



**Henrico County
Recreation and Parks**

Program Guide

November 2020



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**Registration begins
October 19.**

RECREATION PROGRAMS

HENRICO DIVISION OF RECREATION AND PARKS

ON THE AIR

Radio Players



presents

Yes, It's Thanksgiving Again

Tue, Nov 10 & Wed, Nov 11

7:30-9pm

The Cultural Arts Center at Glen Allen

Join us for two hilarious episodes from the hit radio shows - *Father Knows Best* and *Our Miss Brooks* - about the fun and challenges of Thanksgiving dinner!

Social distant seating. Masks must be worn while in the building and in the theatre.

Information: per22@henrico.us

PARK MOBILE

NEW! Pop-Up Programs in the Park

Recreation staff are popping up with free activities in the park. If you see them, stop by to say Hi and join them.

Keep an eye out, you never know where you'll see them next!



Follow us...



In-Person Programs

We are excited to be offering in-person classes again! All November classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing.

Creative Arts

Swirl-A-Cup

Mon, Nov 9, 3-4pm. Deep Run Recreation Center.

Ages 7-10. Using water, polish, and mod-podge, you will create cups of delightful patterns. These can be used for your own enjoyment or share with someone for a gift. Information: pit02@henrico.us

Decorated Disks

Thu, Nov 12, 3-4pm. Eastern Henrico Recreation Center.

Ages 8-11. Come spin a CD into a modern work of art and create an old pastime favorite- the whirligig. Information: jon105@henrico.us

String Art Ornament

Ages 8-10. Sun, Nov 15, 1:30-2:30pm. Deep Run Recreation Center.

Ages 5-7. Sun, Nov 15, 3-4pm. Deep Run Recreation Center.

Using string and glue, you'll make a unique piece to be used as a hanging ornament or year-round decoration. Information: tru08@henrico.us

Improv Games for Kids

Mon, Nov 16, 3-4pm. The Cultural Arts Center at Glen Allen.

Wed, Nov 18, 3-4pm. Henrico Theatre.

Ages 8-11. Kids will enjoy creating entertaining games without planning or preparation. We will have fun getting the creative juices flowing and laughing a lot! Information: per22@henrico.us

Memory Wire Bracelet

Wed, Nov 25, 9-11am. Belmont Recreation Center.

Ages 8-10. Come and learn techniques to work with memory wire. Make your own memory wire bracelet and maybe even add a charm or two! Information: cli04@henrico.us

History

Hooves and Feathers

Tue, Nov 3, 11am-noon. Meadow Farm Museum.

Ages 5-11 with an adult. Spend a morning seeing the animals up close and learning about their different roles in sustaining one of Henrico County's oldest farms. See turkeys, sheep, and pigs (oh my!) and many more at Meadow Farm Museum. Information: cha129@henrico.us

History Investigators

Thu, Nov 5, 3-4pm. Armour House.

Sat, Nov 7, 10-11am. Meadow Farm Museum.

Thu, Nov 12, 3-4pm. Clarke-Palmore Museum.

Ages 5-11 with an adult. Join the History Investigators as we go to our historic sites to practice our detective skills. You will receive a folder with objectives like finding objects and following clues to hidden boxes. Information: leh@henrico.us

Historic Games in the Park

Tue, Nov 10, 3-4pm. Springfield Park.

Tue, Nov 17, 3-4pm. Hidden Creek Park.

Tue, Nov 24, 3-4pm. Echo Lake Park.

