



Program Guide

September - November 2024

**Registration
opens at 7am!**
Henrico Resident: Aug 19
Non-Resident: Aug 23



Updated 9/13/2024

RECREATION NEWS

Message from the Director

Thank you to all who made this a great summer! From opening a brand-new park, to large crowds celebrating the summer holidays together, to all the children enjoying camp activities in the parks, it was an exciting time in Recreation and Parks. As we head into fall and many families begin a new school year, we hope you will keep us on your schedule! There are lots of parks and facilities to visit and activities to participate in, all available in this guide, on our website, and in our app. Learn a new skill in our recreation classes, tour a historic building, or take in a live performance at our theatre.

There's something for everyone!

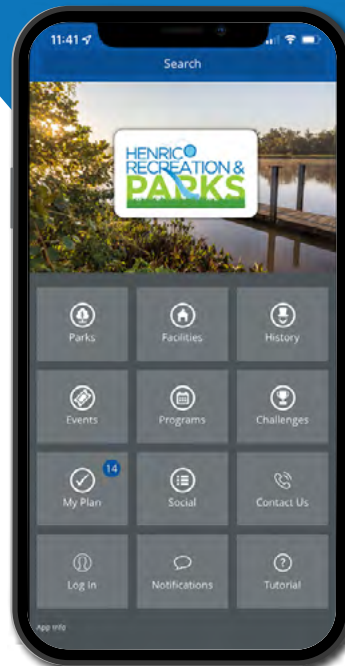
John Zannino



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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PROGRAM REGISTRATION

Registration Start Dates & Time

Time

Registration opens at **7am** for each start date

Fall 2024

Henrico Residents: Mon, Aug 19

Non-Henrico Residents: Fri, Aug 23

**Begins
at
7am!**

Fitness Registration

Registration is no longer required for these classes. A Group Exercise Access Pass is required to participate in any Henrico County Recreation and Parks fitness class. ([see page 25](#))

Ways to Register

1 Online Registration

connect.henricorecandparks.com

Opens at 7am for each start date.

2 Walk-In Registration

Mon-Fri, 7am-4:30pm

-Deep Run Rec Center

-Eastern Henrico Rec Center

Mon-Fri, 8am-4:30pm

-Belmont Rec Center

-Dorey Rec Center

Online Registration Tips:

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.



Inclusion Services and Therapeutic Recreation

Inclusion Services

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

All inclusion services requests are reviewed on a case-by-case basis and require a minimum two-week notice before the start of the program. While registering for programs, please select “yes” on the custom question for the need for inclusion services, and a member of the Inclusion Services team will contact you. Activity modifications to any registration-based program could include (but are not limited to) visual aids and verbal cues, custom supplies or equipment, facilities, and staff education.

For those interested in information about our Therapeutic Recreation or adaptive recreation programs see pages 23-24.

Therapeutic Recreation

Therapeutic Recreation (TR) is an adaptive form of recreation for those with disabilities or medical conditions. TR aims to promote socialization through leisure education and provide opportunities for diverse programming. Activities are designed to be easily modified based on the individual’s needs. We can work with participants, parents/ guardians, and staff to help ensure support is in place to promote an enjoyable and successful program experience.



EVENT HIGHLIGHTS

All events are free and for the whole family.

Salsa at Sunset



Thur, Sept 12, 5:30-8:30pm.
Deep Run Recreation Center

It's salsa night at Deep Run Park! Bring yourself, a date or the whole family for an evening of group instruction, food trucks, and dancing at sunset. Bring a chair, water bottle, and dancing feet.

Information: tru08@henrico.gov

DOREY PARK FARMERS MARKET'S

SECOND

saturdays

CONCERT SERIES

SEP 14

GONE COUNTRY

FREE ADMISSION
GATES OPEN AT 6P - MUSIC 7-9P

All proceeds benefit Henrico Humane Society!



DOG BARK in the PARK WALK

Deep Run Park
9900 Ridgefield Parkway

Saturday, Sep. 14th
10AM - 1PM

- 2k Walk
- Dog Adoptions
- Vendors
- Contests
- Kid's Activities
- Alumni Parade



henricohumane.org
[@henricohumane](https://www.instagram.com/henricohumane)



SOULFUL SUNDAY

Sun, Sep 15, 3-7pm. Free!
Eastern Henrico Recreation Center

- Music & Dance Performances
- Vendors
- Pop-Up Art Gallery

Concessions available for purchase.

Information: rec-eventsteam@henrico.gov



EVENT HIGHLIGHTS

All events are free and for the whole family.

Movie in the Park

Fri, Sep 20. Dorey Park



Movie starts at sunset.

Bring your lawn chair or blanket and a flashlight.

For information and movie title:
recandparks@henrico.gov or 804.501.PARK

GLEN ALLEN DAY 2024

- Parade
- Festival
- Live music
- Children's Games
- 100+ exhibitors
- Concessions available for purchase.



Sat, Oct 5, 9:30am-3pm
Meadow Farm/Crump Park

Information: rec-eventsteam@henrico.gov
www.glenallenruritan.com/gad

FREE



SATURDAY, OCT. 12
10 A.M. – 2 P.M
PARHAM ROAD CAMPUS

Enjoy live music, food trucks, inflatable amusements, face painting, a balloon artist, "touch-a-truck" area and more.



go.reynolds.edu/HawkFest



MOUNTAINFILM ON TOUR

Sat, Oct 12, 4-10pm
Crump Park

Each year in Telluride, Colorado, Mountain Film celebrates cultures unique to mountain communities with an international rendezvous of legendary mountaineers, environmentalists, filmmakers, authors, scientists, and artists.

Before the show, enjoy festive outdoor activities to celebrate these great adventures such as canoeing, knot tying, and star gazing.

Don't miss this opportunity to view incredible outdoor films!

Information: bar174@henrico.gov



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

EVENT HIGHLIGHTS

All events are free and for the whole family.



A festival to celebrate the benefits of native plants with a special emphasis on #fallisforplanting

SAT, OCT 19, 9AM-1PM

DOREY PARK

Concessions available for purchase.

Information: bro172@henrico.gov

**AWESOME
AUTUMN
AFTERNOON**

SUNDAY
OCT 20
3-5 PM

DOREY PARK

Information: cun04@henrico.gov

DOREY PARK
FARMERS MARKET

Fall Festival

PUMPKIN
PATCH

LIVE
MUSIC

FACE
PAINTING



PETTING
FARM

HAY
RIDES

AND
MUCH MORE!

OCT 26, 9AM-NOON
DOREY PARK

**HOLIDAY
ARTISAN
MARKET**

SAT, NOV 2, 10AM-3PM
MEADOW FARM MUSEUM

To reserve your spot or for further questions, email sch107@henrico.gov

Accepting vendor applications until Oct 14.



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

COMMUNITY EVENTS

Cinema at the Center

Enjoy an indoor movie at Belmont Rec Center.

Fri, Sep 13, 4pm

Thur, Oct 3, 2pm

Fri, Nov 1

9am, 2pm, & 7pm

Free popcorn while supplies last.

Come early as space is limited.



Call or email Belmont Rec Center for the movie title.
Information: 804-652-1410 or belmont@henrico.gov

Fall Photo Back Drop



Oct 10-Nov 14. Meadow Farm.

Come to Meadow Farm and commemorate the season with a fall photo back drop for you, your friends and family. All you need to bring is a camera and a smile.

Please leave items in place for the next photographer.

Information: tru08@henrico.gov

Play It Forward

Generations in Motion

Tue, Oct 1, 10-11:30am. Deep Run Rec Center.

In honor of Active Aging Week, we are partnering with Henrico Advocate for the Aging, and Senior Connections to host an intergenerational event connecting seniors with preschoolers, youth, and teens.

