



Program Guide

December 2023-February 2024

**REGISTRATION FOR HENRICO RESIDENTS
BEGINS NOVEMBER 20 AT 8AM.**

**REGISTRATION FOR NON-RESIDENTS
BEGINS NOVEMBER 22 AT 8AM.**



804.501.PARK | [HENRICO.US/REC](https://henrico.us/rec)



RECREATION NEWS

Message from the Director

Fall is a beautiful time to visit the parks, we hope you were able to enjoy the cooler temperatures and fall colors. As we transition to the holiday season, continue to take time to relax and enjoy some fresh air – the parks are always open! Our staff continue to plan fun and educational activities for you and your family. We welcome you to our centers for movies, concerts, game nights, crafts, fitness, and history programs (just to name a few!). We're also looking forward to all that the new year will bring! In 2024 we will re-open Cheswick Park, hold a grand opening celebration for our newest park, Taylor Farm, and continue to grow and expand our park system. Thank you for your continued support of Recreation & Parks!

John Zannino



Henrico County Recreation & Parks joined the ranks of elite park and recreation agencies across the country by earning accreditation through the Commission for Accreditation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

CAPRA accreditation is the only national accreditation for park and recreation agencies and is a measure of an agency's overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.

DOWNLOAD OUR APP



Explore. Experience. Enjoy.

Parks ♦ Amenities ♦ Events
Programs ♦ History ♦ Challenges

Join the Challenge!

Look for challenges in the APP.
These challenges give you a chance to explore our parks. Some challenges have a prize at the end.



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Registration for Henrico Residents
begins Nov 20 at 8am.

Registration opens to non-residents on Nov 22.

WAYS TO REGISTER

ONLINE REGISTRATION

connect.henricorecandparks.com

Opens at 8am for each start date:
Nov 20 & Nov 22

Register on the go, the site is mobile friendly!

Registering online for the first time? Be sure to create your account prior to the first day of registration, and add your family members too!

Having trouble registering? Click the FAQs at the bottom of the online registration page.

WALK-IN REGISTRATION

Monday-Friday, 8am-4:30pm

- Belmont Recreation Center
- Deep Run Recreation Center
- Dorey Recreation Center
- Eastern Henrico Recreation Center



Inclusion Services Available!

Henrico Recreation strives to produce accessible recreation opportunities for all members of the community. If you or a family member needs assistance or program modifications (due to a medical condition or disability) to be able to participate in any of our programs, please contact our Inclusion Services team at 804-652-1413 or rec-inclusion@henrico.us.

For those interested in information about our Therapeutic Recreation or adaptive programs see page 21.



EVENT HIGHLIGHTS

All events are free and for the whole family.

Clarke-Palmore Christmas Open House

Sun, Dec 3
2-4pm

Clarke-Palmore
House Museum

Tours of the house
Create a craft to take home
Hot apple cider and light
refreshments while supplies last.

Information: leh@henrico.us



HENRICO HOLIDAY EXPRESS TOUR



TUE, DEC 5: BROOKLAND & FAIRFIELD

WED, DEC 6: VARINA

THUR, DEC 7: THREE CHOPT & TUCKAHOE

Tours run from 5-8pm each night. Details available at henrico.us/rec.

BELMONT HOLIDAY OPEN HOUSE

There's no place like Belmont for the holidays!
You're invited to join in the festivities.

SAT, DEC 9, 9-11AM

Belmont Rec Center

Information:
804-652-1410

SANTA PAWS



Sat, Dec 9, 10am-1pm

Short Pump Park

- Take a photo with Santa
- Shop local vendors
- Let your pup play in the dog park
- Concessions for purchase

Information: rec-eventsteam@henrico.us



(804) 501-PARK | henrico.us/rec

EVENT HIGHLIGHTS

All events are free and for the whole family.



Sat. Dec 9, 1-4pm
Osborne Park

Enjoy a parade, inflatables, food trucks
and smore's making.

Information: rec-eventsteam@henrico.us

Cinema at the Center

Fri, Jan 5

5:30-8:30pm

Eastern Henrico Rec Center

Fri, Jan 19

2-4pm & 7-9pm

Belmont Rec Center

Enjoy free popcorn while
supplies last.

*Come early
as space is limited.*



For movie titles, please call 804-501-7275 or email the rec center.

Information: Eastern Henrico Rec Center: cun04@henrico.us;
Belmont Rec Center: cli04@henrico.us

250th Anniversary CELEBRATION BOSTON TEA PARTY 1773-2023

over
90 000
pounds
of tea



Sat, Dec 16, 2-4pm
Walkerton Tavern

Join us as we mark the anniversary
of the Boston Tea Party.

Meet Patrick Henry, his daughter and British Soldiers.

Sample the same tea types dumped into the harbor.

Family-friendly crafts and interactive activities.



Information:
den63@henrico.us



(804) 501-PARK | henrico.us/rec

COMMUNITY EVENTS

All programs are free. No registration required. Materials for these programs are available while supplies last.

☀ = School Holiday



Fresh Holiday Sprays

Sat, Dec 2, 10am-noon. Eastern Henrico Rec Center. #14207

Sun, Dec 3, 2-4pm. Deep Run Rec Center. #14688

Ages 18+. Come create a beautiful holiday adornment using freshly-cut greenery of cedar, pine, magnolia, and nandina while supplies last. Participants, please bring garden shears and garden gloves. Information: ola@henrico.us

Winnie the Pooh Party

Fri, Jan 19, 10am-noon. Deep Run Rec Center. #14683

All ages. It will be a day as sweet as Pooh Bear's honey as we celebrate Winnie the Pooh Day with crafts and games. Information:

tru08@henrico.us

☀ Winter Wonderland

Fri, Jan 19, 6-7:30pm. Eastern Henrico Rec Center. #14744

Ages 8-12. Let's escape away to a winter wonderland adventure!

We will play games and decorate a snowflake craft. Have fun walking through imaginary snow, sipping cocoa, and eating popcorn.

Information: cun04@henrcio.us

Happy Birthday Elmo!

Sat, Feb 3, 10-11am. Deep Run Rec Center. #14751

Sat, Feb 3, 3-4pm. Eastern Henrico Rec Center. #14752

All ages. It's February 3rd, Elmo's Birthday!!! Such a magnificent day! We celebrate YOU - Happy Birthday we say! Come join us for story time, dancing, Elmo activities and more! Information: gua024@henrico.us

☀ Mardi Gras Celebration

Tue, Feb 20, 10am-noon. Deep Run Rec Center. #14682

All ages. Come celebrate Mardi Gras and join in a parade at Deep Run along with loads of colorful fun and games. Information:

tru08@henrico.us

Valentine Boogie with Your VIP

Fri, Feb 9, 6:30-8pm

Eastern Henrico Rec Center. #14731

Ages 6+. Wear Valentine colors, red, black, pink, or white and dance with your Very Important Person! Kids, bring your favorite adult. Join us for a fun-tastic night filled with entertainment, dessert, dancing, games, and a photo booth.

Information: cun04@henrico.us



(804) 501-PARK | henrico.us/rec

COMMUNITY PROGRAMS

All programs are free. No registration required. Materials for these programs are available while supplies last.

☀ = School Holiday

Youth

Youth Basketball

Mon, Dec 18, 4-6pm. Eastern Henrico Rec Center. #14727

Mon, Jan 22, 4-6pm. Eastern Henrico Rec Center. #14728

Mon, Feb 26, 4-6pm. Eastern Henrico Rec Center. #14729

Ages 10-14. Come test your basketball skills and meet new friends.

Youth must be signed in by an adult at the front desk to participate.