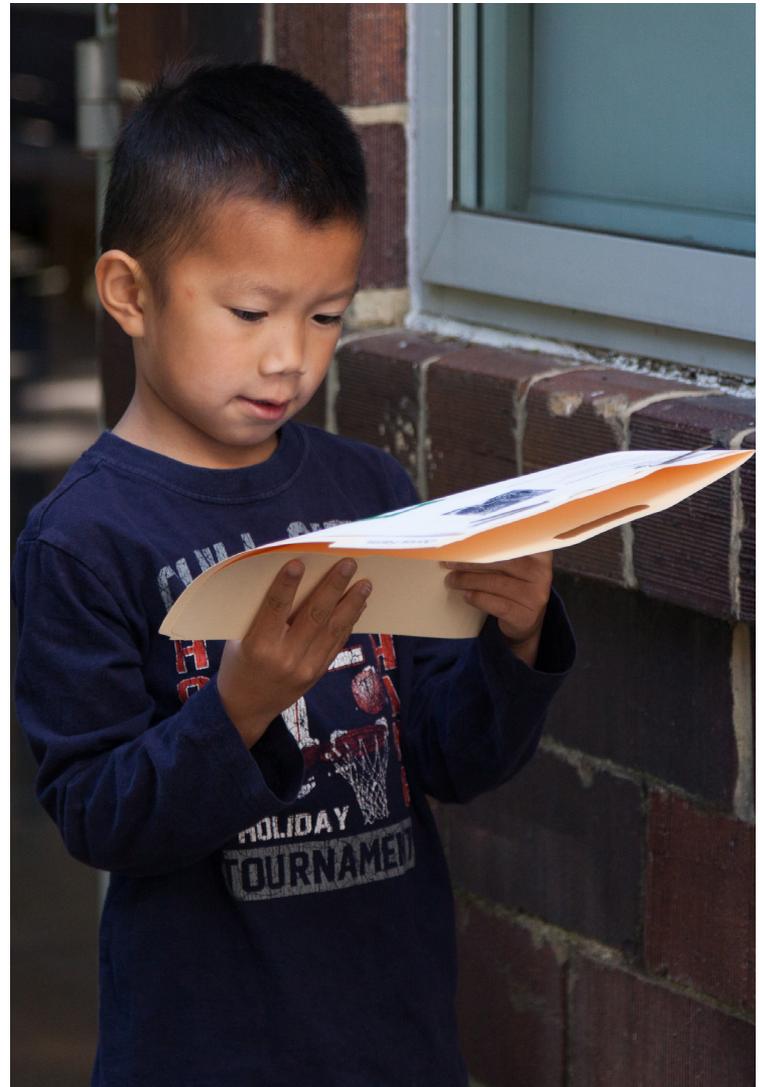
Ages 5-11 with an adult. Take a break from the computers and televisions to spend an afternoon enjoying games with our beautiful Henrico County parks as a backdrop. Participate in historical games of the 18th and 19th centuries. Information: cha129@henrico.us

'Twas the Saturday Before Thanksgiving

Sat, Nov 21, 11am-noon. Meadow Farm Museum.

Ages 3-6 with an adult. The animals are worried! The turkeys have heard rumors about what's to come! It's a fanciful story you don't want to miss.

Join us for a "tail" and a timeless holiday craft. Information: cha129@henrico.us



YOUTH CLASSES

More Fun Stuff

Mock Election & Patriotic Craft

Tue, Nov 3, 3-4pm. The Springs Recreation Center.
Ages 8-11. Participants will get to practice casting a ballot in a fictional race. They will also take home a red, white, and blue masterpiece.
Information: jon105@henrico.us

Billiards, Board Games and Crafts

Fri, Nov 13, 10am-noon. Hidden Creek Recreation Center.
Ages 6-10. Time to play, no school today. Challenge your friends in foosball, pool, or just have fun playing board games and a selection of crafts. Information: cun04@henrico.us

Pumpkin Patch Frame and Hay Bale Races

Tue, Nov 17, 3-4pm. Deep Run Recreation Center.
Ages 6-10. Celebrate fall making a pumpkin frame with harvest decorations for a favorite picture insert. After art enjoy hay bale races and other action games. Information: cun04@henrico.us

A Taste of Thanksgiving

Mon, Nov 23, 3-4pm. The Springs Recreation Center.
Ages 5-8. This program will offer a sample of the holiday! We will enjoy a pumpkin treat, gratefulness activity and talk about why we gather for Thanksgiving. Information: jon105@henrico.us

