

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.



50+ FITNESS CLASSES

Low Impact Aerobics, Strength & Conditioning

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.

Mondays, 9:30-10:15 a.m.	\$20	
Jan. 9-Feb. 13 (not held 1/16)		Course 41392
Feb. 27-March 27		Course 41393
April 3-May 1		Course 41394

Chair Yoga

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.

Mondays, 10:30 -11:15 a.m.	\$20	
Jan. 9-Feb. 13 (not held 1/16)		Course 41395
Feb. 27-March 27		Course 41396
April 3-May 1		Course 41397

Yang 24 Short Form Tai Chi

Yang 24 is the most popular Tai Chi in the world. Yang style consists of slow, continuous, soft, and circular movements in a flowing form. In Tai Chi, a series of postures or movements are performed in a deliberate, graceful manner. Each posture flows into the next without stopping. The practice of Tai Chi increases flexibility, improves balance, mind/body strength, breathing and circulation. It is suitable for participants of any ability level. Course sessions will cover the different movements of the 24 form. Open the Door to Tai Chi Certified Instructor: Beverly Almond

Tuesdays, 9:30-10:30 a.m.	\$25	
Jan. 17-Feb. 14		Course 41398
Feb. 28-March 28		Course 41399
April 4-May 2		Course 41400

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	
Jan. 25-Feb. 22		Course 41401
March 1-April 5 (not held 3/22)		Course 41403
April 12-May 10		Course 41404

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	
Jan. 25-Feb. 22		Course 41405
March 1-April 5 (not held 3/22)		Course 41406
April 12-May 10		Course 41408

50+ ACTIVE LIFESTYLES TECHNOLOGY

Cutting the Cable TV Cord

This class will teach students how to get rid of costly cable TV by switching to over-the-air TV and streaming services. Discussion will center on devices that are needed, on digital antennas and what they provide, and on streaming and the associated services. By the end of the class, attendees will understand devices like Roku, Firestick and Smart TVs. Class taught by Chuck Renfro with Thinking Cap Technologies.

Tuesday, Jan. 31, 10 a.m.-noon	\$13	Course 41410
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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, Feb. 27, 10 a.m.-noon	\$13	Course 41412
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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, March 20 & 27, 10 a.m.-noon	\$26	Course 41413
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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, April 24, 10 a.m.-noon \$13 Course 41414

50+LECTURES AND MORE

New Year, New You - Healthy Living for Your Brain & Body

It's a new year with new goals and resolutions. Did you make a goal to be a healthier you? For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. New Year, New You! Your health matters.

Monday, Jan. 30, 12:30-1:30 p.m. Free Course 41526

10 Ways to Show Your Brain Some Love

Do you know how to show your brain some love? Making small healthier changes to your everyday activities supports your overall health, but also helps reduce your risk of developing dementia. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Monday, Feb. 27, 12:30-1:30 p.m. Free Course 41527

Music & Memories

Music can enrich the lives of people with Alzheimer's disease, allowing for self-expression and engagement, even after dementia has progressed. Music can be powerful. Music provides a way to connect, even after verbal communication has become difficult. Join us for an engaging lecture on dementia and music.

Monday, March 27, 12:30-1:30 p.m. Free Course 41528

Engaging Together Through Activities Between Caregivers and Persons with Dementia

(A Session for Caregivers)

Activities are important for maintaining a healthy lifestyle. A person living with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation. Join us as we talk about different activities you can do together that are simple, fun, and ways that you can connect with your loved one. We will share activities that one can do throughout all the stages of dementia.

Monday, April 24, 12:30-1:30 p.m. Free Course 41529

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

Jan. 31- Eating the Rainbow Course 41426

Feb. 28 -Fats: Good, Bad & the Ugly Course 41427

March 28- Proteins Course 41428

April 25 -Immune System Boosters Course 41429

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, March 2-April 20, 1-3 p.m. Free Course 41530

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

Tuesdays, 1-2 p.m. Free

Feb. 28 Course 41442

April 18 Course 41443

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.

Wednesday, Feb. 15, 1-3 p.m. Free Course 41844

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

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, March 6, noon -1 p.m. Free Course 41848

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.

Thursday, March 9, 10 a.m.-noon Free Course 41846

Organizing Your Financial Records

Save time by getting and keeping your financial records organized. Learn what records to keep, what to keep handy in case of a natural disaster, and how to take a home inventory.

Wednesday, March 8, 12:30-1:30 p.m. Free Course 41536

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, April 10, 12:30-1:30 p.m. Free Course 41850

Identity Theft

Medical Identity Theft, phone scams and online scams has been a growing problem especially with the older adult population. Learn how to minimize your risk and what to do if you ever become a victim.

Wednesday, April 12, 12:30-1:30 p.m. Free Course 41537

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. Refreshments included.

Tuesday, March 7, noon-1 p.m. Free Course 41453

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, April 11, noon-1 p.m. Free Course 41455

Estate Planning

Exploring the topic of estate planning with the expertise of a professional. Attorney Scott Stovall will lead this educational session discussing the various estate planning topics to include wills and trusts. Program will include a questions and answer period.