Information: cun04@henrico.us

☀ Makeup 101

Wed, Dec 27, 6-8pm. Eastern Henrico Rec Center. #14765

Ages 11-15. Learn the basics of makeup application and how to achieve a natural makeup look. Supplies will be provided. Information:

cun04@henrico.us

Paint and Munch

Sun, Jan 7, 2-3:30pm. Eastern Henrico Rec Center. #14735

Ages 10-13. Hey kids. Come create a masterpiece with acrylics on canvas. We'll munch on yummy treats and paint. It's just like a "paint and sip" but even better because we'll have snacks! We'll provide the inspiration and supplies while they last. Information: ola@henrico.us

Little Critters Art

Fri, Jan 26, 10-11am. Deep Run Rec Center. #15071

Ages 3+. Little ones will learn there are more than three primary colors and discover a way to blend paint and make beautiful creatures.

Information: leh@henrico.us

Quilling a Valentines Card

Mon, Feb 5, 6-7pm. Deep Run Rec Center. #15074

Ages 8+. Quilling is the art of rolling thin papers to make decorative works of art. During this class you will learn how to curl the fine strips of paper to make a Valentine's Day card that your sweetheart would love to receive. Information: leh@henrico.us

PICKLEBALL WITH POLICE

Eastern Henrico Rec Center

Ages 50+.

Fri, Dec 8, 11am-1pm. #14767

Fri, Feb 2, 11am-1pm. #14768

☀ Ages 10+.

Fri, Dec 22, 10:30am-noon. #14769

Tue, Feb 20, 10:30am-noon. #14770



Come learn to play the fastest growing sport.
It's a combination of tennis, ping pong, and badminton.
It's easy to play, lots of excitement, and fun! All equipment provided.

Information: cun04@henrico.us

Adults/Seniors

Making Holiday Ornaments

Sat, Dec 2, 10am-noon. Belmont Rec Center. #14788

Ages 18+. Come join in the fun making holiday ornaments while supplies last! Information: cli04@henrico.us

Slate Painting

Thur, Dec 7, 6:30-8:30pm. Eastern Henrico Rec Center. #14660

Ages 16+. Using recycled roof slate and acrylic paints you can create any image you like. Free-hand or stencil a design. They make great decor or gifts. Information: ola@henrico.us

National App Day

Mon, Dec 11, 8-10am. Deep Run Rec Center. #14738

Mon, Dec 11, 11am-1pm. Eastern Henrico Rec Center. #15022

Mon, Dec 11, 2-4pm. Belmont Rec Center. #15023

All ages. Drop in and see how easy Henrico Recreation's App is to use as demonstrations are offered and the app put to use in real time!

Information: tru08@henrico.us

Wright Brothers Day

Sun, Dec 17, 2:30-4pm. Eastern Henrico Rec Center. #14745

All ages. Enjoy a fun day of learning the history of the Wright Brothers and flying paper airplanes. Supplies will be provided to make your finest plane to compete in challenges! Information: qua024@henrico.us



COMMUNITY PROGRAMS

All programs are free. No registration required. Materials for these programs are available while supplies last.

☀️ = School Holiday

☀️ Do You Wanna Build A Snowman?

Fri, Dec 22, 11am-12:30pm. Eastern Henrico Rec Center. #14746

All ages. Come in from the cold and create a snowman that does not melt. We will build our snowmen from socks, buttons, rice and other cool materials. Information: qua024@henrico.us

☀️ Bird Feeding Bouquet

Fri, Jan 5, 10am-2pm. Deep Run Rec Center. #14681

All ages. Celebrate National Bird Day and make a snack bouquet for the birds and then plant it in your yard. Information: tru08@henrico.us

The Masked Painter

Fri, Jan 12, 11am-12:30pm. Eastern Henrico Rec Center. #14748

All ages. Whether you're attending a masquerade ball, being a superhero, or just want to be creative there is a mask for you. Come and paint a mask while supplies last. Information: qua024@henrico.us

Cocoa and Me

Tue, Jan 16, 9am-3pm. Eastern Henrico Rec Center. #14750

All ages. Cold mornings and hot cocoa, the perfect combination. Stop by to warm your taste buds with a cup of hot cocoa. Information: qua024@henrico.us

Bird Watching- Tuckahoe Creek Park

Mon, Jan 22, 9-10am. Tuckahoe Creek Park. #14951

All ages. Bird Watching 101: A guide for beginners with Henrico Libraries and Recreation and Parks. Learn about basic bird watching skills as we walk quietly on the boardwalk searching for our local winged friends. Binoculars will be provided while supplies last and make sure to bring a water bottle if needed. Meet at 2400 Old Coach Lane. Information: sta02@henrico.us

Make It Monday

Mon, Jan 22, 10am-noon. Deep Run Rec Center. #14684

Mon, Feb 26, 10am-noon. Deep Run Rec Center. #15077

All ages. Drop in and join us on the 4th Monday of each month. All are welcome as we pull from our craft supply closet to see what great things can be made! Information: tru08@henrico.us

Paint and Sip at Eastern

Fri, Jan 26, 6:30-8pm. Eastern Henrico Rec Center. #14749

Ages 18+. Need a night out? Join us for painting, sparkling juice, and fun. We will provide the inspiration and the supplies while they last. Information: qua024@henrico.us

National Lego Day

Sun, Jan 28, 2:30-4:30pm. The Springs Rec Center. #14800

All ages. It is the 65th anniversary of when the the creator of Lego filed for a patent in Denmark. Let's celebrate with building, games, competitions and goodies. Information: roc35@henrico.us

Community Game Night

Fri, Feb 2, 5:30-7:30pm. The Springs Rec Center. #14717

All ages. Bring friends and family for an afternoon of board games, arcade games, foosball and conversation. Games available for all ages. Refreshments will be provided. Information: roc35@henrico.us

Repurposed Wood Signs

Sat, Feb 3, 10am-noon. Eastern Henrico Rec Center. #14659

Ages 16+. Using recycled boards and pallet wood, create a piece of message art. With paint pens or permanent markers and various stencils, apply your favorite saying or words of affirmation to hang in your home. Join us for some fun, while supplies last. Information: ola@henrico.us

Valentine Card Making

Mon, Feb 5, 2-3pm. Belmont Rec Center. #14842

Ages 18+. Come out and choose from a variety of materials to make a card for your special Valentine, while supplies last. Information: cli04@henrico.us

We love B-I-N-G-O

Tue, Feb 13, 10am-noon. Eastern Henrico Rec Center. #14759

All ages. B-I-N-G-O! Join us for some fun as we play one of the most popular games in the world. Information: qua024@henrico.us



COMMUNITY PROGRAMS

All programs are free. No registration required.

Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at some of our Recreation Centers. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork.

Belmont Recreation Center:

(804) 652-1410 or Belmont@henrico.us

Belmont Games Club

Ages 18+. 1st, 3rd, and 5th Tuesdays, 10:30am-1pm

Bridge

Ages 18+. Kriss Kross: Mondays, 12-4pm

Bridge Club: Wednesdays, 10am-1pm

Golden Angels (Social Group)

Ages 18+. 2nd Fridays, 10am-2pm

Pinochle

Ages 18+. 3rd Tuesdays and 2nd Fridays, 12-4pm

Tea Guild:

All ages. 4th Wednesdays, 9am-12pm

Deep Run Recreation Center:

(804) 652-1430 or DeepRun@henrico.us

Badminton

Ages 12+. Mondays, 5:30-8:30pm and Saturdays, 8am-12pm

Teen Basketball

Ages 12-17. Tuesdays and Thursdays, 3-5pm

Adult Basketball

Ages 18+. Fridays, 5:30-8:30pm and Sundays 3-5pm

Pickleball for All

Ages 12+. Wednesdays, 5:30-8:30pm and Sundays, 1-2:45pm

Senior Pickleball

Ages 50+. Mondays, Wednesdays, and Fridays, 8:30am-2pm

Table Tennis

Ages 12+. Thursdays, 5:30-8:30pm

Volleyball

Ages 12+. Saturdays, 2-5pm

Senior Volleyball

Ages 50+. Tuesdays, 5:30-8:30pm

Bridge

Ages 18+. Thursdays, 10am-1pm

Canasta

Ages 18+. Thursdays, 1:30-4:30pm

Pinochle

Ages 18+. 3rd Saturdays, 12-4pm

Mahjong

Ages 18+. Fridays, 1-4pm

Eastern Henrico Recreation Center:

(804) 652-1450 or EasternHenrico@henrico.us

Badminton

Ages 12+. Ages 12-15 must be accompanied by an adult.

