

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Bensley Recreation Center. Our office hours are Mondays – Thursdays from 8:30 a.m. to 6 p.m. and Fridays 8:30 a.m. to noon.

Available for Rent

The Bensley Recreation Center in Bensley Park is located at 2900 Drewry's Bluff Road, North Chesterfield VA 23237 and is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000 plus square foot building contains an arts and crafts room and a multipurpose room. For more information about classes, special events and rentals, please call Kate Sheehan at 804-768-7904.



FITNESS CLASSES FOR ALL SKILL LEVELS

Low Impact Aerobics, Strength & Conditioning NEW

A fun, invigorating workout that can be performed seated or standing. Includes moderate aerobic conditioning exercises designed to raise the heart rate, muscle strengthening exercises using Dyna bands and small balls, core exercises that support posture by strengthening abdominal and back muscles, flexibility training through stretching exercises and balance conditioning movements designed to help with fall prevention. Certified instructor: Karen Powell

Mondays, 9:30-10:15 a.m.	\$20	
Sept.12-Oct. 10		Course 41142
Oct. 24-Nov. 21		Course 41143
Nov. 28-Jan. 2 (not held 12/26)		Course 41144

Chair Yoga NEW

Experience benefits of Yoga poses and postures while sitting in a chair or standing using a chair for support. Breathing, balance, gentle stretching and guided relaxation can all be accomplished without having to get down on the floor and without removing shoes and socks. If you would like to remove your shoes, you may do so but please bring your own mat to place under your feet. Instructed by Karen Powell.

Mondays, 10:30 - 11:15 a.m.	\$20	
Sept.12-Oct. 10		Course 41145
Oct. 24-Nov. 21		Course 41146
Nov. 28-Jan. 2 (not held 12/26)		Course 41147

Tai Chi for Health NEW

Tai Chi is often described as mindful meditation. The slow movements and breathing exercises practiced in Tai Chi improve health by integrating the mind and body. According to The Harvard Medical School Guide to Tai Chi: "...regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being... Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system and the mind." All fitness levels are welcome, and no previous experience is required. Wear comfortable, loose clothing and flat shoes. Certified instructor Beverly Almond.

Tuesdays, 9:30-10:30 a.m.	\$25	
Sept. 13-Oct. 11		Course 41148
Oct. 18-Nov. 15		Course 41149
Nov. 18-Dec. 20		Course 41150

Low Impact Aerobics

This is a cardiovascular workout to basic steps that includes warm-up and cool-down exercises. Some strength training is included. Hand weights are provided, but participants may bring their own. Instructed by Sherella Brown.

Wednesdays, 10-11 a.m.	\$20	
Sept. 7-Oct. 5		Course 41151
Oct. 12-Nov. 9		Course 41152
Nov.16-Dec. 14		Course 41153
Dec. 21-Jan. 18		Course 41154

Chair Fitness

This is a combination of low impact aerobic exercises from the comfort of a chair. Some strength training is included. Hand weights are provided, but participants may bring their own. Instructed by Sherella Brown.

Wednesdays, 11:15 a.m.-noon	\$15	
Sept. 7-Oct. 5		Course 41156
Oct. 12-Nov. 9		Course 41157
Nov.16-Dec. 14		Course 41158
Dec. 21-Jan. 18		Course 41159

TECHNOLOGY

Cutting the Cable TV Cord

Learn how to get rid of costly cable TV by switching to over the air TV, streaming services and what devices you need. Learn about Digital Antennas and what they provide. Learn about what streaming is and all the services it provides. Understand devices like Roku, Firestick and others to include Smart TVs to access all of these services. Class taught by Chuck Renfro with Thinking Cap Technologies.

Monday, Sept. 19, 10 a.m.-noon	\$13	Course 41155
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Learn to Use your Smartwatch

A smartwatch is a touchscreen enabled wristwatch that can be connected to a phone through Bluetooth or WiFi. There are also models that do not require a phone connection to function. Like typical wristwatches, a smartwatch does more than just tell the time; it offers more functions that are akin to a smartphone. Learn about all the benefits, functions and applications a smartwatch can provide. How to set one up and use it.

Monday, Oct. 17, 10 a.m.-noon	\$13	Course 41160
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Smartphones: A Computer in Your Pocket

This is an introduction to smartphones. Participants will learn what they do, how to turn them on and off, and how to access Wi-Fi. This is a two-part class. Instruction will be given on managing the settings, and on how to install applications. Attendees can bring their smartphones to class fully charged, or they can listen about the different types and decide which phone to purchase.

