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.

**Men's Basketball**
Men, age 50 and older, can join for weekly recreational play. This is an ongoing program with registration anytime during the season. Mondays, 6:30-9 p.m. Free Course 35652
*Midlothian Middle School, 13501 Midlothian Turnpike*
Sept. 16 - Oct. 28
*Swift Creek Elementary, 13800 Genito Road*
Nov. 11 - May 11 Details: Darlene Holland, 804-751-4753

**Volleyball**
Join fellow seniors for weekly recreational play. Come ready to bump, pass and set. This is an ongoing program with registration anytime during the season. Free Course 35653
*Hopkins Elementary, 6000 Hopkins Road*
Mondays and Wednesdays, 6:30-9 p.m. Sept. 16 - May 13 Details: Darlene Holland, 804-751-4753

**Indoor Badminton**
Drop in and play the game you grew up playing! Join fellow players for weekly recreational play. Registration not required. Hugenot Road Baptist Church, 10525 W. Hugenot Road Mondays, Sept. 16 – Dec. 16 (not held 9/9, 9/23, 10/21, 11/11) 2-4 p.m. Free Course 35679
Details: Susan Miller, 804-212-8815

**Chair Volleyball**
Want to enjoy the game of volleyball but can't take all the physical demands that comes with it? 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!” Free Course 35679
Hugenot Road Baptist Church, 10525 W. Hugenot Road Wednesdays, Sept. 18 – Dec. 18 (not held 11/27), 2-3:30 p.m. Details: Susan Miller, 804-212-8815

**Tennis**
Drop-in play for tennis players of all levels age 50 and older. Meet new tennis partners during weekly play. Previous tennis experience is necessary. Times will vary according to the season. Rockwood Park, 3401 Courthouse Road. (cours 1-4) Mondays, 9-11 a.m. Free Details: Darlene Holland, 751-4753

**Senior Golf**
Designed for golfers of all levels age 60 and older who can keep up with four hours of play. Meet new golf partners during weekly play. You must register in advance. Must sign up at least a week in advance. Proper golf attire required. Fee includes golf, a golf cart and prizes; payable on site. Providence Golf Course, 1160 S. Providence Road Wednesdays, April 3-Oct. 30, 8 a.m. Call for details Details: Bob Bergin, 804-794-1097 or Grant Dunham, 804-378-7584

**Swingin’ Seniors Golf Tournament**
Open to golfers age 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. Tournament fee includes holes, range balls, cart and a meal. Open for the first 38 registered players. First Tee Golf Course, 6736 Hunting Creek Road Tuesday, Oct. 8, 9 a.m. shotgun start $70 per pair Course 35904 Details: Mark Pinney, 804-748-1992

**Fun at the Fairgrounds**
This Health and Wellness Fair celebrates Active Aging Week. Entertainment by DJ Manny Green, fitness fun, health screenings, flu shots, vendors and door prizes. Don’t miss out on this annual fun event. Chesterfield County Fairgrounds, 10300 Courthouse Road Thursday, Oct. 3, 8:30 a.m.-noon Free Details: Judy Jones, 804-751-4135

**Chesterfield on Foot Walking Club**
Explore Chesterfield County trails and parks while getting fit and meeting new walkers. Organized walks will be led by Parks and Recreation staff. Please register in advance. Weather permitting, call Darlene for cancellation message. This is an ongoing program with registration anytime during the season. 1st and 3rd Mondays, 9 a.m. Free Course 35654
*Sept. 16: Mid-Lothian Mines Park (1.6 miles), 13301 North Woolridge Road, Meet at Parking Lot 1.*
*Oct. 7: Robious Landing Park (Loop Trail 1.5 miles), 3800 James River Road, Meet at Shelter 2*
*Oct. 21: Rockwood Park Nature Center (1.5 miles), 3401 Courthouse Road, Meet in front of Nature Center*
*Nov. 4: Government Center Trail System (1.4 miles), 9501 Lucy Corr Circle, Meet at the trail sign behind Smith-Wagner Building*
*Nov. 18: Huguenot Park (2.3 miles), 1090 Robious Road North - Meet at the playground*
*Dec. 2: Harry G. Daniel Park at Iron Bridge (2.1 miles), 6600 Whitepine Road, Meet at the playground*
*Dec. 16: Government Center Trail System (1.4 miles), 9501 Lucy Corr Circle, Meet at the trail sign behind Smith-Wagner Building*
Details: Darlene Holland, 804-751-4753
THE SOLO TRAVELER
So, you want to or must travel solo, but you are not quite sure where to start? Learn from others and explore traveling solo.