Fridays, 5-7:45pm and Sundays, 1-4pm

Adult Basketball

Ages 30+. Wednesdays, 6-8:30pm

Women's Basketball

Ages 18+. Mondays, 6-8:30pm

Teen Basketball

Ages 12-17. Wednesday, 3:30-5pm and Saturdays, 1-3pm

(Will not meet 1st Sat of the month)

Pickleball for All

Ages 12+. Ages 12-15 must be accompanied by an adult.

Tuesdays, 6:30-8:30pm and Saturdays, 8am-12pm

Senior Pickleball

Ages 50+. Tuesdays, Thursdays, and Fridays, 9am-1pm

Pinochle

Ages 18+. 1st and 3rd Wednesdays, 12:30-4:30pm

The Springs Recreation Center:

(804) 652-1420 or thesprings@henrico.us

Social Bridge

Ages 18+. Tuesdays, 9am-1pm

The Springs Croquet Club

All ages. Tuesdays, 1pm, Thursdays, 10am, and Sundays, 1pm



(804) 501-PARK | henrico.us/rec

HISTORY PROGRAMS

All programs are free. No registration required.

For Kids

Why Don't Birds Wear Socks?

Fri, Dec 1, 10:30-11:30am. Meadow Farm. #14805

All ages. Pearl the sheep wants to know: why don't birds wear socks: ankle socks, knee socks, athletic socks, or frilly socks? And do birds even have toes on their feet? How do they protect their feet when it's cold outside? Join us for a puppet show and story time as we investigate why our fowl friends avoid footwear. Information: sch107@henrico.us

Pearl Meets a Reindeer

Fri, Dec 15, 10:30-11:30am. Meadow Farm. #14799

All ages. Join Pearl the sheep in a lighthearted romp to see why one of Santa's reindeer stops at Meadow Farm in preparation of the Christmas season in this story time and puppet show. Wear your favorite ugly holiday sweater and sing-a-long with Pearl. Information: sch107@henrico.us

Arnold's Raid at Clarke Palmore

Fri, Jan 5, noon-5pm. Clarke-Palmore Museum. #15118

All Ages. In advance of Benedict Arnold's Raid on the City of Richmond, meet and experience members of The Virginia Line. We will describe the brief battle in Richmond and the role the Henrico County Militia played in the fighting January 5, 1781. The clothing, gear, and muskets will be demonstrated and how or why the militia's training and weapons were not a match for Arnold's veterans. Information: den63@henrico.us

Meet Matthew Henson

Fri, Jan 12, 10:30-11:30am. Meadow Farm. #14848

All ages. Join Pearl the sheep as she discovers the amazing life of the 19th century polar explorer Matthew Henson, the first African American to explore the Arctic. Learn more about his accomplishments during this puppet show and story time. Information: sch107@henrico.us

There's a Bear on My Chair!

Fri, Jan 26, 10:30-11:30am. Meadow Farm. #14803

All ages. What would you do if there was a bear in your chair? Join Pearl the sheep in this puppet show and story time to find out how Mouse handles finding a bear in his chair. Information: sch107@henrico.us

Who Was Rev. Dr. Martin Luther King, Jr.?

Fri, Feb 2, 10:30-11:30am. Meadow Farm. #14804

All ages. Pearl the sheep has been hearing about Martin Luther King, Jr., but she doesn't know who he is. Join us for a puppet show and story time to learn more about this extraordinary Civil Rights leader. Information: sch107@henrico.us

A Seat for Miss Rosa

Fri, Feb 16, 10:30-11:30am. Meadow Farm. #14789

All ages. Imagine not being allowed to do something as simple as having a seat on a bus just because you are perceived as different. In 1955, Rosa Parks refused to surrender her seat on a segregated bus in Montgomery, Alabama. Her defiance sparked the Montgomery Bus Boycott. Its success launched nationwide efforts to end racial segregation of public facilities. Information: sch107@henrico.us

Hands-on History: Happy Birthday George Washington

Tue, Feb 20, 1-3pm. Belmont Rec Center. #14734

Ages 5+. This month George Washington would turn 292 years old! Join us for family-friendly crafts, activity stations, and even some birthday cake to learn more about our fellow Virginian, Revolutionary War leader, and first president. Information: den63@henrico.us

History Investigators: Clarke-Palmore House

Sat, Feb 24, 10am-noon. Clarke-Palmore. #15072

Ages 5-11 with an adult. Join the History Investigators as we go to the Clark-Palmore House 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

VISIT MEADOW FARM MUSEUM & PARSONS COMMUNITY CENTER



Inside, visitors can expand their knowledge of the property through exhibits featuring all the inhabitants of the land at Crump Park. Three permanent exhibits were researched and curated by staff to tell the stories of Native Americans, Gabriel, and the Parsons family. This addition to the site is part of a commitment to share the complete history of all our historic properties.

Hours: Sat & Sun: 12-4pm
(804) 652-1455 or meadowfarm@henrico.us



(804) 501-PARK | henrico.us/rec

HISTORY PROGRAMS

All programs are free. No registration required.

Lectures & Presentations

Phillis Wheatly and her Poems

Sat, Dec 2, 11am-noon. Parsons Community Center. #15119

All Ages. As the first African American to publish a book of poetry, Phillis Wheatley (c.1753-1784) eloquently expressed the human desire for freedom from tyranny and bondage... "In every human Breast, God has implanted a Principle, which we call Love of Freedom; it is impatient of Oppression, and pants for Deliverance." Come learn more about her and her poems and afterwards create your own poem! Information: sch107@henrico.us

Ancient Art of Grave Dowsing

Sat, Dec 2, 2-3pm. Meadow Farm. #14794

Ages 18+. Join us for this class on grave dowsing. We will venture to the Sheppard family graveyard and test out the techniques. This class will also include a discussion on 19th century and earlier funeral practices. A portion of this program will involve a short walk with some uneven terrain to the family cemetery. Please dress for the weather and walk. Information: sch107@henrico.us

Marie Curie: A Woman of Radiance

Sun, Dec 3, 2-3pm. Meadow Farm. #14756

Ages 13+. December 1898, Marie Curie discovers a new element: Radium. For her accomplishments, she is the first woman to ever win a Nobel Prize and the only woman to win the Nobel twice. Join us at Meadow Farm to learn how her groundbreaking discovery shaped the scientific community and the sacrifices she made for her work. Information: sch107@henrico.us

Queen Molly of Virginia: Mary Randolph & Virginia Cuisine

Sat, Dec 9, 2-3pm. Meadow Farm. #14795

All ages. Mary Randolph is connected to many well-known families in Virginia and became an early 19th century celebrity hostess and cookbook author. Modern chefs have considered her "a far-seeing culinary genius." Join us as we discover her tasty and inspired career along with anecdotes about her place in history. Information: sch107@henrico.us

A Brief History of Western Henrico

Sun, Jan 7, 2-3pm. Deep Run Rec Center. #14792

All ages. This isn't a rehash of your "Western Civ" class from your college days. But you will find out about some of the people, places and events that have shaped western Henrico. Topics include the coal mines of the area, a canal on a creek, and an unusual building. Information: leh@henrico.us

Pickling and Preserving: The Science of Surviving the Winter

Sun, Jan 14, 2-3pm. Meadow Farm. #14757

All ages. In modern times, we use pickling, smoking, and drying as ways to enhance the culinary quality of dishes. However, these methods were invented as a means of survival to safely store food for less abundant times. Join us at Meadow Farm to learn about preservation methods and the science behind what makes them work. Please note that we will not be preserving foods on-site. Information: sch107@henrico.us

