

# Gov. Kaine to speak at annual chamber banquet

Thurs., Jan. 17

**Low Impact Aerobics for Older Adults**, 9-10 a.m., weekly through Mar. 6, Amphill Presbyterian Church, 2800 Falling Creek Ave. An aerobic workout that includes exercises and basic steps set to music. Cost is \$16 for the course. For more information or to register, call Judy Jones, 751-4135.

**Introduction to Yoga**, 10:15-11:15 a.m., weekly through Mar. 6, Amphill Presbyterian Church, 2800 Falling Creek Ave. This course is designed to help older adults reduce stress,

improve balance and strength, and increase their sense of well-being. Cost is \$16 for the course. For more information or to register, call Judy Jones, 751-4135.

**Mammal or Reptile?**, 10-11 a.m., Rockwood Nature Center, 3401 Courthouse Rd. Children ages 3-4 will learn the difference between mammals and reptiles while observing resident animals. Cost is \$4 per child. A parent or guardian must accompany each child. For more information,

call 748-1623.

**Pilates**, 12:15-1:15 p.m., weekly through Feb. 21, Bensley Community Building, 2900 Drewry's Bluff Rd. This exercise class strengthens the abdomen, lower back and hips. Cost is \$15. For more information, call David Potter, 275-5321.

**"Finding Meaning and Purpose in Communities,"** 3-4 p.m., Springdale Model Cottage, 6800 Lucy Corr Blvd. Kathy Berry, B.S., M.R.E., M.S., a chaplain for Bon Secours, will speak on spirituality and a sense of purpose in our individual lives. Free and open to the

public. For more information or to reserve a space, call 425-8280.

Fri., Jan. 18

**Lee-Jackson Day**, county offices closed.  
**Huguenot Trail Rotary Club weekly meeting**, 12:30-1:30 p.m., Bottega's Bistro, 11400 W. Huguenot Rd. For information, contact Terry Hargrove at 722-9555.

**Winter Lecture Series**, 7 p.m., Magnolia Grange, 10020 Iron Bridge Rd. Guest speaker Frank Wood will discuss the history of slavery. Free. For more information, call 777-9663 or visit [www.chesterfieldhistory.com](http://www.chesterfieldhistory.com).

**Open Jump**, 10 a.m.-6 p.m., Party Time, 2916 Oak Lake Blvd. Cost is \$6 per child. For more information, call 639-5879.

## Calendar



The only good thing about the flu  
is being treated well by  
**Bon Secours Medical Group.**

**Aylett Medical Center**  
7864 Richmond-Tappahannock Hwy.  
P.O. Box 124  
Aylett, VA 23009  
Phone: 746-1677 or 769-3096

**Gregory Pleasants, M.D.**  
2101 E. Parham Road  
Suite 102  
Richmond, VA 23228  
Phone: 262-2333

**Memorial Medical Center**  
8220 Meadowbridge Road  
Suite 203  
Mechanicsville, VA 23116  
Phone: 764-1253

**Theresa A. Thomas  
Medical Center**  
635 N. Washington Hwy.  
Ashland, VA 23005  
Phone: 798-9208

**Blackstone Family Practice Center**  
920 S. Main St.  
Blackstone, VA 23824  
Phone: (434) 292-7261  
Local Richmond Line: 648-5500

**Internal Medicine Associates  
of Chesterfield**  
13700 St. Francis Blvd.  
MOB Suite 510  
Midlothian, VA 23114  
Phone: 423-8470

**Monument Internal Medicine**  
5855 Bremono Road  
Suite 102  
Richmond, VA 23226  
Phone: 673-2814

**Tuckahoe Family Medical Center**  
3311 Church Road  
Suite 100  
Richmond, VA 23233  
Phone: 965-9087

**Brook Run Family Physicians**  
10571 Telegraph Road  
Suite 210  
Glen Allen, VA 23059  
Phone: 266-7611

**Ironbridge Family Practice**  
11601 Ironbridge Road  
Suite 117  
Chester, VA 23831  
Phone: 717-5300

**Primary Health Care Associates**  
1510 North 28th St.  
Suite 308  
Richmond, VA 23223  
Phone: 644-1665

**Village Medical Associates**  
Sommerville  
14366 Sommerville Court  
Midlothian, VA 23113  
Phone: 794-5880

**Commonwealth Internal  
Medicine Associates**  
9220 Forest Hill Ave.  
Suite 1-A  
Richmond, VA 23235  
Phone: 560-8838

