPS
Maps, plans, 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 the ways to prepare yourself and plan for a road trip.
Sat., Oct. 10, 9:30-11:30 a.m.  Free  Course 37631

TRAVEL...ENERGIZING, CHALLENGING, FATIGUING?
Travel can be energizing, challenging and fatiguing. Are you physically, mentally, emotionally and financially prepared to travel solo? Planning, patience and persistence (PPP) pays off. Learn techniques to make you a better traveler.
Sat., Nov. 14, 9:30-11:30 a.m.  Free  Course 37632

WHAT IS MY COMFORT ZONE?
Do you prefer hot, steamy and lush landscape, the hustle and bustle of a city, or a bucolic country setting? Do you thrive in cool/cold weather outdoor locations or activities? Do you like to meander at your own pace, or do you prefer an organized tour led by others?
Sat., Dec. 12, 9:30-11:30 a.m.  Free  Course 37634

For more information, contact Tonya Leabough, 804-751-4135 or leaboughty@chesterfield.gov.

Sophisticats Ballroom Dance Club
Details: Shirley Callahan, 320-2882; www.sophisticats.x10host.com
Circle 8 Square Dance Club
Stonebridge Recreation Center, 230 Karl Linn Drive
Meets on the 2nd and 4th Thursday of each month, 7-9 p.m.
Will resume after January 2021. Cost to dance is $6 per person per night; Beginners have a free night for the first two dances.
Details: Chuck and Madalyn Pritham, 804-320-3054 or Charlie and Anne, 804-639-1155

CANCELLATIONS AND FACILITY CLOSURES
- Decisions to close or open 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 on social media or www.chesterfield.gov/160/closings
- Or call the main office at 804-748-1623 or the program staff.

Like us on Facebook @chesterfieldvaparksrec
FAIRGROUNDS PARK MASTER PLAN
The Fairgrounds master plan updates were completed this winter. Staff received valuable input for the plan during each of the three public meetings and from a 15-member Technical Advisory Committee. The master plan features:

- expanded and improved event space to include an indoor, climate-controlled event center
- additional parking
- expanded and improved canine and equestrian event area with a covered pavilion, covered large event ring, and adjacent parking
- RV camping area with water and electric hookups to serve the large events
- separate equine campground with paddock
- additional unpaved event space near the southern property boundary
- pocket park near the proposed trail on Krause Road
- trails along Krause and Courthouse roads and an internal unpaved trail

Next steps include study to determine implementation feasibility and phasing.
For questions about this master plan, contact Janit Llewellyn, Planning Manager, llewellynja@chesterfield.gov or 804-751-4482.

STONEBRIDGE RECREATION CENTER
SOUND ATTENUATION
A system designed to decrease the sound during volleyball practice and tournament events has been installed at the Stonebridge volleyball courts. The panels are installed on the walls and hung from the ceiling. The result is decreased noise during game times. This facility improvement makes it more pleasant for players and teams to share the facility and have a positive playing experience.

HARROWGATE ELEMENTARY STUDENTS SERVE AS FOCUS GROUP FOR PARK PLAYGROUND
A focus group to assess the potential users of the proposed playgrounds at the new Harrowgate Park was convened at Harrowgate Elementary School, Thursday, March 12, 2020. The group included twelve students, two from each grade (K-5). The students provided feedback on the proposed playground design for the new portion of Harrowgate Park. The feedback was structured into several opportunities to engage and provide input. The students began by drawing their favorite imaginary playground. The students were asked to review a poster showing the different types of play equipment proposed at the new Harrowgate Park playground and rank their three highest choices. Feedback will be used by the planning staff and playground vendor.
RECREATION CENTERS – BENSLEY

For more information on Bensley programs, call 804-768-7904.

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Bensley Recreation Center. Our office hours are Mondays – Thursdays from 8:30 a.m. to 6 p.m. and Fridays 8:30 a.m. to noon.

Available for Rent
The Bensley Recreation Center in Bensley Park is located at 2900 Drewry’s Bluff Road, North Chesterfield VA 23237 and is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000 plus square foot building contains an arts and crafts room and a multipurpose room. For more information about classes, special events and rentals, please call Lauren Wood at 804-768-7904.

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. $16
  - Sept. 2-Oct. 7
  - Oct. 14-Nov. 25 (not held Nov. 11)
  - Dec. 2-Jan. 13 (not held Dec. 23)

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.

- Wednesdays, 11:15 a.m.-noon $10
  - Sept. 2-Oct. 7
  - Oct. 14-Nov. 25 (not held Nov. 11)
  - Dec. 2-Jan. 13 (not held Dec. 23)

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

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

Classes are not held on holidays.