Monday, Nov. 14 & 21, 10 a.m.-noon \$26 Course 41161

Digital Photography with Smartphones

Smartphones are more popular than ever, and many people are switching to them to take their holiday snaps and fill their family photo albums. The best camera phones are small, convenient, and always with us – but some people moan their image quality isn't all it's cracked up to be. We say the power is in the hands of the photographer. In the right hands, beautiful images can be captured with whatever smart device is on-hand. All it takes to improve phone shots is to learn a few tips and tricks to get better with smartphone photography.

Monday, Dec. 12, 10 a.m.-noon \$13 Course 41162

LECTURES AND MORE

Brain Power Hour: Know the Numbers

Explore the statistics of Alzheimer's and dementia, along with a few brain games and social activities.

Monday, Sept. 12, 10:30-11:30 a.m. Free Course 41165

Brain Power Hour: 10 Ways to Love Your Brain

We will explore ways you can show your brain some love by making healthy choices, along with a few brain games and social activities.

Monday, Oct. 10, 10:30-11:30 a.m. Free Course 41166

Brain Power Hour: What's Going on With My Loved One

We will explore the warning signs of Alzheimer's, along with a few brain games and social activities.

Monday, Nov. 7, 10:30-11:30 a.m. Free Course 41167

Brain Power Hour: Brain Basics

We will explore understanding the basics of dementia with a few brain games and social activities.

Monday, Dec. 5, 10:30-11:30 a.m. Free Course 41168

Healthy Eating Workshop- Nutrition Tips

Senior Connections, The Capital Area Agency on Aging, will provide short nutrition and wellness classes offering practical tips on healthy eating and physical activity.

Tuesdays, 11:30 a.m.-12:15 p.m. Free

Sept. 20- Label reading Course 41169

Oct. 18- Fats Course 41170

Nov. 15- Proteins Course 41171

Dec.13- Immune system boosters Course 41172

Brain Aerobics – Improves Memory, Creativity, and Concentration

This class is for participants looking to be proactive in maintaining and enhancing their cognitive function. In addition, the workshops are designed to stimulate the areas of the brain that are most sensitive to age-related decline including attention, memory, processing, comprehension, and logical understanding. This is a fun, all-natural way to boost your mood, improve your memory and protect your brain against aging. Instructed by Howard Wynn.

Thursdays, Oct 6-27, 10:30 a.m.-noon \$20 Course 41173

Register at www.chesterfield.gov/parks • 804-748-1623

A Matter of Balance

Matter of Balance is a nationally recognized evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. Gain confidence by learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Chippenham and VCU hospitals are partnering with Senior Connections to bring us this program.

Thursdays, Sept 29-Nov 17, 10:30 a.m.-12:30 p.m.

Free Course 41174

JenCare Box Lunch & BINGO

It's bingo time. Ready to try your luck? Join for this classic game, filled with prizes and fun. As always, friends and families are welcome. Please RSVP for a boxed lunch, Kyle Jacocks 804-235-1335

Tuesday, 1-2 p.m. Free

Oct. 11 Course 41175

Dec. 6 Course 41179

Hands Only CPR

This course will teach participants the basics of performing Hands-Only CPR along with signs and causes of cardiac arrest. Information regarding the PulsePoint App will be provided.

Tuesday, Sept 27, 1-2 p.m. Free

Course 41189

Emergency Preparedness

This course teaches participants the essentials of emergency preparedness. Participants will learn the 3 steps to preparedness: Get a Kit, Make a Plan, Stay Informed. Refreshments provided.

Tuesday, Oct. 25, 1-3 p.m. Free

Course 41190

Financial Emergency Preparedness

This course is based off FEMA's Emergency Financial First Aid Toolkit. It explains the financial impacts of disasters and provides information on how to prepare for these events from a financial standpoint. Refreshments provided.

Tuesday, Nov. 29, 1-3 p.m. Free

Course 41192

Fire & Life Safety Programs

Monday, 12:30-1:30 p.m. Free

Holiday Safety

As the winter holiday season arrives, we tend to have more distractions than usual. Planning dinners, decorating homes, hosting out-of-town family members, purchasing gifts, and figuring out other festive activities. Do not let a fire or other damaging event ruin the holiday. Learn ways to keep loved ones safe. Sarah Gardner, Fire and Life Safety Educator with Chesterfield Fire & EMS, will be presenting the program.