Stonebridge Recreation Center, 230 Karl Linn Dr.
Details: Judy Jones, 804-751-4753

Saturdays, 9:30-11:30 a.m.
Sept. 14 – So You are Ready to Travel on your Own  Course 35812
Travel Overview, Travel safety and travel cards

October 12 – Let’s Make a Deal  Course 35813
Getting the best deals; solo supplement; traveling by train, air or cruise; memberships in AAA or other travel memberships for discounts.

November 16 - Passports, Visas and Photos, Oh My!  Course 35814
Learn about the process and paperwork requirements needed to obtain these important documents before you travel.

December 14 – Let’s Go! What to Wear/What to Pack  Course 35815
Clothing, shoes, hats; packing; skin care and hydration.

PICKLEBALL INSTRUCTIONAL CLASSES
Instructed by Linda Scott, Certified Pickleball Instructor, certified by the International Pickleball Teaching Professional Association. You may reach Linda at 804-683-8481 or pickleball4all@aol.com.
Details: Darlene Holland, 804-751-4753

Beginner Pickleball 101
Designed for those who are new to the sport of pickleball. You do not have to be an athlete to learn this game; however, those who have previous sports experience will tend to move along faster. This class will match the pace and needs of the participant. The goal will be to teach you to play pickleball well enough to enjoy the game. Time will be spent on the basics: learning the rules, serving, forehand, backhand, court positioning and scoring. 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.

Often time this class is repeated before players are ready to move on to the Advanced Beginner Class. Some players will be ready to move immediately to Advanced Beginner Status. Paddles and balls are provided. Glasses are recommended, and court shoes/tennis shoes are required---no walkers/runners/cross trainers as they are unsafe for this sport.

If you have questions, call Linda Scott, Instructor, at 804-683-8481 or pickleball4all@aol.com.

Pickleball Center, Chesterfield Technical Center, 13900 Hull Street Road
Saturdays, Sept. 7, 14, 28, 8 – 10 a.m. (not held Sept. 21)  $44  Course 35655
Sundays, Sept. 8, 15, 29, 5:30 – 7:30 p.m. (not held Sept. 22)  $44  Course 35656
Mon., Wed., Fri., Sept. 30 and Oct. 4, 9 – 11 a.m.  $44  Course 35657
Saturdays, Nov. 2, 9, 16, 10 a.m. – noon  $44  Course 35658
Sundays, Nov. 3, 10, 17, 3 – 5 p.m.  $44  Course 35659

Scott Pickleball Center, Rockwood Park, 3401 Courthouse Road
Wednesdays, Sept. 11, 18, 25, 5:30 – 7:30 p.m.  $44  Course 35660

Wednesdays Oct. 30, Nov. 6 and Nov. 13, 5:30 – 7:30 p.m.  $44  Course 35661

Advanced Beginner Pickleball 102
This is a class for those who have (1) passed the Beginner class or (2) have played at least 30 games, know the rules, can get at least 80% of your serves in and return at least 80% of serves you receive. You should understand scoring and court positioning or (3) you have the instructor’s permission before you sign up. Focus will be on back hand and drop shot. This class moves fast to assist you in reaching the Advanced Beginner level/2.0 as soon as possible.

Work on consistency in your basic shots especially the backhand, shot placement, advancing to the NVZ, and how to handle the hard shots that come to you. There will be lots of drills and some time to play games. Proper court shoes and safety glasses are recommended. It is important that all players be close in ability. You will need instructor’s permission to take this level. Instructed by: Linda Scott, pickleball4all@aol.com 804-683-8481.

Pickleball Center, Harry G. Daniel Park at Iron Bridge, 6600 Whitepine Road
Thursdays, Sept. 12, 19, 26, 8 – 10 a.m.  $44  Course 35662

Pickleball Center, Chesterfield Technical Center, 13900 Hull Street Road
Mon., Wed., Fri., Oct. 7, 9, 11, 10 a.m. – noon  $44  Course 35663
Mondays, Nov. 4, 11, 18, 11 a.m. – 1 p.m.  $44  Course 35666

Pickleball Strokes and Strategy 103
This class is for those who (1) have passed Pickleball 101 and 102, have been playing for Pickleball for at least one year with success in the basic areas but want to take their game to the next level or (2) with the instructor’s permission. You will learn to play smarter/not harder. This class changes with new drills as they become available and will use the Tutor Pickleball throwing machine. Work on handling lobs, handling “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. You will need permission from the instructor to take this class. Instructed by: Linda Scott, pickleball4all@aol.com (804) 683-8481.

