

"55 and Better" General Programs, Classes and Groups



Parks, Recreation and Tourism Administrative Office 1224 Progressive Drive, 23320 ~ 757-382-6411

These activities are generally for ages "55 & BETTER," unless otherwise indicated. They fill-up quickly so register early to be included! You can drop-off registration forms and fees at any of the City of Chesapeake Community Centers or Parks, Recreation and Tourism Administrative Office. (Payable to "Chesapeake Treasurer")

Register online at: CityofChesapeake.net/55andbetter

**More details can be found in our "55 and Better" trifold brochure, online or at any Chesapeake Community Center or the Parks, Recreation and Tourism Administrative Office.

Arts, Crafts & Music

Ceramics

Introduces the techniques of cleaning, staining, glazing and finishing Greenware that may be purchased additionally in class. Bring your own paint brushes. Call for Information.

The Portlock at South Norfolk – Annex

Ongoing; Thursdays; \$14; 4-week session

10am-12pm

6267-25 September 8-29
6267-27 October 6-27
6267-29 November *3-17
6267-31 December 1-22
6267-33 January 5-26
6267-35 February 2-23
6267-37 March 2-23
6267-39 April 6-27

12:30-2:30pm

6267-26 September 8-29
6267-28 October 6-27
6267-30 November *3-17
6267-32 December 1-22
6267-34 January 5-26
6267-36 February 2-23
6267-38 March 2-23
6267-40 April 6-27

*\$10.50

Jewelry Making

An instructor will teach you how to create beads, design jewelry and string beads. Starting supplies included.

Dr. Clarence V. Cuffee Community Center

Tuesdays; 12:30-2:30pm; \$5; 4-week session

No class on 11-8, 12-27

6266-10 September 6-27	6266-14 January 10-31
6266-11 October 4-25	6266-15 February 7-28
6266-12 November 1-22	6266-16 March 7-28
6266-13 December 6-27	6266-17 April 4-25

Floral Arranging

Learn to make a silk floral centerpiece for your home. Call for information.

The Portlock at South Norfolk – Annex

Tuesdays; 12:30-2:30pm; \$5; 4-week session

6266-18 October 4-25

Blossom of Flowers-Oil Painting Workshops

An instructional Bob Ross oil painting class where you will complete a floral painting to take home at the end of each workshop. All supplies included. Call for information.

Great Bridge Community Center

Friday; 10am- 1pm; \$15

6299-19 September 30 | 6266-20 October 28

Paint for Fun!

Self-guided group activity. Variety of mediums including watercolor, pencil, charcoal and more are invited. Bring own supplies. Call for Information.

River Crest Community Center,

1001 River Walk Parkway

Ongoing; Thursdays; 9am-12pm; FREE

757 Sophisticated Steppers - FREE

Ongoing; Mondays; Cuffee Community Center

12-1:30pm, all levels

Camelot Soul Steppers - \$3 at door

Ongoing; Mondays; Camelot Community Center

Advanced: 6-6:30pm; all levels: 6:30-8pm

Young-at-Heart-Line Dancing - FREE

Ongoing; Tuesdays; South Norfolk Community Center

Intermediate level: 10am-12pm, Mixed Music.

(Does not meet June 13 until September 5)

Peppy Steppers Line Dancing - \$3 at door

Ongoing; Tuesdays; Western Branch Community Center

Beginner Dancer: 5:45-7:15pm

Intermediate: 7:25-8:40pm

Rockin' to the Oldies!

Enjoy this live show by *Winds of Grass* and dance to rock n' roll & traditional country music of the 50s, 60s & 70s!

