



Program Guide

September - November 2026



Registration opens at 7am

Henrico Residents: Aug 17

Non-Residents: Aug 21

Recreation News

Staff Highlight

Sheila Cunningham

In this edition of the Guide, we wanted to take a moment to recognize a truly legendary programmer. Throughout her 45-year career with Henrico Recreation & Parks, Sheila has worked with countless people and groups, but she has always held a special place in her heart for seniors and youth. One of her favorite events over the years has been the Senior Party & Resource Fair.

Known affectionately as “The Mayor” of Eastern Henrico Recreation Center (a nickname lovingly bestowed by Alex), Sheila is often found dancing, playing games, or mentoring both participants and staff. And if you’re looking for her, just keep an eye out for one of her signature sparkly outfits!

This fall marks the end of an incredible chapter as Sheila begins her well-earned retirement. To help celebrate her final season, be sure to join her at State Fair Games, Soulful Sunday, the Health & Fitness Expo, Awesome Autumn Afternoon, Generations Together, or one of her many other programs.

While her presence will be deeply missed, the impact she’s made will continue to be felt for years to come. We wish Sheila nothing but joy in this exciting new chapter—and somehow, we have a feeling “The Mayor” will still stop by to check on her beloved Eastern.

Congratulations, Sheila, and thank you for 45 years of dedication, service, and heart!



Use the online form to provide feedback to Henrico County Recreation & Parks. You can submit comments, concerns, compliments, or even report damage in the parks.

<https://bit.ly/HCRPFeedback>



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.

Henrico County Recreation & Parks received their re-accreditation status in October 2024.

Recreation News

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PROGRAM REGISTRATION

Registration Start Dates & Time

Time

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

Fall 2026

Henrico Residents: Mon, Aug 17

Non-Henrico Residents: Fri, Aug 21

Winter Camp

Henrico Residents: Mon, Nov 2

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 35)

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 32-34.

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.



JAZZ IN THE PARK

Sun, Sep 6, 4-6pm
Deep Run Park

Sit back, relax, and enjoy live music in the park by The Chan Hall Experience.

Information: Rec-EventsTeam@henrico.gov



HenBIKE

Sat, Sep 12
10am-3pm. Crump Park

Cyclocross Races, Trails, Demo Bikes, Vendors, Food, Live Music, Kids Skills Course, and Bike Beauty Pageant.

henrico.gov/HenBIKEo



Movies in the Park

Fri, Sep 11. Eastern Henrico Rec Ctr
Fri, Oct 16. Meadow Farm
Fri, Oct 23. Deep Run Park
Fri, Nov 6. Meadow Farm*

Free!

HENRICO RECREATION & PARKS

Movies start at 7pm. *Nov 6 will begin at 6:30pm. Bring your lawn chair or blanket and a flashlight.

For information and movie titles:
RecAndParks@henrico.gov or 804.501.PARK



GLEN ALLEN DAY

Sat, Sep 19, 10:30am-3pm
Meadow Farm/Crump Park

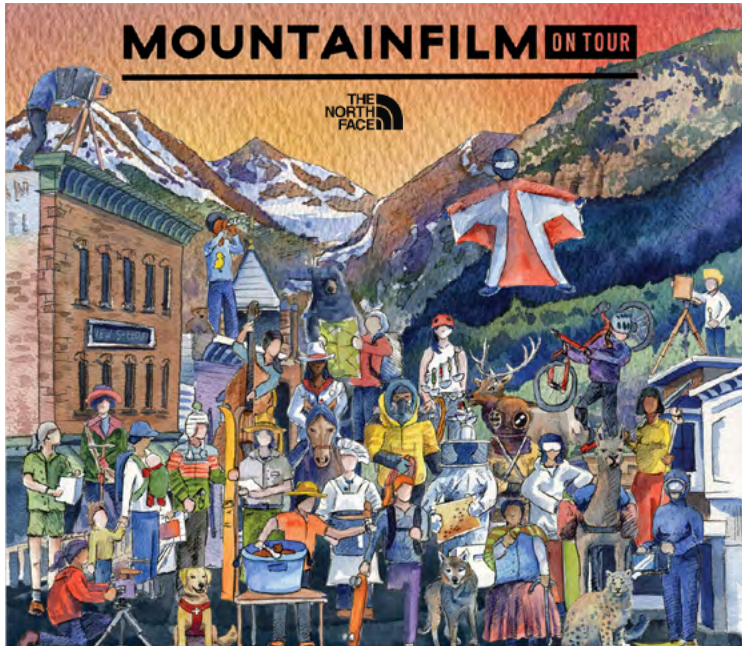
- Parade
- Festival
- Live music
- Children's Games
- 100+ exhibitors
- Concessions available for purchase

GLEN ALLEN DAY 2026

Information: Rec-EventsTeam@henrico.gov

Event Highlights

All events are free and for the whole family.



SAT, SEP 26 from 4-9PM | DOREY PARK

Outdoor activities & vendor fair: **4-6pm.**

Inspiring documentary films to follow.

Information: dal019@henrico.gov.



Sat, Oct 24, 9am-1pm

Dorey Park

A celebration of native plants, the ecosystems they support, and the local organizations working hard to protect our environment. We'll have native plant vendors, educational booths, kids activities, free plant vouchers, and concessions available for purchase!

Information: bro172@henrico.gov



SOULFUL SUNDAY

Celebrating African American Heritage

Sun, Oct 4, 4-7pm.

Eastern Henrico Rec Center

Celebrate the rich traditions of African American cultural dance by Ezibu Muntu, gospel music by "The Cousins" of City Church, line dancing, and jazz by James "Saxsno" Gates, local community vendors, family-friendly entertainment, cultural activities, food trucks, and a Kids Zone.

Information: cun04@henrico.gov

1776: Signing Day



Sat, Nov 7

1-4pm

Meadow Farm

It's 1776, and the fate of the colonies hangs in the balance. Will you join those signing their names for independence, or remain faithful to the King?

Discover the arguments, challenges, and choices that led ordinary Virginians to take sides during the American Revolution. Witness musket firing, learn about the life of soldiers, listen to music of the era, and play games from 250 years ago.

Information: rec-history@henrico.gov



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

Community Events

All events are free and for the whole family.

Honey Day!

Sun, Sep 13, 3-4:30pm
Belmont Rec Center

Honey Day will be a fun and educational event celebrating the fascinating world of bees, honey, and pollination! This family-friendly program offers a day of learning, creativity, and hands-on experiences for participants of all ages.

Come early for a presentation on Yellow Jackets.
See page 9 for more details.

Information: bov001@henrico.gov



Wed, Sep 23, 9am-noon
Deep Run Park

Help keep your youngest passengers safe on the road during Child Passenger Safety Week.

- Certified technicians will provide free car seat inspections and guidance on installation.
- Enjoy activities and games for everyone, learn more about child passenger safety
- Recycle old or damaged car seats
- Enter for a chance to win a new car seat

Information: dal019@henrico.gov

State Fair Games

Mon, Sep 21, 10am-noon
Eastern Henrico Rec Center

Ages 4+

Carnival Games ~ Inflatables
Cotton Candy ~ Fun for everyone

Information: cun04@henrico.gov

FREE & OPEN TO ALL
FAMILY-FRIENDLY

REYNOLDS

HAWK
FEST



SAT, SEP 26 | 11AM - 2PM

Reynolds Community College, Parham Road Campus

Live Music • Food Trucks • Inflatables • Face-painting
Games • Interactive Showcases • Meet Sarge the Red Hawk!

Reynolds
COMMUNITY COLLEGE

go.reynolds.edu/HawkFest



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

Community Events

All events are free and for the whole family.



Community Vendors

Ages 50+.

HEALTH AND FITNESS EXPO

Thur, Oct 1
10am-noon
Eastern Henrico Rec Center
Information: cun04@henrico.gov

Fitness Demos



AWESOME AUTUMN AFTERNOON

SUNDAY
OCT 18
3-5 PM

Dorey Park

Information: cun04@henrico.gov

Generations Together

Tue, Oct 6
10-11:30am
Deep Run Rec Center



Ages 5+. In honor of Active Aging Week, we are partnering with Henrico Advocate for the Aging and The Span Center to host an intergenerational event connecting seniors with children and adults. Activities will be centered on crafts, fitness, and movement games in the gym.

Information: cun04@henrico.gov

TRUNK OR TREAT

Fri, Oct 23, 4:30-6:30pm
Deep Run Rec Center

Enjoy some spooky fun! Get some candy and walk the Spooky Trail if you dare.

Stay for a 7pm movie after Trunk or Treat.

Information: tru08@henrico.gov

Thur, Oct 29, 6-8pm
Eastern Henrico Rec Center

Cruise the parking lot of decorated cars, costumes and treats. No doorbells!

Information: qua024@henrico.gov



Community Programs



TROUGH OR TREAT

Sat, Oct 24, 2-5pm
Parsons Community Center

Walk around the pastures to learn about the animals and history of the farm while gathering some treats and prizes. Test your aim at our open archery range, where you can enjoy the thrill of safely shooting arrows at pumpkins in a fun, festive outdoor experience for all skill levels. Costumes encouraged but not required.



