

40 RECREATION CENTERS – STONEBRIDGE

For more information on Stonebridge programs, Kim Graves, 804-768-7885 or gravesk@chesterfield.gov

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Stonebridge Recreation Center. Office hours are Monday-Thursday from 8:30 a.m. to 6 p.m., Fridays from 8:30 a.m. to 5 p.m. and closed Saturdays and Sundays.

Available for Rent

The Stonebridge Recreation Center is located at 230 Karl Linn Drive, North Chesterfield VA 23225 and is rented on a first-come, first-served basis. An hourly charge will be applied. The building contains an arts and crafts room, classroom, and a multipurpose room. For more information about classes, special events and rentals, please call Kim Graves at 804-768-7885.



50+ ACTIVE LIFESTYLES: FITNESS AND WELLNESS

Hawaiian Hula

Refresh your mind, body, and spirit with this story-telling dance, using graceful hand movements and gentle swaying hips. Learn party-style hula to a few popular Hawaiian favorite tunes and be ready to dance at your next Luau party. No partner or experience needed. Fun and easy to learn. Instructed by Mary Jane Smith.

Mondays, 2-3 p.m.	\$25	
Sept. 12-Oct. 10 (not held 10/3)		Course 41099
Oct. 17-Nov. 7		Course 41100
Nov. 21-Dec. 12		Course 41101

Beginner Line Dancing with Beverly

Experience line dancing to a variety of music. No partner or experience needed. Instructed by Beverly Martin.

Tuesdays, 10:30-11:30 a.m.	\$30	
Sept. 13-Oct. 25 (not held 10/4)		Course 40837
Nov. 1-Dec. 13 (not held 11/22)		Course 40838

Line Dancing Social NEW

Drop-in for some line dancing fun. No instruction let's just dance. Beverly Martin will be leading us in each dance. Light refreshments provided.

Mondays, 10:30 a.m.-noon	\$6	
Oct. 24		Course 41111
Dec. 12		Course 41112

Intermediate Line Dancing with Phyllis

Already comfortable with the basics? Explore new dances and try new songs to inspire creativity. This is a fun way to exercise and feel great. Learn steps to a variety of music. Instructed by Phyllis Harris.

Tuesdays, noon-1 p.m.	\$30	
Sept. 13-Oct. 25 (not held 10/4)		Course 40835
Nov. 1-Dec. 13 (not held 11/22)		Course 40836

Active & Fit

This 45-minute versatile class contains segments of cardio movement, range of motion, stretching and balance work. Strength is maintained and enhanced with the use of small weights. Class can be done seated and/or standing and a chair will be provided. This class promotes a healthier body and helps with activities of daily living. Small weights and bands will be available or bring your own, if preferred. Instructed by Silver Sneakers Certified Elaine Egan.

Fridays, 10-10:45 a.m.	\$16	
Sept. 30-Oct. 21		Course 40832
Oct. 28-Dec. 2 (not held 11/11, 11/25)		Course 40833
Dec. 16-Jan. 13 (not held 12/23, 12/30)		Course 40834

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.

Mondays, 11:30 a.m.-12:15 p.m.	\$15	
Oct. 3-31		Course 40817
Nov. 7-Dec. 12 (not held 11/21)		Course 40819
Jan. 9-Feb. 13 (not held 1/16)		Course 40823
Thursdays, 10:15-11 a.m.	\$15	
Oct. 6-Nov. 3		Course 40818
Nov. 10-Dec. 15 (not held 11/24)		Course 40821
Jan. 5-Feb. 2		Course 40822

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.

Tuesdays, 9-10 a.m.	\$20	
Oct. 11- Nov. 8		Course 41102
Nov. 15- Dec. 27 (not held 11/22, 12/20)		Course 41103
Jan. 3-31		Course 41104
Thursdays, 9-10 a.m.	\$20	
Oct. 6-Nov. 3		Course 41105
Nov. 10-Dec. 15 (not held 11/24)		Course 41106
Jan. 5-Feb. 2		Course 41107

Chair Yoga

This yoga class will increase strength, flexibility, and balance as well as reduce stress. A chair may be used for both sitting and standing postures. When standing, the chair may be used for balance or support. All levels welcome. Instructed by Kathy Maguire.