Information: cun04@henrico.gov



Community Vendors

Ages 50+

HEALTH AND FITNESS EXPO

Thur, Oct 17
10am-noon
Eastern Henrico Recreation Center
cun04@henrico.gov



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

COMMUNITY PROGRAMS

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

Teen Extreme

Fri, Sep 6, 6-8pm. Eastern Henrico Rec Center. #16156

Fri, Oct 11, 6-8pm. Eastern Henrico Rec Center. #16157

Fri, Nov 1, 6-8pm. Eastern Henrico Rec Center. #16191

Ages 13-16. Come out for a night jam packed with basketball, arcade games, a mystery craft, and unplugged time. Put some fun into your Friday with friends! Parents or legal guardians are required to sign a liability waiver provided on site the day of the program. Information:

cun04@henrico.gov

Kids' Gym

Tue, Sep 10, 9:30-11:30am. Deep Run Rec Center. #16067

Tue, Oct 8, 9:30-11:30am. Deep Run Rec Center. #16071

Tue, Nov 12, 9:30-11:30am. Deep Run Rec Center. #16196

Ages 2-6. Kids' Gym is a fun and safe environment for children to explore and play through physical activity. Each month we will have different activities such as parachutes, obstacle courses, carnival style games, bouncy balls and more. While staff will be present to provide guidance and encouragement, parents will be playing alongside their children, so they don't miss out on the fun. Information:

leh@henrico.gov

Celebrate Grandparents Day

Sun, Sep 8, 3-4pm. Eastern Henrico Rec Center. #16158

All ages. It's a special day to celebrate grandparents! Decorate a craft, take a fabulous photo, and enjoy refreshments. Information:

cun04@henrico.gov

Tales for Tots

Thur, Sep 12, Oct 10, & Nov 14, 10-10:45am. Deep Run Rec Ctr. #16110

All ages. Caregivers are encouraged to join for a shared, enriching experience with your littlest learners. Enjoy captivating stories, music, and themed crafts, while fostering important social skills such as turn-taking and paying attention. Information: bar174@henrico.gov

State Fair Games

Sun, Sep 29, 3-5pm. Eastern Henrico Rec Center. #16037

Ages 4+. Don't drive to Doswell, join us for carnival games, inflatables, and cotton candy. Information: cun04@henrico.gov

Preschool Gym Play

Wed, Oct 9, 11:15am-12:15pm. Eastern Henrico Rec Center. #16215

Ages 3-6. Is your child ready to release their energy? Join us as we develop their motor skills while playing movement games in the gym. Parent participation is encouraged. Information: cun04@henrico.gov

Bingo at Belmont

Mon, Oct 14, 10am-noon. Belmont Rec Center. #16120

Mon, Nov 4, 1-3pm. Belmont Rec Center. #16121

All ages. Join us for B-I-N-G-O fun or enjoy our community game room. Bingo prizes will be available to win! Information:

cli04@henrico.gov

Bingo & Games

Thur, Nov 14, 6-7 pm, Dorey Rec Center #16381

Ages 5+. Enjoy a fun-filled hour of Bingo and other exciting games. Prizes to be won, and an exciting time spent with family and friends.

Information: cun04@henrico.gov

Mickey Mouse Birthday Bash

Mon, Nov 18, 10am-noon. Deep Run Rec Center. #16192

All ages. Enjoy a magical celebration with our Mickey Mouse Birthday Bash! Join us as we commemorate Mickey's special day with fun-filled activities, including themed crafts, games, and snacks. Come together to honor the beloved icon and enjoy a day of Mickey-inspired fun and camaraderie! Information: bar174@henrico.gov

Creative Arts

Make It Monday

Mon, Sep 23, Oct 22, & Nov 25, 10am-noon. Deep Run Rec Ctr. #16031

All ages. Drop in and join us on the fourth 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.gov

Stretch Bracelets

Thur, Sep 26, 1-3pm. Belmont Rec Center. #16126

Ages 8+. Join us to make a stretch bracelet with beads! Information:

cli04@henrico.gov

Painting in the Park

Thur, Sep 26, 9-11am. Deep Run Park. #16044

All ages. Join us for a morning of painting in the park. Pick up supplies, find a spot and draw your inspiration from the beautiful landscape of Deep Run Park. Canvas and paints provided. Information:

tru08@henrico.gov

Photography & Paint

Thur, Sep 26, 5:30-7pm. Dorey Rec Center. #16216

Ages 12+. Bring your camera or use your phone, find a special fall scene walking in the park. Return and paint a colorful picture expressing art in nature or the great outdoors. Information: cun04@henrico.gov

StART - Seniors trying Art: Paint and Sip

Thur, Oct 3, 10-11:30am. Eastern Henrico Rec Center. #16200

Ages 50+. Join us for a morning of creativity and fellowship. Staff will guide you through the process of creating a painting along with your friends. Information: ola@henrico.gov

Pumpkin Decorating

Thur, Oct 3, 10am-1pm. Twin Hickory Rec Center. #16032

All ages. Get ready for fall fun as you decorate a pumpkin to show your holiday spirit. Information: tru08@henrico.gov



COMMUNITY PROGRAMS

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

Sip & Color

Thur, Oct 3, 2-4pm. The Springs Rec Center. #16102

All ages. Let's celebrate fall! Come have some hot apple cider and use crayons and markers to create pictures of the season. Information:

roc35@henrico.gov

Paint and Sip at Eastern

Fri, Oct 4, 6-8pm. Eastern Henrico Rec Center. #16211

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

qua024@henrico.gov

Art Explorers

Fri, Nov 8, 10am-noon. Deep Run Rec Center. #16059

All ages. Perfect for the young and not so young budding artist. Have you ever wanted to learn or try a new art technique? There will be several tables set up with different mediums for all to try. Find out which one is your favorite! Information: tru08@henrico.gov

Watercolor Bookmarks

Mon, Nov 18, 10am-noon. Belmont Rec Center. #16127

Ages 18+. We will be making two different types of watercolor bookmarks, one using washi tape and one using acetate. Information:

cli04@henrico.gov

Quilling a Christmas Card

Wed, Nov 20, 10-11am. Deep Run Rec Center. #16061

Wed, Nov 20, 4-5pm. Deep Run Rec Center. #16062

Ages 8+. Quilling is the art of rolling thin papers to make decorative works of art. During this class you will learn how to roll, curl and twist strips of paper to make a Christmas card that you will be proud to give to someone you love. Information: leh@henrico.gov

Home & Garden

Miniature Skeleton Garden

Sun, Oct 20, 2-4pm. Hunton Comm Center. #16047

All ages. With the approach of Halloween the summer gardens have died off. Use your imagination to make a fun or spooky miniature skeleton garden that would make summer fairies jealous. Information:

tru08@henrico.gov

Pickle Piñatas!

Thur, Nov 14, 10am-noon. Deep Run Rec Center. #16085

All ages. November 14 is National Pickle Day. Celebrate by making a pickle piñata and the chance to try all things pickled! There will be a pickle buffet and a photo op that's sure to be sweet! Information:

tru08@henrico.gov

Music & Dance

Bluegrass Jam

Wed, Sept 4-Nov 27, 6-8pm. Twin Hickory Rec Center #16388

All ages. This open jam session focuses on bluegrass music of all styles, vocal and instrumental. Musicians within the circle are expected to participate. All experience levels are welcome, including beginners. On the first Wednesday of each month there will be a jam etiquette lesson at 5:30. Spectators are welcome. Information: tru08@henrico.gov

Salsa Dance Class

Fri, Sep 6, 5:30-6:30pm. Eastern Henrico Rec Center. #16038

Fri, Oct 4, 5:30-6:30pm. Eastern Henrico Rec Center. #16039

Fri, Nov 1, 5:30-6:30pm. Eastern Henrico Rec Center. #16040

Ages 18+. It's time to learn Salsa dancing, a popular Latin dance! Spin, turn, and do solo moves called "Shines" with or without a partner.