**Laburnum Medical Center**  
4620 S. Laburnum Avenue  
Richmond, VA 23231  
Phone: 226-2444

**St. Francis Family Medicine Center**  
13540 Hull Street Road  
Midlothian, VA 23112  
Phone: 739-6142

**West End Internal Medicine**  
7229 Forest Ave.  
Suite 109  
Richmond, VA 23226  
Phone: 282-7857

**CrossRidge Pediatrics &  
Internal Medicine**  
10150 Staples Mill Road  
Suite E  
Glen Allen, VA 23060  
Phone: 755-7581

**Lee Davis Pediatrics**  
Cherrydale Office Park  
6372 Mechanicsville Turnpike  
Suite 103  
Mechanicsville, VA 23111  
Phone: 730-4690

**Tappahannock Primary Care**  
721 Charlotte St.  
Tappahannock, VA 22560  
Phone: 443-5378

**BON SECOURS MEDICAL GROUP**  
Bon Secours Richmond Health System

## In The Spotlight

Chesterfield County Chamber of Commerce Annual Awards Celebration and Installation of Officers, Fri., Jan. 25, cocktail and networking hour at 6 p.m., dinner at 7 p.m., Holiday Inn Select Koger Center, 1021 Koger Center Blvd. Keynote speaker will be the honorable Governor of Virginia Timothy M. Kaine. Tickets are \$50 per person. Reservations must be made by Jan. 18. For more information or reservations, call 748-6364 or e-mail [info@chesterfieldchamber.com](mailto:info@chesterfieldchamber.com).

Sat., Jan. 19

**ESL tutor training classes**, 9 a.m.-3 p.m., also Sat., Jan 26, Bethel Baptist Church, 1100 Huguenot Springs Rd. For volunteers wishing to become English as a Second Language tutors. The classes are free and are taught by the Tri-City Literacy Council using the Laubach method. To register, call 794-8590.

**Pet adoptions**, 10:30 a.m.-2:30 p.m., PetSmart, 12264 Chattanooga Plaza (in the Wal-Mart shopping center on Hull Street Road). Adopt a new, furry family member during this adoption event featuring animals from the Chesterfield Animal Shelter. Volunteers from the Chesterfield Humane Society will be on hand to answer questions and assist with adoptions.

**Chesterfield Writer's Group monthly meeting**, noon, Central Library, 9501 Lori Rd. For information, call 986-2985 or visit [www.writersclub.us](http://www.writersclub.us).

Sun., Jan. 20

**Whitewater Kayak Rolling Clinic**, 8-11 a.m., Manchester YMCA, 7540 Hull Street Rd. Learn and practice kayak rolling. Kayaks and equipment available. Minimum age is 13. Previous kayaking experience is required. Cost is \$40. Sponsored by the Chesterfield County Department of Parks and Recreation. For more information or to register, call Greg Velzy, 748-1124.

Mon., Jan. 21

**Martin Luther King Jr. Day**, county offices closed.

**Enon Library Book Discussion Group**, 7-8 p.m., Enon Library, 1801 Enon Church Rd. "Don't Let's Go to the Dogs Tonight: An African Childhood" by Alexandra Fuller will be discussed. For more information, call 530-3403.

*Have a special event coming up? Please e-mail your calendar items to [calendar@chesterfieldobserver.com](mailto:calendar@chesterfieldobserver.com), mail them to P.O. Box 1616, Midlothian VA 23113, or fax them to 744-3269. Please include a contact name and number with your announcements.*