Tuesdays, 1:15-2 p.m.	\$25	
Sept. 20-Oct. 25 (not held 10/4)		Course 40843
Nov. 1-Nov. 29		Course 40846
Dec. 6-Jan. 10 (not held 12/20)		Course 40847
Thursdays, 1:15-2 p.m.	\$25	
Sept. 22-Oct. 20		Course 40839
Oct. 27-Dec. 1 (not held 11/24)		Course 40840
Dec. 8-Jan. 12 (not held 12/22)		Course 40841

Gentle Yoga

Increase strength, flexibility, and balance, as well as reduce stress, in this yoga class with a gentle, unhurried approach. Standing postures as well as mat work will be incorporated. Need to be able to get down on the floor and a mat is required. Instructed by Kathy Maguire.

Tuesdays, 2:15-3 p.m.	\$25	
Sept. 20-Oct. 25 (not held 10/4)		Course 40849
Nov. 1-Nov. 29		Course 40800
Dec. 6-Jan.10 (not held 12/20)		Course 40851
Thursdays, 2:15-3 p.m.	\$25	
Sept. 22-Oct. 20		Course 40852
Oct. 27-Dec. 1 (not held 11/24)		Course 40853
Dec. 8-Jan. 12 (not held 12/22)		Course 40854

Beginner Pilates



This class will focus on lengthening and strengthening the body using core exercises targeting abs, back and hips. You must be able to get down on the floor. Please bring your own mat. Instructed by Kathy Maguire.

Wednesdays, 2:15-3 p.m.	\$25	
Sept. 21-Oct. 26 (not held 10/12)		Course 40935

Introduction to the Feldenkrais Method™

The Feldenkrais Method™ was developed by Moshe Feldenkrais as a result of a disabling knee injury. He was an Israeli physicist, athlete, author, and educator. After teaching himself to walk again without pain, he began teaching others his unique method of relearning how to move. Feldenkrais lessons help individuals discover their innate ability to improve movement and overall sense of well-being. Lessons are gentle, will not create pain, and are done either seated or lying on the floor. Participants should dress in comfortable, loose clothing and bring a mat or mats that will allow you to remain on the floor comfortably for 50 minutes to an hour. Certified Instructor: Jane McAllister.

Thursdays, 9:45-10:45 a.m.	\$25	
Sept. 15-Oct. 13		Course 41130
Oct. 20-Nov. 17		Course 41131
Dec. 1-Jan. 5 (not held 12/22)		Course 41132

Basic Self Defense for Seniors

Participants will learn self-defense techniques, safety awareness, self-discipline and how to avoid dangerous situations. Instructed by Carrie Irving, certified master instructor.

Mondays, 3:30-4:30 p.m.	\$20	
Sept. 12-Oct.10 (not held 10/3)		Course 40936
Oct. 17-Nov.7		Course 40937
Nov.14-Dec. 12 (not held 11/21)		Course 40938

TAI CHI

Please note: For all Tai Chi classes wearing flat, closed shoes, no heels and no flip flops is recommended.

Sun Style 31

This class is designed to build balance, breath, brain function, and lower body strength. Sun Style 31 is suitable for beginner and intermediate senior adults. Certified Instructor: Jenny Barone.

Thursdays, 11:15 a.m.-noon	\$20	
Sept. 8-Oct. 13 (not held 9/22)		Course 40906
Oct. 27-Dec. 1 (not held 11/24)		Course 40907

Yang 24 Short Form

Yang 24 is the most popular tai chi form 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, body/mind strength, breathing and circulation. It is suitable for participants of any ability level. Course sessions will cover the different movements of the 24 form.

Certified Instructor: Beverly Almond

Tuesdays, 3:13-4 p.m.	\$20	
Sept. 13-Oct. 18 (not held 10/4)		Course 41125
Oct. 25-Nov. 29		Course 41126
Dec. 6-Jan. 10		Course 41127

50+ ACTIVE LIFESTYLES: LECTURES & MORE

Fall Prevention

Kick-off Fall Prevention Week with Chesterfield Fire and EMS.

Learn ways you can prevent falls in and outside your home.

What other information does your fire department want you to know to keep you and your loved ones safe? Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will present the program. Come ready to learn and ask questions!

Monday, Sept. 19, 11a.m.-noon Free **Course 41051**

Understanding Hospice and the Dispelling Myths

This course will provide information regarding the seven main Hospice myths, sponsored by Crater Community Hospice, a non-profit. This class is instructed by Angie Morriss.

Wednesday, Sept. 28, 9:30-10:30 a.m. Free **Course 41176**

Downsize and Declutter

One of the number one anxiety triggers in homes is clutter. Learn some tips and tricks for decluttering. Bring pictures of cluttered spaces and get some ideas on how to start, and what to do. Instructed by Mindi Webster.

Monday, Oct. 10, 10:30 a.m.-noon \$15 **Course 41299**

The Importance of Advance Care Planning

Learn the importance of advance care planning, including last will and testament, power of attorney, guardianship, and medical advance directives. Instructed by Jeremy Pryor with Carrell Blanton.

Wednesday, Oct. 12, 2:30-3:30 p.m. Free **Course 41180**

Caregiver Support

Angie Morriss, grief counselor at Crater Community Hospice, a non-profit for over 25 years, will discuss normal responses related to caregiving with a focus on coping skills and self-care.

Wednesday, Oct. 19, 9:30-10:30 a.m. Free **Course 41177**

Brain Aerobics: Preventing Memory Loss

Brain Aerobics is designed to provide participants with thought-provoking experiences. A variety of cognitive and physical activities will be presented to encourage students to think more creatively.

This is an all-natural way to boost your mood, improve memory and protect the brain against aging. Instructed by Howard Wynn.

Tuesdays, Nov. 1-22, 10-11 a.m. \$20 **Course 41302**

Medicare Educational Talk

Mike Mason, a 16-year experienced Medicare insurance agent, will discuss the different parts of Medicare and compare and explain the different insurance options available. This is an educational discussion, not a sales seminar.

Tuesday, Sept. 20, 1:30-2:15 p.m., 10:30-11:15 a.m.

Free Course 41297

Monday, Nov. 7, 10-10:45 a.m.

Free Course 41298

Normal Grief Responses

Learn about and discuss normal emotional, behavioral, and physical responses related to all forms of grief and how coping skills can help. Instructed by Angie Morriss with Crater Community Hospice.

Wednesday, Nov. 16, 9:30-10:30 a.m.

Free Course 41178

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 Stonebridge at 804-768-7885 to pick up a copy of the book. Space is limited.

Mondays, Sept. 26, Oct. 24, Nov. 21, 3:30-4:30 p.m.

Free Course 41128

Stonebridge Writers Group



Do you enjoy writing for fun and entertainment? Would you be interested in organized meetings to explore this hobby? All writers of any genre (poetry, essay, short story, etc.) or levels are invited. This group is for amateur writers who are interested in sharing a portion of their work with the group and providing gentle critique when requested.

Wednesdays, Sept. 21, Oct. 26, Nov. 16, 1-3 p.m.

Free Course 41129

Aging in Place

Tips for making the home safe & 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, Sept. 20, 10-11:30 a.m.

Free Course 41047

Getting Home Ready for Sale: Tricks of the Trade

There are several steps to get your house ready for selling. Diane Andrews, a Certified Stager and Realtor, specializes in working with Seniors who are either downsizing to a smaller home/apartment or moving to an assisted living facility/nursing home.

Tuesday, Oct. 11, 10-11:30 a.m.

Free Course 41049

Holiday Safety

As the winter holiday season arrives, we tend to have more distractions than usual. From planning dinners, decorating homes, hosting out-of-town family members, and other festive activities, do not let a fire or other damaging events ruin the holiday. Learn ways to keep your loved ones safe. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will present the program.

Thursday, Nov. 17, 1-2 p.m.

Free Course 41108

Social Security Basics

The discussion will center on the mechanics of the system, the best time to withdraw, options and consequences of withdrawing early, and survivor benefits. Attendees will also have time to ask questions after the presentation. Instructed by Tom Hesck with Transamerica Agency Network.

Wednesday, Nov. 16, 2-3 p.m.

Free Course 41181

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

50+ ACTIVE LIFESTYLES: ARTS & CRAFTS

Holiday Paper Crafting

Let's get together and create some seasonal and holiday treats, cards, and tags. Instructed by Mindi Webster.

Monday, 10-11:30 a.m.

\$25

Monday, Nov. 7

Course 41301

Watercolors Techniques – Learn to Paint Flowers

We will paint flowers in both a realistic and loose way. Participants should have some experience with watercolor painting. Please call Stonebridge at 804-768-7885 for the supply list. Instructed by Carol Henderson.

Tuesday, Sept. 13-27, 1-2:30 p.m.

\$25

Course 41182

Watercolor Greeting Cards

We will paint cards for many occasions including birthdays and Christmas as well as motifs that can be used for a variety of occasions. Participants should have some experience with watercolor painting. Please call Stonebridge at 804-768-7885 for the supply list. Instructed by Carol Henderson.

Tuesday, Nov. 8-29 (not held 11/22), 1-2:30 p.m.

\$25

Course 41183

Acrylics Painting Workshops

Taught by the Possibilities Artist, known for showing her participants what is possible with ease

Tuesdays, 10 a.m.-11:30 a.m.

\$25

Fall Pumpkin Garland Craft: Your designs will be painted onto wooden pumpkins to create a garland utilizing gold floral wire. Alternating use of painted pumpkins and decouped pumpkins will give this garland a festive and seasonal appeal. Wood pumpkins and all necessary materials will be provided for you to leave with a seasonal garland that will enhance any area where you hang it!

Taught by the Possibilities Artist, known for showing her participants what is possible with ease.

Sept. 20

Course 41184

The Pumpkin Truck: Participants will paint a truck loaded with Fall pumpkins. It's colorful, fun, and simple to paint, yet good enough to hang up for the season. The Possibilities Artist will give instructions and stencils and all materials will be provided.

Oct. 18

Course 41185

Halloween Tote Bags: Participants will paint on tote bags the image will be a cat on a Halloween pumpkin using paint with the instruction of the Possibilities Artist. Stencils and all materials provided.

Oct. 25

Course 41186

Christmas Truck Painting: A red Christmas truck hauling a fully decorated tree with a snowman standing on the side of the road. Complete with snowflakes and stars, this is a delightful scene that will get you into the Christmas mood. Stencils and all materials will be provided.

Dec. 6

Course 41187

Velvet Snowman Painting: The Possibilities Artist will guide you in painting the cutest snowman, wearing a velvet shawl and hat. A cute winter scene that will melt your heart but, hopefully not your snowman. Stencils and all materials will be provided.

Dec. 27

Course 41188

50+ GRANDPARENT CORNER

Grandparents Tea

Bring your grandkids and enjoy a holiday tea party. This tea will be complete with piano music and a reading of *Twas the Night Before Christmas*. For ages 9 and older. Fee is per person.

Monday, Dec. 19, 11 a.m.-12:30 p.m. \$12 Course 41343

Holiday Wire Ornaments

We will have fun making ornaments for the holiday season out of copper wire. The lovely sheen of the copper will reflect the holiday lights. Everything you need will be provided. Come make these easy ornaments: a heart, a dove and an angel. Fee is per person. Instructed by Judith Onesty. For ages 10 and older.

Wednesday, Nov. 30, 10-11:30 a.m. \$15 Course 41262

Journaling Your Holiday Stories

Join Judith Onesty and learn to tell and share stories about Holidays you have shared together or separately. We will talk about remembering some fun events and how to tell about them. Sharing memories is a great way to connect family members. This is also a fun activity for everyone to participate in at family gatherings. Judith Onesty has been a professional storyteller for 28 years and loves to show folks how easy and fun it is to share stories. Fee is for one grandparent, grandchild combo. Instructed by Judith Onesty. For ages 10 and older.

Wednesday, Nov. 22, 10-11:30 a.m. \$25 Course 41263

Understanding Your Grandchild with Autism

Do you have a grandchild who has been diagnosed with Autism? In this presentation, Sarah Doyle who is a representative from the Cameron K. Gallagher Mental Health Resource Center at VTCC will share information on common characteristics that many individuals with autism share and helpful tips for positive interactions with children who have autism. There will be opportunities for questions and discussion as well.

Wednesday, Nov. 9, 11 a.m.-12:30 p.m. Free Course 41124

50+ HISTORY PROGRAMS

All history programs are free, but registration is required. All craft workshop supplies provided. For details, call Bryan Truzzie 804-751-4946.

Ghost Stories of Chesterfield

This presentation will focus on some of the most intriguing ghost stories associated with historic properties throughout Chesterfield County.

Wednesday, Oct. 5, 11 a.m.-noon Course 40913

Halloween Crafts Workshop

During this spooky good time, participants will have the opportunity to make a hanging ghost mobile and a colored yarn mummy.

Wednesday, Oct. 19, 11 a.m.-noon Course 40912

Native American Craft Workshop

To commemorate Native American Heritage month participants will have the opportunity to make a traditional medicine pouch which was a common item used to carry herbs, medicine, flint, or personal items.

Wednesday, Nov. 16, 11 a.m.-noon Course 40914

Pinecone Christmas Tree Craft Workshop

Participants will have the opportunity to paint a pinecone and decorate to simulate a Christmas tree. This activity will get you in the mood for the holidays.