Ultimate LEGO® Challenge

Tue, Nov 24, 3-4pm. Deep Run Recreation Center.
Ages 8-11. Join us for an afternoon of ultimate LEGO® challenges. Have you ever built a LEGO® catapult? What about building something you can wear? Information: sta02@henrico.us



Nature & Outdoors

Beginner Archery

Mon, Nov 9, 3-5pm. Dorey Recreation Center.
Ages 6-10. This class will teach participants how to safely and successfully shoot a compound bow. The class will follow the National Archery in Schools Program (NASP) curriculum. Appropriate for individuals with little-to-no archery experience. Information: cun04@henrico.us

VIRTUAL PROGRAMS



Featuring two types of interactive programs for you to hang out with our Recreation & Parks staff while in the comfort of your own home!

WebEx (register in advance) and YouTube Premiere (watch party)

All videos are posted to YouTube to view at your convenience.

See page 11 for more details.

Follow us...



TWEEN & TEEN CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All November classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing.

Creative Arts

Memory Wire Bracelets

Wed, Nov 25, 2-4pm. Belmont Recreation Center.

Ages 10-15. Come and learn techniques to work with memory wire. Make your own memory wire bracelet and maybe even add a charm or two!

Information: cli04@henrico.us

Home and Garden

Candles, Candles, Candles

Fri, Nov 13, 3-5pm. Deep Run Recreation Center.

Ages 10-13. Light up the world as you create candles using molds in this introductory class. Personalize your project by using different colors of paraffin wax, and molds. Information: cli04@henrico.us

More Fun Stuff

Game On!: Fall into Fun

Fri, Nov 6, 6-8:30pm. The Springs Recreation Center.

Ages 10-13. Come out for a night jam packed with games and art activities. Play video games, air hockey, foosball, and more! Try your hand at screen printing, acrylic pour or alcohol ink tiles. Parents or legal guardians must sign a liability waiver provided on site at the time of drop off. Information: ola@henrico.us

Billiards, Board Games and Crafts

Fri, Nov 13, 2-4pm. Hidden Creek Recreation Center.

Ages 10-13. Time to play, no school today. Challenge your friends in foosball, pool, or just have fun playing board games and a selection of crafts. Information: cun04@henrico.us

Nature & Outdoors

Beginner Archery

Sat, Nov 14, 1-2pm. Deep Run Recreation Center.

Sat, Nov 14, 2:30-3:30pm. Deep Run Recreation Center.

Ages 13-17. This class will teach participants how to safely and successfully shoot a compound bow. The class will follow the National Archery in Schools Program (NASP) curriculum. Appropriate for individuals with little-to-no archery experience. Information: sta02@henrico.us

Recreational Tree Climbing

Thu, Nov 12, 3-5pm. Three Lakes Park.

Ages 8-11. Professional arborists from Riverside Outfitters will take you safely to new heights, teaching the proper climbing systems to ascend and explore the canopies of trees. This is a great activity for parents and kids alike, but this is just for the kids this time! Information: hil078@henrico.us



Registration required in advance. Begins October 19!

Register at connect.henricorecandparks.com



Mandatory Health Guidelines for participation in all Henrico Recreation and Parks registered programs are as follows:

- Health Screenings will be required for all registered participants to include a questionnaire and temperature check.
- Mask must be worn at all times for indoor programs.
- Social distancing of at least six feet is required for recreation programs indoors or outdoors.
- Social distancing of at least ten feet for all fitness programs is required.



ADULT CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All November classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing.



Ages 16+. We're amping up for some serious creativity! Keep your eyes open for ongoing opportunities in the arts and creation world at Belmont. Wednesday evenings are yours to come and experiment with different mediums and techniques. Staff are available on site to assist and instruct as needed. Information: ola@henrico.us.

Wednesdays, 6:30-8:30pm at Belmont Recreation Center.