Instructor: Boris Karabashev. Information: cun04@henrico.gov

Country Western Dance

Thur, Oct 10, 10-11:30am. Dorey Rec Center. #16193

Ages 18+. "Howdy" country fans! Put on your favorite "boot scooting" shoes, and western attire. Prize for the best western outfit! "Boot Scoot" to favorite country and popular line dance music. Socialize and enjoy light refreshments. Information: cun04@henrico.gov

Nature & Outdoors

Kayaking with the Community

Sat, Sep 7, 9-11am. Dorey Park. #16108

All ages. Whether it's your first time or you're a seasoned vet, we will provide you with everything you need to have a safe and fun kayaking experience. This program is supported by the 2024 Virginia Wildlife Grant Program through a partnership between the Virginia Department of Wildlife Resources and the Wildlife Foundation of Virginia. Join us at the lake in the back of the park. Information: bar174@henrico.gov



COMMUNITY PROGRAMS

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

Canoeing with the Community

Sat, Sep 7, 4-6pm. Dorey Park. #16075

Wed, Oct 23, 3-5pm. Deep Run Park. #16060

All ages. Whether it's your first time or you're a seasoned vet, we will provide you with everything you need to have a safe and fun canoeing experience. This program is supported by the 2024 Virginia Wildlife Grant Program through a partnership between the Virginia Department of Wildlife Resources and the Wildlife Foundation of Virginia.

Information: roc35@henrico.gov

Farm and Forest Friend Friday

Fri, Sep 27, 10-11am. Meadow Farm. #16147

Fri, Oct 25, 10-11am. Meadow Farm. #16149

Fri, Nov 22, 10-11am. Meadow Farm. #16150

All ages. Join us at on the fourth Friday of the month to hear a story about a farm or forest friend, do a creature craft, and explore the grounds to see if we can find our new friends. September's friends are chickens. October's friends are bats. November's friends are turkeys.

Information: sch107@henrico.gov

Seasonal Stroll: Phenology Exploration

Tue, Oct 8, 10-11:30am. Deep Run Rec Center. #16109

All ages. Engage in citizen science by exploring phenology, the study of seasonal changes in nature. Learn the art of observation and contribute to scientific understanding and valuable research by making your own observations. Please arrive promptly for the observation tutorial preceding the guided walk. Information: bar174@henrico.gov

Intro To Geocaching

Wed, Oct 9, 4-6pm. Deep Run Park. #16086

All ages. Geocaching is an outdoor activity that combines elements of treasure hunting, navigation, and exploration using GPS-enabled devices. In this class you will learn the basics of geocaching, navigation techniques, and being safe in the environment. You will then begin your journey in this hobby by finding a few geocaches on our property.

Information: leh@henrico.gov

National Walk to a Park Day

Sun, Oct 13, 10-11:30am. Dorey Park. #16212

All ages. National Walk to a Park Day is a special event dedicated to encouraging people to explore and enjoy their local parks. In honor of this day, come join us as we create our own walking sticks to help you explore our wonderful park. Information: qua024@henrico.gov

Sports

Youth Basketball

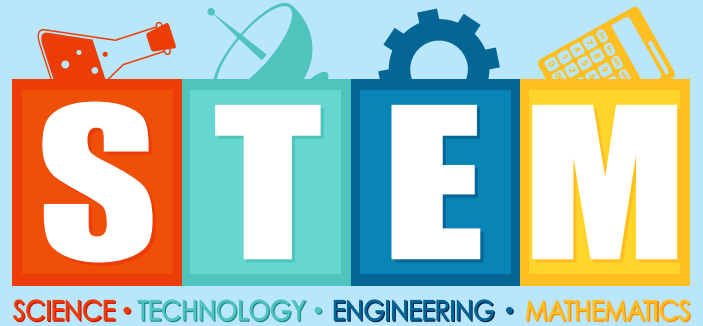
Mon, Sep 16, 4-6pm. Eastern Henrico Rec Center. #16160

Mon, Oct 21, 4-6pm. Eastern Henrico Rec Center. #16161

Mon, Nov 18, 4-6pm. Eastern Henrico Rec Center. #16162

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.gov



Science Sleuths: Magic Genie

Tue, Sep 10, 4:30-5:30pm. Dunncroft/Castle Point Park. #16105

Ages 6+. Experience the magic of science by witnessing the mesmerizing "Magic Genie" demonstration! Then, roll up your sleeves and create your own explosive reaction using baking soda and vinegar. This hands-on experiment will have you bubbling with excitement as you discover the wonders of chemistry.

Science Sleuths: Balloons

Fri, Oct 4, 4:30-5:30pm. Echo Lake Park. #16106

Ages 6+. Join us for an exciting and interactive adventure into the world of Balloon Science! Be captivated by a series of thrilling demonstrations that explore the fascinating properties of balloons. After the demonstrations, it's your turn to become a scientist! Participants will have the opportunity to conduct their own experiments using balloons. Don't miss out on this balloon-filled journey into the world of discovery!

Science Sleuths: Whoosh Bottle

Tue, Nov 12, 4:30-5:30pm. Short Pump Park. #16107

Ages 6+. Embark on a thrilling scientific adventure and enjoy the exhilarating Whoosh Bottle demonstration, where flames and excitement collide. After the demonstration, participants will have the unique opportunity to unleash their inner scientists and create their own mini explosions using everyday materials like baking soda and vinegar.

Information: bar174@henrico.gov



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.

Colonial Dance Club
Golden Angels
Tea Guild
The Springs Croquet Club



Special Interest Groups

Badminton
Basketball
Pickleball
Table Tennis
Volleyball



Open Gyms

Variety of recreational activities. Ages 12 and under must be accompanied by an adult.



Game Rooms



Recreation Centers

Belmont
Deep Run
Eastern Henrico
The Springs

Full Schedule:

bit.ly/HenricoDropIn



Belmont Games Club
Bridge (Kris Kross & Social)
Canasta
Mahjong
Pinochle

Games



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

HISTORY PROGRAMS

All programs are free. No registration required.

History in the Stacks

In collaboration with Henrico Public Library

Historically Speaking: The Battle of New Market Heights

Thur, Sep 5, 7-8pm. Libbie Mill Library #16392

Ages 14+. Fought in Henrico County on September 29, 1864, the Battle of New Market Heights is noted for the bravery of 14 Black soldiers. These men were recipients of the United States' highest award for military valor in action - the Medal of Honor. Learn more about the history surrounding these events in a presentation by Tim Talbott, the Chief Administrative Officer of the Central Virginia Battlefields Trust. Sponsored by the Friends of the Library. Information:

kbridges@henricolibrary.org

Blast from the Past Bookclub

Tue, Oct 8, 1-3pm. Echo Lake Park. #16175

Ages 14+. Join Meadow Farm staff and Henrico County Public Library for our bimonthly 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. *Driving the Green Book: A Road Trip through the Living History of Black Resistance* by Alvin Hall is our next book with the discussion at the shelter at Echo Lake Park. Information:

sch107@henrico.gov

Historically Speaking: Glen Allen History

Thur, Oct 10, 2-3pm. Glen Allen Library. #16393

Ages 14+. Learn more about the people and places that became a community along Mountain Road from Historian Bob Lehr of Henrico County Recreation and Parks, History Division. Time for Q&A will follow the presentation. Information: kbridges@henricolibrary.org