Wednesday, Dec. 21, 11 a.m.-noon Course 40915

50+ SPECIAL EVENTS

Hispanic Heritage Month Dance Lesson – Learn the Salsa

Come celebrate Hispanic Heritage Month and learn a new Latin dance. "The Salsa Guy", Angel Rodriguez Serrano, will bring his expertise to Stonebridge to teach you the Salsa. Please Note: He will be teaching a series of free classes held here, Huguenot Road Baptist Church and at the Bensley Recreation Center. The classes include the Salsa, 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. 14, 1:30-2:30 p.m. Free Course 41303

Hispanic Heritage Dance

"The Salsa Guy", Angel Rodriguez Serrano has taught us all the dance steps now come show us the Salsa, Cha-Cha, Merengue & Bachata. We will have music, dancers, light snacks and refreshments. Sponsored by Anthem Healthkeepers.

Wednesday, Oct. 5, 1:30-3p.m. Free Course 41304

Fall Plant Exchange

Learn about preparing your garden for spring and join us for a free plant exchange. Master Gardener will give a 45-minute presentation and the plant exchange will take place after. Bring three plants for the exchange. Each plant should be labeled (common name, soil conditions, dry or wet, shade or sun, mature size, fast or slow growing, native or non-native). This program will include door prizes.

Saturday, Oct. 8, 9:30-11:30 a.m. Free Course 40824

Theresa G as Moses: The Story of Harriet Tubman

Travel through the passages of the Underground Railroad, experience the joys and heartbreak of a love lost, and rejoice with Ms. Tubman as she successfully rescues slaves from the clutches of slavery. Please register in advance. Sponsored by United Healthcare.

Wednesday, Oct. 12, 1:30-2:30 p.m. Free Course 40886

Monster Bash

Stonebridge Recreation Center is hosting their first Halloween Monster Bash. Stop by for an afternoon of music, dancing, and Halloween fun. Wear your favorite Halloween costume for a chance to win prizes. D.J. 'No-Doubt' will be spinning ghoulish tunes. Be there or be square. Lunch will be served and sponsored by Dunlop House Assisted Living.

Wednesday, Oct. 26, 11:30 a.m.-1:30 p.m. Free Course 41300

Blood Drive with the American Red Cross

Stonebridge Recreation Center is participating in a Fall Blood Drive. To sign up, visit RedCrossBlood.org and enter Sponsor Code: StonebridgeRec or call 1-800-733-2767 to schedule an appointment. Wednesday, Nov. 2, 10 a.m.-2 p.m. Free

50+ ACTIVE LIFESTYLES: TECHNOLOGY TODAY

All classes taught by Chuck Renfro with Thinking Cap technologies. Classes fill up quickly. Please register early and in advance.

Drop-in Technology Assistance

Chuck Renfro with Thinking Cap Technologies will be offering free help with basic technology questions. Tuesday, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 10-11:30 a.m. Free Course 41123

Cutting the Cord to Cable TV

Learn 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. Wednesday, Sept. 28, 10 a.m.-noon \$13 Course 41118

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. Wednesday, Oct. 12 and 19, 1-3 p.m. \$26 Course 41119

Internet Security

In today's digital landscape, many of our daily activities rely on the internet. Various forms of communication, entertainment, and financial and work-related tasks are accomplished online. This means that tons of data and sensitive information are constantly being shared over the internet. The internet is mostly private and secure, but it can also be an insecure channel for exchanging information. With a high risk of intrusion by hackers and cybercriminals, internet security is a top priority for individuals and businesses alike. Wednesday, Nov. 9, 1-3 p.m. \$13 Course 41120

Learn to use your Smartwatch

A smartwatch is a touchscreen enabled wristwatch that can be connected to a phone through Bluetooth or Wi-Fi. 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. ***Prerequisites are required.** Wednesday, Dec. 7, 1-3 p.m. \$13 Course 41121

GAMES/DROP-IN ACTIVITIES

Card Groups

This is an opportunity to drop-in to play cards or to socialize with friends or make new ones. There is no charge to play.

