

SENIORS

Parks department offers seniors winter/spring activities



Lisa Billings/Chesterfield Observer

Al Warfield and his wife, Linda, hold a posture during a yoga class for seniors offered through the county's parks and recreation department.

The county's parks and recreation department recently released its winter/spring schedule of activities for seniors. Unless otherwise noted in the calendar listing, call Judy Jones, 751-4135, for additional details or to register. Here's what's coming up:

Tues., Feb. 5
Discover Chesterfield – A Walking Club, 9 a.m., Huguenot Park, 10901 Robious Rd. Monthly walk designed to introduce seniors to county parks and new friends. Held the first Tuesday of each month. Free.

Thurs., Feb. 7
Heart Health, 10:30 a.m.-noon, LaPrade Library, 9000 Hull Street Rd. Learn more about heart health from a health department representative. Free. Register at least one week in advance.

Tues., Feb. 19
Heart Health, 10:30 a.m.-noon, Chester Library, 11800 Centre St. See listing under Feb. 7 for more information.

Wed., Feb. 27
Heart Health, 10:30 a.m.-noon, Midlothian Library, 521 Coalfield Rd. See listing under Feb. 7 for more information.

Tues., Mar. 4
Discover Chesterfield – A Walking Club, 9 a.m., Chesterfield County Government Complex Walking Trail, 9501 Government Center Pkwy. See listing under Feb. 5 for more information.

Wed., Mar. 5
Healthy Aging Seminar, Wednesdays, through Apr. 28, 1-3 p.m., Bensley Community Building, 2900 Drewry's Bluff Rd. This eight-week course will explore issues related to healthy aging including nutrition and fitness, fall prevention, humor and more. To register, call David Potter, 275-5321.

Shepherd's Center of Chesterfield Spring Session, through Apr. 30, Chester Baptist Church, 4317 School St. The center offers a full schedule of classes in exercise, writing,

politics, history and many other topics for a very modest tuition rate. Call 706-6689 for details.

Thurs., Mar. 6
St. Patrick's Day with the James River Trio, 10:30 a.m.-noon, LaPrade Library, 9000 Hull Street Rd. Celebrate the season with a musical visit to the River Shannon, Glocca Morra, Galway Bay and the land of the leprechauns. Free. Register at least one week in advance.

Mon., Mar. 10
Low Impact Aerobics for Older Adults, Mondays, through Apr. 28, 9-10 a.m., Amthill Presbyterian Church, 2800 Falling Creek Ave. This class includes a low-impact cardiovascular workout with warm-up and cool-down exercises. Cost is \$16.

Introduction to Yoga, Mondays, through Apr. 28, 10:15-11:15 a.m., Amthill Presbyterian Church, 2800 Falling Creek Ave. Appropriate for seniors of all fitness levels, this course will include easy physical postures, deep relaxation and meditation. Cost is \$16.

Wed., Mar. 12
"Thoroughly Modern Millie" at Riverside Theatre, pick up and drop off times vary. Travel to the Riverside Theater near historic Fredericksburg to see a Broadway musical. Fee of \$85 includes transportation, lunch, show admission, taxes and gratuities. Register by Feb. 27. Part of the Chesterfield Traveler Program.

Thurs., Mar. 13
Low Impact Aerobics for Older Adults, Thursdays, through May 1, 9-10 a.m., Amthill Presbyterian Church, 2800 Falling Creek Ave. This class includes a low-impact cardiovascular workout with warm-up and cool-down exercises. Cost is \$16.

Introduction to Yoga, Thursdays, through May 1, 10:15-11:15 a.m., Amthill Presbyterian Church, 2800 Falling Creek Ave. Appropriate for seniors of all fitness levels, this course will include easy physical postures, deep relaxation and meditation. Cost is \$16.

Mon., Mar. 17
Watercolor for Older Adults, Mondays, through Apr. 21, 12:30-2:30 p.m., Chester Library, 11800 Centre St. Explore the world of watercolor with artist Ruby DiVittorio. Class will accommodate beginning and intermediate students. Cost is \$55. A supply list is available. Register by Mar. 19.