Art & Art History

Stolen Treasures in World War II

Sun, Sep 1, 2-3pm. Meadow Farm. #16171

All ages. During World War II, the Nazi goal to dominate the world saw the looting of some of the most famous art museums across Europe. Masterpieces by Raphael, Vermeer, Renoir, Picasso, and many others were stolen and hidden away: some would be lost forever. On the 85th anniversary of the beginning of World War II, join us to hear the story of the brave men and women who risked their lives to protect, find, and return these art treasures to their rightful owners. Information: sch107@henrico.gov

Creation of Color: A History of Hues

Sat, Sep 14, 2-3pm. The Springs Rec Center. #16169

All ages. How were artists from ancient times able to create such visually stunning colors that still awe and inspire us today and without modern techniques? Join us on a journey of discovery, as we look at how humans have seen and used color to enhance our world. Information: sch107@henrico.gov



The graphic features the title "FRIDAY AT THE MUSEUM" in a large, brown, serif font at the top. Below the title, there are several framed illustrations: a white house with a red roof, a two-story house with a red roof, a sign that says "FIRST FRIDAYS", a chicken, a landscape with a sun, a sign that says "12-4PM", a cow, a portrait of a woman, a wheel, a portrait of a man, and a landscape with a moon. In the foreground, three stylized figures (a man in a blue shirt, a woman in a pink shirt, and a child in an orange shirt) are standing behind a red stanchion rope, looking at the exhibits.

Fri, Oct 4, noon-4pm. Deep Run School House. #16078
Fri, Nov 1, noon-4pm. Clarke-Palmore House. #16079
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.gov



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

HISTORY PROGRAMS

All programs are free. No registration required.



Meet Francis Scott Key:

Author of The Star-Spangled Banner

Sat, Sep 14, 2-3:30pm. Belmont Rec Center. #16128

Ages 12+. As dawn arrived 210 years ago today, Francis Scott Key witnessed that the American flag still flew over Fort McHenry after a 25-hour bombardment by British naval cannons. While still on the ship, Key penned the words to what would become known as "The Star-Spangled Banner." Join costumed historian, Charles Wissinger, as he portrays Francis Scott Key and shares the story of how our national anthem began. Information: den63@henrico.gov

Letters Home: From the Battlefield to the Heart

Sat, Nov 9, 2-3pm. Meadow Farm. #16173

All ages. The handwritten letters by soldiers from the American Revolution to the modern era are tangible touchstones for family and sweethearts back home. No matter the century, the letters are filled with hope of one day returning home to everything they loved. Information: sch107@henrico.gov

Lord Dunmore's War: A Prelude to Revolution

Sun, Nov 10, 2-3:30pm. Belmont Rec Center. #16130

Ages 12+. In 1774, Virginia's Royal Governor, John Murray, Fourth Earl of Dunmore, launched a military campaign against the Shawnee and Miami tribal nations along the colony's western frontier. Occurring on the eve of the American Revolution, this would prove to be the last time a colonial militia would take the field in service of the king. Join historian, Mark Wilcox, as he discusses this nearly forgotten colonial campaign. Information: den63@henrico.gov

Marie Antoinette and Lafayette

Sun, Nov 24, 2-3pm. Meadow Farm. #16174

Ages 13+. The amazing true story of the French Queen and her encounter with a brave young man who would go on to play a pivotal role in America's Revolution. Information: sch107@henrico.gov

A Field of Honor

The Civil War in Henrico

Freedom Will Be Theirs By the Sword Lecture Series

Sat, Sep 28, 9am-noon. Varina Area Library. #16195

All ages. Join the Battle of New Market Heights Memorial and Education Association for lectures about this important event during the Civil War. Speakers include Jimmy Price, Dr. James K. Bryant, and Tim Talbott. Information: newmarketheights@gmail.com

New Market Heights Battlefield Tour

Sat, Sep 28, 1:30-3pm. Four Mile Creek Park. #16188

Sun, Sep 29, 11am-12:30pm. Four Mile Creek Park. #16188

All ages. As part of the commemoration of the 160th anniversary, join staff from the Battle of New Market Heights Memorial and Education Association to tour the historic battlefield. The tour will leave from Four Mile Creek Park. The tour will last about an hour and a half and will cover a distance of approximately a mile and a half. Wearing comfortable walking shoes and bringing water is recommended. There will be extended periods of walking and standing, portable seats are permitted. Information: newmarketheights@gmail.com

Henrico County's Forgotten Battles of 1864

Thurs, Oct 24 7-8:30pm. Belmont Rec Center. #16182

Ages 12+. In the fall of 1864, Union and Confederate armies fought a series of battles in eastern Henrico County. Historian Bert Dunkerly will discuss what they accomplished, or didn't, as well as what to see today at these sites. Information: den63@henrico.gov

Henrico 250: Tea at the Tavern

Sat, Nov 23, 2-4pm. Walkerton Tavern. #16198

All ages. Travel back in time 250 years ago to when tea parties meant more than just tea and cookies. Protests sparked across the 13 original colonies with citizens destroying tea, setting ships ablaze, and creating formal resolutions to demonstrate their beliefs. Meet Loyalist and Patriot citizens as well as British soldiers to get their thoughts on this year of protests. Sample the same types of tea dumped overboard, with patriot tea and some sweets treats. Join us as we mark the anniversary of the tea parties with family-friendly crafts and activities.

Information:
den63@henrico.gov



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

HISTORY PROGRAMS

All programs are free. No registration required.

Women in History

The History of Midwives

Sun, Oct 6, 2-3pm. Deep Run Rec Center. #16172

All ages. During National Midwifery Week, join us to learn about the history of midwives. From the beginning of time, the practice of midwifery was vital to our world, as women assisted other women in childbirth. Discover how the role of midwives would change for better and for worse in the latter half of the 20th century as the practice of delivering babies transitioned into a medical specialty. Information: sch107@henrico.gov

Women Writers and the Birth of Horror

Sat, Oct 26, 2-3pm. Meadow Farm. #16170

Ages 10+. "It was a dark and stormy night?" Women writers have contributed to the Horror genre since its inception. Why are frightening stories and movies so popular? Come and learn how women writers helped "give birth" to our love of being scared by a good story. Information: sch107@henrico.gov

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: Wed-Fri: 12-4pm
Sat: 10am-4pm & Sun: 12-4pm
(804) 652-1455 or meadowfarm@henrico.gov

Investigate and Create

History Investigators

Sat, Sep 28, 10-11am. Dorey Park. #16064

Sat, Oct 12, 10-11am. Virginia Randolph Museum. #16087

Ages 5-11. Join the History Investigators as we discover the secrets and treasures of our historic sites. Each investigator will receive a dossier to help in the quest. Your job will be to find hidden objects and go on a treasure hunt. Information: leh@henrico.gov

Hands-on History: Three Cultures, One Land

Mon, Oct 14, 2-4pm. Deep Run Rec Center. #16111

Ages 5+. Did you know that during the first half of October, we recognize Columbus Day, Indigenous Peoples Day, and Leif Erikson Day? Learn more about the people and cultures connected to these days of commemoration through family-friendly crafts and activities. Information: den63@henrico.gov

Hands-on History: Remembering our Veterans

Mon, Nov 4, 10am-noon. Deep Run Rec Center. #16183

Ages 5+. Explore the history of Veterans Day with family-friendly crafts and activity stations. See artifacts on display and meet some veterans to learn about their service. Information: den63@henrico.gov

Homeschool Days

Homeschool Day: Back to School through the Centuries

Fri, Sep 13, 10am-noon. Meadow Farm. #16151

All ages. Ring the bell! School is back in session! Have you ever wondered what school was like in the past? Join us to discover more about education through the centuries at various hands-on drop-in stations. Information: sch107@henrico.gov

Homeschool Day: Journey on the Silk Road

Fri, Oct 11, 10am-noon. Meadow Farm. #16152

All ages. Grab your passport as we travel down the Silk Road. Discover the goods, produce, and influences brought to Europe and then America from places along the road. Information: sch107@henrico.gov

Homeschool Day: Indigenous, European & African Culture

Fri, Nov 8, 10-11am. Meadow Farm. #16154

All ages. Join us at hands-on drop-in stations as we learn about the three cultures that shaped America: the Indigenous, the Europeans, and the Africans. Information: sch107@henrico.gov



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

HISTORY PROGRAMS

All programs are free. No registration required.