Poe in the Time of Cholera

Sat, Jan 20, 2-3pm. Meadow Farm. #14802

Ages 13+. A look at the feverous works created by Edgar Allan Poe: some inspired as he wandered weak and weary along the streets of Richmond. In his lifetime, he created evocative poems and stories that still haunt us today. Information: sch107@henrico.us

Meet George Washington

Sun, Jan 28, 2-3:30pm. Belmont Rec Center. #14849

Ages 12+. George Washington reflects on his life from boyhood through his retirement from the presidency. Washington, as portrayed by costumed historian Steve Hawkins, will share the challenges he faced during the fight for independence and as a new nation. Information: den63@henrico.us

Lieutenant James Reese Europe and the Harlem Hell Fighters

Sat, Feb 10, 2-3pm. Meadow Farm. #14806

Ages 13+. The syncopated melodies of conductor James Europe and his 369th U.S. Infantry Band known as the Harlem Hell Fighters enthralled the bastion of cultural elites in the shadow of the first World War: only to have the music silenced by murder. Information: sch107@henrico.us

Thomas Jefferson & the Declaration of Independence

Sun, Feb 11, 2-3:30pm. Belmont Rec Center. #14846

Ages 12+. Today, Thomas Jefferson is widely known as the author of America's founding document, the Declaration of Independence. However, in 1776, few people outside of the Continental Congress were aware of his role in its authorship. Hear Thomas Jefferson tell his side of the story of how the Declaration of Independence came about and his part in its writing. Information: den63@henrico.us

Victorian Flower Language and the LGBTQ+ Community

Sun, Feb 11, 2-3pm. Eastern Henrico Rec Center. #14758

All ages. Courting or dating in the Victorian Era was very different from dating now. Flowers of different types and colors were frequently used to convey the nature of romantic intentions by a suitor or their intended. The same gender loving men and woman of the era adapted their own usages of flowers to subtly convey their own romantic interests. Join us to learn about the development and meaning behind these floral exchanges. Information: sch107@henrico.us



HISTORY PROGRAMS

All programs are free. No registration required.

Fabulous Footwear from the Past

Sun, Feb 18, 2-3pm. Deep Run Rec Center. #14807

All ages. How did shoes evolve? Who set the footwear fashions from the ancient to the modern? A fun exploration of shoes from the dawn of time to the first boots on the moon! Information: sch107@henrico.us

The Art & Lives of Leslie Bolling & George H. Ben Johnson

Sat, Feb 24, 2-3pm. Meadow Farm. #14786

Ages 10+. Join us as we take a look into the lives and careers of two black Virginians who expressed themselves through their self-taught artistic mediums. Despite gaining acclaim in the early to mid 20th century art world and having pieces in prestigious institutions and private collections all over the world, these two men remain relatively obscure in their hometown. We invite you to come learn more about Leslie Garland Bolling and George H. Ben Johnson and how their works not only reflected the daily life of African Americans living in the Jim Crow South but challenged the system that was pitted against them. Information: sch107@henrico.us

History of Hot Beverages

Sat, Feb 24, 2:30-4:30pm. Dorey Rec Center. #14797

All ages. Where did hot chocolate come from? Why was tea so valuable? When was the first coffee house opened? Sip on these beverages while learning their rich history. Information: roc35@henrico.us

Blast from the Past Bookclub

Ages 14+. Join Meadow Farm staff and Henrico County Public Library for our bi-monthly book club! We will read a new book and visit a different Henrico County historic site every other month. After the book discussion, we will talk about the ties between the site and the book.

A tour of the site is included.

Tue, Dec 12, 1-3pm.

Armour House. #15062

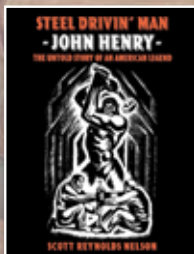
Dead Wake by Eric Larson

Tue, Feb 13, 1-3pm.

RF&P Park. #15063

Steel Drivin' Man

by Scott Reynolds Nelson



Information: sch107@henrico.us

Tours

Friday at the Museum

Fri, Dec 1, noon-4pm. Clarke-Palmore. #14698

Fri, Jan 12, noon-4pm. Virginia Randolph Museum. #14697

Fri, Feb 2, noon-4pm. Meadow Farm. #14699

All ages. Henrico Recreation and Parks owns, preserves, and interprets historic properties all over the County. Discover the rich and varied heritage of this vibrant community we call home. Join us to hear the stories of the people, places, and events through tours and hands-on activities. Information: leh@henrico.us

Woodland Cemetery Tour



Sat, Dec 9, 11am-1pm. Woodland Cemetery. #14760

All ages. Join us for a walking tour of historic Woodland Cemetery, the final resting place of African Americans from Richmond, Henrico, and surrounding areas. This tour will highlight not only the many influential people who are at rest in Woodland's sacred grounds, but also the ongoing recovery efforts that have occurred in recent years. This walking tour will cover a large portion of the grounds so please dress accordingly.

Information: sch107@henrico.us



(804) 501-PARK | henrico.us/rec

HENRICO LIVE



Join us for rest of the Henrico Live season! We are featuring seven of your favorite groups spanning from December 2023-May 2024.

Save big and see it all with a season ticket! The more shows you select, the bigger the discount! Select 3 or 4 performances and receive a 25% discount; select 5 or more performances to receive a 50% discount.

Individual Tickets cost \$10 per show.

To purchase tickets go to henricolive.com or visit the box office. Tickets on sale now.

All performances will be held at Henrico Theatre.

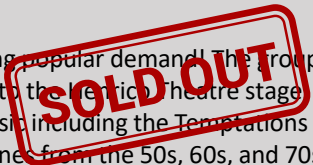
Box Office Hours: Mon, Wed, Fri, 12-4pm. 804-652-1460

Bak N Da Day

Sat, Dec 9, 7pm.

Sun, Dec 10, 3pm.

Back by overwhelming popular demand! The group that needs no introduction returns to the Henrico Theatre stage. Enjoy an evening of soulful holiday music including the Temptations Christmas album as well as soul classic tunes from the 50s, 60s, and 70s!



KOS and Susan Greenbaum

Sat, Dec 16, 7pm.

It wouldn't be Christmas without KOS and Susan Greenbaum! Come join us for an evening filled with holiday favorites from Richmond's own KOS and Susan Greenbaum. Listen to their unique arrangements and sounds of the seasonal songs you love.

The English Channel

Fri, Jan 19, 7pm.

The English Channel - America's premier British Invasion band - returns with an all-new 2024 edition of their fab concert experience, "AM•FM Hits of the British Invasion". You'll hear your fave Brit rock, pop & prog tunes performed just like the original recordings and just like you remember. The evolution of ten years of ground-breaking music in two hours' time will take you back to where you once belonged!

Desirée Roots

Fri, Feb 16, 7pm.

Celebrate Valentine's Day with An Evening of Love with Desirée and her band. Their music will sweep you off your feet and make you feel like you're falling in love for the very first time.

Susan Greenbaum

Fri, Mar 15, 7pm.

Susan Greenbaum committed the first sin of musicians: She quit her day job. After working as a corporate executive in Fortune 500 companies, Susan traded her power suits for performing. The most frequently heard comment at her gigs is, "Great songs--and how does all that big, beautiful sound come out of someone under five feet tall?"

Soul Expressions

Fri, Apr 12, 7pm.

Take the pain out of tax season with Soul Expressions! This amazing band will play all your favorite hits from all of your favorite genres throughout the decades. They are guaranteed to bring you to your feet and keep you dancing all night long!

KOS

Fri, May 31, 7pm.

We close the Henrico Live season with KOS! KOS has been playing the best of beach, Motown, "rock and roll" and classic swing for over 30 years and still have people of all ages crowding dance floors up and down the east coast.

Akoma de Gado



Sat, Feb 3 at 2 & 7pm. Free!

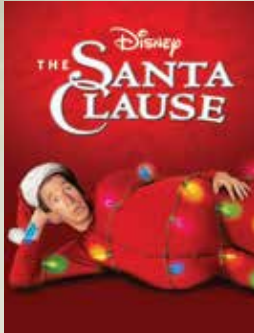
Henrico Theatre

Living in America may present some challenges of its own and some African traditions here in America may evolve into new works of art. Akoma de Gado welcomes you to this educational, energetic, fun filled, and family-oriented production.



(804) 501-PARK | henrico.us/rec

Spend the holidays at Henrico Theatre!



Fri, Dec 1 at 7pm
*Sat, Dec 2 & 17 at 3pm



Sat, Dec 2 & 8
at 7pm



Sing-Along

Sat, Dec 3
at 3pm



Fri, Dec 22
at 10am, 2 & 7pm

*Blended Voices: Holiday Concert

Sat, Dec 2, 2:40-3pm. Henrico Theatre. #14819

All ages. Enjoy a holiday performance by our award-winning Therapeutic Recreation program Blended Voices members. The concert will occur before the showing of *The Santa Clause*.

A Christmas Carol by Virginia Theatre Machine

Wed, Dec 6, 7-7:30pm. Henrico Theatre. #14822

All ages. The Virginia Theatre Machine presents their 30-minute, two-person production of "A Christmas Carol" outside in front of Henrico Theatre prior to the arrival of Henrico's Holiday Express Tour. Dress warmly and come out for all of the fun!

Henrico Pops Chorus Holiday Concert

Tue, Dec 12, 7-8pm. Henrico Theatre. #14816

All ages. The Henrico Pops Chorus will present their annual holiday concert. Come out and join the chorus for all of your holiday favorites. Under the direction of Bobbie Moore.

Henrico Concert Band Holiday Concert

Mon, Dec 18, 7:30-9pm. Henrico Theatre. #14817

All ages. Come out to Henrico Theatre and celebrate the holidays with a concert full of your favorite holiday songs performed by Henrico Concert Band under the direction of Randy Abernathy.



For more information, call 804-652-1460 or
visit us online at henricotheatre.com



(804) 501-PARK | henrico.us/rec

PERFORMING ARTS

All tickets can be purchased in person at The Cultural Arts Center, by calling 501-5859 or 261-2787, or online at artsglenallen.com; click on Performances then Henrico Theatre Company to purchase tickets.
Individual Tickets: \$10 for adults and \$8 for seniors (55+) and students per show.

HENRICO THEATRE MOVIES




SILVER SCREEN MOVIES

Showtime: 10am

Jan 31: Father Stu: Reborn

Feb 28: The Photograph

TICKETS & CONCESSIONS: \$1/EA

804.652.1460 | henricotheatre.com 

Concerts & Shows

On the Air Radio Players present A Hearthside Holiday

Wed & Thurs, Dec 6 & 7, 7:30-9pm. The Cultural Arts Center. #14815

All ages. On the Air Radio Players present A Hearthside Holiday. Join us as we get off to a rousing start welcoming in the holiday season!

Information: per22@henrico.us

Henrico Community Band Holiday Concert

Sun, Dec 10, 3-4pm. The Cultural Arts Center at Glen Allen. Free

All ages. Come out to The Cultural Arts Center at Glen Allen and get an early jump on the holiday season! Performed by the Henrico Community Band under the direction of Archer Johnson. Information:

501-5859 or per22@henrico.us

The Wild, Wacky and Truly Wonderful Women Holiday Show

Tue, Dec 12, 7-9pm. The Cultural Arts Center. \$20.

All ages. The Wild, Wacky and Truly Wonderful Women of Song return to The Cultural Arts Center at Glen Allen for a special holiday performance. Seven of Henrico Theatre Company's favorite performers, accompanied by the equally favorite Sandy Dacus, are sure to lift up your holiday spirits! Information and tickets:

www.artsglenallen.com or 804-261-2787.

Salute to Burt Bacharach

Thurs, Fri, & Sat, Jan 25, 26, & 27, 7-9pm. The Cultural Arts Center. \$20.

Sat & Sun, Jan 27 & 28, 3-5pm. The Cultural Arts Center. \$20.

All ages. Henrico Theatre Company in conjunction with The Cultural Arts Center at Glen Allen present Salute to Burt Bacharach. We are thrilled to pay a tribute to this American icon, who is widely regarded as one of the most influential figures of 20th century popular music.

Come out and join HTC's singing and dancing cast while you reminisce to many of his hits including *This Guy's in Love with You*, *Raindrops Keep Falling On My Head*, *Walk on By* and *Do You Know the Way to San Jose* and many more! Information and tickets: www.artsglenallen.com or 804-261-2787.



May 3-19

Music by Richard Rogers, Lyrics by Oscar Hammerstein, II,
Concept by Jeffrey B. Moss.

The songs of Rodgers and Hammerstein have become an integral part of our everyday lives. We sing them in the shower, we dance to them in ballrooms, we hear them on the radio and in elevators and supermarkets. We still thrill to them on the live stage in their respective musicals and we teach them to our children. While our five performers are given the opportunity to explore the songs with their own styles, it offers the audience a glorious parade of genuine hits – truly some enchanted evening! Includes such favorites as *If I Loved You*, *In My Own Little Corner*, *The Sound of Music*, *Shall We Dance?*, and *I Can't Say No*.



July 19-August 4

A comedy by Summer Arthur Long.

This good old fashioned domestic farce is about a married man in his fifties who suddenly learns he's becoming a father again. His last child, a girl, was born 24 years ago and, considering the fool she married, he finds the prospect of another unthinkable. Plus, his previously meek little wife begins to lay down the law. There's to be a nursery, a new bath, and she's to have her own checking account. Such dour capitulation you'll never see again. Plain, simple and old-fashioned laughter!

All performances will be held at The Cultural Arts Center.

For specific showtimes, go to artsglenallen.com.

Information: 501-5859 or per22@henrico.us



(804) 501-PARK | henrico.us/rec

YOUTH CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.



*Breakfast and Storytime
with Santa and His Friends*

**Sat, Dec 2, 9-11am.
The Springs Rec Center. #14837**

*All ages. Children must be accompanied by an adult.
Registration of all adults and children attending is required.
Come as you are, even in your holiday pajamas and join Santa
and his friends for a light breakfast and special visit. There will
be stories and time for telling Santa what you would like for
Christmas. Bring your camera for those special pictures!*

Information: pit02@henrico.us

► Macrame Ornaments

Sun, Dec 10, 1:30-2:30pm. Deep Run Rec Center. #14685
Ages 10-17. Learn some simple macrame knots to make a seasonal
ornament that can be hung anywhere all year long. Information:
tru08@henrico.us

► Preschool Hip Hop

Tue, Jan 9-30, 4-5pm. Eastern Henrico Rec Center. #14774
Ages 3-5. Children work on rhythm, large motor skills, creativity, and im-
portant social skills in a safe environment. Instructor: Richmond Urban
Dance. Information: cun04@henrico.us

► Zentangles

Sun, Jan 14, 2-3pm. Belmont Rec Center. #14840
Ages 10-12. Come have fun and learn techniques working with
foil, string, markers, and your own creativity to make a zentangle.
Information: cli04@henrico.us

► Magician Apprentice Class

Wed, Jan 17, 4-5pm. Deep Run Rec Center. #14700
Ages 8-12. Become a magician! You will not only learn how to perform
several magic tricks; you will be able to go home and perform your own
mini magic show. Information: leh@henrico.us

► Kidz Learning Lab

Thur, Jan 18, 6-7:30pm. Eastern Henrico Rec Center. #15070
Ages 6-10. The Learning Lab incorporates STEAM- Science, Technology,
Engineering, Art, and Mathematics. Participants will work together in
this activity to create and build a project. The theme for this class is
making a ramp and bridge! Use different materials such as paper towel
rolls, tape, construction paper, and toothpicks. Light refreshments will
be served. Information: mcc159@henrico.us

► Soap Making

Fri, Jan 19, 3-4:30pm. Dorey Rec Center. #14724
Ages 11-15. What are the benefits of oatmeal, herbs, spices and scents
in soap? Come, learn and make soap customized to you. Information:
roc35@henrico.us



WINTER CAMP
Tue-Thurs, Jan 2-4, 9am-3pm

Winter Day Camp is a great way to beat those winter blues.
Three jam-packed days of sports, games, fitness, crafts and more!