Family Halloween Fright Night
Bring all the ghosts and goblins out for a fun evening of music from D.J. Eric Lee, outside games, prizes, trick or treating and much more. Pre-registration is required. Open to the first 60 participants. Saturday, Oct. 24, 5-7 p.m. Free Course 37398

Family Christmas Movie Night
Watch a Christmas classic while enjoying popcorn and seasonal treats. Pre-registration is required. Open to the first 60 participants. Saturday, Dec. 12, 6-8 p.m. Free Course 37401

Karate
Master Instructor Randy Jones will teach self-defense, physical fitness, coordination, balance and discipline in this ongoing karate jutsu-style program for those ages 7 and up. Youth will be instructed from 6-7 p.m. while adult and advanced level participants will be instructed from 7-8 p.m.

- Tuesdays and Thursdays
  - Sept. 8-Oct. 15 $50 Course 37338
  - Oct. 20-Nov. 19 (not held Nov. 26) $50 Course 37339
  - Dec. 1-Jan. 14 (not held Dec. 22, 24) $50 Course 37340

Tough Tots-Little Dragons Karate Club
Get ready for some kickin’ karate, kids style. This program is designed to enhance self-esteem, and physical fitness in kids 4-6 years old. Carrie Irving, certified master instructor, will teach these tots respect, discipline and stranger danger.

- Thursdays, 6-7 p.m.
  - Sept. 10-Oct. 15 $50 Course 37341
  - Oct. 22-Nov.19 (not held Nov. 26) $50 Course 37342
  - Dec. 3-Jan. 14 (not held Dec. 24) $50 Course 37343

For more information on Bensley programs, call David Potter at 275-5321.
SEMINARS

**Money Management**
Budgeting for people that live on a fixed income. Seminar taught by Richard Commander.
Friday, Sept. 11, 11 a.m.-noon Free 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.
Friday, Sept. 25, 11 a.m.-noon Free Course 37350

**Seniors Helping Seniors Seminar**
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.
Friday, Oct. 2, 11 a.m.-noon Free 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.
Friday, Oct. 9 11 a.m.-noon Free 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. 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.
Friday, Oct. 16, 11 a.m.-noon Course 37353

**End of Life Options Seminar**
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.
Friday, Oct. 23, 11 a.m.-noon Free Course 37354

**Strategies for Eliminating Debt**
Learn how to reduce consumer debt with specific examples and strategies. Seminar presented by Virginia Credit Union.
Friday, Oct. 30, 11 a.m.-noon Free Course 37355

**Power of Attorney and Advance Medical Directives**
Planning for incompetency and incapacity. Class taught by attorney Scott Stovall.
Friday, Nov. 6, 11 a.m.-noon Free Course 37356

**Car Care and Maintenance**
Join AAA for an informative session about caring for your vehicle. Individuals will learn safe and helpful tips to take care of their car throughout the year to get the most from your vehicle.
Friday, Nov. 13, 11 a.m.-noon Free Course 37357

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**Introduction to 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.
Sept. 16-Oct. 21 $41 Course 37344
Nov. 4-Dec. 16 $41 Course 37345
(not held Nov. 11)

**Intermediate 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. Prerequisite: Six months of belly dancing classes. Wear comfortable clothes. For those ages 14 and older.
The instructor will be Donna Vronek.
Wednesdays, 6:30-7:30 p.m.
Sept. 16-Oct. 21 $41 Course 37346
Nov. 4-Dec. 16 $41 Course 37347
(not held Nov. 11)

**Medicare Bingo**
Join us for Bingo while learning about changes to Medicare in 2020-2021. You have a chance to win prizes. These Bingo sessions are for ages 64 and up. Instructor Geri Hall.
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**
From the board room to the classroom and personal relationships, NVC is changing lives every day. 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. 16-Dec. 15 $40 Course 37711
(not held 11/24)

**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 is Kacy Lux with Kacy’s Cupboard LLC.
Tuesday, 10:30 a.m.-noon
Dec. 15 $15 Course 37670

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Register at www.chesterfield.gov/parks • 804-748-1623
RECREATION CENTERS – BENSLEY

For more information on Bensley programs, call 804-768-7904.

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.
Friday, Nov. 20, 11 a.m.-noon Free Course 37358

Insurance 101 for Seniors
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.
Friday, Dec. 4, 11 a.m.-noon Free Course 37359

Identity Theft
Learn how to minimize your risk and what to do if you ever become a victim. Seminar presented by Virginia Credit Union.
Friday, Dec. 11, 11 a.m.-noon Free Course 37360

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 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.
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

Free Paint
Release your creative energy and participate in our painting activities. This program is for individuals with disabilities, ages 18 and older. All art supplies will be provided. Register at least one week in advance.
Thursdays, 10:30-11:30 a.m. Free Course 37612 Course 37613

Bingo Zone
Is luck on your side? Individuals 18 and older with disabilities are invited to join this monthly Bingo group and play a few rounds. Maybe you will win a prize. Register by the first of each month.
Thursdays, 10:30-11:30 a.m. Free
Course 37603 Course 37604 Course 37605 Course 37606

Futsal
Bensley Park has a Futsal court. This version of soccer only requires five players per team, and the games are played on a hard court. Futsal is a modified soccer game. The courts are open daily for use.