Moo...
I mean
Boo!

Information: bur172@henrico.gov



Fall Photo Back Drop



Oct 14-Nov 12. Meadow Farm

Commemorate the season with a fall photo back drop. All you need to bring is a camera and a smile.

Please leave items in place for the next photographer.

Henrico Christmas Mother

FOOD DRIVE

September 1 - December 1

Help support the Henrico Christmas Mother by donating cereal or peanut butter. Donations can be made when attending a program or at any of these recreation centers.

Belmont, Deep Run, Dorey, Eastern Henrico

Information:
dal019@henrico.gov





Spend your day off from school with Henrico Rec & Parks

Homeschool Day: Water and Waterways
Fri, Sep 4, 10am-noon. Osborne Park.

Archery - Open Shoot
Fri, Sep 4, 2-4pm. Eastern Henrico Rec Center.

Fall Crafts
Mon, Sep 21, 10am-noon. The Springs Rec Center.

State Fair Games
Mon, Sep 21, 10am-noon. Eastern Henrico Rec Center.

Canoeing with the Community
Mon, Sep 28, 9-11am. Deep Run Park.

Fall Field Day
Mon, Sep 28, 11am-noon. Eastern Henrico Rec Center.

Make It Monday
Mon, Sep 28, 10am-noon. Deep Run Rec Center.

Sip & Color
Mon, Sep 28, 2-4pm. The Springs Rec Center.

Sip & Games
Wed, Oct 28, 2-4pm. Belmont Rec Center.

Open Canoe Tours
Mon, Nov 2, 9am-1pm. Deep Bottom Park.

Botanical Bingo
Mon, Nov 2, 10:30am-noon. Belmont Rec Center.

See details on these programs by finding the ones with this icon. 

Community Programs

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



Kids' Gym

*Tue, Sep 8, 9:30-11:30am. Deep Run Rec Center.
Tue, Oct 13, 9:30-11:30am. Deep Run Rec Center.
Tue, Nov 10, 9:30-11:30am. Deep Run Rec Center.*
Ages 3-6. Kids' Gym is a fun and safe environment for children to explore and play through physical activity. We will have activities such as parachutes, obstacle courses, 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

Color Outside the Lines

Sat, Sep 12, 11am-12:30pm. Three Lakes Park.
All ages. Create your own colorful canvas masterpiece using tempera paint and vibrant color powders, then join the optional Color Battle for a burst of fun, laughter, and color! Bring your creativity and get ready to make a mess. Information: qua024@henrico.gov

Yellow Jackets:

Mean Girls Ruin a Nice Girl's Reputation

Sun, Sep 13, 2-3pm. Belmont Rec Center.
All ages. The most common question beekeepers get is, "How often do you get stung?" Surprisingly, it's rare. That's largely thanks to the gentle nature of the Eastern honeybee, which unfortunately take the fall for their cranky, scavenging wasp cousins - the yellow jacket. Discover how to tell these insects apart and why both are crucial to our food supply and natural ecosystem. *Stay after for Honey Day. See page 6 for more details.* Information: den63@henrico.gov

Senior Fall Mixer

Fri, Sep 18, 10:30-11:30am. Eastern Henrico Rec Center.
Ages 50+. Start your day line dancing, playing card games, and exploring art while socializing with friends. Information: cun04@henrico.gov



Fall Field Day

Mon, Sep 28, 11am-noon. Eastern Henrico Rec Center.
Ages 5-12. Experience our Fall Field Day, featuring a variety of fun and competitive events for participants of all ages. Take part in classic activities like Tug of War, the 50-yard dash, relay races, the ladder run, and more. Come out and enjoy a great day of outdoor excitement and friendly competition! Information: cun04@henrico.gov



Sip & Color

Mon, Sep 28, 2-4pm. The Springs Rec Center.
All ages. Fall is a great time to gather with friends and family! Spend the afternoon relaxing, coloring, and enjoying warm apple cider and snacks. Create a picture using the colors of the season; we'll provide the supplies (markers, colored pencils, coloring pages). Information: roc35@henrico.gov

World Smile Day

Fri, Oct 2, 4-6pm. Dorey Park.
All ages. The first Friday in October is known as World Smile Day! Celebrate by making smiley face crafts and fun activities. Information: sch107@henrico.gov

A Night Under the Stars

Sat, Oct 3, 7:30-9pm. Crump Park.
All ages. Members of the NASA/JPL Solar System Ambassadors program will be on-site with several telescopes, giving you an up-close look at planets, star clusters, and other celestial wonders. Have your own telescope? Bring it along! You're welcome to set it up and join the viewing experience. Information: qua024@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.



Community Programs

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



Ages 16+. Wed, Oct 21, 7-8:30pm.
Parsons Community Center.

This program is geared towards teens and adults.

All ages. Wed, Oct 28, 7-8:30pm.
Parsons Community Center

Blend storytelling, cultural insight, and a spooky glow as a hauntingly memorable way to celebrate German History Month. Stroll through the park by lantern light as we weave together German heritage and a touch of Halloween. At stops along the path, you'll hear selections from the original and darker version of Brothers Grimm fairy tales, those early 19th-century stories full of chilling twists and German folklore. Throughout the walk, enjoy glimpses into German history and culture, from the shaping of German identity to the evolution of their tales over centuries.

Information: dal019@henrico.gov

Family Game Night

Fri, Oct 16, 6-7:30pm. Belmont Rec Center.

Ages 5+. It's an evening to play games at Belmont! Explore new board games like Connect 4 Frenzy, Uno Flip, Gaming Trouble, Regal Card Games, and more! Information:

cun04@henrico.gov

Cryptid Scavenger Hunt

Sat, Oct 17, 10am-1pm. Dorey Park.

All ages. What do you know about cryptids in North America? Discover more about the legends and creatures said to roam our continent. Drop in anytime to pick up information then explore the grounds where you will find some cryptids traveling through Dorey Park. Information:

sch107@henrico.gov

Morning Memories

Thur, Oct 22, 10-11:30am. Belmont Rec Center.

All ages. Join friends as we share memories with poetry, art and nostalgia. Guests are encouraged to bring a meaningful item or memory for a casual show-and-tell while mingling and reminiscing. Items from Henrico's artifact collection will be on display. Information:

tru08@henrico.gov

Sip & Games

Wed, Oct 28, 2-4pm. Belmont Rec Center.

All ages. Fall brings a chill in the air. Warm up with hot chocolate, coffee and playing games. Bring a friend to play board games, arcade games, and foosball! Information:

roc35@henrico.gov

Mickey Mouse Birthday Bash

Wed, Nov 18, 10am-noon. Deep Run Rec Center.

All ages. Enjoy a magical celebration! 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: dal019@henrico.gov

Storytime with Pearl the Sheep



Pearl Wants to Know: Can a Cow Say Boo?

Fri, Oct 30, 10-10:30am. Parsons Comm Center.

All ages. Pearl the Puppet Sheep is excited about Halloween, but has a burning question: Can a cow say boo? Join our favorite silly sheep for trick or treat fun. Dressing in your family-friendly Halloween costume is encouraged!

Pearl and the Undercover Turkey

Fri, Nov 13, 10-11am. Parsons Comm Center.

All ages. Pearl the Puppet Sheep is worried about Todd, the Meadow Farm turkey. With Thanksgiving just around the corner, is there anything that can be done to protect Todd? A special guest from Henrico County's government has an official announcement to help Pearl and Todd feel better.

Information: sch107@henrico.gov

Community Programs

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



Animals

Farmyard Friends

Thur, Sep 17, 11:30am-1:30pm. Meadow Farm.

All ages. Celebrate National Farm Animals Week by exploring the world of farm animals through interactive activities, animal-themed crafts, and hands-on enrichment projects. Learn fun facts about our animal residents and meet the Animal Care Team as they share insights about the animals and the care they receive. Information: dal019@henrico.gov

Farm and Forest Friend Friday

Fri, Sep 18, 10am-noon. Meadow Farm.

Fri, Oct 2, 10am-noon. Meadow Farm.

Fri, Nov 20, 10am-noon. Meadow Farm.

All ages. Visit our drop-in stations 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 raccoons. October's friends are salamanders. November's friends are beavers. Information: sch107@henrico.gov

Mad About Monarchs

Sun, Oct 4, 11am-noon. Three Lakes Nature Center.

Ages 2+. Learn all about the iconic Monarch Butterfly and what you can do to help this threatened species. Milkweed seeds will be available to take home, while supplies last. Information: boy047@henrico.gov

Cow Eye Dissection

Sat, Oct 31, 11am-noon. Three Lakes Nature Center.

All ages. Learn the ins-and-outs of eye anatomy as Nature Center staff dissect a preserved cow's eyeball and discuss the basic structures of vision. Information: had018@henrico.gov

Creative Arts

Tales for Tots

Wed, Sep 9, 10-10:45am. Deep Run Rec Center.

Wed, Oct 14, 10-10:45am. Deep Run Rec Center.