Nov. 7

Course 41193

Winter Safety

Dec. 5

Course 41194

Lunch & Learn: Plan to Make It Right: Planning for Final Arrangements

Like weddings and college, planning for our final arrangements are another way we provide for ourselves and our loved ones. Learn about the important steps to provide for yourself and family. One of the best gifts to give your family is getting these arrangements in place. Enjoy an informational discussion and an opportunity to ask questions in an informal setting. Presented by Susan Campbell – Community Outreach Coordinator – Dignity Memorial
Monday, Oct 17, noon-1 p.m. Free **Course 41195**

Declutter, Downsize and Dispose of Stuff

Learn tips, suggestions, and planning for downsizing. The class includes simple ways to sort through the clutter, decide what to keep, plan for the next step, and dispose of what you don't want. Presented by Susan Campbell, Community Outreach Coordinator, Dignity Memorial. Refreshments provided.
Monday, Nov. 14, 12:30-1:30 p.m. Free **Course 41196**

Lunch and Learn: Q&A and Real Estate Trends by Ian Fleck Long & Foster

Topics for discussion will include downsizing and minimizing stress, real estate trends for new construction, and where is your money best leveraged when selling a home. Participants will also learn about the process and approval of a loan, how to navigate different lenders, insurance carriers, and how to select the proper insurance provider. Lunch will be provided. Please register.
Wednesday, 12:30-1:30 p.m. Free

Oct. 5 **Course 41197**
Nov. 9 **Course 41198**

Lunch and Learn with Realtor Diane Andrews: Aging in Place

Tips for making the home safe and accessible for seniors who are downsizing and/or staying in their homes. Diane Andrews is a Senior Real Estate Specialist who typically works with seniors.
Tuesday, Oct. 4, noon-1 p.m. Free **Course 41199**

Getting Your Home Ready for Sale: "Tricks of the Trade"

There are several steps in getting your home ready for sale. Diane Andrews, a Senior Real Estate Specialist and Certified Stager, works specifically with senior adults who are transitioning or downsizing to a new lifestyle.

Tuesday, Nov. 1, noon-1 p.m. Free **Course 41200**

Pocahontas State Park-Wilderness Awareness 50+

Participants who are seasoned naturalists or experiencing new curiosity around the outdoors, are sure to find this program at a suitable level of experience and interest. Join a Ranger from Pocahontas State Park to learn more about the nature in your backyard. Each class will take a closer look at various plants and animals that call the area home while you learn a few new skills like tree and bird identification. Join us for one program or join us for all.

Mondays, 10:30-11:30 a.m.
Oct. 3 - Plants and Animals **Course 41201**
Oct. 24 - Tree and Bird Identification **Course 41202**

Book Club

Fellow book enthusiasts come together for monthly book discussions, fellowship, and light refreshments. Book discussions will be led by volunteers. A different book will be discussed each month. Registration is limited and required. Contact Bensley Recreation Center at 804-768-7904 for more details.

Thursdays, 2-3 p.m. Sept. 22, Oct. 20, Nov. 17, Dec. 15 Free **Course 41203**

Cooking for One or Two: Main Dishes, Vegetables, Salads

Join Judith Onesty for flavorful recipes that are quick and easy to prepare. Learn some tips and tricks to make cooking easier and less time consuming. Come with an appetite for the purpose of experiencing the dishes! Although high in taste, the recipes are low in salt and sugar, and generally gluten free.

Mondays, 1-2:30 p.m. \$25 **Course 41209**
Sept. 26 **Course 41210**
Oct. 3 **Course 41211**
Oct.10

ARTS AND CRAFTS**Paint-N-Sip in the Park: Bensley Pavilion Picnic area**

No experience necessary. Come meet new people or bring a friend. Creative fun for any skill level. Paint and supplies will be provided. Learn about Medicare open enrollment and get answers to your questions while you enjoy painting, refreshments, and non-alcoholic beverages provided. In the event of inclement weather, class will be held inside the recreation center.

Wednesdays, 1-2 p.m. Free **Course 41204**
Sept. 21 **Course 41205**
Oct. 12

Holiday Crafting, Cookies, Cocoa and Medicare Talk

No experience necessary. Come meet new people or bring a friend. Creative fun for any skill level. Supplies will be provided. Learn about Medicare open enrollment and get answers to your questions while you enjoy holiday crafting.