New Playground
A new playground for ages 2-5 was installed over the summer in the park adjacent to the existing playground.

PARK PATROL
It is your park system, and we need your help. As you enjoy the parks, we need you to report any issues that you encounter. Be on the lookout for issues on the trails, safety concerns on equipment, maintenance issues with restrooms, vandalism, criminal activity or other concerns. The parks exist for your enjoyment, and we want the amenities kept in excellent working order.
In addition if you encounter great conditions in the parks, we want to hear about that too. Feel free to contact us anytime.

Emergencies 911
Police – non-emergency: 804-748-1251
Parks and Recreation – main office: 804-748-1623
Parks and Recreation – after hours assistance: 804-748-1624, parksrec@chesterfield.gov
Find us on Facebook: @chesterfieldvaparksrec
and Twitter @CCPRVA
You can also visit us on the web at www.chesterfield.gov/parks
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 Recreation Center. County residency or membership is not required to participate in the programs.

Available for rent
The Mayes-Colbert Ettrick Recreation Center 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 Tiffani Davis at 804-706-2596.

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, 9:30-10:30 a.m. (not held 11/3, 11/26, 12/9 & 12/24) Free Course 37805

Goals with Gordon
Fun, free fitness for all levels. Participants can look forward to exposure to various types of workouts. This program is for participants who want to work on their physical well-being through group led exercises and group emotional support. There is no such thing as a typical class. Classes are led by Sports Backers Fitness Warrior, Elicia Gordon. Open to ages 14 and older.
Thursdays, Sept. 10-Dec. 17, 5:40-6:40 p.m. (not held 11/26) Free Course 37552

General Tips for Fitness
Learn exercise tips and helpful skills to increase workout goals and help prevent injury. Learn to incorporate the basic elements of aerobic fitness, strength training, core exercises, balance training and flexibility stretching into your exercise plan. Factoring these into your regular routine can help to promote fitness.
Wednesday, Oct. 21, 5:15-6:15 p.m. Free Course 37560
Wednesday, Nov. 1, 5:15-6:15 p.m. Free Course 37561

Morning Mixer
Bring your own hot beverages and socialize 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, complete small projects that you can take home. There will be occasional speakers and presenters discussing various topics relevant and important to the 50-plus generation. A monthly activity calendar will be available onsite.
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

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

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 track 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 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
Register at www.chesterfield.gov/parks • 804-748-1623

Sustainable Landscaping

The foundation of our home landscaping is the soil and water elements. Whether you grow fruits and vegetables or landscape flowers, shrubs and grass, the key to your success is your soil and water along with the sun/shade and space or shape. Learn about the type and makeup of your soil and irrigation options for optimal growth. Instructor: Master Gardener Rick McCormick.

Thursday, Oct. 22, 11 a.m.-noon
Free

Course 37660

Please register at least one week in advance. Instructed by Thinking Cap Technologies. Basic Classes: No prior knowledge or experience is required.

Smartphones: A Computer in your Pocket

This is an introduction to smartphones. Participants will learn what they do, how to turn them on and off, and how to access Wi-Fi. This is a two-part class. Instruction will be given on managing the settings, and on how to install applications. Attendees can bring their smartphones to class fully charged, or they can listen about the different types and decide which phone to purchase.

Thurs., Oct. 8 & 15, 2-4 p.m.
$26

Course 37575

Healthy Cooking

Learn how to cook two healthy, simple meals quickly and easily.

Tues., Dec. 15, 10:30-11:30 a.m.
Free

Course 37581

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

AAA TALKS

The following topics are presented by a representative with AAA. Please register at least a week in advance.

What you Should Know About Your Car

Join AAA for an informative session about caring for your vehicle. Individuals will learn safe, helpful tips to take care of their car, and what to do during an emergency while driving.

Thurs., Oct. 29, 10:30-11:30 a.m.
Free

Course 37566

Travel for Seniors

Safety tips for traveling and suggestions on local driving trips, motorcoach group trips and cruises.

Thurs., Dec. 3, 10:30-11:30 a.m.
Free

Course 37580

Insurancel 101

Experienced agents will talk about what coverage you should have for your home, rental or auto. Bring your current policies and they will help you make sure you have the right coverage.

Thurs., Nov. 19, 10:30-11:30 a.m.
Free

Course 37566

FINANCIAL SEMINARS

Presented by a representative with Virginia Credit Union. Please register one week in advance of each class.

Home Sellers *

Find out how to get the best price for your home in the shortest amount of time. Learn about the home selling process and pitfalls to avoid.

Wed., Oct. 28, 6-7 p.m.
Free

Course 37565

Home Buyers *

Get answers to your questions and learn about buying and financing a home.