The Pursuits of Pearl the Puppet

Pearl and a Tale about Tails

Fri, Sep 6, 1-2pm. Meadow Farm. #16135

All ages. Why do animals have so many different kinds of tails and what are they for? Join Meadow Farm's most inquisitive sheep as she learns how important and useful tails are in the animal kingdom during this story time and puppet show. Information: sch107@henrico.gov

Pearl and the Sneezing Dragon

Fri, Sep 20, 1-2pm. Meadow Farm. #16136

All ages. It's never fun to have a cold, but when you are a fire-breathing dragon and can't stop sneezing, that is a real problem! Join Pearl the sheep as she helps her new friend extinguish a few misplaced flames in this puppet show and story time. Information: sch107@henrico.gov

Pearl and the Silken Caterpillar's Tale

Fri, Oct 4, 1-2pm. Meadow Farm. #16137

All ages. In this story time and puppet show, Pearl and friends spin a tale about how the loveliest fabric in the world is all thanks to a hungry caterpillar. Information: sch107@henrico.gov

Pearl and the Tale of the Ghost Rabbit

Fri, Oct 18, 1-2pm. Meadow Farm. #16140

All ages. A mysterious hare has been seen roaming the hills of Meadow Farm leaving colorful clues in the pumpkin patch. Pearl the Sheep will need help from Edgar Bunny, the investigative bunny with a nose for clues, to solve this sheepish tale! Can you follow all the twists in this story time and puppet show? Find out! Information: sch107@henrico.gov

The Sheep Who Was Afraid to Go Trick or Treat

Thur, Oct 31, 1-2pm. Meadow Farm. #16141

All ages. Pearl the Sheep is excited about Halloween but scared to go out into the dark night to get sheep treats...Join us for a puppet show and story time followed by activities as we help Pearl overcome her fear of the dark! Come dressed in your own Halloween costume! Information: sch107@henrico.gov

Pearl Meets a Dinosaur

Fri, Nov 1, 1-2pm. Meadow Farm. #16148

All ages. Stomp! Roar! Join Pearl the sheep for a special Dinovember story time and puppet show as she learns about her favorite dinosaurs that roamed our planet a long time ago. Information:

sch107@henrico.gov

Election Day at the Farm

Tue, Nov 5, 1-4pm. Meadow Farm. #16269

All ages. Come out to learn what a campaign is and what voting does during our puppet show story time at 1 p.m. inside the Parsons Community Center. Then join us on the grounds to vote for the most adorable animal at Meadow Farm. Last year the sheep won the election but with cute new baby animals on-site can the sheep stay on top? Voting open until 4pm. Information: sch107@henrico.gov

Pearl has Turkey Trouble

Fri, Nov 15, 1-2pm. Meadow Farm. #16143

All ages. The cranberries and stuffing can wait. Join us for a story time and puppet show about a crafty gobbler who doesn't want to be invited to be Thanksgiving dinner! Information: sch107@henrico.gov

SIGN UP FOR

HENRICO HISTORY PROGRESS E-NEWSLETTER

We send out an email newsletter twice a year featuring articles on brand-new research our staff has conducted, examinations of artifacts in our collections, and the stories behind various landmarks around the county.

Sign up at henrico.gov/rec/history/



HENRICO LIVE



HENRICO LIVE

Join us for another Henrico Live season! We are featuring eight of your favorite groups spanning from September 2024-May 2025.

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. Season tickets go on sale online and in person August 26 at 12pm. Single tickets go on sale September 4 at 12pm.

All performances will be held at Henrico Theatre.

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

Kozy Cats

Fri, Sep 27, 7pm.

Back by popular demand! The Kozy Cats return to the Henrico Theatre stage with their exciting new vocalist Ashley Chanté. Ashley has been delighting Cats' fans with her dynamic renditions of hits by Aretha Franklin, Whitney Houston, Prince, and others. Her fellow Cats continue to serve a musical deli platter of classic pop faves from the Temptations, Doobie Brothers, Monkees, Kool & the Gang and on and on, while the stalwart Kozy Cats Horns provide the perfect seasoning.

Tribute to Teddy Pendergrass

Fri, Oct 25, 7pm.

From his time as the lead singer of Harold Melvin & the Blue Notes, through his solo career, Teddy Pendergrass spent decades performing and delighting the world with his ballads and gospel-influenced vocals. This concert is guaranteed to be a night of love and spirit that you will not forget!

The English Channel

Fri, Nov 15, 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 groundbreaking music in two hours' time will take you back to where you once belonged!

Christmas with KOS and Susan Greenbaum

Sat, Dec 14, 2 & 7pm.

We've said it before and we'll say it again. 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.

Motown of Love – SOLD OUT!

Fri, Feb 14, 7pm.

Some of the best music that Motown produced were their love songs. Grab your loved one and share a special night enjoying the music that brought you together.

Susan Greenbaum

Fri, March 21, 7pm.

Susan Greenbaum has 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. Susan is an Henrico Theatre mainstay and the recipient of several songwriting awards. This concert will feature new music, never performed before in front of a live audience!

The Taters

Fri, April 25, 7pm.

Now in their 3rd decade (you read that right) of Tatering, they are sticking to their credo of No Two Shows the Same! We're just as excited as you to see what they're bringing during their return to the Henrico Theatre stage.

KOS

Fri, May 30, 7pm.

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! The KOS Band does it all - ALL night long.



PERFORMING ARTS



at Henrico Theatre

The Wild, Wacky and Truly Wonderful Women Go to the Movies

Fri-Sun, Oct 11-20, Henrico Theatre. \$10.

All ages. Join some of your favorite wild, wacky and truly wonderful women of song as they perform many of your favorite songs from your favorite movies! Six of Henrico Theatre Company's favorite performers, accompanied by equally favorite Sandy Dacus, will sing songs including *Footloose*, *The Candy Man*, *The Way We Were*, *Miss Celie's Blues*, *Singin' in the Rain*, *Part of Your World*, *Chitty Chitty Bang Bang* and many, many more!

For show times and more information, visit henricotheatre.com or call 804-652-1460.

Save up to 50% by purchasing with Henrico Live shows. See page 16 for more details.

CANCELLED - Virginia Theatre Machine for Halloween

Fri, Oct 25, 5-7pm. Deep Run Park. #16134

All ages. The Virginia Theatre Machine presents their 35-minute production of "Gretel, Hansel, & the Digital Witch" just in time for Halloween. Inspired by the Brothers Grimm, this show brings an enduring tale into the 21st century. Gretel and Hansel become entrapped by a Digital Witch who lures and entices the children with digital confections and video games that grow in intensity. This 35-minute show features two actors, several original songs and a variety of magical puppets. This family-oriented program will take place in the event field near the lake and also includes fun Halloween activities for the children. Information: per22@henrico.gov

HENRICO THEATRE MOVIES

SILVER SCREEN MOVIES

Showtime: 10am

Sep 25: Judy

Oct 30: The Birds



KIDS MOVIES

Showtime: 10am

Sep 18,

Oct 16 & Nov 20

TICKETS & CONCESSIONS: \$1 EACH

804.652.1460 | henricotheatre.com



- Email Sign-Up -
**AUDITIONS
NOTIFICATION**

Sign up to receive information regarding auditions for
**Henrico Theatre Company,
Henrico Teen Theatre Company,
and On the Air Radio Players**

Information: per22@henrico.gov



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

HENRICO THEATRE COMPANY

2024-2025 Season of Plays

All tickets can be purchased in person at The Cultural Arts Center at Glen Allen, by calling 501-5859 or 261-2787, or online at artsglenallen.com; click on Performances then Henrico Theatre Company to purchase season tickets.