Nov 4: Painted Slate Decor

Using actual roof slates as your pallet, you can stencil and paint your own personal message or design to hang in your home.

Nov 18: Colorful Pet Portraits

Learn to paint a fun and colorful portrait of your furry friend. Using a photo, develop an easy-to-follow template that you will fill in with color to create a masterpiece.

Therapeutic Recreation

Holiday Crafting

Tue, Nov 10, 6:30-7:30pm. Eastern Henrico Recreation Center.
Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. It's never too early to start crafting for Christmas! We will make a few, fun and fabulous ornaments for participants to gift or hang on their tree! Information: jon105@henrico.us

Creative Arts

Cricut Tutorial

Sun, Nov 8, 2-4pm. The Springs Recreation Center.
Ages 18+. Do you have a Cricut or Silhouette machine still sitting in the box? Or are you thinking about purchasing one to do some crafting for the holidays? Well you're in luck- we're going to teach you some tips and tricks to take the scary out of using this equipment. Information: jon105@henrico.us

Mosaic Picture Frames

Tue, Nov 17-Dec 15, 6-8:30pm. Belmont Recreation Center.
Ages 16+. We're using some vintage picture frames to create a unique mosaic design using colorful stained glass. These are truly a one of a kind. Information: ola@henrico.us

Painting in the Park

Wed, Nov 18, 1:30-3pm. Belmont Recreation Center.
Ages 18+. This program will focus on the natural beauty of the parks and will allow the participant to capture that view on their canvas to take home. The attention will be overlooking the Fairway at the Belmont Recreation Center. Your view is your own. Art supplies provided. Information: hil078@henrico.us

Sweet Scrubs and Such

Thu, Nov 19, 6-8pm. Deep Run Recreation Center.
Ages 18+. Learn how to make sugar scrubs, and shower steamers using everyday household items. Take them home to give as gifts or personal pampering. Information: pit02@henrico.us

Registration required in advance. Begins October 19!

Register at connect.henricorecandparks.com

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ADULT CLASSES

Nature & Outdoors

Pontoon Boat Tour

Sat, Nov 7, 10-11am. Deep Bottom Park.

Sat, Nov 7, 11:30am-12:30pm. Deep Bottom Park.

Ages 18+. Take a leisure tour aboard a 40-foot covered pontoon boat along the James River and sights from a new perspective. This trip offers a unique opportunity to view nature and wildlife in a different light.

Information: hil078@henrico.us

Bird Watching

Thu, Nov 12, 3:30-4:30pm. Three Lakes Park.

Ages 18+. Learn about basic bird watching skills, then take a hike around the lake as we search for our local winged friends. Binoculars will be provided, but make sure to bring a water bottle if needed and appropriate walking footwear for the trails. Information: hil078@henrico.us

Beginner Archery

Sat, Nov 14, 9-10am. Deep Run Recreation Center.

Sat, Nov 14, 10:30-11:30am. Deep Run Recreation Center.

Ages 18+. This class will teach participants how to safely and successfully shoot a compound bow. The class will follow the National Archery in Schools Program (NASP) curriculum. Appropriate for individuals with little-to-no archery experience. Information: sta02@henrico.us

Sports

Introduction to Pickleball

Tue, Nov 10, 8:30-10am. Deep Run Recreation Center.

Tue, Nov 10, 10:30am-noon. Deep Run Recreation Center.

Thu, Nov 19, 8:30-10am. Deep Run Recreation Center.

Thu, Nov 19, 10:30am-noon. Deep Run Recreation Center.

Ages 18+. Have you heard of the game called pickleball? It's a fun blend of tennis, table tennis, and badminton. You will be introduced to the basic techniques and rules of play. Information: sta02@henrico.us



Home and Garden

Candles, Candles, Candles

Fri, Nov 13, 7-9pm. Deep Run Recreation Center.