Tues., Mar. 18
St. Patrick's Day with the James River Trio, 10:30 a.m.-noon, Chester Library, 11800 Centre St. See listing under Mar. 6 for more information.

Mon., Mar. 24
Watercolor for Older Adults – Beginner, Mondays, through Apr. 28, 10:30 a.m.-2:30 p.m., LaPrade Library, 9000 Hull Street Rd. Learn basic techniques and principles of design to create beautiful watercolor paintings. Cost is \$55. A supply list is available. Register by Mar. 17.

Seniortise, Mondays and Wednesdays, through May 28, noon-1 p.m., American Family Fitness, 9101 Midlothian Tnpk. Stretch, reach and march yourself to a healthier and more fit condition. Athletic shoes are recommended. Cost is \$40. Club membership is not required. Register by Mar. 21.

Tues., Mar. 25
Watercolor for Older Adults – Intermediate, Tuesdays, through Apr. 29, 10:30-2:30 p.m., LaPrade Library, 9000 Hull Street Rd. See listing under Mar. 24 for more information. Register by Mar. 18.

Wed., Mar. 26
Weathering the Storm with the National Oceanic and Atmospheric Administration (NOAA), 10:30 a.m.-noon, Midlothian Library, 521 Coalfield Rd. Learn about what technology NOAA offers on the Internet and NOAA's Weather Radio Service. Discussion will also include weather preparedness and what we might face this spring. Free. Register at least one week in advance.

Tues., Apr. 1
Discover Chesterfield – A Walking Club, 9 a.m., Robious Landing Park, 3800 James River Rd. See listing under Feb. 5 for more information.

Wed., Apr. 2
Senior golf, Wednesdays, through Oct.

29, 8 a.m., Providence Golf Course, 1160 S. Providence Rd. For golf players of all levels, ages 60 and older. Meet new golf partners for weekly play. Designed for golfers who can keep up with four hours of play. Limited to the first 52 players who sign up. Proper golf attire required. Fee of \$32 includes golf, cart and prizes. Call Bob Bergin, 794-1097, or Dave Flynn, 272-1712.

Thurs., Apr. 3
Sleep, Hormones and Body Rhythm: Improving your Sleep and Health Naturally, 10:30 a.m.-noon, LaPrade Library, 9000 Hull Street Rd. This program will discuss sleep cycles and how to improve sleep quality naturally. Free. Register at least one week in advance.

Tues., Apr. 15
Thomas Dale High School – The First 100 Years, 10:30 a.m.-noon, Chester Library, 11800 Centre St. Learn the history of the school in honor of its 100th anniversary. Free. Register at least one week in advance.

Fri., Apr. 18
Dancing through the Decades, 7-10 p.m., Thomas Dale High School, 3626 W. Hundred Rd. Semiformal dance for county residents 55 and older. Music will be provided by Spectrum. Register by Apr. 15. Free.

Wed., Apr. 23
Kites Galore, 10:30 a.m.-noon, Midlothian Library, 521 Coalfield Rd. Enjoy a presentation on the history of kites and a vast display on types of kites.

Ongoing
Senior tennis, Mondays, 9-11 a.m., Rockwood Park, 3401 Courthouse Rd., courts 5-9. For tennis players of all levels, ages 55 and older. However, previous experience is necessary. Free.

Senior men's basketball, Mondays, through Mar. 24, 6:30-9:30 p.m., Swift Creek Elementary School, 13800 Genito Rd. For men ages 50 and older. Free.

Senior volleyball, Mondays, through May 21, 6:30-9 p.m., Hopkins Elementary School, 6000 Hopkins Rd. For women 40 and older and men 50 and older. Free.

Canasta/dominos, Wednesdays, 10-11:45 a.m., Shepherd's Center of Chesterfield, 4317 School St.



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