Western Branch Community Center

4437 Portsmouth Boulevard, 23324

Light refreshments

Thursdays; 6:30-8:30pm

\$3 at the door

"55 and Better" General Programs, Classes and Groups

Interactive Music Workshops-FREE

Join artists from **Tidewater Arts Outreach** as you enrich your soul, stimulate your mind, and experience a sense of connection with others. Call **382-6411** to sign-up. Sponsored in part by:



Tuesday, October 4; 10am - Artist: Arthur Lopez
 "Drum Your Dream" | Percussion Workshop
 Dr. Cuffee Community Center, 2019 Windy Road, 23324

Tuesday, December 6; 10am - Artist: Mary Ann Toboz
 Sounds of the Season Sing-a-Long
 Western Branch Community Center: 4437 Portsmouth Blvd, 23321

Tuesday, February 7; 10am - Artist: Eddie Sal
 Vintage Variety Sing-a-Long
 River Crest Community Center, 1001 River Walk Parkway, 23320

Tuesday, March 7; 10am - Artist: Leighas
 Celtic Music Ensemble
 South Norfolk Community Center, 1217 Godwin Avenue, 23324

Bus Trips

Miss Hampton Boat Tour and Lunch

Enjoy a 3-hour harbor boat tour aboard Miss Hampton while you enjoy a delicious lunch and view the scenery.
6290-13 Tuesday; September 20; \$30
Pick-up at Western Branch Community Center, 9:30am; return, 4pm
Pick-up at River Crest Community Center, 9am; return, 4:30pm

Smithfield Historic Tour

Enjoy a narrative walking tour of St. Luke's Church and historic downtown Smithfield and shopping. Have Lunch "Dutch" at the Smithfield Inn.
6290-12 Thursday; October 20; \$15
Pick-up at River Crest Community Center, 9am; return, 4:30pm
Pick-up at Western Branch Community Center, 9:30am; return, 4pm

Virginia Living Museum

View living exhibits depicting Virginia's natural heritable. Lunch is "Dutch" at Cracker Barrel.
6290-11 Thursday; November 10; \$29
Pick-up at River Crest Community Center, 9:30am; return, 4:30pm
Pick-up at Western Branch Community Center, 10am; return, 4pm

Celebration of Lights-Newport News City Park

Bus ride to view lights and dinner "Dutch" at Cracker Barrel.
6290-14 Thursday; December 8; \$12
Pick-up at Western Branch Community Center, 6:30pm; return, 11pm
Pick-up at River Crest Community Center, 6pm; return, 11:30pm

<h2 style="font-size: 2em;">TAI CHI</h2>	
Learn techniques of small strategic movements.	
Great Bridge Community Center Mondays; 1-2pm; \$12 6288-18 September 12-26 6288-19 October 3-24 6288-20 November 7-28 6288-21 December *5-19 6288-41 January 9-30 6288-42 February 6-27 6288-43 March 6-27 6288-44 April 3-24 *\$9	Lighthouse Pointe Tuesdays; 11am-12pm; \$12 6288-45 September 6-27 6288-46 October 4-25 6288-47 November 1-22 6288-48 December *6-20 6288-49 January 10-31 6288-61 February 7-28 6268-62 March 7-28 6268-63 April 4-25

<h2 style="font-size: 2em;">Yoga for You</h2>	
Start in a chair and progress to standing. Bring a Yoga mat.	
Western Branch Community Center	
Thursdays; 1-2pm; \$12	
6288-10 September 8-29 6288-11 October 6-27 6288-12 November *3-17 6288-13 December 1-22 *\$9	6288-14 January 5-26 6288-15 February 2-23 6288-16 March 2-23 6288-17 April 6-27

Seniors In Motion

Low-Impact Aerobics with High-Impact Results!

\$1 at the Door
9:30-10:30am

Led by a Certified Instructor

Tuesday
 Great Bridge Community Center

Wednesday
 River Crest Community Center

Thursday
 Indian River Community Center

Friday
 Deep Creek Community Center

OPEN PICKLE-BALL

Indian River Community Center
 Wednesdays, 1-3pm

River Crest Community Center
 Tuesdays & Thursdays, 1-3pm

Western Branch Community Center
 Tuesdays, 1-3pm
 Thursday, 9am-12pm

Deep Creek Community Center
 Mondays, 10am-1pm

...at Outdoor Tennis Courts
 Open play on tennis courts at Crestwood Middle School, Deep Creek Community Center, Greenbrier and Western Branch Park.