Wednesdays, 1-2 p.m. Free **Course 41206**
Nov. 16 **Course 41207**
Dec. 14

Acrylic Painting Workshop - Snowman Canvas Painting

Join Artist Becky Kuzma as she makes the process of learning to paint fun and enjoyable. Participants will create a charming snowman painting. Becky will demonstrate how to complete this project step-by-step in this one-time class and troubleshoot issues as they arise. Minimal art experience is necessary. If you can hold a paintbrush, then you are ready for this class. Participants will learn about proper care of our art supplies, basic brush strokes, and how to mix and blend colors. All materials provided.

Thursday, Dec. 1, noon-2 p.m. \$20 **Course 41208**

All Occasions Card Creation Class

Whether you are composing a thank you note, wishing someone happy birthday, or writing a message just to tell a loved one you're thinking of them, the results of your very own hand-crafted cards will be cherished. Join Instructor Bess Kirk for a fun class in creating four all-occasion cards so that you will always have a note at the ready for that special day in a loved one's life.

Wednesdays, 12:30-2:30 p.m. \$23 **Course 41257**
Oct. 19 **Course 41258**
Nov. 2

SPECIAL EVENTS

Hispanic Heritage Month Dance Lesson – Learn the Cha-Cha

Come celebrate Hispanic Heritage Month and learn a new Latin dance. “The Salsa Guy”, Angel Rodriguez Serrano, will bring his expertise to Huguenot to teach you the Cha-Cha. Please Note: He will be teaching a series of free classes held here, Stonebridge Rec. Center, Bensley Recreation Center and at the Huguenot Road Baptist Church. The classes include the Cha-cha, Merenque & Bachata. We will have one big dance celebration following these classes to show off our new dance moves. Check the Stonebridge section for more details. Sponsored by Anthem Healthkeepers.

Wednesday, Sept. 21, 1:30-2:30 p.m. Free Course 41307

Fall Luncheon & Social - Bensley Recreation Center

Invite your friends and join us for a Fall lunch and entertainment! A delicious lunch will be provided, and we will enjoy entertainment provided by Theresa G who will make the pages of history come to life in this thought-provoking, heartfelt production of Mary Elizabeth Keckley, Mrs. Lincoln's Dressmaker. This is a must see. Please register in advance because space is limited.

Thursday, Sept. 29, noon-2 p.m. Free Course 41308

Luncheon and Entertainment - Hawaiian Christmas Hawaiian Luau

Oh, what fun. Invite your friends and join us for a festive holiday luncheon and entertainment. The Happy Hula Band will provide their signature Hawaiian holiday music while participants enjoy a Hula dancing performance that will tell stories through movement and music. Lunch will be provided by JenCare – Senior Medical Center. Please register early as space is limited.

Thursday, Dec. 8, noon-1:30 p.m. Free Course 41259

YOUTH AND ADULT

Ballet/Creative Movement

This is a fun, energetic class that focuses on children’s mobility skills and imagination, while also focusing on basic ballet technique. The core components of the class include the following: stretching, strength exercises, improvisation/cardio games, ballet movements, and their terminology. Dancers will learn a routine choreographed specifically for this class. The routine will be performed during the last class of the session. For ages 3-5.

Mondays, Sept. 12-Oct. 17, 5:15 -6 p.m. \$40 Course 41276

Hip Hop

This class consists of fun, energetic movements that incorporate stretching, strengthening, and cardio. It also has a focus on learning and correcting basic hip hop techniques, while focusing on different rhythms and tempos. Dancers will learn a routine choreographed specifically for this class. The routine will be performed during the last class of the session. For ages 6-10.

Mondays, Sept. 12-Oct. 17, 6:15-7:15 p.m. \$40 Course 41277

Hip Hop

This class consists of fun, energetic movements that incorporate stretching, strengthening, and cardio. It also has a focus on learning and correcting basic hip hop techniques, while focusing on different rhythms and tempos. Dancers will learn a routine choreographed specifically for this class. The routine will be performed during the last class of the session. For ages 4-5.