Ages 18+. Light up the world as you create candles using molds in this introductory class. Personalize your project by using different colors of paraffin wax, and molds. Information: cli04@henrico.us

Wreaths and Such

Mon, Nov 30, 6-8pm. Belmont Recreation Center.

Ages 16+. Join us for a fun seasonal wreath and spray making night at Belmont Recreation Center. There'll be lots of fresh greenery, seasonal hot cider and music sure to make this workshop a fun night. Information: ola@henrico.us

More Fun Stuff

Wooden Flowers

Thu, Nov 19, 3-4pm. Belmont Recreation Center.

Ages 50+. Celebrate fall, paint wooden flowers and decorate with fall foliage after drying. Information: cun04@henrico.us



Virtual - The Vintage Kitchen: Apple Custard Pie

Mon, Nov 16, 11-11:30am.

Ages 14+. Join us for the first class in this series where you can recreate the flavors of the past. In this class, a favorite fall ingredient is on the menu - apples! Discover this simple, but delicious apple custard pie from the late Victorian Era. Information: den63@henrico.us

FITNESS CALENDAR

Class details and specific locations are listed in the class descriptions. Classes may be moved at the instructor's discretion. In case of inclement weather or for more information, please contact Jason Blake at 804-310-0254.

Belmont Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am	Zumba 10-11am					
6pm	Flow Yoga 6-7pm					

Deep Run Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						Kids Yoga 9-9:45am
10am			Cardio Dance 10-11am			Tweens Yoga 10-10:45am
11am				Gentle Yoga 11am-12pm		
4pm	Track & Field (ages 4-6) 4:30-5pm		T-Ball (ages 4-6) 4:30-5pm		Soccer (ages 4-6) 4:30-5pm	
5pm	Youth Fit (ages 7-12) 5:15-6pm		Youth Fit (ages 7-12) 5:15-6pm			
6pm	Hatha Yoga 6:30-7:30pm		TRX®/RIP Training™ & More 6-7pm	Zumba 6-7pm		

Eastern Henrico Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Tone-Up 8:30-9:15am			Mindful Morning Yoga 8:30-9:30am	Full-Body Sculpt 8:30-9:15am	
9am	Senior Wellness 9:30-10:15am	Senior Balance & Core 9:30-10:15am	Senior Wellness 9:30-10:15am	Senior Balance & Core 9:30-10:15am	Senior Wellness 9:30-10:15am	
10am		Total Body Fitness 10:30-11:15am Vinyasa Flow Yoga 10:30-11:30am		Total Body Fitness 10:30-11:15am		
4pm		Track & Field (ages 4-6) 4:45-5:15pm		Soccer (ages 4-6) 4:45-5:15pm		
5pm		Youth Fit (ages 7-12) 5:30-6:15pm		Youth Fit (ages 7-12) 5:30-6:15pm		
6pm		Zumba 6-7pm				

FITNESS CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All November classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing. For more information on the following fitness classes, contact Jason Blake at bla08@henrico.us.

Preschool & Youth

Track and Field (Outdoors)

Mon, Nov 2-30, 4:30-5pm. Deep Run Park Multi-Purpose Field.
Tue, Nov 3-24, 4:45-5:15pm. Meet at the EHRC Track and Field Shelter.
Ages 4-6. This new outdoor program will have the little ones stretching and running and learning the proper way to perform these modalities. A lot of energy will be released and fun will be had. Instructor: Rebecca Thompson.

Youth Fit

Mon, Nov 2-30, 5:15-6pm. Deep Run Recreation Center.
Tue, Nov 3-24, 5:30-6:15pm. Eastern Henrico Recreation Center.
Wed, Nov 4-25, 5:15-6pm. Deep Run Recreation Center.
Thu, Nov 5-19, 5:30-6:15pm. Eastern Henrico Recreation Center.
Ages 7-12. Youth Fit will feature relays, obstacle courses, cardio, strength, and flexibility; boot-camp style. These classes will help children gain confidence while introducing the important principles of exercise in a fun atmosphere. Instructor: Rebecca Thompson.