All ages. This class meets the second Wednesday of each month. 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: tru08@henrico.gov

Curious Mysteries

Wed, Sep 16, 4-5pm. Deep Run Rec Center.

Ages 6-8. Step into a world of mysteries by learning magic tricks and a secret code. While this class is open to everyone, it will help Tiger Cub Scouts earn their Curiosity, Intrigue, and Magical Mysteries Badge. Information: leh@henrico.gov

Acrylic on Canvas

Fri, Sep 18, 6-7:30pm. Eastern Henrico Rec Center.

Ages 5+. Paint a colorful picture using stencils or let creativity lead the way. Art will spark bonding, laughter, and imagination. No special art skills required. Information: cun04@henrico.gov

Community Programs

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

Fall Crafts

Mon, Sep 21, 10am-noon. The Springs Rec Center.
All ages. It's getting ready to cool down, let's stay cozy indoors with some fun fall crafts. Choose your favorite simple project or do them all. Bring friends and family and enjoy the company while you create! Information: roc35@henrico.gov

Make It Monday

 *Mon, Sep 28, 10am-noon. Deep Run Rec Center.*
Mon, Oct 26, 10am-noon. Deep Run Rec Center.
Mon, Nov 23, 10am-noon. Deep Run Rec Center.
All ages. 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

Pumpkin Decorating

Sun, Oct 18, 2-4pm. Hunton Comm Center.
All ages. Get ready for fall fun as you decorate your own pumpkin to show your Halloween spirit. All supplies provided including pumpkins. Information: tru08@henrico.gov



Magician Apprentice Class

Mon, Oct 19, 4-5pm. Deep Run Rec Center.
Ages 8-12. Fascinated by magic? Begin your journey into magic by learning some basic tricks. When you leave, you will be able to perform your own mini-magic show. Information: leh@henrico.gov

Bows: Take One, Make One

Sat, Nov 21, 10-11:30am. Belmont Rec Center.
Ages 16+. Learn how to embellish your gifts this season with a bow making lesson that allows you to brighten anyone's day. You'll make bows for yourself and for a future recreation program. Information: tru08@henrico.gov

Home & Garden

Botanical Bingo

Mon, Nov 2, 10:30am-noon. Belmont Rec Center.
All ages. Plant lovers, this one's for you! Enjoy exciting rounds of bingo while competing for a variety of indoor plants to take home. Whether you're a seasoned plant enthusiast or just starting your collection, you'll have the chance to win new leafy friends! Information: dal019@henrico.gov

Blooms on the Go

Sun, Nov 8, 11am-1pm. Dorey Park.
All ages. The Richmond Flower Truck is making a special stop in our park! Browse a colorful selection of fresh blooms and build a custom bouquet that's as unique as you are. Information: qua024@henrico.gov

Palace Par-Tea

Sun, Nov 22, 2-4pm.
Eastern Henrico Rec Center

Ages 5-9. A magical gathering inside the palace gates awaits you! There will be storytelling, crowns, and tea fit for royalty! Dress your best and bring your royal wave.

Information: qua024@henrico.gov



Community Programs

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



Music & Dance

Story Dancers

Tue, Sep 1, 10-10:45am. Deep Run Rec Center.
Tue, Oct 6, 10-10:45am. Deep Run Rec Center.
Tue, Nov 3, 10-10:45am. Deep Run Rec Center.
Ages 3-6. This beginner-friendly class is perfect for budding dancers who want to learn the basics of ballet and jazz in a fun, interactive environment. We will start class by reading a storybook and will then move through learning ballet and jazz concepts and choreography. Finally, we will end every class with our super fun “story dance,” where we’ll get to reenact our story and go on an adventure! Space is limited. Instructor-Bella Ballerina. Information: tru08@henrico.gov

Bluegrass Jam

Wed, Sep 2-Nov 18, 6-8:30pm. Belmont Rec Center.
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 5:30pm. Spectators are welcome. No jam session Nov 11. Information: tru08@henrico.gov

Line Dance

Thur, Sep 3-24, 5:30-6:30pm. Eastern Henrico Rec Center. #19008
Thur, Oct 1-29, 5:30-6:30pm. Eastern Henrico Rec Center. #19010
Thur, Nov 5-19, 5:30-6:30pm. Eastern Henrico Rec Center. #19012
Sat, Sep 5-26, 10-11am. Eastern Henrico Rec Center. #19009
Sat, Oct 3-31, 10-11am. Eastern Henrico Rec Center. #19011
Sat, Nov 7-21, 10-11am. Eastern Henrico Rec Center. #19013
Ages 18+. Line dancing is a fun, choreographed dance set to upbeat cultural music where everyone moves together in rhythm! Each routine features repeating step patterns with both high and low-impact aerobics. It’s perfect for improving physical health, balance, coordination, and cardiovascular fitness. No partner needed. Information: cun04@henrico.gov

Line Dance

Fri, Oct 2-30, 10:30-11:30am. Deep Run Rec Center. #18986
Tue, Oct 6-27, 10:30-11:30am. Belmont Rec Center. #19152
Wed, Nov 4-25, 10:30-11:30am. Deep Run Rec Center. #19164
Tue, Nov 17-24, 10:30-11:30am. Belmont Rec Center. #19153
Ages 18+. Meet new people and stay active! Line dancing provides a great form of low-impact exercise. It’s perfect for improving coordination, balance, memory, and increasing cardiovascular health. In this beginner class learn line dance terminology and easy dance moves to a variety of music. No partner needed. Space is limited. Information: tru08@henrico.gov



Dancing in the Park

Fri, Sep 4, 10-11am. Dorey Park. #19149
Fri, Oct 16, 10-11am. Dorey Park. #19146
Fri, Oct 17, 9-10am. Taylor Farm Park. #19148

Ages 18+. Step into a celebration of movement! This energetic class features upbeat music and easy-to-follow Zumba® routines that make dance fun for everyone.

Information: qua024@henrico.gov

Community Programs



Spinners/Crankers

Fri, Sep 11, 3-5pm. Echo Lake Park.

Soft Plastics

Fri, Oct 9, 3-5pm. Crump Park.

Catfish

Fri, Nov 13, 3-5pm. Dorey Park.

All ages. Fishing Fridays offers a fun, easy way to spend time by the water. Borrow a rod and reel, try a variety of lures, and get answers to your fishing questions from knowledgeable staff. Great for beginners and experienced anglers alike. Borrowed equipment available while supplies last. Fishing licenses are required for all anglers ages 16 and older.

Information: bov001@henrico.gov



Canoeing with the Community

Mon, Sep 28, 9-11am. Deep Run Park.

All ages. Enjoy a day on the water with Canoeing with the Community. Whether it's your first time or a seasoned vet, we will provide you with everything you need to have a safe and fun experience. Information:

bov001@henrico.gov

Guided Nature Hike

Sun, Sep 27, 11am-noon. Three Lakes Nature Center.

All ages. Observe native wildlife and learn about the history of Three Lakes Park on a guided hike with nature center staff! We will be meeting at the Nature Center and leaving for our hike at 11:05am. Information:

col190@henrico.gov

Seasonal Stroll: Phenology Exploration

Wed, Sep 30, 5:30-6:30pm. Deep Run Rec Center.

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 on specific trees in the park. Please arrive promptly for the observation tutorial preceding the guided walk. Information:

dal019@henrico.gov

Nature & Outdoors

Archery - Open Shoot



Fri, Sep 4, 2-4pm. Eastern Henrico Rec Center.

Sat, Nov 14, 2-4pm. Deep Run Rec Center.

All ages. Drop in and enjoy an afternoon of archery!

Participants will have the opportunity to practice their aim, build confidence, and enjoy friendly target shooting under staff supervision. Equipment is provided, and all skill levels are welcome. Participants must be at least 9 years of age. Participants must have completed a Henrico indoor, outdoor, or beginner archery program within the past 365 days to participate. Information: bov001@henrico.gov

Leave the Leaves

Sat, Sep 12, 10:30-11:30am. Three Lakes Nature Center.

All ages. Not all litter is bad! Stop by and discover the importance of leaf litter to the lives of native species, then learn about leaf management techniques that benefit our animal neighbors. Information: rod075@henrico.gov

Life Cycle of a Tree

Mon, Oct 5, noon-12:30pm. Three Lakes Nature Center.

All ages. Explore the life cycle of trees as we walk the trail around Lake 1 and try to identify the different life phases of trees we see! Information bai051@henrico.gov

Kayaking with the Community

Sat, Oct 10, 9-11am. Dorey Park.

All ages. Enjoy a day on the water with Kayaking with the Community. Whether it's your first time or a seasoned vet, we will provide you with everything you need to have a safe and fun experience. Information:

bov001@henrico.gov

Community Programs



Kayak Games

Sat, Oct 10, 1-3pm. Dorey Park.

All ages. Paddle, splash, and compete in a variety of fun water challenges during Kayak Games! Participants will test their kayaking skills through friendly competitions, relay races, and exciting on-the-water activities. Whether you're aiming for victory or just looking for a good time, this program offers plenty of laughs and adventure on the water. Information: bov001@henrico.gov

In the Park After Dark: Nocturnal Nature

Thur, Oct 22, 5:30-8:30pm. Deep Run Park.

All ages. Discover the wonders of the night during this exciting evening park program! Participants will venture out on an owl prowls to listen and look for local owl species, enjoy a bat watch to observe bats as they emerge to hunt, and experience sheet lighting, a technique used to attract and observe moths and other nocturnal insects. Information: bov001@henrico.gov



Open Canoe Tours

Mon, Nov 2, 9am-1pm. Deep Bottom Park.

All ages. Experience the beauty of nature! Paddle along scenic waterways while learning about local wildlife, natural history, and the park's unique ecosystems. No prior canoeing experience is necessary to come ready to explore and enjoy a relaxing adventure on the water. Tours leave at the top of each hour, last for 45 minutes, and are limited to 12 participants per tour. Information:

bov001@henrico.gov

S.T.E.M.

Engineering Explorers

Wed, Sep 2, 3-5pm. Deep Run Park.

Wed, Oct 7, 3-5pm. Deep Run Park.

Wed, Nov 4, 3-5pm. Deep Run Park.

All ages. Get ready to imagine, design, and build! Each month features a new engineering challenge that invites participants to create, test, and improve their ideas using a variety of building materials. From towering structures to creative solution, this hands-on program encourages innovation, problem-solving, and STEM exploration through open-ended play. Come by anytime during the program to enjoy! Information: dal019@henrico.gov

Science Sleuths

Wed, Sep 9, 4-4:45pm. Short Pump Park.

Wed, Oct 14, 4-4:45pm. Taylor Farm Park.

All ages. An interactive experience that's sure to spark curiosity and creativity! We'll kick things off with a fun demonstration-level experiment that brings science to life. Then, participants will dive right in, exploring their own experiment or activity together. Whether you're making something cool, solving a puzzle, or testing out new ideas, this program is all about fun, learning, and shared STEM experiences. Information: dal019@henrico.gov

STEM Quest

Sun, Nov 8, 10am-1pm. Deep Run Park.

All ages. Put your STEM skills to the test and celebrate National STEM Day! Visit a variety of interactive stations, tackle hands-on challenges, and discover something new along the way. Complete enough activities and earn a prize as you explore the exciting world of science, technology, engineering, and math. Meet us at the field by the pond! Information: dal019@henrico.gov

Open Access Pass Programs

*Open Access Pass Programs are free and occur on a recurring basis.
Visit the center to receive an access pass and participate!*

Learn more at:

henrico.gov/rec/leisure-activities/open-access-pass-programs/

Open Access Pass Programs include:

- Badminton
 - Basketball
 - Pickleball
 - Table Tennis
 - Volleyball
-
- Belmont Games Club
 - Bridge
 - Canasta
 - Golden Angels
 - Mahjong
 - Pinochle
 - Tea Guild

Participants 18 & under must be accompanied by an adult for the initial sign-up process.

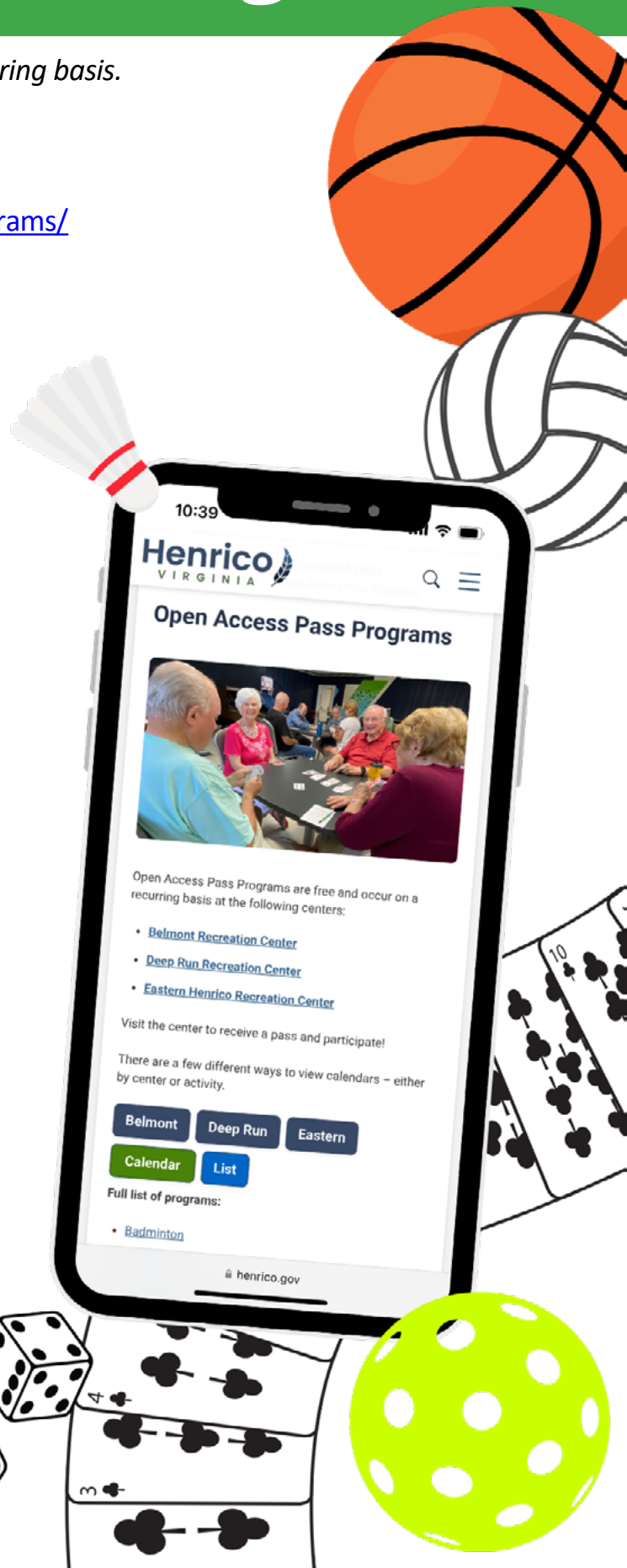
Participants for Youth Basketball (Ages 8-12) must be accompanied by an adult.

Community Rooms

There are community rooms at the following centers:

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

These spaces offer a variety of recreational activities and games. Ages 12 and under must be accompanied by an adult. Email or call for more information and to check on availability.



History Programs

All programs are free. No registration required.



Revolutionary Vaccines

Sun, Sep 12, 2-3pm. Eastern Henrico Rec Center.

All ages. Did you know that George Washington organized the first mass military immunization in US history? Learn more about the major milestones in vaccine development and the global drivers behind those breakthroughs. Information: sch107@henrico.gov

The Oneida Nation and the American Revolution

Sun, Sep 20, 2-3pm. Eastern Henrico Rec Center.

All ages. Discover the role of the Oneida Nation Indians in the American Revolution. In particular, we will highlight the roles of Polly Cooper and Two Kettles Together (Tyonajanegen). Information: sch107@henrico.gov

The Turtle: The Revolution Under the Waves

Sun, Sep 27, 2-3:30pm. Belmont Rec Center.

Ages 10+. One of the many problems for the American forces during the American Revolution was the British Navy, at the time the world's largest and most powerful navy in the world. David Bushnell's solution: The Turtle, the first operational armed submarine. Discover more about this early attempt at undersea warfare at this lecture with naval historian Ed Moore from the Mariner's Museum. Information: den63@henrico.gov

Phillis Wheatley and Her Legacy

Sun, Oct 4, 2-3pm. Eastern Henrico Rec Center.

All ages. Discover more about the remarkable life and legacy of the poet laureate of the American Revolution, Phillis Wheatley. Information: sch107@henrico.gov

London Pleasants: From Enslaved to Redcoat

Wed, Nov 4, 6-7pm. Parsons Comm Center.

Ages 10+. Follow the life of London Pleasants from enslavement to self-emancipation in Henrico County. Learn about his time as a Black Loyalist and fate after the American Revolution. Information: sch107@henrico.gov

Movie in the Park: Hamilton

Fri, Nov 6, 6:30-9:30pm. Meadow Farm.

All ages. Don't throw away your shot to see *Hamilton: An American Musical* for free! The VA250 Mobile Museum will be here so check it out before the movie begins. Bring a blanket or chair along with friends and family! Picnics are welcome and movie begins at 6:30pm. Information: sch107@henrico.gov

Hamiltrivia

Sun, Nov 8, 2-3pm. Parsons Comm Center.

All ages. Do you know your Maria Reynolds from your Peggy Schuylers? Find out in our new trivia game where we will test your knowledge of the hit musical versus the real life of Alexander Hamilton. Information: sch107@henrico.gov

The image shows the VA250 Mobile Museum Experience, a large truck with a banner that reads "VA250.ORG Mobile Museum Experience" and "OUT OF MANY, ONE". The banner also features a collage of many small portraits of people. The truck is parked outdoors.

VIRGINIA 250
AMERICAN REVOLUTION
MOBILE MUSEUM
A Hands-On Experience

Wed-Fri, Nov 4-6: 2-5pm. & Sat, Nov 7: 1-4pm.
Meadow Farm/Crump Park.

The VA250 Mobile Museum Experience, "Out of Many, One," will be onsite to share Virginia's foundational role in the birth of the nation.

Information: cha129@henrico.gov

The image shows two men in 18th-century attire, one in a red coat and the other in a brown coat, standing and talking. The text "1776: Signing Day" is written in a large, stylized font.

**1776:
Signing Day**

Sat, Nov 7, 1-4pm
Meadow Farm

See page 5 for more details.

History Programs

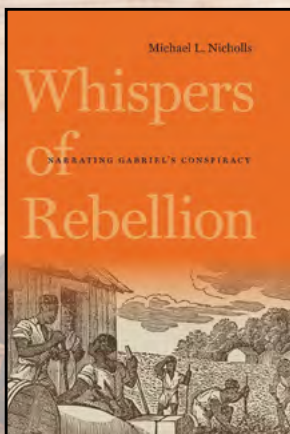
All programs are free. No registration required.

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, Oct 13, 1-3pm.
Spring Park.

Whispers of Rebellion:
Narrating Gabriel's Conspiracy
by Michael Nicholls



Information: sch107@henrico.gov

Historically Speaking

Historically Speaking:

The Colonial Republic of Pirates

Thur, Sep 17, 6-7pm. Tuckahoe Area Library.

All ages. The Mariner's Museum's Naval Historian, Ed Moore, discusses a legion of men and women including Blackbeard, Calico Jack, Anne Bonny, Mary Read, and a cast of thousands who cut off the European powers from their Caribbean holdings by waging warfare as professional thieves, and who established the first Democratic Republic in the New World. This program is held in partnership with Henrico County Public Library. Information:

kbridges@henricolibrary.org

Historically Speaking:

American Revolution Genealogy

Thur, Oct 1, 6-7pm. Tuckahoe Area Library.

All ages. Cara Griggs, Senior Reference Archivist at the Library of Virginia, discusses research methods and local, state, and federal resources from the Revolutionary War era. She will cover military records, public service claims, tax records, legislative petitions, oaths of allegiance, and records pertaining to Loyalists. This program is held in partnership with Henrico County Public Library. Information:

kbridges@henricolibrary.org

Historically Speaking: The USS Henrico

Thur, Nov 5, 6-7pm. Tuckahoe Area Library.

All ages. Naval Historian, Ed Moore, traces the story of the USS Henrico, a Bayfield-class attack transport ship named after Henrico County, Virginia. Launched in 1943, the ship served in World War II, the Korean War, and the Vietnam War carrying troops during key invasions, including Normandy, and earning multiple battle stars before being decommissioned in 1968. This program is held in partnership with the Henrico County Public Library. Information:

kbridges@henricolibrary.org

Historically Speaking:

General George C. Marshall

Sat, Nov 14, 2-3pm. Gayton Branch Library.

All ages. Explore the life of service and achievements of soldier, statesman, and Nobel Peace Prize recipient, George C. Marshall, with Dr. Joel Christenson, Director of the John A. Adams '71 Center for Military History & Strategic Analysis at VMI. This program is held in partnership with Henrico County Public Library. Information:

kbridges@henricolibrary.org

Homeschool Days

Homeschool Day: Water and Waterways

Fri, Sep 4, 10am-noon. Osborne Park.

All ages. Dive into some of the fascinating science and history of water and waterways at various hands-on drop-in stations. Information:

sch107@henrico.gov

Homeschool Day: The Industrial Revolution

Fri, Oct 23, 10am-noon. Osborne Park.

All ages. Discover more about the Industrial Revolution at various hands-on drop-in stations. Information:

sch107@henrico.gov

 = Lecture

For more information, contact riz002@henrico.gov

History Programs

All programs are free. No registration required.

Local Curiosities

The Life of Leslie Garland Bolling

Sat, Sep 12, 2-3pm. Deep Run Rec Center.

All ages. Leslie Garland Bolling had humble beginnings. Despite never receiving formal training, he became a Harlem Renaissance aligned carver. Discover more about his remarkable life and work. Information:

sch107@henrico.gov

Separate & Unequal: Virginia's Black Education System

Sat, Sep 19, 2-3pm. Virginia Randolph Museum.

All ages. Learn about the legacy of African American schooling in the era of Jim Crow through the photographs of Jackson Davis and others that showcased African American schools and communities. Information:

sch107@henrico.gov

The Prince Who was Almost King

Sun, Sep 27, 2-3pm. Deep Run Rec Center.

All ages. How did Henrico County get its name? Discover how a young prince's death changed the British monarchy and why his name was given to an area in the heart of Virginia. Information: sch107@henrico.gov

Seeds of Discord:

Bacon's Rebellion & Henrico County

Sat, Oct 3, 11am-12:30pm. Belmont Rec Center.

All ages. In 1674, Nathaniel Bacon was exiled from England to Henrico County, Virginia. Two years later, he led a bloody rebellion that would not only rock Virginia but would go on to have far-reaching consequences visible across the nation even today. Brenna Geraghty, Education Manager with Preservation Virginia, will present on the influence of Henrico County and its inhabitants upon Bacon's Rebellion in commemoration of the 350th anniversary of the notorious event. Information:

den63@henrico.gov

In the Shadow of the Raven:

Poe's Life in Richmond

Sat, Oct 3, 2-3pm. Deep Run Rec Center.

All ages. Weak and weary at the close of his life, Edgar Allan Poe sought solace in the ghostly shadows of his past in the city he loved: Richmond. This talk explores his relationship with the city. Information:

sch107@henrico.gov

Greater Richmond Post Emancipation Uplift Cemeteries

Sat, Oct 17, 2-3pm. Parsons Comm Center.

Ages 10+. Learn more about the historic African American cemeteries that are the final resting place to many influential people who helped make the greater Richmond area what it is today. The program will focus on Henrico's Woodland and East End cemeteries and Richmond's Evergreen Cemetery: three historic sacred grounds that fell into years of disarray but are in the midst of being restored by extensive volunteer efforts. Information:

sch107@henrico.gov

Historians on Tap: True Crime

Thur, Oct 22, 6:30-8pm. The Veil Brewing - Forest Hill.

All ages. Murder, mystery, scandal, and mayhem. Local historians will explore some of Virginia's most notorious crimes and unsettling stories. This evening of history uncovers the darker side of the Commonwealth's past. Information:

riz002@henrico.gov



History Programs

All programs are free. No registration required.

Saturday at the Museum

All ages. Saturdays, 10am-2pm.

Henrico Recreation and Parks owns, preserves, and interprets historic properties across the county. See and hear the stories of the people, places, and events that have shaped our county.

Sep 5: Meadow Farm

The Meadow Farmhouse is interpreted as the Sheppard home during the 1860s. After a tour, you can view the exhibits at the Parsons Center, which explores the history of Native Americans from the area, Gabriel's Rebellion, and the Parsons family, who worked on the farm from 1809-1939.



Oct 3: Deep Run Schoolhouse

Deep Run Schoolhouse was a two-room school that served the community from 1902-1911. Explore a re-created schoolroom of the time period and an exhibit on early 20th century education.



Nov 14: Dabbs House Museum

The Dabbs House served as Robert E. Lee's headquarters during the summer of 1862, an almshouse at the turn of the 20th century, and a police station from the 1940s to 2005.



Information: leh@henrico.gov

Henrico History Bingo

Mon, Oct 12, 10am-noon. Belmont Rec Center.

All ages. Did you know October is Henrico History Month? Discover more about Henrico's 400 year history while playing Bingo. Come for the fun and prizes, and leave with the knowledge of the people, places, and events that contributed to our past, shape our present, and will impact our future.

Information: den63@henrico.gov

Uncharted Histories

The Scandalous Life of Princess Troubetzkoy

Sun, Sep 13, 2-3pm. Belmont Rec Center.

All ages. Born in Charlottesville, Virginia in 1863, Amelie Rives Troubetzkoy became a sensation as a novelist, playwright, and poet in the Gilded Era. Marrying into Russian royalty only added to her mystique. Discover more about her brilliant career and the scandal and illness that brought her down. Information: sch107@henrico.gov

Otzi the Iceman

Sat, Sep 26, 2-3pm. Eastern Henrico Rec Center.

All ages. The uncovering of Otzi the Iceman was an incredible historic discovery. Find out more about how he was found and what he can teach us. Information: sch107@henrico.gov

Black Southern Gothic

Sat, Oct 24, 2-3pm. Eastern Henrico Rec Center.

All ages. Black Southern Gothic is primarily known for its literary themes, but also exists in visual art, music, and film. Discover the nuance and distinctions between Southern Gothic and Black Southern Gothic in this lecture. Information: sch107@henrico.gov

Magical Fiber Arts

Sat, Oct 31, 2-3pm. Parsons Comm Center.

All ages. Discover some of the mystical folklore behind fiber arts in this lecture. Information: sch107@henrico.gov

Above & Beyond the Call of Duty: The Dorie Miller Story

Sun, Nov 15, 2-3pm. Eastern Henrico Rec Center.

All ages. On the morning of December 7, 1941, Doris "Dorie" Miller was a mess attendant second class aboard the USS West Virginia stationed at Pearl Harbor, Hawaii. For his courageous actions during the "day that will live in infamy," Miller became the first African American to earn the Navy Cross. We will explore his brief, but eventful, life in this lecture. Information: sch107@henrico.gov

History Programs

All programs are free. No registration required.

History Investigators

History Investigators

Sat, Sep 26, 10-11am. Dorey Park.

Ages 5-11. Meet us at the history tent at the Dorey Park Farmers Market. Then go on a quest to discover what the property used to be by finding objects and architectural elements related to its past. You will need your sleuthing skills to find your way to hidden boxes with a small reward for your hard work. Information: leh@henrico.gov

History Investigators

Tue, Oct 6, 5-6pm. Clarke-Palmore House.

Ages 5-11. Explore the Clarke-Palmore House in a fun way. Look for objects both familiar and different that show us how people in the 1930s lived. Use your thinking skills to solve a mystery and then follow clues to find boxes hidden on the property that holds a small reward for your sleuthing abilities. Information: leh@henrico.gov

Cemetery Tour

The Veterans of Woodland Cemetery Tour

Sat, Nov 14, 10am-noon. Woodland Cemetery.

All ages. In commemoration of Veterans Day, we will be doing a focused walking tour at historic Woodland Cemetery. This tour will center on those who served their country valiantly despite living in a time and place when enslavement and then Jim Crow laws dictated their lives. We will take a deep dive into the lives of those who served at home as United States Colored Troops in the American Civil War through the ones who crossed oceans in 20th century conflicts. The tour will cover a large portion of the grounds so please dress accordingly. Information: sch107@henrico.gov

REAL TO REEL



Sat, Oct 10
6:30-9:30pm
Henrico Theatre



Ages 13+. The Salem witch trials of 1692-1693 remain one of the most infamous episodes in American history and inspired *The Crucible*, a play that was later adapted into the 1996 film. But how much of the movie reflects the historical record? Join a history expert as we separate fact from fiction, explore the real events behind the Salem witch trials, and briefly examine Virginia's own history of witchcraft accusations. Then grab some popcorn and enjoy the film. Rated PG-13.

Information: den63@henrico.gov

Henrico History Project Awards Reception

November 30, 6-7pm

J. R. Tucker High School

All ages. Every year, fifth graders from Henrico County Public Schools create a project based on a person, place or event connected to Henrico's history. We bring the best projects from each school together for the community to view and meet the students that created them. A short ceremony to recognize the best projects will conclude the program. This event is in partnership with Henrico County Public Schools and the Henrico Preservation Advisory Committee.

Information: leh@henrico.gov

Henrico Live



HENRICO LIVE

**JOIN US FOR A FULL YEAR
OF LIVE MUSIC!**

Tickets are available for individual shows, or you can build your own season package! The more shows you choose for the season, the bigger the discount! Select 3-4 performances and save 25%; select 5 or more performances to save 50%.

August 24-28 ONLY

Box Office Hours: Monday-Friday, 12-4pm

TICKETS

Aug 24, noon: Season tickets go on sale

Aug 27, noon: Single tickets go on sale

Individual tickets cost \$10 per show

All performances held at Henrico Theatre

Box Office Hours: Mon, Wed, Fri, 12-4pm

804.652.1460 | henricolive.com



HENRICO LIVE SEASON 26/27

Kozy Cats

Fri, Sep 25, 7pm.

The Taters *Halloween in the Haunted Forest*

Fri, Oct 23, 7pm.

The English Channel

Fri, Nov 20, 7pm.

A KOS and Susan Greenbaum Christmas

Sat, Dec 12, 3 & 7pm.

Bak N Da Day

Sat, Dec 19, 7pm & Sun, Dec 20, 3pm.

Henry Harris Big Band

Fri, Jan 22, 7pm.

A Tribute to The Mavens of Motown

Fri, Feb 26, 7pm.

Susan Greenbaum

Fri, Mar 19, 7pm.

All Day Va

Fri, Apr 23, 7pm.

Soul Expressions

Fri, May 21, 7pm.

Ban Caribe

Fri, Jun 25, 7pm.

Dreamsicle

Fri, Jul 23, 7pm.

KOS

Fri, Aug 20, 7pm.



Performing Arts

Fall Live Shows

Kozy Cats

Fri, Sep 25, 7pm. Henrico Theatre. \$10.

The Kozy Cats return to kick off the season with their strongest lineup to date! The amazing Mickenzie Manning and Walter "Vocalriffic" Brown vocalize the classic hits of Aretha Franklin, Whitney Houston, Stevie Wonder, and Prince, while the Cats chime in with covers of Tony Bennett, The Doobies, The Monkees, and more from the 60s, 70s and 80s.

The Taters *Halloween in the Haunted Forest*

Fri, Oct 23, 7pm. Henrico Theatre. \$10.

The Taters invite you into the Haunted Forest for a family-friendly Halloween show packed with fiendish fun, spooky spirit, and plenty of roots-pop charm. Featuring the band's signature harmonies and gift for melody, the show will mix new and classic Halloween tunes with the warmth, wit, and musical sparkle that make The Taters a fan favorite.

The English Channel

Fri, Nov 20, 7pm. Henrico Theatre. \$10.

America's premier British Invasion band returns with an all-new 2026 edition of their fab concert experience, "AM•FM Hits of the British Invasion Decade." You'll hear your favorite British rock and progressive pop tunes performed just like the original recordings and just like you remember, starting with AM radio hits from 1964 - 1966 featuring songs from artists like The Beatles, Petula Clark, Herman's Hermits, and The Hollies followed by the heavier music on the FM dial from '67 and beyond by the Moody Blues, Elton John, ELO, and others.

\$1 MOVIES

We're your first stop for second run movies!

Most weekends and select weekday mornings at Henrico Theatre.

Concessions: \$1 each

For a list of movies, showtimes, and dates visit us online.



henricotheatre.com

Frogtown Mountain
Puppeteers presents



"Everybody
Loves Pirates"

Sat
Sep 26

Show Times:
10:30am & 1pm

Henrico
Theatre

Ages 4+. Eight-year-old Lucy and her goofy pal Little Chucky are searching for buried treasure, but a gang of bumbling pirates keeps getting in the way! The kids get some help from their new ocean-dwelling friends. Doors will open 30 minutes prior to show. Information: 804-652-1460.

Audition Announcements

No performers paid. Information: per22@henrico.gov

Henrico Theatre Company will hold auditions for their production of *The Cricket on the Hearth* a play by Marian Johnson from the story by Charles Dickens on Sun, September 13 and Tuesday, September 15 at 7 pm at The Cultural Arts Center at Glen Allen. Director Amber dePass is seeking 10-15 men and women, ages 15-65. Readings will be from the script. Rehearsals will start around September 22 for a Nov 6-22 run.

On the Air Radio Players will hold auditions for their production of *Beyond Santa* on October 18 & 19 at 7pm at Belmont Recreation Center. Director Valerie Chinn is seeking 8-12 men and women for a variety of voice and sound effects roles. Readings will be from the script. Performances December 1 & 2 at The Cultural Arts Center at Glen Allen.

Henrico Theatre Company

All tickets can be purchased in person at The Cultural Arts Center at Glen Allen, by calling 804-501-5859 or 804-261-2787, 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.



Nunsense

September 11-27

A musical comedy by Dan Goggin.



How to Succeed in Business Without Really Trying

April 30-May 16

A musical comedy with book by Abe Burrows, Jack Weinstock & Willie Gilbert and music and lyrics by Frank Loesser.



The Cricket on the Hearth

November 6-22

A play by Marian Johnson from the story by Charles Dickens.



See How They Run

July 16-August 1

A comedy by Philip King.

All performances will be held at The Cultural Arts Center at Glen Allen. For specific showtimes, go to artsglenallen.com. Information: 804-501-5859 or per22@henrico.gov



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

Youth & Teen Classes

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



Sep 1-Nov 24. #19100

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 at our recreation programs from September-November.

Register for this program to learn more about the volunteer opportunities available.

Information: roc35@henrico.gov

► **Kids Sign & Connect: American Sign Language**
Mon, Sep 14-28, 4:30-5:30pm. Belmont Rec Center. #18951
Ages 7-12. Learn a new language through games, songs, stories, crafts, and fun activities! Participants will be introduced to the basics of American Sign Language, including common signs, the ASL alphabet, and simple conversations. This engaging program promotes communication, inclusion, and creativity while helping children build confidence and connect with others in a fun and supportive environment. Information:
rec-inclusion@henrico.gov

Home & Garden

► **Cookie Decorating Workshop: Fair Favorites**
Sun, Sep 27, 3-4pm. Belmont Rec Center. #18931
Ages 8-15. Celebrate State Fair season by decorating a prize goldfish, popcorn, and balloon dog cookie set! Perfect for beginners, no experience necessary, and all supplies are provided. Instructor: Carla Mentry. Information:
sta02@henrico.gov

► **Cookie Decorating Workshop: Spooky Sweets**
Thur, Oct 29, 6-7:30pm. Belmont Rec Center. #18952
Ages 8+. Get ready for a frightfully fun evening of cookie decorating! In this beginner-friendly class, you'll create three adorable Halloween cookies, candy corn, ghost, and jack-o'-lantern, while learning essential icing techniques. No experience necessary; all supplies provided! Instructor: Carla Mentry. Information:
sta02@henrico.gov

► **Junior Flavor Makers**
Sun, Oct 4, 2-3pm. Belmont Rec Center. #19061
Sun, Oct 11, 2-3pm. Belmont Rec Center. #19067
Ages 10-15. Join Chef Jason from CHEW as he guides youth through hands-on lessons that build essential cooking skills and boost confidence in the kitchen. Students will explore both new and familiar ingredients in creative ways, gaining comfort and independence as they cook. Each class ends with something delicious to enjoy and a take-home recipe so the learning can continue at home. Information:
sta02@henrico.gov

Music & Dance

► **Introduction to Guitar 1**
Tue, Sep 1-22, 5:45-6:30pm. The Springs Rec Center. #19136
Tue, Nov 3-Dec 1, 5:45-6:30pm.
Highland Springs Comm Center. #19140
Ages 6-12. Do you want to see if guitar is the instrument for you? In this class, you will learn introductory guitar techniques and playing skills. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. Please bring a guitar. Information:
roc35@henrico.gov

► **Introduction to Guitar 2**
Tue, Oct 6-27, 5:45-6:30pm.
Highland Springs Comm Center. #19138
Ages 6-12. This class is for participants who have completed Guitar I and are ready to continue building their skills. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. The Introduction to Guitar 1 course is a prerequisite. Please bring a guitar. Information:
roc35@henrico.gov

Youth & Teen Classes

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

Nature & Outdoors

► Archery – Beginner

Fri, Sep 4, 9-10:30am. Eastern Henrico Rec Center. #19103
Ages 9-17. In this hands-on, indoor course, archers will learn the fundamentals of archery, including proper technique, safety, and the importance of focus and patience. Through practice and friendly competition, participants will build confidence and develop valuable skills. Whether you're a beginner or have some experience, our expert instructors will guide you every step of the way. The program starts promptly at 9:00am. Late participants will not be admitted due to safety concerns. Information: bov001@henrico.gov

► Archery - Intermediate

Fri, Sep 4, noon-1:30pm. Eastern Henrico Rec Center. #19104
Ages 9-17. Build on your existing archery skills in this intermediate-level indoor program designed for returning participants. Archers will refine technique, improve accuracy and consistency, and develop greater confidence through guided practice and structured challenges. Participants must have completed a Henrico indoor, outdoor, or beginner archery program within the past 365 days to enroll. The program starts promptly at 12:00 pm. Late participants will not be admitted due to safety concerns. Information: bov001@henrico.gov

Sports

► Mission Possible: Hero Academy

Thur, Sep 3-24, 11-11:35am. Deep Run Rec Center. #18924
Thur, Oct 8-29, 11-11:35am. Deep Run Rec Center. #18925
Thur, Nov 5-19, 11-11:35am. Deep Run Rec Center. #18926
Sat, Sep 12-26, 3:30-4:05pm. Eastern Henrico Rec Center. #19165
Sat, Oct 3-24, 3:30-4:05pm. Eastern Henrico Rec Center. #19166
Sat, Nov 7-21, 3:30-4:05pm. Eastern Henrico Rec Center. #19167
Ages 3-6. Enjoy a preschool program that helps children build confidence, coordination, listening skills, teamwork, and resilience while engaging in fun movement activities. In partnership with Overtime Athletics. Information: qua024@henrico.gov

S.T.E.M.

► STEM Day Camp

Mon, Nov 9, 9am-3pm. Deep Run Rec Center. #19066
Ages 7-10. Celebrate National STEM Day with an exciting day of hands-on learning and discovery! Packed with engaging experiments, creative challenges, and interactive STEM activities, this one-day camp encourages participants to explore, innovate, and think like scientists and engineers. Get ready to spark curiosity, build problem-solving skills, and have fun along the way! Information: dal019@henrico.gov

WINTER CAMP

Registration begins Nov 2 at 7am.

► Camp Slumber

Mon-Thur, Dec 28-31, 9am-3pm.
Deep Run Rec Center. #19068
Ages 7-10. No sleeping required, just plenty of fun! Wear your favorite pajamas or comfy clothes and settle in for some sleep-over inspired adventures. Campers will enjoy fort building, games, crafts, treat, and other cozy surprises. A favorite stuffed animal or pillow is welcome to tag along for the fun. Information: dal019@henrico.gov

► Arctic Adventure Challenge

Mon-Thur, Dec 28-31, 9am-3pm.
Eastern Henrico Rec Center. #19168
Ages 7-10. Bundle up for a week of winter fun, teamwork, and adventure! Campers will become Arctic Explorers as they work together to complete exciting challenges, create winter-themed crafts, participate in STEM experiments, and compete in friendly team competitions. Information: mcc159@henrico.gov

Beat the winter blues with a week of activities.

Adult/Family Classes

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



A canvas for our community. Come create with us and explore various forms of art with instruction. Participants may only sign up for one session of each class.

► Glass Fusion

Tue, Sep 8, 1:30-3:30pm. The Springs Rec Center. #18879
Tue, Sep 8, 6:30-8:30pm. The Springs Rec Center. #18878
Ages 16+. Learn the artistic technique of fusing glass. We'll use various types, sizes, and colors of glass that, once fired in a kiln, fuse together to become a beautiful piece of art. Information: tru08@henrico.gov

► Petite Pottery

Wed, Sep 9 & 23, 6:30-8:30pm.
The Springs Rec Center. #19076
All ages. We'll see you in the studio to create some petite pottery! Project requires the use of fine motor skills and use of tools. Information: sch107@henrico.gov

► Yarn Ball Pumpkins

Thur, Sep 17, 6:30-8:30pm. The Springs Rec Center. #19095
Ages 16+. Create cozy fall décor by wrapping colorful yarn around simple forms to craft charming textured pumpkins. They are perfect for adding a festive touch to any space. Instructor: Samantha Forbes. Information: roc35@henrico.gov

► Intermediate Stained Glass

Tue, Sep 22-Oct 20, 1:30-3:30pm.
The Springs Rec Center. #18559
Tue, Sep 22-Oct 20, 6:30-8:30pm.
The Springs Rec Center. #18529
Ages 16+. Make a beautiful stained-glass window in this five-part class. Participants must have completed one of the stained-glass classes previously offered at the studio. More information regarding supplies required will be sent out prior to the first class. Instructor Elaine Olay. No class Sep 29. Information: tru08@henrico.gov

► Collage Bookmarks

Thur, Sep 24, 6:30-8:30pm. The Springs Rec Center. #19096
Ages 16+. Design vibrant, mixed-media bookmarks using decorative papers and magazine images. This is an expressive, hands-on project that results in a personalized keepsake for any reader. Instructor: Samantha Forbes. Information: roc35@henrico.gov

► Fall Wrapped Twig Vases

Thur, Oct 1, 6:30-8:30pm, The Springs Rec Center. #19097
Ages 16+. Turn ordinary twigs and recycled bottles into warm, rustic fall vases bursting with seasonal charm. With yarn, twine, and festive embellishments, craft a cozy autumn centerpiece perfect for displaying flowers, leaves, or other natural accents. Instructor: Samantha Forbes. Information: roc35@henrico.gov

► Blackout Poetry Creations

Thur, Oct 15, 6:30-8:30pm. The Springs Rec Center. #19094
Ages 16+. Step into the world of poetry and art! Learn the process of blackout poetry by taking text from a book or newspaper and creating a unique piece of artwork. Instructor: Samantha Forbes. Information: roc35@henrico.gov

PROGRAM REGISTRATION

Fall 2026 Registration Begins:

Mon, Aug 17 for Henrico Residents

Fri, Aug 21 for Non-Henrico Residents

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

Adult/Family Classes

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

A poster for a Sound Bath class. It features a green background with a white line drawing of a person in a meditative pose. The text is in white and yellow.

Sound Bath

Tue, Nov 10, 6-7pm.
Henrico Theatre. #19117

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. Instructor: Jim Morgan.

Registration required in advance.