Mondays, Oct 24-Dec 12 (not held 10/31, 11/21), 5:15- 6 p.m. \$40 Course 41278

Ballet and Lyrical

During this class, we will focus on ballet and lyrical technique, which improves children’s mobility skills and core strength. Each class will consist of new dance movements, their terminology, and combinations involving various movements. Dancers will learn two routines choreographed specifically for this class. One routine will be a ballet dance, and the other will be a lyrical dance that focuses on storytelling, while the dancers move more freely. For ages 6-10.

Mondays, Oct 24-Dec 12 (not held 10/31, 11/21), 6:15 pm – 7:15 p.m. \$40 Course 41279

Beginner Belly Dancing

Belly dancing is an increasingly popular form of recreation. This gentle, low-impact exercise features movement of the torso and arms as well as traveling steps. Wear comfortable clothing. For those ages 14 and older. The instructor will be Donna Vronek.

Wednesdays, 7:40-8:40 p.m. \$41 Course 41280
 Sept. 7-Oct. 5 Course 41281
 Oct. 12-Nov. 9 Course 41282
 Nov. 16-Dec.14

Intermediate Belly Dancing

Building on the basics of Middle Eastern dance, this course will include an introduction to veil dancing, figure eights, shimmies and hip articulation. Prerequisite: Six months of belly dancing classes. Wear comfortable clothes. For those ages 14 and older.

The instructor will be Donna Vronek.
 Wednesdays, 6:30-7:30 p.m. \$41 Course 41283
 Sept. 7-Oct. 5 Course 41284
 Oct. 12-Nov. 9 Course 41285
 Nov. 16-Dec.14

Karate

Master Instructor Randy Jones will teach self-defense, physical fitness, coordination, balance and discipline in this ongoing karate jitsu style program for those ages 7 and up. Youth will be instructed from 6-7 p.m. while adult and advanced level participants will be instructed from 7-8 p.m.

Tuesdays and Thursdays, 6-8 p.m. \$55 Course 41286
 Sept. 6-Oct. 6 Course 41287
 Oct. 11-Nov. 10 Course 41288
 Nov. 15- Dec. 15 (not held 11/24)

Fun & Fitness with Kathy B.

Let’s have some fun and get fit. This class is for everyone and accommodates all fitness levels. With the support and partnership of Sports Backers, this free class provides a total body workout with functional cardio, strength building, flexibility, and core exercises. Classes are led by Sports Backers Fitness Warrior Kathy Brown.

Wednesdays, 5:30-6:15 p.m. Free Course 41289
 Sept. 7-Dec. 28

Art Adventures for Teen and Adult

This is a paint party for teens and adults. Come and unleash your creativity! Beginners welcome. This paint party is unique as everyone will paint something different.

Mondays, 5:30-8:30 p.m.

\$45

Course 41290

Oct. 3

Course 41291

Nov. 7

CARD GROUPS/GAMES/DROP-IN ACTIVITIES**Samba Card Group**

Join other seniors for a card game called Samba. This game is a variation of Canasta. Beginners can join at any time. This program is ongoing.

Tuesdays, Sept. 6-Dec. 27, 11 a.m.-4 p.m. Free Course 41292

Pinochle

Meet new friends while playing Pinochle and Mexican Train Dominoes. Beginners can join at any time to learn these games. Programs are ongoing.

Wednesdays, Sept. 7-Dec. 28, 10 a.m.-3 p.m. Free Course 41293

Bridge Card Group

This program is for players who have intermediate skills. Players rotate tables and must preregister one week prior to playing.

Thursdays, Sept. 1-Dec. 29 (not held 11/24), 9:30 a.m.-noon
Free Course 41294

Chair Volleyball

Volleyball is great for upper body mobility and joint flexibility. It enhances 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!"

Tuesdays 2-3 p.m. Free Course 41295

Sept. 12 - Dec. 27

Bensley Park Rise-n-Shine Walking Club

Walking helps maintain a healthy weight, strengthen bones, and lower blood pressure. Participants meet at Bensley Recreation Center to stretch before each walk. Join at any time.

Thursdays, 9:30-11:30 a.m. Free Course 41296

Sept. 8 - Dec. 29 (not held 11/24)

PROGRAMS IN THE PARK**Futsal Courts**

This version of soccer only requires five players per team, and the games are played on a hard court. Futsal is a modified soccer game. The courts are open daily for use.

Early Learning Trail

A United Way Early Learning Trail has been installed in the park by volunteers from C-Fit and local businesses. The trail was donated by Chesterfield County employees. Signs at each station are in English and Spanish. The activities are geared toward preschool-aged children.