T-Ball (Outdoors)

Wed, Nov 4-25, 4:30-5pm. Deep Run Park Multi-Purpose Field.
Ages 4-6. This new outdoor t-ball class will provide a great environment to help teach basic skills and techniques of T-ball, such as catching, fielding, hitting, running the bases, and more. The class will focus on having fun while learning the importance of good sportsmanship and teamwork. Please bring your own bat and glove if possible. Instructor: Rebecca Thompson.

Soccer (Outdoors)

Thu, Nov 5-19, 4:45-5:15pm. Meet at the EHRC Track and Field Shelter.
Fri, Nov 6-20, 4:30-5pm. Deep Run Park Multi-Purpose Field.
Ages 4-6. This new outdoor soccer class will help teach basic skills and techniques of soccer. Skills will include ball control, dribbling, passing, and shooting. Your future soccer star will learn teamwork and sportsmanship, all while having fun. Instructor: Rebecca Thompson.

Kids Yoga (Outdoors)

Sat, Nov 7-14, 9-9:45am. Deep Run Park.
Ages 7-12. This kids yoga program can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve a child's self-confidence. Let your child come and explore all that yoga can do for them. Instructor: Mindy Tanner.

Tween, Teen & Adult

Vinyasa Flow Yoga

Tue, Nov 3-24, 10:30-11:30am. Eastern Henrico Recreation Center.
Ages 16+. Vinyasa Flow Yoga practice is a yoga style that connects your movements with your breath. The yoga instructor will serve as your guide through a moving meditation yoga practice, offering pose variation suggestions to fit all yogi levels. The Vinyasa practice poses and flows will vary class to class and it will get your heart rate up! Expect to be appropriately warmed up, strengthened and stretched to flow mindfully through poses with your body and your breath. Instructor: Caleigh Seligman.

Mindful Morning Yoga

Thu, Nov 5-19, 8:30-9:30am. Eastern Henrico Recreation Center.
Ages 16+. Promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual. Benefits include improved circulation, flexibility and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.

Gentle Yoga

Thu, Nov 5-19, 11am-noon. Deep Run Recreation Center.
Ages 14+. This class is structured to stay primarily on the ground; exploring range of motion, gentle stretching and light strength building. The goal of this class is to release tension, open tight joints and create space in the mind body connection to breathe and be mindful. Instructor: Caleigh Seligman.

Tween Yoga (Outdoors)

Sat, Nov 7-14, 10-10:45am. Deep Run Park.
Ages 12-15. This new tweens yoga program can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve self-confidence. Let your tween come and explore all that yoga can do for them. Instructor: Mindy Tanner.

Flow Yoga

Mon, Nov 9-23, 6-7pm. Belmont Recreation Center.
Ages 16+. Flow Yoga is a yoga class that incorporates energetic movement through a series of asanas (yoga postures), by which the student experiences a sense of fluid physical motion. This style of yoga is for all levels and great for beginners. Instructor: Amy Mundy McNay.

FITNESS CLASSES

Cardio Dance

Wed, Nov 4-25, 10-11am. Deep Run Recreation Center.

Ages 16+. Cardio Dance is a full-body workout that consists of musical rhythms combined with choreographed dance moves designed to strengthen and condition both the muscular and cardiovascular systems all while having fun. Instructor: Tinea Hatcher.

Full-Body Sculpt

Fri, Nov 6-20, 8:30-9:15am. Eastern Henrico Recreation Center.

Ages 18+. This class combines both Pilates and Barre Workouts for flexibility, stabilization, toning, strengthening and cardiovascular conditioning. In this class there will be a focus on breathing techniques while moving through a mat sequence workout while strengthening and toning the muscles with resistance bands and basic ballet movements. Instructor: Tinea Hatcher.

Hatha Yoga

Mon, Nov 2-30, 6:30-7:30pm. Deep Run Recreation Center.

