



50+ ACTIVE LIFESTYLES

Huguenot Road Baptist Church
10525 W. Huguenot Road
North Chesterfield, VA 23235

September 2019

www.chesterfield.gov/activelifestyles/



*No Fee or Pre-registration for Game Day, Badminton, Drop-In Bridge or Chair Volleyball

**To register for all other programs, please call (804) 748-1623.

MONDAY	TUESDAY	WEDNESDAY
2 LABOR DAY! CLOSED 	3 10:30 Essentials Oils - 35443	4 10:30 Drop-In Bridge - 35821 12:30 Tai Chi - 35930 2:15 Strength Training - 35400
9 9:30-12:00 Game Day* 1:00 Drop-In Bridge - 35820 2:00 Health Screenings - 35913	10 10:00 Advanced Ukulele - 35962 10:00 Grief Support & Education - 35939 11:00 Intermediate Ukulele - 35960 12:00 Beginner Ukulele - 35958	11 10:00 Intro to Internet & Wi-Fi Security - 35978 10:30 Adv. Beg. Bridge - 35966 10:30 Drop-In Bridge - 35821 1:00 Intermediate Bridge - 35968
16 9:30-12:00 Game Day* 10:00 Not Your Grandparents Funeral - 35937 10:30 No Pressure Watercolor - 35970 1:00 Abs. Beg. Watercolor - 35972 1:00 Drop-In Bridge - 35820 2:00 Badminton* 3:00 Yoga - 35397	17 10:00 Advanced Ukulele - 35962 10:00 Medicare Seminar - 35940 10:30 Int. Watercolor - 35974 11:00 Intermediate Ukulele - 35960 11:00 Flu Clinic - 35914 12:00 Beginner Ukulele - 35958 1:00 Drawing - 35976	18 10:00 Tips & Tricks for a Healthy Brain: Meal Prep - 35916 10:30 Drop-In Bridge - 35821 10:30 Adv. Beg. Bridge - 35966 12:30 Tai Chi - 35930 1:00 Intermediate Bridge - 35968 2:00 Chair Volleyball* 2:15 Strength Training - 35400
23 9:30-12:00 Game Day* 10:30 No Pressure Watercolor - 35970 1:00 Abs. Beg. Watercolor - 35972 1:00 Drop-In Bridge - 35820 1:00 Tai Chi - 35928 3:00 Yoga - 35397	24 10:00 Advanced Ukulele - 35962 10:30 Int. Watercolor - 35974 11:00 Lunch & Learn Salad Extravaganza - 35955 11:00 Intermediate Ukulele - 35960 12:00 Beginner Ukulele - 35958 1:00 Drawing - 35976 1:00 Tai Chi for Arth./Balance - 35924 2:00 Tai Chi (Sun Style 31) - 35926	25 10:00 Grandparenting in 2019 - 35944 10:30 Drop-In Bridge - 35821 10:30 Adv. Beg. Bridge - 35966 12:30 Tai Chi - 35930 1:00 Intermediate Bridge - 35968 2:00 Chair Volleyball* 2:15 Strength Training - 35400
30 9:30-12:00 Game Day* 10:00 Floral Arrange. Wkshop - 35948 10:30 No Pressure Watercolor - 35970 1:00 Abs. Beg. Watercolor - 35972 1:00 Drop-In Bridge - 35820 1:00 Tai Chi - 35928 2:00 Badminton* 3:00 Yoga - 35397		<p>**For information on HRBC programs, please call Susan Miller (804) 212-8815</p>