Monday, March 13, 11 a.m.-noon Free Course 41859

Power of Attorney and Advanced Medical Directives

It can be emotionally difficult to think about a health issue that might keep you from being able to conduct your necessary business. It's even more difficult to think about giving control to a patient advocate should you be hospitalized and unable to make decisions yourself. That's why we recommend planning as early in the cycle as possible before it becomes necessary to do so.

Presented by Attorney Scott Stovall
Monday, April 10, 11 a.m.-noon Free Course 41861

Pocahontas State Park-Wilderness Awareness

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.

Yikes, It's a Snake

Like them or not, snakes are a part of our natural world, and we must learn to live with them-even in winter and especially having just observed National Serpent Day (February 1). Join us to get rid of some common snake myths and make a new slithery friend.

Monday, Feb. 6, 11 a.m.-noon Free Course 41533

The CCC Connection

In 1933, the country was in the grips of the Great Depression. Millions were out of work and hungry. As part of President Franklin Roosevelt's New Deal, 500,000 unemployed young men were put to work in forests, parks and rangelands across the country. Thus, the Civilian Conservation Corps (CCC) was born. Join a Ranger to learn more about the CCC, the Original six Virginia State Parks, and the creation of Pocahontas State Park.

Monday, April 3, 11 a.m.-noon Free Course 41535

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 Kate Sheehan at Bensley Recreation Center at 804-768-7904 for more details.

Thursdays, 2-3 p.m. Jan 26, Feb. 23, March 23, April 27
Free Course 41538

Build your Confidence and Self-Esteem

"This class changed my life", was stated by one student who took this class. Low self-esteem is a real challenge for many people. Knowing yourself, the real you, are one key to improving your self-esteem. The reality is that you have many gifts and talents and identifying them will improve your self-esteem. Join us for a discussion on this important topic. The class will also explore tools available to delve further into who we are. An overview of helpful evaluation tools like Myers-Briggs, Enneagram, Charisms and Strength Finders will be discussed.

Tuesdays, 11 a.m.-noon Free
Feb. 21 Course 41867
March 21 Course 41868
April 18 Course 41869

A Workshop for those Living Paycheck to Paycheck - Money Management

Many individuals and families live paycheck to paycheck. This is very stressful. As an instructor who works with families like yours, I know you are discouraged because you work hard, but are not able to pay your bills? You are often being hit with late fees, overdate fees, reconnection fees, etc.? Have you had your electricity, water, gas, phone or cable disconnected? Have you been evicted? What you need is a better understanding of ways to avoid these issues. In this class we shall discuss your stability, managing cash flow, and the word "no", among other things. Join to learn these life changing skills.

Tuesdays, 12:30-1:30 p.m. Free
Feb. 21 Course 41870
March 21 Course 41871
April 18 Course 41872

St. Patrick's Day Crafting, Irish Tea and Cookies - 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.

Wednesday, March 8, 1-2 p.m. Free Course 41873

50+ ART CLASSES

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.

Valentine's Day card:

Wednesday, Feb. 1, 12:30-2:30 p.m. \$23 Course 41881

Mother's Day card:

April 26, 12:30-2:30 p.m. \$23 Course 41882

One- and Two-Point Perspective Drawing

Have you ever wondered how to draw the scene of a road winding away in the distance gradually disappearing? Or, looking down a busy city corner and seeing both side streets and buildings gradually get smaller as they get farther away? Then this course is perfect for you! Learn how to draw using one- point and two-point perspective to show realism, depth, and distance. The first class covers one-point perspective, the second two-point perspective. You will be given clear and thorough instructions on how to draw perspective using a pencil and ruler. Many examples are shown as well as a quick history about how perspective came about. This is a great class to take for those who paint and draw their own canvases. All supplies provided.

Monday & Tuesday, April 10 & 11, 12:30-3:30 p.m. \$20
Course 41890

Advanced Perspective with Color

The second part of learning perspective is learning how to use color effectively. The class will focus on color theory and how color is used to enhance your artwork. Textures and surface treatments will be demonstrated. The first class will be dedicated to preparing and starting a perspective picture that will be completed in color during the second class. A variety media will be used. All supplies provided.

Monday & Tuesday, April 24 & 25, 12:30-3:30 p.m. \$20
Course 41891

Be a Magician. A Magic class for Grandparents

Everyone loves a magic trick. This class will introduce you to the wonderful and exciting world of Kids Magic. Learn how to use professional magic tricks with complete instructions, as well as tricks made at home from everyday materials. The class will touch upon the history of magic, how to perform each trick, tips on showmanship and lessons learned from doing magic with children. All supplies and tricks furnished! Fee includes over 10 exciting magic tricks, props, and instructional handouts.

Thursday, March 2 & 9, 12:30-3:30 p.m. \$60 Course 41892

The Origin of Origami and Beginner Crafting Class

Learn the beautiful art of Japanese Origami. This introduction will offer you're the opportunity to create a crane, a ring, and a butterfly. The origins of Origami will be discussed. All materials and instructions are included.