Season Tickets (all four shows): \$40 for adults and \$30 for seniors (55+) and students.

Individual Tickets: \$12 for adults and \$10 for seniors (55+) and students per show.



September 13-29

Adapted for the stage by Ken Ludwig.

Just after midnight a snowdrift stops the Orient Express in its tracks. By morning an American tycoon lies dead in his apartment. Isolated with killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer – in case he or she decides to strike again.
Directed by Amber DePass.



November 1-17

A musical comedy by Stuart Ross.

The legendary Plaids come back to Earth to spread joy with the greatest holiday hits of the ages, after the heavenly Rosemary Clooney lets them know they're needed to put a little harmony into a discordant world. A truly heaven-sent musical.
Directed by Robin Arthur.



May 2-18

A comedy by A. R. Gurney.

Greg and Kate have moved to Manhattan after 22 years of child-raising in the suburbs. Greg brings home a dog he found in the park, bearing only the name 'Sylvia' on her nametag. This street-smart mix of lab and poodle becomes a main bone of contention between husband and wife.
Directed by Amy Berlin.



July 18-August 3

A musical created by Rick Seeber.

Back by popular demand! With propulsive rhythms and dazzling harmonies, this is a fast-paced musical romp through one of the most impassioned decades ever. Put on your leisure suits, halter tops and platform shoes and get ready to boogie down through 10 years of sound breaking music!
Directed by Amy Perdue.

All performances will be held at The Cultural Arts Center at Glen Allen.

For specific showtimes, go to artsglenallen.com.

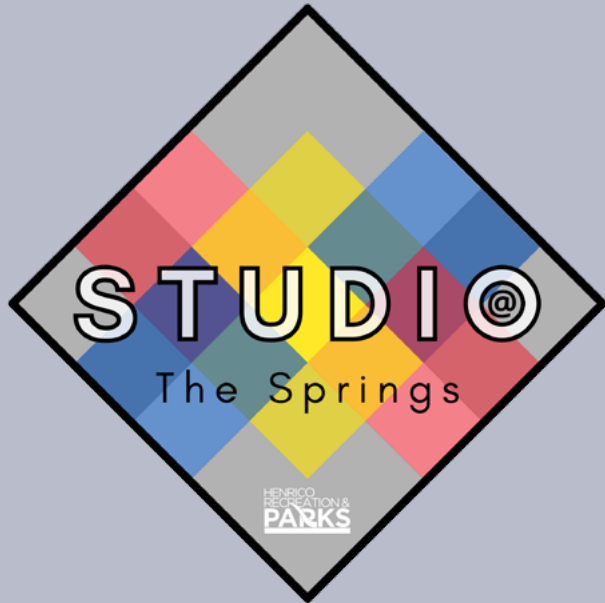
Information: 501-5859 or per22@henrico.gov



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

STUDIO AT THE SPRINGS

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



▶ Half-cup Mosaic Designs

Tue, Sep 3-17, 1:30-3:30pm. The Springs Rec Center. #14677
Tue, Sep 3-17, 6:30-8:30pm. The Springs Rec Center. #16014
Ages 18+. We'll use ceramic cups and bits of tile and glass to create a cool piece of mosaic art. Choose any design and colors that you like. Finish it with grout for a beautiful decorative piece. Information: ola@henrico.gov

▶ Acrylic Gold Leaf Painting

Tue, Sep 24, 1:30-3:30pm. The Springs Rec Center. #16092
Tue, Sep 24, 6:30-8:30pm. The Springs Rec Center. #16091
Ages 18+. Explore the elegance of acrylic painting with gold leaf. Learn to combine rich textures and shimmering accents to create stunning artwork that captures both depth and luminosity. Instructor: Samantha Forbes. Information: ola@henrico.gov

▶ Plywood Painting

Tue, Oct 1 & 8, 1:30-3:30pm. The Springs Rec Center. #16045
Tue, Oct 1 & 8, 6:30-8:30pm. The Springs Rec Center. #16046
Ages 18+. Plywood offers a unique line pattern that will be used to create a painted design like something you've never seen before. Information: tru08@henrico.gov

▶ Gel Plate Printing

Tue, Oct 15, 1:30-3:30pm. The Springs Rec Center. #16201
Tue, Oct 15, 6:30-8:30pm. The Springs Rec Center. #16202
Ages 18+. Come explore printing using gel plates and acrylic paint. You will use your choice of several mediums such as foliage and stencils. Information: cli04@henrico.gov

▶ Concrete Skeletons

Tue, Oct 22, 1:30-3:30pm. The Springs Rec Center. #16096
Tue, Oct 22, 6:30-8:30pm. The Springs Rec Center. #16095
Ages 13+. Come work with cement and make a 12-inch seated skeleton for your garden or altar. Tarot card readings might happen if we survive the evening. Oooo! Ha! Ha! Instructor: Dan Sheets. Information: ola@henrico.gov

▶ Family Screen Printing

Tue, Oct 29, 1:30-3:30pm. The Springs Rec Center. #16012
Tue, Oct 29, 6:30-8:30pm. The Springs Rec Center. #16013
Ages 8+. Here's a fun family activity that you'll enjoy for years to come. You create your family's design, logo or crest. We'll guide you through the process of screen printing that design onto T-shirts that you can proudly wear. More specific information to come once you've registered. Information: ola@henrico.gov

▶ Rope Your Wine Bottle

Tue, Nov 5, 1:30-3:30pm. The Springs Rec Center. #16204
Tue, Nov 5, 6:30-8:30pm. The Springs Rec Center. #16203
Ages 18+. You will be adding rope to the base of two wine bottles and choosing a picture for the front of the bottles. Information: cli04@henrico.gov

▶ Landscape Brick Library Books

Tue, Nov 12, 1:30-3:30pm. The Springs Rec Center. #16093
Tue, Nov 12, 6:30-8:30pm. The Springs Rec Center. #16094
Ages 18+. In this unique art class, participants will transform outdoor bricks by whimsically painting them to resemble colorful books. Discover the joy of turning your backyard or garden into a library through vibrant strokes of paint. Instructor: Samantha Forbes. Information: ola@henrico.gov

▶ Snow and Ice Candles

Tue, Nov 19, 1:30-3:30pm. The Springs Rec Center. #16205
Tue, Nov 19, 6:30-8:30pm. The Springs Rec Center. #16206
Ages 18+. Make two different festive holiday candles to take home in a single class! Use scentless paraffin and practice two techniques: whipped wax and ice to make the snow and ice candles. Information: cli04@henrico.gov

▶ Still Life Drawing & Painting

Tue, Nov 26, 1:30-3:30pm. The Springs Rec Center. #16100
Tue, Nov 26, 6:30-8:30pm. The Springs Rec Center. #16097
Ages 13+. Make as many still lifes as your heart desires. Hundreds of objects will be littering the studio for inspiration! Instructor: Dan Sheets. Information: ola@henrico.gov



PROGRAMS WITH REGISTRATION

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



VETERANS BRUNCH

THUR, NOV 7, 10AM-NOON. EASTERN HENRICO REC CENTER. #16042

Ages 18+. Let's celebrate the heroic veterans in our communities in honor of Veterans Day. Your service, bravery, and commitment to our country is honorable. Bring one registered guest and a picture to share your story. Enjoy patriotic music and food. We are partnering with Henrico Advocate for the Aging and JenCare. Registration required in advance.