Ages 5-7. #14982 Dorey Rec Center. Information: den63@henrico.us	Ages 8-10. #14793 Deep Run Rec Center. Information: leh@henrico.us	Ages 10-12. #14741 Eastern Henrico Rec Center. Information: cun04@henrico.us
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YOUTH CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.



Sat, Feb 3, 9:30-11:30am. The Springs Rec Center. #14813
Ages 9-11. We will be making cherry pie and ice cream in a bag.

Sat, Feb 24, 9:30-11:30am. The Springs Rec Center. #14814
Ages 9-11. We will be making brownies and ice cream in a bag.

Registration required in advance.

Information: cli04@henrico.us

► Coding with Scratch Jr.

Wed, Feb 7, 4:30-5:30pm. Deep Run Rec Center. #15075
Ages 5-8. In this workshop, we'll be coding with Scratch Jr., an introductory program geared for young learners to explore the basics of coding and programming. Scratch Jr. is a perfect platform for young students to make their first connection to computer science and the world of technology. Information: tru08@henrico.us

► Coding with Scratch

Wed, Feb 7, 6-7pm. Deep Run Rec Center. #15076
Ages 9-11. Students will be introduced to different aspects of game design and a wide array of programming concepts using Scratch! Students will create a mini-game and build their fundamental programming knowledge as well as their game design skills. Information: tru08@henrico.us



► Colorful Clothing

Ages 10-13. Sun, Feb 11, 1:30-2:30pm. Deep Run Rec Center. #14720
Ages 14-18. Sun, Feb 11, 3-4pm. Deep Run Rec Center. #14721
Clothes can be an individual way to express yourself. Bring an item of clothing (t-shirt, jeans, shoes) to color with markers or fabric paint and express your individuality through decorating your chosen piece. Information: tru08@henrico.us

► Illusion Necklace

Sun, Feb 25, 2-3pm. Belmont Rec Center. #14838
Ages 10-12. Come and learn techniques to make your own illusion necklace. We will be using beading wire and various sizes of beads. Project requires the use of fine motor skills and use of tools. Information: cli04@henrico.us

Beginner Archery

Tue, Feb 20, 8:30-10am. Eastern Henrico Rec Center. #15066

Ages 8-12. 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.

Please be on time. Once gym doors are closed, the range is active and no participants will be allowed in.

Registration required in advance.
Information: qua024@henrico.us




ADULT CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

Sound Bath

with
Jim Morgan



Thur, Jan 11, 6-7pm. The Springs Rec Center. #14825
Ages 18+. A Sound Bath is a meditative experience created by the sound waves of Tibetan singing bowls, chimes gongs, and other subtle percussion instruments. The listener is invited to simply be present, focus on breath, and clear one's mind and connect to the deeper self. Join Jim Morgan as he leads you through an hour that you will never forget. Registration required in advance. Information: per22@henrico.us

► Macrame Ornaments

Sun, Dec 10, 3-4pm. Deep Run Rec Center. #14686

Ages 18+. Learn some simple macrame knots to make a seasonal ornament that can be hung anywhere all year long. Information: tru08@henrico.us

► Sassy Scarves

Sun, Jan 14, 3:30-4:30pm. Belmont Rec Center. #14839

Ages 18+. Create your own colorful silk scarf using Sharpies® and isopropyl alcohol and design another scarf using colored tissue paper. These no-sew scarves will brighten up any outfit with a hip tie-dye effect. Information: cli04@henrico.us

► Sensational Snowflakes

Wed, Jan 17, 1:30-2:30pm. Deep Run Rec Center. #14733

Ages 18+. You'll wish for snow all year long as you go beyond the plain snowflake to make something sensational! We'll use templates to make snowflakes that represent your interests and beyond. Information: tru08@henrico.us

► Soap Making

Fri, Jan 19, 6:30-8pm. Dorey Rec Center. #14725

Ages 18+. What are the benefits of oatmeal, herbs, spices and scents in soap? Come, learn and make soap customized to you. Information: roc35@henrico.us

► Yes! We Can Do It, Tools Are Us

Thur, Jan 25, 6:30-8:30pm. Eastern Henrico Rec Center. #14739

Ages 18+. Hey ladies! Let's dive a little deeper into the use of power drills and Dremel tools. Hands-on practice will give you the confidence to go out and conquer any task! Information: ola@henrico.us

► Kitsnugi Gold

Tue, Feb 6, 1:30-3:30pm. The Springs Rec Center. #14718

Tue, Feb 6, 6:30-8:30pm. The Springs Rec Center. #14719

Ages 18+. Adapting the ancient Japanese method of ceramic repair, you'll turn a broken item into a shining centerpiece.

Information: tru08@henrico.us

► Quill a Heart

Wed, Feb 14, 1:30-2:30pm. Belmont Rec Center. #14845

Ages 18+. Quilling is the art of rolling thin paper to make decorative works of art. You will learn how to curl the fine strips of paper to make a heart for Valentine's Day. Project requires the use of fine motor skills and use of quilling tool. Information: den63@henrico.us

► Sugar Scrubs

Sun, Feb 25, 3:30-4:30pm. Belmont Rec Center. #14841

Ages 18+. Learn how to make sugar scrubs to pamper your body. Information: cli04@henrico.us

► Line Dance

Sat, Dec 2-9, 10-11am. Eastern Henrico Rec Center. #14762

Sat, Jan 13-27, 10-11am. Eastern Henrico Rec Center. #14763

Sat, Feb 3-24, 10-11am. Eastern Henrico Rec Center. #14764

Wed, Jan 10-31, 1:30-2:30pm. Deep Run Rec Center. #15017

Wed, Feb 7-28, 1:30-2:30pm. Deep Run Rec Center. #15019

Thur, Feb 8-29, 10:30-11:30am. Belmont Rec Center. #14987

Ages 18+. Meet new people and keep fit! Line dancing provides a great form of low impact exercising. It's perfect for improving coordination, balance and memory, and increasing cardiovascular health. Learn dance terminology and easy dances using a variety of favorite music styles. No partner needed. Information: Eastern Henrico Rec Center: cun04@henrico.us; Deep Run Rec Center: tru08@henrico.us; Belmont Rec Center: cli04@henrico.us


► Hip Hop Dance

Tue, Jan 9-30, 5-6pm. Eastern Henrico Rec Center. #14780

Ages 18+. Join us for one of the most popular styles of dance that combines a variety of freestyle and complex movements to form artistry. Instructor: Richmond Urban Dance. Information: cun04@henrico.us

Mystery Theatre

Crust of the Murder



Thurs, Feb 22, 6-8:30pm. The Springs Rec Center. #14827

Ages 18+. It's time for the annual dinner of the Sandy Springs Heritage Society. Local historian and author, Grant Stone is the scheduled speaker during the main course of the dinner. Everyone has just settled down to enjoy their meal when Grant collapses and sends marinara sauce flying. The police determine it was foul play. Which one of the dinner guests did it? Sign up for dinner and mystery theatre where you not only get to be one of the suspects, but you are also served a delicious meal. Registration required in advance. Information: per22@henrico.us



(804) 501-PARK | henrico.us/rec

SENIOR CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

Senior Adults

► Holiday Jewelry

Mon, Dec 11, 2-3pm. Belmont Rec Center. #14812

Ages 50+. We will be making a holiday necklace and a pair of holiday earrings. Project requires the use of fine motor skills and use of tools.

Information: cli04@henrico.us

► Holiday Tea

Thur, Dec 14, 10am-noon. Belmont Rec Center. #14726

Ages 50+. Get in the holiday spirit while having a fabulous time listening to holiday music, tasting a variety of teas and pastries with friends!