Thursday, Feb. 23, 12:30-2 p.m. \$10 Course 41897

50+ SPECIAL EVENTS

Valentine's Day Luncheon & Entertainment

Be our Valentine. Participants will celebrate Valentine's Day, have a delicious lunch provided by the Diaz Team, and enjoy musical entertainment provided by James "Blue" Curry. This show will bring you back to the days of Roger Miller. Frank Sinatra, the Righteous Brothers, The Temptations and more. Please register before Feb. 6.

Tuesday, Feb. 14, noon-2 p.m. Free Course 41893

Black History Month Program

Entertainment and dessert cake sampling presented by Theresa G. as Rosa Parks and Shonda's Sweets, Treats and More. Rosa Louise McCauley Parks was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott. The United States Congress has honored her as "the first lady of civil rights" and "the mother of the freedom\ movement." Theresa G will

make the pages of history come to life in this thought provoking, heartfelt production and Shanda will be sure to treat your taste buds.

Monday Feb. 27, 1 -2:30 p.m. Free Course 42009

St. Patrick's Day Luncheon and Entertainment

Celebrating the Luck of the Irish. Participants will enjoy a meal provided by JenCare Senior Medical Center and entertainment from The Press Gang Singers.

Thursday, March 16, noon-2 p.m. Free Course 41894

Easter Egg Hunt & Extravaganza

Join the Ride On Cannon Foundation and Bensley Recreation Center for the annual Easter Egg Hunt at Bensley Park. Meet the Easter Bunny, collect eggs, win prizes and enjoy spending time with family and friends. Your child will also have the chance to win a brand new bike. Included in the festivities: a bounce house, balloon art, face painting, live music, community law enforcement engagement, food trucks, vendors and more. Hunt begins at 2 p.m. Egg Hunt age categories are 0-5 and 6-12. No registration is required.

Saturday, April 1, noon-4 p.m. Free

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, 5:15-6 p.m. Jan. 16-Feb. 27 (not held 2/20)

\$40 Course 41552

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, 6:15-7:15 p.m. Jan.16-Feb. 27 (not held 2/20)

\$40 Course 41553

For ages 4-5:

Mondays, 5:15-6 p.m.

March 6-April 17 (not held 4/3)

\$40 Course 41554

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, 6:15-7:15 p.m.

March 6-April 17 (not held 4/3)

\$40 Course 41555

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. \$54
Jan. 4-Feb. 22 Course 41548
March 15-May 3 Course 41549

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
Jan. 4-Feb. 22 Course 41550
March 15-May 3 Course 41551

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
Jan. 3- Feb. 2 Course 41544
Feb. 7- March 9 Course 41545
March 14-April 13 Course 41546
April 18-May 18 Course 42030

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
Jan. 4-April 26 Course 41547

Springtime Acrylic Painting Class

Spring into art with Becky Kuzma. A different painting will be created each week. Learn to paint birds, butterflies & flowers. Beginners and intermediate will both enjoy this class. Let's make something lovely together. All materials provided. For ages 18 and older.
Mondays, March 20-April 17, noon-2 p.m. \$65 Course 41440

Mother's Day Bouquet – Acrylic Paint Class

Paint a lovely vase of hydrangeas for mom or yourself. Super easy acrylic painting class. Beginners and intermediate will both enjoy this class. Let's make something lovely together. All materials provided.
Wednesday, May 3, 11 a.m.-1 p.m. \$25 Course 41441

50+ 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, Jan. 10-April 25, 2-3 p.m. Free Course 41542

First Time Home Buyers - Dine and Discuss with The Diaz Team

Learn about the buying process, documents that are required and loans that are available With over 20 years combined Real Estate experience. The Diaz Team is dedicated to making memories, one family at a time. From your very first meeting to the final closing of your home, they are there for you offering step-by-step guidance and support. Everyone has a vision for their dream home. The Diaz Team will help you realize that vision and are passionate about helping you become a homeowner.
Tuesdays, 5-7 p.m. Free
Jan. 31 Course 42026
April 11 Course 42027

Minds in Motion – Solar Bot.14

Come and take home your very own 14-in-1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs. For ages 8-13.
Tuesdays, March 7-28, 5:30-7:30 p.m. \$125 Course 41898

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, Jan.10-April 25, 10 a.m.-4 p.m. Free Course 41539

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, Jan. 4-April 26, 10 a.m.-3 p.m. Free Course 41540

For therapeutic recreation programs at Bensley, see pages 52-53.

Senior Chair Volleyball Tournament

Come for our 2nd Annual Chair Volleyball Tournament. This will be a round-robin tournament, and everyone is guaranteed to play 3 games. The tournament will conclude with lunch, and prizes will be awarded. All are welcome. Please register early and in advance. Participants will draw for teams the Tuesday before. Sponsored by Richmond Volleyball Club, Serenity First Hospice Care & JenCare.
Friday, April 28, 10 a.m.-noon Free Course 41556