Wed., Nov. 18, 6-7 p.m.
Free

Course 37564

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 designed for Medicare Plan B-qualified recipients. Linda will review 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

Extreme Couponing

Clipping and collecting coupons is easy but wouldn’t you like to know how to use them effectively? Sharon Johnson will provide you with valuable information on how to save money at restaurants, retail and grocery stores. The first 15 registered and attending participants will receive a free copy of her book, “Saving Money Using Coupons”. The valuable and applicable money-saving tips you will learn in this course could greatly benefit you and your family. Please register at least one week in advance of each class.

Sunday, Oct. 18, 3-5 p.m.
$15

Course 37557

Course 37558

Saturday, Nov. 14, 10 a.m.-noon
$15
**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.

Tues., 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.

Wed., Nov. 18, 2-3 p.m.  Free  Course 37554

**AROMOTHERAPY 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 Immune Support**
Looking for additional tools to support your immune system this Fall? This informative class will address the top 10 oils to support physical wellness as well as how to 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? Learn how aromatherapy can help support the whole family.

Wednesday, Dec. 9, 10:30 a.m.-noon  $6.50  Course 37714

**ARTS AND CRAFTS**

**Sculpting Paper Flowers Workshop - 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 own arrangement. All materials and vase included. Instructor is Kacy Lux of Kacy’s Cupboard LLC.

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 own work of art. All materials are provided. Instructor is Kacy Lux, owner of Kacy’s Cupboard LLC.

Wednesday, Nov. 18, 10:30-11:30 a.m.  $15  Course 37718

**Hand Crafted Gift Bows Workshop**
Use your old wrapping paper to make stunning upcycled bows that will make gifts and décor pop. Great for any occasion or as an add-on to other home projects. All materials provided. Instructor is Kacy Lux, owner of Kacy’s Cupboard LLC.

Wednesday, Dec. 16, 10:30-11:30 a.m.  $10  Course 37719

**Kickin’ Karate**
This ongoing program for participants 7 and older is appropriate for all belt levels, including beginners. Carrie Irving, certified 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.

- Sept. 9-Oct. 21 (not held 9/28)  $50  Course 37568
- Oct. 26-Dec. 9 (not held 11/2, & 11/25)  $50  Course 37569
- Dec. 14-Feb. 8 (not held 12/21, 12/23 12/28, 12/30 & 1/18)  $50  Course 37570

**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 4-6 years old. Carrie Irving, certified master instructor, will teach these tots respect, discipline and stranger danger.

Wednesdays, 6:30-7:30 p.m.

- Sept. 9-Oct. 14  $50  Course 37577
- Oct. 21-Dec. 2 (not held 11/25)  $50  Course 37578
- Dec. 9-Jan. 27 (not held 12/23 & 12/30)  $50  Course 37579

**Anything Goes - Active Hour**
If you need to be more active in your life, this is the program for you. Individuals with disabilities, ages 18 and older, are welcome to join us for Active Hour. You will be participating in chair yoga, aerobics, dancing, and more. We won't stop 'til the hour's up.

Wednesdays, 10-11 a.m.

- Sept. 9-30  Free  Course 37626
- Oct. 14-Nov. 4  Free  Course 37627
- Nov. 18- Dec. 9  Free  Course 37628

**Ettrick/Matoaca’s Walking Club**
Did you know that Ettrick Park has a walking trail? Join our 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.
The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Stonebridge Recreation Center. Office hours are Monday-Thursday from 8:30 a.m. to 9 p.m., Fridays from 8:30 a.m. to 5 p.m. and Saturdays 8:30 a.m. to noon.

Available for Rent
The Stonebridge Recreation Center is located at 230 Karl Linn Drive, North Chesterfield VA 23225 and is rented on a first-come, first-served basis. An hourly charge will be applied. The building contains an arts and crafts room, classroom, small game room and a multipurpose room. For more information about classes, special events and rentals, please call Kim Graves at 804-768-7885.

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 the 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

Course 37455

Basic Hula Dancing
Refresh your mind, body and spirit with this story-telling dance, using graceful hand movements and gentle 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, 2:30 p.m.  $30

Course 37403

Course 37404

Course 37405

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

Course 37428

Course 37429

Fitness Warriors: Circuit 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. 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.

Mondays, Sept. 14-Dec. 14 (not held 12/21, 12/28), 6-7 p.m.  Free

Course 37442

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, Sept. 1-Dec. 15 (not held 10/6, 12/22, 12/29), 6-7 p.m.  Free

Course 37443

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

Course 37430

Course 37431

Course 37432

Course 37433

Course 37434

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

Course 37436

Course 37437

Course 37438

Course 37439

Course 37440

Course 37441
## 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.

Wedgesdays, 2:15-3 p.m. $25

- Sept. 23-Oct. 21
- Oct. 28-Dec. 9 (not held 11/11 & 11/25)
- Dec. 16-Jan. 27 (not held 12/23 & 12/30)

## 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
- Oct. 29-Dec. 3 (not held 12/26)
- Dec. 10-Jan. 21 (not held 12/24, 12/31)

## 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
- Oct. 29-Dec. 3 (not held 12/26)
- Dec. 10-Jan. 21 (not held 12/24, 12/31)

## 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
- Oct. 19-Nov. 9
- Nov. 16-Dec. 7

## 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

## 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

- Sept. 14-Oct. 12
- 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

## Medicare Educational Talk
Mike Mason, a 15-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.

Tuesday, Sept. 22, 10-10:45 a.m. Free

## 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 provide insight on several ways to help even if you do not wish to keep bees.

Wednesday, Sept. 30, 10-11 a.m. Free

## 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. Participants will learn how to organize their documents or add to it in the easiest manner. Emphasis will also be placed on how to document family tales and on finding family members in the census records. Instructed by Bette Kot, MLIS.

Fridays, Oct. 2- Nov. 6, 1-3 p.m. $20

## Fire & Fall Prevention
Celebrate fire prevention month learning ways to keep you and your family safe. The Fire and Fall Prevention Program will help you live safely at home for as long as possible. This program is centered around 16 key safety messages – eight fire prevention and eight fall prevention. Kimberly Rideout, Fire and Life Safety educator with Chesterfield Fire & EMS, will be presenting the program.

Wednesday, Oct. 7, 1:30-2:30 p.m. Free
**RECREATION CENTERS – STONEBRIDGE**

For more information on Stonebridge programs, Kim Graves, 804-768-7885 or gravesk@chesterfield.gov

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**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**

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**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 and discussions.

**Tuesday, Oct. 20, 10-11:30 a.m.**  
**Free**  
**Course 37471**

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**Money Goals with VACU**

Learn practical strategies to set and meet financial goals.

**Wednesday, Sept. 2, 10-11 a.m.**  
**Free**  
**Course 37760**

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**Learn to Tell Your Family Stories**

Awaken your inner storyteller. Join Judith Onesty and Les Schaffer (Two Tellers Telling) in a beginning storytelling class. Get an introduction to the art of storytelling with some fun, easy games. Then receive help in shaping your personal family stories to pass on to relatives and friends.

**Tuesdays, Nov. 3-Dec. 1 (not held 11/24)**  
**10:30 a.m.-noon**  
**$15**  
**Course 37726**

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**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**

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**Social Security Basics**

The discussion will center on the mechanics of the system, the best time to withdraw, options and consequences of withdrawing early, and survivor benefits. Attendees will also have time to ask questions after the presentation.

**Wednesday, Nov. 18, 2-3 p.m.**  
**Free**  
**Course 37583**

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**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 Jeremy Pryor with Carrell Blanton.

**Friday, Nov. 6, 10-11 a.m.**  
**Free**  
**Course 37503**

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**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**

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**Identity Theft with VACU**

Learn how to minimize your risk and how to keep from becoming a victim.

**Wednesday, Nov. 18, 10-11 a.m.**  
**Free**  
**Course 37764**

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**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.**  
**Free**  
**Course 37470**

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**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**

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**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**

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**Custom-Made Wire Earrings**

Beautiful wire earrings, fun to make and easy to wear. Learn some basic work techniques and make earrings you will love to wear. Wire provided. Basic tools needed. Call Stonebridge for a supply list, 804-768-7885. Instructed by Judith Onesty.

**Wednesdays, Sept. 16 & 23, 10-11:30 a.m.**  
**$25**  
**Course 37771**

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**Watercolor Basics**

This class will focus on elements of nature, water, sky, plants and trees--landscapes and seascapes. It is suitable for both those who are new to watercolor painting and those who would like to review the basics. 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**

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**Watercolor Techniques**

This class is for those who have had some experience with watercolor painting. In the first few sessions, students will review some basic terms and practice techniques. After that, students will 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**

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All classes taught by Chuck Renfro with Thinking Cap technologies. Classes fill up quickly. Please register early and in advance.

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**Cutting the Cord to Cable TV**

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.

**Wednesday, Sept. 30, 10 a.m.-noon**  
**$13**  
**Course 37408**

Register at www.chesterfield.gov/parks • 804-748-1623
**Smartphones: A Computer in Your Pocket**
This is an introduction to smartphones. Participants will learn what they do, how to turn them on and off, and how to access Wi-Fi. This is a two-part class. Instruction will be given on managing the settings, and on how to install applications. Attendees can bring their smartphones to class fully charged, or they can listen about the different types and decide which phone to purchase.
Friday, Oct. 2 & 9, 10 a.m.-noon $26 Course 37410

**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. Make sure it is fully charged and ready to go.
Friday, Dec. 4 & 11, 10 a.m.-noon $26 Course 37407

**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. Pre-requisites required see above.
Friday, Oct. 16, 10 a.m.-noon $13 Course 37409

**Introduction to Facebook**
This introductory class will provide 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. Pre-requisites required see above.
Wednesday, Nov. 18, 10 a.m.-noon $13 Course 37411

**Chair Volleyball**
Chair volleyball is great for upper body mobility and joint flexibility. 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 similar to regular volleyball except “cheeks on the chair!”
Tuesdays, Sept. 1-Dec. 29, 10-11 a.m. Free Course 37448

**Indoor Badminton**
This is the game many people grew up playing. Revive those experiences, have fun, and play with people of all experience levels.
Wednesdays, Sept. 2-Dec. 30 (not held 11/11), 9:30-11:30 a.m. Free Course 37462

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**Table Tennis**
This sport is also known as Ping Pong, an ever-popular sport enjoyed by many people at many different experience levels.
Wed. & Fri., Sept. 2-Dec. 18 (not held 11/11, 11/27) noon-3 p.m. Free Course 37466

**Rise-N-Shine Walkers**
Walking at Stonebridge Recreation Center’s indoor gym can get the blood flowing and the heart pumping.
Fridays, Sept. 4-Dec. 18 (not held 10/16, 11/27), 9-11:30 a.m. Free Course 37450

**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

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

**Kickin Karate (for ages 7 to Adult)**
This ongoing program for participants, ages 7-adult, is appropriate for all belt levels, including beginners. Carrie Irving, certified 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 through the instructor.
Mondays and Wednesdays, 4:30-5:30 p.m. $50
Sept. 23-Nov. 2
Nov. 4-Jan. 6 (not held 11/11, 11/23, 11/25, 12/21, 12/23, 12/28, 12/30) Course 37423
Course 37424

**Financial Education Seminars with VACU (for ages 14 to adult)**

**Adulting 101: Smart Choices to Succeed in Your Finances**
Wednesdays, 4-5 p.m. Free Course 37767
**Making the Most of Your Money for Teens and College Kids**
Oct. 7 Course 37768
**Money Is Not Free**
Nov. 18 Course 37769
**Investment Basics**
Dec. 2 Course 37770

**The Secret of Happiness through Meditation (for ages 15 to Adult)**
Meditation allows regulation of the mind and gives tremendous joy. This class structure will be 15 minutes of breathing techniques to relax us, 30 minutes of meditation, and 15 minutes of heartfelt reading and dialogue. Free resources will be shared, and group and one-on-one coaching will be available free-of-charge outside of this class. The instructor’s profits from this class will be donated to the Heartfulness Institute, a global non-profit organization working for the well-being of people. Instructed by Trupti Kulkarni.
Tuesdays, Oct. 13-Nov. 3, 6:30-7:30 p.m. $50 Course 37469

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Register at www.chesterfield.gov/parks • 804-748-1623
SPECIAL EVENTS AND PROGRAMS

Pocahontas Performances Premiere Series: Richmond Symphony Concert
Enjoy the Richmond Symphony in concert in the great outdoors. Bring a blanket or lawn chair. No alcohol, pets or glass bottles allowed. Cosponsored by Chesterfield County Parks and Recreation and the Virginia Department of Conservation and Recreation.
Pocahontas Heritage Amphitheater
Pocahontas State Park, 10301 State Park Road
Saturday, Sept. 26, 6 p.m. (rain date – Sunday, Sept. 27, @ James River High School, 6 p.m.)
Free (entrance fee at park)
Details: 804-748-1992

ChesterFest
ChesterFest is a family-oriented gathering featuring an assortment of food and craft vendors, live music and other entertainment, such as a dog show and pie eating contest. Children can enjoy a Kid’s Zone, equipped with inflatables and hands-on activities.
Saturday, Sept. 26, 10 a.m.-5 p.m.
Chester Village Green, 11800 Centre Street (beside the Chester Library)
Details: 804-751-0421 or www.chesterfest.org

Eppington Plantation Tours
This once a year opportunity will allow the public to enjoy a house tour of Eppington Plantation. The traditional activities normally scheduled for this event will not be offered this year. The house will be open for limited tours during the day. Tickets and registration not required. Parking on site. Social distancing and facial coverings recommended.
Eppington Plantation, 14602 Eppes Falls Road
Saturday, Oct. 3, 11 a.m.-2 p.m. FREE
Details: 804-751-4946 or www.eppington.org

Mid-Lothian Mines Landmark Tours
Explore Midlothian Mines and Rail Road Park and discover the coal mining history in the county. The traditional living history activities normally scheduled for this event will not be offered this year. Limited walking tours will be conducted each hour starting at the headstock near the amphitheater.
Tickets and registration not required. Parking on site. Wear comfortable walking shoes. Social distancing and facial coverings recommended.
Mid-Lothian Mines Park, 13286 N. Woolridge Road
Saturday, Oct. 17, 11 a.m.-3 p.m. FREE
Details: 804-751-4946 or www.midlomines.org

Midlothian Village Day Festival
The festival is a community day filled with fun activities for the whole family. Enjoy crafters, community booths, games, inflatables, entertainment, food vendors, a raffle and more.
Saturday, Oct. 17, 10 a.m.-3 p.m.
Midlothian Middle School, 13501 Midlothian Turnpike
Details: www.midlothianfestival.net