Pickleball Center, Chesterfield Technical Center, 13900 Hull Street Road
Mondays, Sept. 9, 16 and Tuesday, Sept. 24, 9-11 a.m.  $44  Course 35664

Pickleball Center, Harry G. Daniel Park at Iron Bridge, 6600 Whitepine Road
Thursdays, Nov. 7, 14, 21, 11 a.m. – 1 p.m.  $44  Course 35667

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

www.chesterfield.gov/pickleball
www.chesterfield.gov/activelifestyles
Pickleball - Play Locations

This fast-growing sport is a combination of tennis, badminton and ping-pong played on a badminton sized court. Pickleball is played with a perforated plastic ball and wooden/composite/graphite paddle.

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.

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

Rotation Play – Indoor location
- St. Marks United Methodist Church, 11551 Lucks Lane
  Fridays, 12:30-3 p.m. Course 34200
- Bon Air United Methodist Church, 1645 Buford Road
  Mondays, 2-5 p.m. Course 35109

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

Detailed monthly schedule available at: www.chesterfield.gov/pickleball or call us to have one sent to you. Monthly schedule is posted at the Scott Pickleball Center at Rockwood Park, Pickleball Centers at Harry G. Daniel Park at Iron Bridge and Chesterfield Technical Center. Schedule is subject to change.

Details:: Darlene Holland, 804-751-4753

THE CHESTERFIELD TRAVELER

If you plan to travel but have a special request, such as motion sickness or are a little slow in walking, give us a call and we can discuss your needs. Call Judy Jones, 804-751-435, at least three weeks prior to the trip. www.chesterfield.gov/seniortrips

“Annie” Riverside Center Dinner Theatre — Starring Sally Struthers

The Riverside Center Dinner Theatre is a multi-million-dollar facility resenting professional “Broadway” musicals. “State-of-the-art” lighting, rigging and audio system technology are among the tops in the industry. Enjoy a plated lunch before the matinee performance where you will choose from four entrees and two delectable desserts.

Little orphan Annie believes that her parents are still alive and will one day return to claim her. So, when billionaire Oliver Warbucks offers to adopt her, she asks him to help find her real mom and dad instead. But don’t fret: This classic family musical has a happy ending for Annie, Daddy Warbucks and the whole gang. Starring Sally Struthers reprising her role as Miss Hannigan from the 20th Anniversary Annie Broadway revival and National Tour. Fee includes transportation, lunch, matinee performance, all taxes and gratuities.

Wednesday, Sept. 25  $132 Course 35286
Pick up: Christian Life Church, 10 a.m.; Return 6:30 p.m.
Pick up: Chippenham Hospital, 10:30 a.m.; Return 6 p.m.

Celebrate Fall on Smith Mountain Lake

Smith Mountain Lake is a beautiful man-made lake about 30 miles southwest of Lynchburg. Begin your day aboard the Virginia Dare, a 19th century side-wheeler. During your two-hour cruise, enjoy refreshing mountain breezes and miles of clear water as well as a heavy Hors d’oeuvres lunch consisting of such items as pulled pork BBQ sliders, chicken salad sliders, meatballs, coleslaw, vegetable of the day, fruit, cookies for dessert and water/tea. Spend the afternoon at Patrick Henry’s Red Hill. The “Voice of the Revolution” moved to Red Hill, Henry’s last home and burial place, in 1794 at the age of 57. The Visitor Center Museum houses Henry artifacts and memorabilia.

Thursday, October 24, 2019  $160 Course 35816
Pick up: Chippenham Hospital, 7:30 a.m.; Return 7 p.m.
Pick up: Christian Life Church, 8 a.m.; Return 6:30 p.m.

Celebrate the Holidays at The Jefferson Hotel

A holiday tour of Richmond is not complete without a visit to The Jefferson Hotel, a Richmond Landmark since 1895. It is in the National Register of Historic Places and is a charter member of the distinguished Historic Hotels of America. A delicious plated lunch is planned overlooking their signature Christmas tree. This first-class tour also includes a visit to the Governor’s Mansion (confirmation pending), the oldest continuously occupied governor’s home in the country (1814) as well as tour of our State Capitol Building. Designed by Thomas Jefferson and housing the oldest legislative body in the western hemisphere. The tour also includes a visit to one of Richmond historic homes, Agecroft Hall. Located on 23 acres overlooking the James River in the exclusive Windsor Farms neighborhood, Agecroft Hall is a 16th century English manor house that was dismantled and brought to Richmond in 1926.