Information: cun04@henrico.gov

Creative Arts

► Washi Tape Earrings

Mon, Sep 9, 2-3pm. Belmont Rec Center. #16117

Ages 50+. We will be making washi tape earrings. Project requires the use of fine motor skills and use of tools. Information:

cli04@henrico.gov

► Fabric Beads

Wed, Sep 11, 1:30-3:30pm. Deep Run Rec Center. #16043

Ages 18+. Colorful fabrics will be used along with some embellishments to make beautiful beads that can be turned into jewelry or other adornments. Information: tru08@henrico.gov

► StART - Seniors Trying Art: Soap Making

Thur, Sep 12, 1-2:30pm. Dorey Rec Center. #16194

Ages 50+. Enjoy making personalized soaps for you or as a gift.

Information: roc35@henrico.gov

► Magician Apprentice Class

Wed, Sep 18, 4-5pm. Deep Run Rec Center. #16090

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.gov

► Deco Candles

Sun, Sep 22, 1:30-2:30pm. Belmont Rec Center. #16207

Sun, Sep 22, 3-4pm. Belmont Rec Center. #16208

Ages 18+. Come join us for this class where you will use cylinder candles, votives, napkins, and a heat gun to customize your own deco candles! Information: cli04@henrico.gov

► Earrings Galore

Tue, Sep 24, 6:30-8:30pm. Belmont Rec Center. #16119

Ages 18+. We will be making three different types of earrings. Hoops with seed beads, pearl clusters, and jump ring dangles with beads. Project requires the use of fine motor skills and use of tools.

Information: cli04@henrico.gov

► Leather Bracelet

Sun, Oct 6, 2-3pm Belmont Rec Center. #16209

Ages 18+. Come and learn techniques to work with leather. Make your own leather bracelet with the addition of cup chain and embroidery floss. Information: cli04@henrico.gov

► Wire Flowers

Sun, Oct 6, 3:30-4:30pm. Belmont Rec Center. #16210

Ages 18+. Come have fun making flowers out of wire! We will be using pliers to manipulate the wire into flower shapes. Information:

cli04@henrico.gov

► Memory Wire Bracelets

Tue, Oct 22, 6:30-8pm. Belmont Rec Center. #16112

Ages 18+. Are you a free-spirited lover of the arts? Join us and create a beautiful colored memory wire bracelet to match your favorite outfit. Lots of colored beads and a charm or two to choose from. Project requires the use of fine motor skills and use of tools. Information:

cli04@henrico.gov

► Oyster Decoupage

Wed, Nov 13, 1:30-3pm. Deep Run Rec Center. #16084

Ages 16+. You've seen these at art shows. Learn how simple it is to turn oysters into beautiful art! Make a trinket tray or ornament using the decoupage method and create a one-of-a-kind piece. The finished product will be something to treasure! Information: tru08@henrico.gov

INCLUSION SERVICES

For more details about specific modifications or inclusion services, see page 3.

Information: rec-inclusion@henrico.gov or 804-652-1413.



PROGRAMS WITH REGISTRATION

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

HEIRLOOM LOST ARTS & CRAFTS: DANCING INTO THE PAST SAT, OCT 5, 2-5PM. BELMONT REC CENTER



Ages 12+. Put on your dancing slippers and dance your way back in time 160 years ago to a time of hoop skirts, frock coats, and white gloves. It was a great way for ladies and gentlemen to interact with friends and neighbors of all ages and to get fun exercise. You'll learn not only the popular Virginia Reel, but also some other fun historic dances, such as the Cheat Quadrille and Gothic Dance. No partner required. *Registration is required.* #16129

Information: den63@henrico.gov

Music & Dance

► Line Dance

Sat, Sep 7-28, 10-11am. Eastern Henrico Rec Center. #16033

Sat, Oct 5-26, 10-11am. Eastern Henrico Rec Center. #16034

Sat, Nov 2-23, 10-11am. Eastern Henrico Rec Center. #16035

Wed, Oct 9-30, 1:30-2:30pm, Deep Run Rec Center, #16081

Wed, Nov 6-27, 1:30-2:30pm, Deep Run Rec Center, #16082

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.gov; Deep Run Rec Center: tru08@henrico.gov

► Carol Vocal Class

Thur, Nov 14-Dec 12, 6:30-7:30pm. The Springs Rec Center. #16101

Ages 18+. With the holiday season comes music. We will have fun, learning vocal techniques and singing songs that remind us of time with family, decorating for the holidays, and being a kid. Information: roc35@henrico.gov



Thur, Nov 21, 6-7pm. The Springs Rec Center. #16132

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.gov

Home & Garden

► Yes! You can do it. Basic Plumbing Skills

Thur, Sep 5, 6:30-8pm. Eastern Henrico Rec Center. #16048

Ages 18+. Hey ladies! Here's your chance to learn some of the very basic principles of plumbing. Try your hand at installing a faucet, cleaning out a sink trap, and much more. Information: ola@henrico.gov

► No Cook Cooking

Thur, Nov 7, 6:30-8pm. The Springs Rec Center. #16074

Ages 13+. During this busy season, there are a lot of parties, potlucks and gatherings. Come and learn crowd pleasing recipes that do not need an oven and are easy to prep. Information: roc35@henrico.gov



PROGRAMS WITH REGISTRATION

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

Beginner Archery

Ages 8-12. Sat, Oct 19, 9-10:30am.
Eastern Henrico Rec Center. #16218

Ages 13-17. Sat, Oct 19, 11am-12:30pm.
Eastern Henrico Rec Ctr. #16219

Ages 18+. Sat, Oct 19, 1-2:30pm.
Eastern Henrico Rec Ctr. #16395*

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.

Intermediate Archery

Ages 9-12. Sat, Nov 9, 11am-12:45pm.
Deep Run Rec Center. #16221

Ages 14-17. Sat, Nov 9, 1:15-3pm.
Deep Run Rec Center. #16394

Ages 18+. Sat, Nov 9, 9-10:45am.
Deep Run Rec Center. #16220*

This is a continuation of our beginner class! This will allow participants to practice their steps and hone their skills. This is not a National Archery in Schools Program (NASP) class. There will be archery games and time for open range. *You must have completed our Beginner Archery Class within the last year to enroll.*

The range is active once gym doors are closed, and no participants will be allowed to enter.

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

*Program details updated 9/13/24.



Ages 13-18. Do you need volunteer hours to fill club or school requirements? Earn hours by helping to keep our parks beautiful, assisting at special events or providing support in our recreation programs. With so much going on, the opportunities are endless. Information: roc35@henrico.gov

Preliminary meeting

Thur, Sep 26 at 6:30pm.
Recreation & Parks Main Office. #16076

Mystery Theatre

Knead to Know: A Pizza Mystery

Thur, Oct 24, 6-8:30pm.
The Springs Rec Center. #16133

Ages 18+. Join us for a thrilling party with a twist... someone has been murdered! Put your sleuthing skills to the test and see if you can figure out which dinner guest is the culprit. Sign up for an evening of pizza dinner and mystery theatre where you'll become one of the detectives working to crack the case.

Registration required in advance.

Information: per22@henrico.gov

INCLUSION SERVICES

For more details about specific modifications or inclusion services, see page 3.

Information: rec-inclusion@henrico.gov or 804-652-1413.



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.