Ages 16+. Learn to better manage stress and improve your overall health and well-being by receiving instruction in yoga postures, deep relaxation, deep breathing techniques, and meditation. Instructor: Ed Carpenter.

Tone-Up

Mon, Nov 2-30, 8:30-9:15am. Eastern Henrico Recreation Center.

Ages 18+. This class is designed for a full-body strength endurance muscle building workout. It is designed to strengthen and build muscles with the use of dumbbells, bands, and body bars. Instructor: Tinea Hatcher.

Total Body Fitness

Tue, Nov 3-24, 10:30-11:15am. Eastern Henrico Recreation Center.

Thu, Nov 5-19, 10:30-11:15am. Eastern Henrico Recreation Center.

Ages 18+. This class is designed for a total body workout using combined formats of cardio, lower body, upper body and core exercises utilizing different types of fitness equipment. Think Boot Camp...but inside!

TRX®/Rip Training™ and More

Wed, Nov 4-25, 6-7pm. Deep Run Recreation Center.

Ages 18+. This class combines TRX® suspension training and Rip Training™ Systems along with other modalities to offer an exciting combination of core conditioning, strength, flexibility, and overall functional fitness.

Zumba®

Mon, Nov 2-30, 10-11am. Belmont Recreation Center.

Tue, Nov 3-24, 6-7pm. Eastern Henrico Recreation Center.

Thu, Nov 5-19, 6-7pm. Deep Run Recreation Center.

Ages 16+. Zumba® takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a more traditional Zumba® style by combining Latin rhythms, Socca, Reggae, Dancehall, Afrobeats and Modern Music with a West Indian background style format. Instructor: Simone Dockery.

Seniors (50+) Fitness

Senior Balance & Core

Tue, Nov 3-24, 9:30-10:15am. Eastern Henrico Recreation Center.

Thu, Nov 5-19, 9:30-10:15am. Eastern Henrico Recreation Center.

Ages 50+. This class is designed to strengthen those muscles that help with balance and posture as balance and core exercises will be programmed. Learn how to improve overall fitness, fall and injury prevention, or sports performance as well as everyday functional movements.

Senior Wellness

Mon, Nov 2-30, 9:30-10:15am. Eastern Henrico Recreation Center.

Wed, Nov 4-25, 9:30-10:15am. Eastern Henrico Recreation Center.

Fri, Nov 6-20, 9:30-10:15am. Eastern Henrico Recreation Center.

Ages 50+. This class is designed to work on improving overall physical well-being, cardio, endurance and strength. This class uses different exercise modalities, such as joint mobility, resistance and flexibility training to improve overall mobility, and strength to help with everyday life.



Registration required in advance. Begins October 19!

Register at connect.henricorecandparks.com



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VIRTUAL PROGRAMS

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Featuring two types of interactive programs!

WebEx (register in advance) and YouTube Premiere (watch party)

All videos are posted to YouTube to view at your convenience.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
11am: Gentle Yoga (YouTube)			7pm: Weaved Paintings (YouTube Premiere)	4pm: Weird Animals (YouTube) 7pm: HTC One-Act "A Matter of Husbands" (YouTube)	
9	10	11	12	13	14
11am: Chair Yoga (YouTube)	11am: Yin Yoga (YouTube)				
16	17	18	19	20	21
11am: Gentle Yoga (YouTube) 11am: The Vintage Kitchen: Apple Custard Pie (WebEx) 12pm: Virginia Randolph School System (YouTube)		12pm: Tour of Glen Allen (YouTube)	Nov 19-23: Five Point Adventure Film Festival (Available Online)	11am: Tour of Elko Activities (YouTube)	12pm: The History and Origins of Tea (YouTube)
23	24	25	26	27	28
11am: Turkey Tale (YouTube)	11am: Yin Yoga (YouTube)	henrico.us/rec/virtual-programs/online-classes/  www.youtube.com/c/HenricoRecreationParks			
30					
11am: Gentle Yoga (YouTube)					