Information: cun04@henrico.us

► Coed Holiday Pickleball Tournament

Fri, Dec 15, 9am-noon. Eastern Henrico Rec Center. #14743

Ages 50+. 'Tis the season to be jolly! Join us for a fun, holiday coed tournament. Register with your partner, both must sign liability waiver.

After pool play teams will be divided into upper and lower single elimination tournament. Information: cun04@henrico.us

► Cupid Shoot: Beginner Archery

Thur, Feb 15, 9:30-11am. Deep Run Rec Center. #14753

Thur, Feb 15, 11:30am-1pm. Deep Run Rec Center. #14754

Ages 50+. This class will teach participants how to safely and successfully shoot a compound bow and arrow, just like Cupid. The course will follow the National Archery in the Schools Program (NASP) curriculum. Appropriate for individuals with little to no archery experience. Expect festive flair during this Valentine's Day themed course. Please be on time. Once gym doors are closed, the range is active and no participants will be allowed in. Information: qua024@henrico.us

rise & shine

M-F, Jan 8-Mar 1, 7-8am.

Eastern Henrico Rec Center. #14740

Ages 50+. It's cold outside, come inside and walk in the gymnasium, great for early risers. Walking is good exercise!

Information: cun04@henrico.us

AARP® Tax Aide

Feb 1-April 13

by appointment only

Twin Hickory Rec Cntr
Mon-Fri: 8:30am-2:30pm
Sat: 8:30-11am

Eastern Henrico Rec Cntr
Wed: 8:30am-2:30pm
Sat: 8:30-11am

Ages 18+. Volunteers with the AARP Tax-Aide Program will once again assist individuals with the preparation of their federal and state tax returns. This service focuses on senior citizens but accommodates anyone in the preparation of personal tax returns. All tax returns are prepared by appointment only. Appointments can be made at the above locations and times. Starting January 15, 2024, updated information is provided on the Henrico Tax-Aide phone at 804-476-4149 and on-line at <http://bit.ly/aarpvatax>

Legendary Dance Night

Sat, Feb 17, 6-8pm. #14730

Eastern Henrico Rec Center

Registration required in advance.

Ages 50+. Dance the night away honoring music legends such as Aretha Franklin, Luther Vandross, Michael Jackson, Prince, and more! Music by DJ Bishop. It will be a legendary night to remember!

Information: cun04@henrico.us



ADULT/SENIOR CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.



A canvas for our community. Come create with us and explore various forms of art with instruction.

► Glass Fusing

Tue, Dec 5, 1:30-3:30pm. The Springs Rec Center. #14983

Tue, Dec 5, 6:30-8:30pm. The Springs Rec Center. #14984

Ages 18+. Learn the artistic technique of fused glass. We'll use various types, sizes and colors of glass that, once fired in a kiln, fuse together to become a Christmas tree ornament. Information: cli04@henrico.us

► Chunk Candles

Tue, Dec 19, 1:30-3:30pm. The Springs Rec Center. #14843

Tue, Dec 19, 6:30-8:30pm. The Springs Rec Center. #14844

Ages 18+. Come and make a specialized candle using colored chunks of wax. Choose between a cylinder or square shaped candle. Information: cli04@henrico.us

► Mosaic Slate Designs

Tue, Jan 16 & 23, 1:30-3:30pm. The Springs Rec Center. #14661

Tue, Jan 16 & 23, 6:30-8:30pm. The Springs Rec Center. #14662

Ages 18+. Decorate the surface of a recycled roof slate using stained glass bits. Choose any design and colors that you like. Finish it with grout for a beautiful decorative piece. Information: ola@henrico.us

No Qualms Quilting



► No Qualms Quilting

Tue, Jan 30, 1:30-3:30pm. The Springs Rec Center. #14784

Tue, Jan 30, 6:30-8:30pm. The Springs Rec Center. #14785

Ages 18+. Does quilting have you in a quandary? Fret no more! Cozy up by the fire to learn English paper piecing. This quilting technique has been around since the 18th century and still has people in stitches! Learn about the history of English paper piecing and try it out for yourself. Then your problem will be that you can't quit quilting! Information: sch107@henrico.us

► Resin Crafting

Tue, Feb 20 & 27, 1:30-3:30pm. The Springs Rec Center. #14985

Tue, Feb 20 & 27, 6:30-8:30pm. The Springs Rec Center. #14986

Ages 18+. Resin is a fun and creative medium to work with giving a protective and glossy cover to your artwork. Choose from woodburning, paper transferring, or earring blanks to resin. You'll also craft a personalized pendant to wear. Information: cli04@henrico.us



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title requires registration in advance.

Therapeutic Recreation (TR) is a fun, adaptive recreation for those with medical conditions or disabilities. TR aims to promote socialization through leisure education and provide opportunities for diverse programming. Activities are designed to enhance participants' minds, bodies, and health. This safe space allows participants to engage with each other in the least restrictive environment to strengthen one's quality of life. TR programs are easily adapted based on the participant's medical needs. We can work with participants, parents/guardians, and staff to help ensure that supports are in place to promote an enjoyable and successful program experience.

► Minimum Eligibility Requirements and Inclusion Services

Therapeutic Recreation staff can also provide activity modifications to any general programs, including (but not limited to) visual aids and verbal cues, custom supplies or equipment, facilities, and staff education. Therapeutic Recreation staff create, review, and maintain modification plans, which are determined case-by-case. If you or a family member is looking for a program modification or accommodation for any Henrico County program, a minimum two-week notice is requested before the start of the program. While registering for programs, please select "yes" for the need for inclusion services, and a member of the Inclusion Services team will reach out. For more information about inclusion services, email rec-inclusion@henrico.us, or call 804-652-1413.

Blended Voices Holiday Concert



Sat, Dec 2, 2:40-3pm. Henrico Theatre. #14819

All ages. Come out and enjoy a holiday performance by our award-winning Therapeutic Recreation program Blended Voices members. Henrico Theatre Company performers will also accompany our Blended Voices participants. The concert will occur before the showing of *The Santa Clause*.

Information: mcc159@henrico.us

TR Winter Social

Thur, Dec 14, 6-7:30pm.
Deep Run Rec Center. #14850

All ages. This winter social includes crafts, group games, light snacks, and more! Get crafty with us by making snowflakes, reindeer food, and fancy snowmen. Other activities will include a snowball toss, dancing, and singing.

Registration required in advance.

Information: mcc159@henrico.us

► DIY Winter Bingo Cards

Mon, Dec 18, 10:30-11:45am. Belmont Rec Center. #14851

Mon, Dec 18, 2-3:15pm. Belmont Rec Center. #14852

Ages 18+. We all love BINGO, but we're putting a little twist on the fun. Participants will get crafty making their own BINGO cards and we'll play a few rounds. Premade bingo cards are available for those who do not wish to make one. Information: mcc159@henrico.us

► DIY Valentines Bingo Cards

Wed, Feb 21, 10:30-11:45am. Eastern Henrico Rec Center. #14782

Wed, Feb 21, 6-7:30pm. Eastern Henrico Rec Center. #14783

Ages 18+. We all love BINGO, but we're putting a little twist on the fun. Participants will get crafty making their own BINGO cards and we'll play a few rounds. Premade bingo cards are available for those who do not wish to make one. Information: mcc159@henrico.us

► Creative Hands with Clay

Thur, Feb 8, 6-7:30pm. The Springs Rec Center. #14801

Ages 14+. Let's use our hands and creativity to have fun with clay.

Parents and caregivers are encouraged to stay on site as needed.

Information: roc35@henrico.us



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title requires registration in advance.

Studio at The Springs

Ages 18+. Classes do not require registration but are first come first served while supplies last. Art projects require the use of fine motor skills and various art tools. Participants may be asked to work independently through guided instructions or in small groups. Caregivers are encouraged to assist as there will be limited staff. Information: ola@henrico.us

► Coil Art

Mon, Dec 11, 1:30-3pm. The Springs Rec Center. #14704
Mon, Dec 11, 6-7:30pm. The Springs Rec Center. #14707
We'll be working with clay to make coil art.