"55 and Better" General Programs, Classes and Groups

You can register for events with program numbers at CityofChesapeake.net/GUIDE
 Events are designed to provide opportunities for socialization, physical activity and relaxation.
 Individuals with special needs are accommodated.

Medicare Information Series

FREE workshop series presented by Benefits Counselor and Outreach Specialist, Jim Hutchinson.

Friday, September 9, 2016

Western Branch Community Center
 4437 Portsmouth Boulevard, 23321

Friday, October 7, 2016

Great Bridge Community Center
 212 Holt Drive, 23322

Please see our brochure for additional dates and locations!

Please call **757-382-6411**
 to reserve your seat today!



Sponsored in part by:

Pig Pickin'

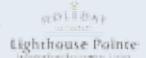
Don't miss this one! Join other seniors for socializing, music from a live band, and a delicious feast of barbecue prepared Southern style. Participants are encouraged to recycle at this annual event.

Virginia Green event. \$7; # 6478-06

Register by: September 12, 2016

Friday, September 16; 11am-1pm
Chesapeake City Park, 900 City Park Drive, 23320

Sponsored in part by:



Art Expo November 1-30, 2016

Participants ages "55 and Better" will be displaying a variety of art mediums at the **Portlock at South Norfolk, 3815 Bainbridge Boulevard, 23324** during the month of November!

Registration forms will be available September 1

at all City of Chesapeake Libraries, Community Centers and online at:
CityofChesapeake.net/55andbetter

Meet the Artist

November 6, 2016; 1-4pm

Enjoy light refreshments, demonstrations from our artists, and live entertainment from Harpist Karen Stowe at the beautiful Portlock at South Norfolk.

Sponsored in part by:



Bingo Madness! Age 55+

FREE quarterly Bingo events at various locations throughout the year. Tickets are available on a first-come, first-served basis on the specified date at the Parks, Recreation and Tourism Administrative Office, 1224 Progressive Drive, 23320.

September 24, 2016; 11am-1pm

River Crest Community Center
 1001 River Walk Parkway, 23320

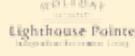
Sponsored in part by: Planet Wellness



October 15, 2016; 11am-1pm

Great Bridge Community Center
 212 Holt Drive, 23320

Sponsored in part by: Light House Pointe



December 17, 2016; 11am-1pm

Indian River Community Center
 2250 Old Greenbrier Road, 23325

Sponsored in part by: Care Advantage



January 21, 2017; 11am-1pm

South Norfolk Community Center
 1217 Godwin Avenue, 23324

Sponsored in part by Anthem Health Keepers



Holiday Luncheon

Celebrate the holiday season with festive entertainment and a catered meal prepared by the talented students of the Oscar F. Smith High School Culinary Arts Department. A special guest will arrive in time to share some holiday cheer!

\$10; # 6478-02

Friday, December 9; 11am-1pm

River Crest Community Center, 1001 Riverwalk Parkway, 23320

Sponsored in part by:



38th Annual 50+ Chesapeake Games April 17-22, 2017

Registration forms available February 1, at all City of Chesapeake Libraries, community centers and Parks, Recreation and Tourism Administrative Office, 1224 Progressive Drive, 23320, or online at CityofChesapeake.net/55andbetter.

Free T-Shirt to all pre-registered participants!

Join us for the Opening Ceremonies:

April 15, 2017 | 10am-12pm

Indian River Community Center
 2250 Old Greenbrier Road, 23325

A Formal Affair

Dance the night away at this semi-formal dinner and dance held at Oscar F. Smith High School. Enjoy fellowship, a catered meal, and excellent music at this annual crowd favorite.

\$13; # 6478-03

Saturday, February 25; 5-8pm

Oscar Smith High School, 1994 Tiger Drive, 23320

Sponsored in part by:

