

50+ ACTIVE LIFESTYLES

Chesterfield County Parks and Recreation

Senior Center located at *Chesterfield Baptist Church*
 16530 Hull Street Road, Moseley, VA 23120 (804) 339-2877
Tuesdays & Thursdays 9:00 a.m. — 3:30 p.m.



TUESDAY

2019

THURSDAY

| | | | | | |
|-----------|---|-------|-----------|--|-------|
| 03 | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 | 05 | <u>9:15-10:00 a.m.</u> TAI CHI | 35533 |
| | <u>Noon - 3:30 p.m.</u> —Games | 35828 | | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 |
| 10 | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 | 12 | <u>9:15-10:00 a.m.</u> TAI CHI | 35533 |
| | <u>Noon - 3:30 p.m.</u> —Games | 35828 | | <u>10:00 a.m.- Noon</u> WATERCOLOR | 35888 |
| 17 | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 | 19 | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 |
| | <u>Noon - 3:30 p.m.</u> —Games | 35828 | | <u>Noon - 3:30 p.m.</u> —Games | 35828 |
| 24 | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 | 26 | <u>9:15-10:00 a.m.</u> TAI CHI | 35830 |
| | <u>Noon - 3:30 p.m.</u> —Games | 35828 | | <u>10:15-11:00 a.m.</u> PILATES/YOGA | 35833 |
| | <u>10:30 a.m.-1 p.m.</u> PERSPECTIVE DRAW | 35891 | | <u>11:30 a.m.-12:30 p.m.</u> BP SCREENINGS | 35837 |
| | <u>1:00—3:00 p.m.</u> WREATH MAKING | 35898 | | <u>10:00 a.m. - Noon</u> WATERCOLOR | 35888 |
| | | | | <u>11:00 a.m. - Noon</u> VACU SEMINAR | 35859 |
| | | | | <u>Noon - 3:30 p.m.</u> —Craft Studio | 35827 |
| | | | | <u>Noon - 3:30 p.m.</u> —Games | 35828 |

Registration is required for course numbered classes. Please call 804 748-1623.

To Register Online: Go to chesterfield.gov/parks and click Register NOW. Fees apply.