Veterans Biker Rally
Show your support and honor our veterans. Bikers will depart from the Chesterfield County Fairgrounds and ride to the Virginia War Memorial. Cookout following the event.
Chesterfield County Fairgrounds, 10300 Courthouse Road
Wednesday, Nov. 11
Course 37365
Check-in/new registration at 8 a.m. Ride departs at 9 a.m.
$20 per rider
Details: Mark Pinney, 804-748-1992

Veteran’s Day Ceremony
Honor the county’s veterans by attending this annual ceremony on the historic Courthouse Green. This program will include a keynote speaker, living history displays, musical performances, presentation of banners and wreaths, and honoring our veterans.
1917 Courthouse, 10011 Iron Bridge Road
Wednesday, Nov. 11, 2 p.m.
Details: 804-796-7131 or www.chesterfieldhistory.com

Register at www.chesterfield.gov/parks • 804-748-1623
SPECIAL EVENTS AND PROGRAMS

A Call, Letter or E-mail from Santa
Your child can talk to or receive a letter or an e-mail from Santa or Mrs. Claus. Request forms will be distributed to elementary schools in October. But if you can't wait that long, send your written request to Santa, c/o Chesterfield County Department of Parks and Recreation, P.O. Box 40, Chesterfield, VA 23832. Please specify whether you want your child to receive a call, letter or e-mail. Requests should include the child’s name, telephone number, address (including ZIP), school, grade, teacher, favorite activities and some positive points about your child. Written requests must be received by Nov. 23. Calls will be made from 6-8 p.m. on Dec. 2 and Dec. 3. Letters will be mailed after calls are made. No special requests please. For children ages 4-8.
Details: 804-748-1623

27th Annual James River Parade of Lights
Enjoy this unique holiday event. There are viewing sites throughout the Richmond area. Dress warmly and bring flashlights. This event is a cooperative effort among Chesterfield and Henrico counties, the City of Richmond, and the James River Advisory Council.
The Bluff at the Henricus Historical Park, 601 Coxendale Road, viewing time 7:45-8 p.m.
Saturday, Dec. 12  Free

Naturalization Ceremony
Join us on the Henricus bluff overlooking the James River as we honor and welcome our newest American citizens. This ceremony is free and open to the public.
Tues., Sept. 22, 11 a.m.  Free
Details: 804-748-1611

Hops in the Park — TENTATIVE
The Henricus Foundation presents the sixth annual Hops in the Park, a national award-winning hops & harvest festival celebrating the long and rich history of brewing in Virginia. Hops in the Park features over 40 Virginia craft beers, brewing demos, farmers market, music, food, children's activities, and of course - Virginia history. All proceeds from Hops in the Park support Henricus Foundation's Children's Education Fund.
Sat., Nov. 7, noon-6 p.m.  Free
Details: www.hopsinthepark.com

Boar’s Head Feast
Tis’ the season to step back in time. Follow the merry Lord of Misrule to England in the 1590s and enjoy the sights, sounds, and flavors of Christmas as we knew it then: a multi-course feast including roasted meats, pies, ale, cider and more, served at table in our spacious, candle-lit Guest House with a blazing Yule log fire. Dine to the sounds of period musicians, with wassailing a-plenty, and many a toast to Her Majesty Queen Elizabeth I. Begin your holidays with one of the oldest English Christmas traditions in one of the oldest English settlements in North America: Henricus.
Fri., Dec. 18, 7-9 p.m.
Sat., Dec. 19, 6-8 p.m.
Pricing and tickets: www.henricus.org
SPORTS

SwimRVA advocates for everyone to be physically active and fit. We offer aquatic wellness programs for residents of all ages. SwimRVA looks forward to seeing you at Collegiate School Aquatics Center (CSAC) for lessons, exercise or rehab very soon!

Details: 804-271-8271 or www.swimrichmond.org

The First Tee Chesterfield is located in Harry G. Daniel Park at Iron Bridge and includes an 18-hole golf course, driving range with practice areas and three hole/parthree practice course. The facility provides affordable access to golf for all ages, with a special emphasis on youth.

Details: 804-275-8050 or www.thefirstteegreaterrichmond.org

Register at www.chesterfield.gov/parks • 804-748-1623
THERAPEUTIC RECREATION

Offering educational and recreational activities to help individuals with intellectual, physical, emotional and/or developmental disabilities develop and refresh their minds and bodies in ways that enhance their health, independence and well-being.

Free Paint
Release your creative energy and participate in our painting activities. This program is for individuals with disabilities, ages 18 and older. All art supplies will be provided. Register at least one week in advance.

Thursdays, 10:30-11:30 a.m. Free
Oct. 15
Nov. 19
Course 37612
Course 37613

Let's Bowl
Join our bowling club that meets monthly at Bowl America. There is no registration fee, but the cost will be $4.50 upon arrival for shoes and one game of bowling. Call to register at least one week in advance.