Fee includes transportation, lunch, matinee performance, all taxes and gratuities.

Tuesday, December 10  $140
Pick up: Christian Life Church, 9 a.m.; Return 5 p.m.
Pick up: Chippenham Hospital, 9:30 a.m.; Return 4:30 p.m.
Lunch choice: Pork or Salmon
PROGRAMS AT HUGUENOT ROAD BAPTIST CHURCH
10525 W. Huguenot Road, N. Chesterfield, VA 23235
Contact: Susan Miller, 804-212-8815, millers@chesterfield.gov

Directions to Huguenot Road Baptist Church:
From Iron Bridge Road, take 288 North to the Courthouse Road Exit. Take a right onto Courthouse Road, follow Courthouse Road for 7.6 miles. Cross over Midlothian, road turns into Huguenot Road. Follow Huguenot Road for 2.7 miles, the church is on your right. Turn right onto Dillon Road, park in parking lot behind the church.

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

Programs include:
- Tai Chi
- Watercolor/Drawing
- Ukulele
- Bridge
- Yoga for the Older Adult
- Strength Training
- Essential Oils
- Luncheons
- Drop in games
- Technology Today
- Basketball
- Crafts/Jewelry Design
- Gardening Seminars
- Energy workshop
- Badminton
- Medicare Seminars

Monthly calendars are posted at www.chesterfield.gov/activelifestyles/

PROGRAMS AT CHESTERFIELD BAPTIST CHURCH
16530 Hull Street Road, Moseley, VA 23120
Contact: Kate Sheehan, 339-2877, Sheehank@chesterfield.gov

Directions to Chesterfield Baptist Church:
From 288, take 360 West, Hull Street. Travel approximately 5.7 miles. The church is on the right.

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

- Technology Classes
- Concerts/Luncheons
- Drop in games and card groups
- Tai Chi
- Gentle Yoga
- Low Impact Cardio and Strength
- Pharmacy Wellness Checks
- Drawing/Acrylics
- Cooking Classes
- Craft Classes
- Free Seminars
- Wreath Making
- Crafts

Monthly calendars are posted at www.chesterfield.gov/activelifestyles/
PROGRAMS AT STONEBRIDGE RECREATION CENTER

230 Karl Linn Dr., North Chesterfield, 23225
Contact: Kim Graves, 768-7085; gravesk@chesterfield.gov

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

Programs include:
• Tai chi
• Yoga/Chair Yoga
• Low Impact Aerobics
• Chair Fitness
• Craft classes
• Pickleball
• Technology classes
• Line Dance
• Concerts/Luncheons
• Drop in Games and Card groups
• Hobby clubs
• Camps

Monthly calendars are posted at www.chesterfield.gov/activelifestyles/

50+ ACTIVE LIFESTYLES BROCHURE
For a complete listing of current classes, trips, and special events, pick up a copy of the 50+ Active Lifestyles brochure at any recreation center or library or call us to have one mailed to you and to be added to the mailing list. Call us at 751-4135. You can also check out our website: www.chesterfield.gov/activelifestyles/

Like us on Facebook @chesterfieldvaparksrec

SPECIAL TRIP INFORMATION

Registration Information: Trips are filed on a first-come, first-served basis. A receipt represents a completed registration.

Trip Refund information: Refund requests must be made in writing at least 30 days prior to the start of the trip. Because trips require an earlier confirmation with our vendor, this more advanced notice of your cancellation is required in order to receive a refund. If a change in day, time or location prohibits you from attending, we will be happy to refund your fee. Simply mail your written request at least one week prior to its start.

If you must cancel: Because some trips require earlier confirmation, a more advanced notice of your cancellation is required to receive a refund (at least 30 days in advance). Call us to see if there is a waiting list or we will work with you to allow someone to take your place.

Special Forms: All participants will be required to sign a Medical Release and Assumption of Risk Form, to participate, which will be mailed to you prior to the trip.

Need a little extra help: If you plan to travel but have a special request, such as motion sickness, are a little slow in walking or have special diet requests give us a call and we can discuss your needs. Call Judy Jones, 804-751-4135, at least three weeks prior to the trip.