Party Bridge	Mondays, 12:30-3:30 p.m. (not held 9/5, 10/3, 11/11, 12/26)	Course 40939
Duplicate Bridge	Thursdays, 9 a.m.-noon (not held 11/24, 11/11, 12/22)	Course 40940
Duplicate Bridge	Fridays, 9 a.m.-noon (not held 11/11 11/25, 12/9, 12/23)	Course 40941
Party Bridge	Fridays, 12:30-4 p.m. (not held 11/25, 12/9, 12/23)	Course 40942
Pinochle	Thursdays, 1-4:30 p.m. (not held 11/24, 12/22)	Course 40943
Hand & Foot	Wednesdays, 11 a.m.-2 p.m.	Course 40944

Senior Scrabble

Come ready to socialize with friends and play this classic crossword game. Thursdays, Sept. 1-Dec. 29 (not held 11/24 and 12/22), 12:30-3:30 p.m. Free Course 40921

Mahjong

This is a tile-based game that was developed in China during the Qing dynasty. This is a game of skill, strategy, and calculation and involves a degree of chance. Wednesday, Sept. 7-Dec. 14, 10 a.m.-noon Free Course 40924

Health Screenings by Walgreens Pharmacy

Free blood pressure checks offered by Walgreens Pharmacy. Registration is not required. Thursday, Nov. 3, 9:30-11 a.m. Free Course 41116

Brushstrokes

This is an opportunity to complete unfinished pieces of art. This group meets to dedicate time to their drawings or paintings. This is a drop-in program with no instruction. Mondays, Sept. 12-Dec. 19 (not held 10/3), 1:30-3:30 p.m. Free Course 40934

Chair Volleyball

Chair 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!" Fridays, Sept. 2-Dec. 30 (not held 11/11, 11/25, 12/9, 12/23), 10:30-11:30 a.m. Free Course 40929

Badminton

This is the game many people grew up playing. Revive those experiences, have fun, and play with people of all experience levels. Wednesdays, Sept. 7-Dec. 28 (not held 10/26, 12/21), 9:30-11:30 a.m. Free Course 40928

Table Tennis

This sport is also known as Ping Pong, an ever-popular sport enjoyed by many people at many different experience levels.

Mondays, Wednesdays and Fridays, Sept. 7-Dec. 30 (not held 9/5, 10/26, 11/11, 11/25, 12/9, 12/26), noon-3 p.m. Free **Course 40930**

Pickleball Open Play

Stonebridge has one indoor pickleball court. If your group would like to play call and make a reservation, 804-768-7885.

Mondays, Wednesdays, and Fridays, Sept. 2-Dec.30 (not held 10/3, 10/26, 11/11, 11/25, 12/9, 12/23), 9 a.m.- 3 p.m. Free **Course 40933**

Rise-N-Shine Walkers

Walking at Stonebridge Recreation Center's indoor gym can get the blood flowing and the heart pumping.

Fridays, Sept. 2-Dec.30 (not held 11/11, 11/25, 12/9, 12/23), 9-11:30 a.m. Free **Course 40931**



YOUTH TO ADULT

Fitness Warriors: “Circuit Jam” (drop-in)

This class is fun, upbeat, and infuses line dancing, aerobic, and dance moves for a great cardio workout. Circuits or stations are incorporated to tone muscles and build endurance. This activity is provided with the support and partnership of Sports Backers and Fit to Go. Classes are led by Sports Backers Fitness Warrior Dee. Open to all fitness levels, ages 18 and older.

Mondays, Sept. 12-Dec. 5, 6:15-7 p.m. Free **Course 40825**

Fitness Warriors: “Keep It Moving” (drop-in)

Move your way with low impact cardio. We will get your heart rate up and have fun while do it. This activity is provided with the support and partnership of Sports Backers and Fit to Go. Classes are led by Sports Backers Fitness Warrior Irma D. Open to all fitness levels, ages 18 and older.

Tuesdays, Sept. 6-Dec. 6 (not held 10/4), 6:30-7:15 p.m. Free **Course 41117**

Basic Chicago Steppin’ – 18 and over

Learn Chicago-style Steppin’. Experience the recreation and art of social dance enjoyed to classic and contemporary R & B music. The Chicago-style Steppin’ experience involves dance rotations with multiple partners. Instructed by Thea Paul.

Wednesdays, Sept. 28-Nov. 16 \$25
Beginner: 6:30-7:30 p.m. Free **Course 41113**

Chicago Steppin’ – 18 and over

This class teaches the basic and intermediate skills of Chicago stepping utilizing a musical beat based method. The new to Chicago steppin' and experienced steppers are welcomed.

Wednesdays, 6:30-7:30 p.m. \$40
Sept. 21-Oct. 12 **Course 41114**
Oct. 26-Nov. 30 (not held 11/9, 11/23) **Course 41115**