► Rock Painting

Wed, Jan 31, 1:30-3pm. The Springs Rec Center. #14705
Wed, Jan 31, 6-7:30pm. The Springs Rec Center. #14708
We'll paint designs on large rocks that you can display in your garden or home.

► Heart Mosaics

Thur, Feb 15, 1:30-3pm. The Springs Rec Center. #14706
Thur, Feb 15, 6-7:30pm. The Springs Rec Center. #14709
We'll make a beautiful heart mosaic using small glass or tile pieces.

► Cup of Joe

Thur, Dec 7, 10:30-11:45am. Eastern Henrico Rec Center. #14781
Thur, Feb 1, 10:30-11:45am. Eastern Henrico Rec Center. #14779
Ages 18+. Cup of Joe is all about building social skills while enjoying a cup of coffee. Connect with others through ice breaker games and group discussions while creating a community project. Information: mcc159@henrico.us

► Weekday Sampler

Tue, Dec 12, 10:30-11:45am. Belmont Rec Center. #14772
Tue, Jan 9, 10:30-11:45am. Belmont Rec Center. #14771
Tue, Feb 13, 10:30-11:45am. Belmont Rec Center. #14773
Ages 18+. Weekday samplers are a great way to do a variety of activities. Classes can consist of engaging in creative arts, exercises, group games, and other social opportunities. Each class offers a different set of activities, so no class will ever be the same. Information: mcc159@henrico.us

► Sensory Explorers

Tue, Dec 19, 10:30-11:30am. Deep Run Rec Center. #14775
Tue, Jan 16, 10:30-11:30am. Deep Run Rec Center. #14776
Tue, Feb 20, 10:30-11:30am. Deep Run Rec Center. #14777
Ages 2-5. Sensory Explorers is the perfect activity for your little one to engage in a little mess and learning at the same time. Watch them use their imaginations as they play and craft with various sensory objects such as shaving cream, sand, rice, giant spoons, and mixing bowls. Information: mcc159@henrico.us



► Learning Lab

Thur, Jan 18, 10:30-11:45am. Eastern Henrico Rec Center. #15069
Ages 18+. The Learning Lab incorporates STEAM- Science, Technology, Engineering, Art, and Mathematics. Participants will work together in this activity to create and build a project. The theme for this class is making a ramp and bridge! This activity aims to build social skills while engaging in positive group interactions. . Information: mcc159@henrico.us

► TR Open Gym

Mon, Dec 4, 1-2:30pm. Eastern Henrico Rec Center. #15087
Mon, Feb 5, 1-2:30pm. Eastern Henrico Rec Center. #15086
Thur, Dec 28, 9-10:30am. Deep Run Rec Center. #15088
Thur, Jan 25, 9-10:30am. Deep Run Rec Center. #15089
Thur, Feb 22, 9-10:30am. Deep Run Rec Center. #15090
All ages. The gym will be available for individuals to play basketball and other gym games in a quieter setting. This program is self led. Therapeutic Recreation staff will be on-site to greet and orient participants. Participants are welcome to drop in any time during the open gym hours. Information: mcc159@henrico.us



FITNESS

Henrico County has two fitness centers and offers a variety of fitness classes all over the county.

LOCATIONS

Deep Run Rec Center

9900 Ridgefield Parkway

Eastern Henrico Rec Center

1440 N. Laburnum Ave

HOURS

***Monday-Thursday: 8am-9pm**

***Friday: 8am-8pm**

Saturday: 8am-5pm

Sunday: 1-5pm

**New hours as of Jan 2. Fitness Centers will open at 7am, Monday -Friday.*

MEMBERSHIP OPTIONS

Individual: \$10/month

Family: \$20/month

College Student: \$30 for 3 months (paid in advance)

Fixed Rate: Pay for as many months as you want up to 12 months.

**No contracts, no extra fees, and no mandatory orientations.*

Membership has its rewards!

Fitness Center members get to sign up for upcoming classes prior to residents and non-residents.

For a list of classes and schedules visit us online at henrico.us/rec/programs.

DECEMBER

Fitness Members: 11/17
Henrico Residents: 11/20
Non-Residents: 11/22

JANUARY

Fitness Members: 12/15
Henrico Residents: 12/18
Non-Residents: 12/20

FEBRUARY

Fitness Members: 1/12
Henrico Residents: 1/15
Non-Residents: 1/17

WINTER 2023-2024

GROUP EXERCISE SCHEDULE

EAST END SITES

SUN	MON	TUE	WED	THUR	FRI	SAT
	7-8am Rise & Shine	7-8am Rise & Shine	7-8am Rise & Shine	7-8am Rise & Shine	7-8am Rise & Shine	
	9-10am Senior Wellness	9:30-10:15am Cycle	9-10am 30/30	9-10am Mindful Morning Yoga	9-10am Senior Wellness	9-10am Tone Up
	11am-12pm Bellydance Fusion	9:30-10:30am Senior Wellness	12:15-1pm HIIT	9:30-10:15am Cycle	10:15-11am Small Group Training	
	4:30-5:30pm Cardio Blast	3:45-4:30pm KidsFit	5:15-6pm Small Group Training	9:30-10:30am Senior Wellness	12:15-1pm Cardio Kinetics	10-11am Line Dancing
	5:30-6:15pm Body Sculpt	4:30-5:15pm YouthFit	6-7pm Bellydance Fusion	10:30-11:30am Chair Yoga for Resilience	6:30-7:30pm Bellydance Fusion	
	6:30-7:30pm Zumba	6-7pm STRONG Nation	6:15-7:15pm Zumba®	3:45-4:30pm KidsFit		
		6:30-7:30pm Xtreme Burn®		4:30-5:15pm YouthFit		
				6-7pm STRONG Nation		
				6:30-7:30pm Xtreme Step		
KEY: <div>Dorey Rec Center</div> <div>Eastern Henrico Rec Center</div>						

All fitness classes require registration in advance.

Information: rec-fitness@henrico.us

WINTER 2023-2024

GROUP EXERCISE SCHEDULE

WEST END SITES

SUN	MON	TUE	WED	THUR	FRI	SAT
	9-10am Senior Wellness	8:30-9:30am TriFit	9-10am Mindful Morning Yoga	9-9:45am Flex & Stretch	8:30-9:15am Strength & Cardio	9-9:45am Kids Yoga
	10:30-11:15am Fitness Fun & Flexibility	10-11am Core Flow Yoga	10-10:30am Flex & Stretch	10-11am Core & Kettlebells	9:30-10:30am Total Body Strength	10-10:45am Tweens Yoga
	12:30-1:15pm TRX® Body Sculpt	11am-12pm Kickboxing	10:30-11:30am Chair Yoga for Resilience	11:15am-12:15pm Power Yoga	12:30-1:15pm Cardio Kickboxing	
	1:30-2:30pm Vibrant Flow Yoga	12-1pm Small Group Training	11:45am-12:30 WOW: Women on Weights	12:30-1:15pm TRX® Circuit	1:30-2:30pm Rest & Recharge Yoga	
	3:30-4:15pm KidsFit	12:30-1:30pm PITAYO	12:30-1:15pm HIIT	3:30-4:15pm Kids Kickboxing		
	4:15-5pm YouthFit	4-5pm Chair Yoga for Resilience	1:30-2:30pm Relax & Restore Yoga	5:30-6:30pm Small Group Training		
	6:30-7:30pm Hatha Yoga	5:30-6:30pm Evening Unwind Yoga	2-3pm Senior Tai Chi	6-7pm Pilates		
		6-7pm Barre	3:30-4:15pm KidsFit			
		7-8pm HIIT	4:15-5pm YouthFit			

KEY:

Belmont Rec Center

Deep Run Rec Center

All fitness classes require registration in advance.

Information: rec-fitness@henrico.us