Studio at The Springs

Ages 6+. 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.gov

Splatter Painting

Wed, Sep 11, 10:30-11:45am. The Springs Rec Center. #16056

Leaf Imprints

Tue, Oct 1, 10:30-11:45am. The Springs Rec Center. #16057

Batik

Thur, Nov 14, 10:30-11:45am. The Springs Rec Center. #16058

► Weekday Sampler

Tue, Sep 10, 10:30-11:45am. Belmont Rec Center. #16176

Tue, Oct 8, 10:30-11:45am. Belmont Rec Center. #16177

Tue, Nov 12, 10:30-11:45am. Belmont Rec Center. #16178

Ages 13+. 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.gov

► Inclusive Fitness Health

Wed, Sep 11-Nov 20, 4:15-5:15pm. Deep Run Rec Center. #16374

Ages 15-39. In partnership with Jacob's Chance and VCU Kinesiology and Health Science, join us in a new Inclusive Fitness and Health (IFH) program. This program is designed for people with developmental or intellectual disabilities, with or without physical disabilities, who want to improve their fitness in a fun way! IFH adapts techniques based on each member's needs. The program also seeks to educate on the importance of a healthy lifestyle. Information: mcc159@henrico.gov



► Sensory Explorers

Tue, Sep 17, 10:15-11:15am. Deep Run Rec Center. #16179

Tue, Oct 15, 10:15-11:15am. Deep Run Rec Center. #16180

Tue, Nov 19, 10:15-11:15am. Deep Run Rec Center. #16181

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 and fine motor skills as they play and craft with various sensory objects. Such things could include having them work with shaving cream, tissue paper, glue, rice, giant spoons, mixing bowls, and themed crafts! Each monthly class has a different theme. Information: mcc159@henrico.gov

PROGRAM REGISTRATION

Fall 2024 Registration Begins:

Mon, Aug 19 for Henrico Residents

Fri, Aug 23 for Non-Henrico Residents

Begins
at
7am



THERAPEUTIC RECREATION

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



► Bridging the Gap

Mon & Wed, Sep 23-Nov 13, 1-4pm. The Springs Rec Center. #16375
Ages 22-39. This program is an opportunity for individuals with disabilities transitioning out of high school to participate in various physical and social activities to increase the participant's knowledge of the resources available to them. The class will focus on communication, job exploration, and participating in group activities. Activities could include creative arts, cooking, personal fitness, money handling, etc. The Positive Vibe Foundation facilitates this program in partnership with Henrico Recreation & Parks. The program asks that participants be able to follow one to two-step directions, require minimal assistance with activities of daily living, and manage their behavior with minimal staff intervention. Information: mcc159@henrico.gov

Superhero Day!

Tue, Sep 24, 10:30-11:45am. Eastern Henrico Rec Center. #16184
Ages 13+. Calling all superheroes, we need you! Celebrate your favorite superhero in style! Join us for music, games, and crafts. Information: mcc159@henrico.gov

Fun Factory Carnival Night

Fri, Oct 18, 6-7:30pm. Deep Run Rec Center. #16185
All ages. Popcorn, music, and games, what more do you need for carnival night? Hang out at Deep Run and enjoy different carnival style games and activities! Parents and or caregivers are required to stay for the duration of the program. Information: leh@henrico.gov

► Blended Voices

Mon, Oct 28-Dec 2, 6:30-7:30pm. Belmont Rec Center. #16187
Ages 13+. Our participants will work with Henrico Theatre Company performers to sing holiday music to present at a Christmas concert before a Sunday showing of a movie classic. Those interested should try to attend every practice date. We will have a rehearsal with the team before the performance on December 7 at Henrico Theatre. Information: mcc159@henrico.gov

Mon, Nov 25, 6-7:30pm. Belmont Recreation Center.
All ages. Join us at our Fall social! Families of all ages are welcome to participate. The social will have group games, music, and snacks! Our favorite DJ will have everyone dancing and out of their seats. Parents/caregivers are required to stay.
Information: mcc159@henrico.gov



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: 7am-9pm

Friday: 7am-8pm

Saturday: 8am-5pm

Sunday: 1-5pm

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.

NEW!

Group Exercise Access Pass

A Group Exercise Access Pass is required to participate in any Henrico County Recreation and Parks fitness class.

NEW!

- Passes must be scanned prior to participation in each, individual class.
- Please note the minimum age for each class.
- Passes are unique to the access pass holder.
- Classes operate on a first-come, first-served basis.
- Maximum capacity is based on the nature of the class and the space being utilized.
- Group Exercise Access Passes are required to be renewed on an annual basis.
- Patrons agree to abide by all Group Exercise rules and regulations.
- Henrico Recreation and Parks reserves the right to revoke access from patrons abusing rules, regulations, and facilities.

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

Class schedules subject to change.

FALL 2024

GROUP EXERCISE SCHEDULE*

DOREY & EASTERN HENRICO REC CENTERS

SUN	MON	TUE	WED	THUR	FRI	SAT
	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	12:15-1:15pm HIIT	9:30-10:30am Cycle	10:15-11am Small Group Training	10-11am Line Dancing
	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	11:15am-12:15pm Zumba
	5-6pm Zumba®	4:30-5:15pm YouthFit	6-7pm Bellydance Fusion	10:30-11:30am Chair Yoga for Resilience	6:30-7:30pm Bellydance Fusion	
	5:30-6:30pm Body Sculpt	5:30-6:30pm Hatha Yoga	6:30-7:30pm Zumba®	3:45-4:30pm KidsFit		
	6-7pm Chill Flow Yoga	5:30-6:30pm STRONG Nation	7:30-8:15pm Small Group Training	4:30-5:15pm YouthFit		
	6:30-7:30pm Zumba®	6:30-7:30pm Xtreme Burn®		5-6pm Zumba®		
				5:30-6:30pm STRONG Nation		
				6-7pm CIRCL Mobility		
				6:30-7:30pm Xtreme Step®		

KEY:

Dorey Rec Center

Eastern Henrico Rec Center

Group Exercise Access Pass
All classes are free but require a Group Exercise Access Pass to participate in any Henrico County Recreation and Parks fitness class.

***Schedule is subject to change.**
[View online calendar for current classes!](#)

FALL 2024

GROUP EXERCISE SCHEDULE*

BELMONT & DEEP RUN REC CENTERS

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:30-10:15am Senior Wellness	8:30-9:30am TriFit	9-10am Mindful Morning Yoga	9-9:45am Senior Balance & Core	8:30-9:15am Strength & Cardio	9-9:45am Kids Yoga
	10:30-11:15am Fitness Fun & Flexibility	10-11am Core Flow Yoga	10-10:45am Flex & Stretch	10-11am Core and Kettlebells	9:30-10:30am Total Body Strength	10-10:45am Tweens Yoga
	12:30-1:15pm TRX® Body Sculpt	11:15am-12:15pm Kickboxing	10:30-11:30am Chair Yoga for Resilience	11:15am-12:15pm Power Yoga	11:15am-12:15pm Small Group Training	
	1:30-2:30pm Vibrant Flow Yoga	12-1pm Small Group Training	11:45am-12:30pm Rockin' with Weights	12:30-1:15pm TRX® Circuit	12:30-1:15pm Cardio Kickboxing	
	3:30-4:15pm KidsFit	12:30-1:30pm PITAIYO	12:30-1:15pm HIIT	12:30-1:30pm Intro to PITAIYO & Strength Training	1:30-2:30pm Rest & Recharge Yoga	
	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		
		6:30-7:30pm Well-Being Tai Chi	3:30-4:15pm KidsFit			
			4:15-5pm YouthFit			
KEY: <div style="background-color: #ADD8E6; padding: 2px; margin-bottom: 5px;">Belmont Rec Center</div> <div style="background-color: #FFFF00; padding: 2px;">Deep Run Rec Center</div>			6-7pm Barre	*Schedule is subject to change. View online calendar for current classes!		

Group Exercise Access Pass
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