Bowl America, 11532 Hull Street Road
Thursdays, 1:30-2:30 p.m.
Sept. 17
Oct. 22
Nov. 5
Dec. 3
Course 37616
Course 37617
Course 37618
Course 37619

Bingo Zone
Individuals with disabilities, ages 18 and older, are invited to join this bingo group and play to win a prize.

Thursdays, 10:30-11:30 a.m.
Bensley Recreation Center, 2900 Drewry's Bluff Road
Free
Sept. 10
Oct. 8
Nov. 12
Dec. 10
Course 37603
Course 37604
Course 37605
Course 37606

Inclusion
We invite individuals with disabilities to take part in any course listed in the department brochure. To ensure an individual’s success in a program, staff known as “inclusion coaches” will be available to provide assistance. The Therapeutic Recreation staff provide assistance based on reasonable accommodations, which are determined on a case-by-case basis. We ask that an inclusion coach be requested at least three weeks prior to the start of a program. Details: 804-751-4334

Instructor, Volunteers and Inclusion Coaches Needed for Therapeutic Programs
Do you have a special hobby or talent you’d like to share? Instructors, volunteers and inclusion coaches are needed to lead and assist with recreation activities, camps and classes in dance, fitness, crafts, hobbies and sports for youths and adults with disabilities. Details: 804-751-4334

For more information on Therapeutic Recreation programs, call 804-751-4334.
Adverse Weather Hot Line
804-748-1001 or on the Web at chesterfield.gov/fieldclosings

Field Closings: Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. Decisions regarding games at outdoor school sites are made by league commissioners on weekends.

Facility Closings: If you are not sure about the status of a facility or activity, first call the hot line, then appropriate staff and finally Parks and Recreation at 804-748-1623.

Facility Reservation Information
Bensley Recreation Center 804-768-7904
Ettrick Recreation Center 804-706-2596
Stonebridge Recreation Center 804-768-7885
Fairgrounds/Exhibition Hall 804-748-1992
Horseback Riding Rings 804-748-1992
Picnic Shelters 804-748-1623
Rockwood Nature Center 804-768-7448

Picnic Shelter Reservations
Picnic shelters may be reserved after Jan. 1 each year. Reservations are available from mid-March through mid-November. Shelters may be reserved from 9 a.m. -2 p.m., 3-8 p.m. or 9 a.m. - 8 p.m. with fees ranging from $40 to $120. Special activities and events at the shelters require additional approval. To reserve a picnic shelter, go online to www.chesterfield.gov/parks and click REGISTER NOW with REGi or call 804-748-1623 from 8:30 a.m.- 5 p.m., Monday-Friday, except on government holidays.

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

Park District Numbers
If you have a question about a specific park, you can call the district office directly from 7 a.m. to 3:30 p.m.
Main Parks Office (8:30 a.m.-5 p.m.) 804-748-1624
Daniel Park at Iron Bridge 804-318-8205
Dodd Park at Point of Rocks 804-717-6626
Huguenot Park 804-323-3700
Rockwood Park 804-276-6661
Horner Park 804-639-8004
Central 804-777-6158

After-hours Parks and Recreation Assistance
After working hours or on weekends, call 804-748-1624.

Nondiscrimination Statement
The Chesterfield County Parks and Recreation Department provides opportunities and recreation programs that are open and accessible to all citizens in the county regardless of race, color, nationality, age, sex, religion, socioeconomic status or level of physical or intellectual ability.

Essential Eligibility Requirements
All programs 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 description.

Inclusion
We invite individuals with disabilities to take part in any course listed in the department brochure. To ensure an individual’s success in a program, staff known as “inclusion coaches” will be available to provide assistance. The Therapeutic Recreation staff provides assistance based on reasonable accommodations, which are determined on a case-by-case basis. Details: 804-751-4134

Media Disclaimer
Park and activity attendance constitutes consent for use of any photographs, video, recordings, or any other record of the event with you in it for any legitimate purpose by Chesterfield County.

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 email to parksrec@chesterfield.gov to have your address put on the list. Please include your mailing address and phone number in the email. You can also join our list by using REGi, go to chesterfield.gov/parks.
REGISTRATION

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

Course Refunds
• Refunds are processed automatically if a course is cancelled.
• If a change in day, time or location of a course prohibits you from attending, we will be happy to refund you for the portion of the course missed.
• All other refund requests must be made in writing at least three days prior to the start date of the course.
• Non-recoverable costs are not refundable.

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.

Online: Go to www.chesterfield.gov/parks and click REGISTER NOW with REGi.
Have credit card information on hand.

Call In: Call us at 804-748-1623, Monday - Friday, 8:30 a.m. - 5 p.m. with credit card information, to register.

Mail In: Complete form below and attach check or money order. No cash, please.
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.

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 Number:
(804) 748-1623

Any special accommodations needed?  Yes 
 Resident
 Non-resident

THANK YOU!
DID YOU KNOW?

Chesterfield County Parks and Recreation
P.O. Box 40
Chesterfield, VA 23832
A CAPRA-accredited agency

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 website or call 804-751-4401 for information.