Information:
per22@henrico.gov

Animals

► Poultry Pumpkin Party

Sat, Oct 3, 1:30-2:30pm. Parsons Comm Center. #18973
Ages 7+. Celebrate fall with our chickens! Visitors will design pumpkins while learning about the diet and care of our chickens, then watch them peck and “carve” the pumpkin designs. Information: smi281@henrico.gov

Creative Arts

► New at Needlepoint

Sat, Sep 26-Oct 3, 1-3pm. Parsons Comm Center. #19077
All ages. Needlepoint is a timeless and versatile craft that has recently enjoyed a resurgence in popularity. Whether you're completely new to stitching or looking to learn a new creative skill, this free workshop will teach you the basics to get started on your own needlepoint projects. Participants should be comfortable using fine motor skills and small hand tools. Information: sch107@henrico.gov

► Bar Jewelry

Thur, Oct 29, 2-3:30pm. Belmont Rec Center. #19017
Ages 16+. Learn beginner-friendly techniques to create your own bar necklace and matching pair of earrings. Participants will work with chain, wire, and small beads while exploring basic wire-wrapping methods. This project requires the use of fine motor skills and jewelry-making tools, which will be provided. Information: tru08@henrico.gov

► Resin Jewelry

Mon & Fri, Nov 16 & 20, 10-11am. Belmont Rec Center. #18995
Ages 16+. Create a custom, matching jewelry set consisting of a statement pendant and coordinating earrings by blending vibrant, translucent tinted inks into liquid resin and pouring into silicone mold shapes. Information: tru08@henrico.gov

A poster for Veterans Brunch. It features a dark blue background with white stars and stripes at the bottom. The text is in white.

VETERANS BRUNCH

Thur, Nov 5, 10am-noon.
Eastern Henrico Rec Center. #19016

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 if desired. Enjoy patriotic music and food. We are partnering with Henrico Advocate for the Aging and JenCare. *Registration required in advance.*

Information: cun04@henrico.gov

Adult/Family Classes

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

HANDS ON HISTORY



► Plein Air Painting

Sat, Sep 5, 1-3pm. Parsons Comm Center. #19129

All ages. Unveil the significance of landscape painting in the 18th and 19th centuries. Then complete a guided painting of Meadow Farm's vibrant fall landscape. This project requires the use of fine motor skills.

► Nautical Knots Macrame Workshop

Sat, Oct 10, 1-3pm. Eastern Henrico Rec Center. #19071

All ages. To celebrate the United States Navy's birthday, participants will dive into to a brief history of this nautical technique, how sailors used it, its connection to Meadow Farm, and get to practice doing basic macramé knots. Participants will take home a small wall hanging! This project requires the use of fine motor skills.

► Pamunkey Pottery

Sat, Nov 14, 1-3pm. Parsons Comm Center. #19127

All ages. The women of the Pamunkey Indian tribe has historically produced a wide array of pottery using clay harvested from the Pamunkey River. Celebrate Indigenous People's Month by learning more about the Pamunkey community and their pottery-making techniques, then creating your own air-dry clay bowl. This project requires the use of fine motor skills.

Information: sch107@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.

History

► Heirloom Lost Arts & Crafts: Dancing into the Colonial Past

Sun, Oct 4, 2:30-4:30pm. Belmont Rec Center. #18729

Ages 12+. Put on your dancing slippers and dance your way back in time 250 years to a time of powdered wigs and lavishly trimmed waistcoats. Dancing was a popular and common pastime of colonial Americans, which served recreational, social, and political purposes. You'll learn the English country dances that were enjoyed by George Washington and Thomas Jefferson. No partner required.

Information: den63@henrico.gov

► Revolutionary Team Trivia Night

Thur, Nov 5, 6:30-8pm. Parsons Comm Center. #19074

All ages. Do you know the difference between Gilbert du Motier and Jean-Baptiste Donatien de Vimeur? Can you instantly recall when the first Intolerable Act was passed? Bring your friends and family to our Revolutionary Team Trivia Night to find out! Be sure to check out the VA250 Mobile Museum before or after the program. Information:

sch107@henrico.gov

► Heirloom Lost Arts & Crafts: Colonial Soap Making

Sat, Nov 14, 10am-noon. Hunton Comm Center. #19092

Ages 13+. What did people during the 1700s use for washing? They could buy soap imported from Europe, buy soap made and sold locally in shops, or make their own from recipes available in books. Mix, pour, and mold your own soap with scents inspired by the past while learning about colonial bathing habits, soaps, and soap making.

Information: den63@henrico.gov

► Loom Beadwork Workshop

Sat, Nov 21, 1-4pm. Parsons Comm Center. #19038

Ages 10+. Beads hold a special place in the art of many Native American peoples. Learn to make loom work bead jewelry as we celebrate Indigenous People's Month.

Project requires the use of fine motor skills and use of tools. Information: sch107@henrico.gov

Adult/Family Classes

Home & Garden

► Cookie Decorating Workshop: Cozy Fall

Thur, Sep 24, 6-7:30pm. Belmont Rec Center. #18932
Ages 16+. Celebrate the cozy side of fall with a latte, gourd, and candle cookie set! Learn simple decorating techniques and create sweet seasonal cookies perfect for sweater weather. No experience needed. Instructor: Carla Mentry. Information: sta02@henrico.gov

► United by Flavor

Mon, Oct 12, 6-7:30pm. Belmont Rec Center. #18948
Mon, Oct 19, 6-7:30pm. Belmont Rec Center. #18949
Mon, Oct 26, 6-7:30pm. Belmont Rec Center. #18950
Ages 16+. Participants take part in an inclusive cooking experience that builds both community and practical kitchen skills. Recipes draw inspiration from Hispanic Heritage and Native American Heritage traditions, offering a rich blend of flavors and cultural learning. Working together as a group, participants will develop new techniques while strengthening connections through shared food and shared experience. Information: sta02@henrico.gov

► Beginner Embroidery 101

Thur, Oct 29 & Fri, Nov 6, 6-7:30pm.
Belmont Rec Center. #18989
Ages 13+. Learn the three most popular stitches to create an assortment of embellishments on an item of your choice. Learn how to trace your own designs onto materials. Use this new skill to create beautiful gifts! Please bring an item from home to both classes to begin embroidering after practicing in a hoop. Project requires use of fine motor skills and tools. Instructor: Erin Crane. Information: sta02@henrico.gov

► Feeling of Fall Soap Making

Thur, Nov 5, 6-8pm. Highland Springs Comm Center. #19143
Ages 14+. Capture the coziness of autumn! Blend warm scents with rich seasonal colors to create beautiful, handcrafted soaps that feel just like fall. Information: roc35@henrico.gov

► Create Your Signature Scent

Sat, Nov 7, 10am-noon. Eastern Henrico Rec Center. #19021
Ages 18+. Whip up body butter, blend a skin-loving oil, and design a custom body mist using fragrances chosen by you. In collaboration with The Wicktionary Candle Co. Information: qua024@henrico.gov

► Cookie Decorating Workshop: Pumpkin Spice

Mon, Nov 16, 6-7:30pm. Belmont Rec Center. #18934
Ages 16+. Celebrate all things pumpkin spice! In this beginner-friendly cookie decorating class, you'll learn to decorate three cozy fall-themed cookies: pumpkin pie, pumpkin spice latte, and a pumpkin candle. No experience necessary, all supplies provided! Instructor: Carla Mentry. Information: sta02@henrico.gov

► Family Cooking: Holiday Edition

Sun, Nov 22, 2-4pm. Belmont Rec Center. #18946
Ages 10+. Celebrate the holiday season with a hands-on, multigenerational cooking experience. This class will teach you how to prepare holiday side dishes that are easy, affordable, and nourishing. You'll explore simple techniques that last a lifetime while building meaningful connections with family and community. Information: sta02@henrico.gov

American Sign Language



Mon, Sep 14-28, 6-7pm.
Belmont Rec Center. #18947

Ages 14+. Discover the basics of American Sign Language in a fun and welcoming environment! Participants will learn everyday signs, fingerspelling, and simple conversations. Whether you're learning for personal growth, work, or to communicate with family and friends, this class offers an engaging way to build new communication skills and confidence.

Information: rec-inclusion@henrico.gov

Adult/Family Classes

Music & Dance

► Line Dance

Tue, Oct 6-27, 10:30-11:30am. Belmont Rec. #19152.
Tue, Nov 17-24, 10:30-11:30am. Belmont Rec. #19153
Fri, Oct 2-30, 10:30-11:30am. Deep Run Rec. #18986
Fri, Nov 4-25, 10:30-11:30am. Deep Run Rec. #19164
Ages 18+. Line dancing provides a great form of low-impact exercise. It improves coordination, balance, memory, and increases cardiovascular health. In this beginner class learn line dance terminology and easy dance moves to a variety of music. No partner needed. *No class Oct 9, 13, Nov 11 & 18.* Information: tru08@henrico.gov

► Introduction to Guitar 1

Tue, Sep 1-22, 6:45-7:30pm. The Springs Rec Center. #19137
Tue, Nov 3-Dec 1, 6:45-7:30pm. Highland Springs CC. #19142
Ages 13+. Do you want to see if guitar is the instrument for you? Learn introductory guitar techniques and playing skills. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. Please bring a guitar. Information: roc35@henrico.gov

► Introduction to Guitar 2

Tue, Oct 6-27, 6:45-7:30pm. Highland Springs CC. #19139
Ages 13+. This class is for participants who have completed Guitar I and are ready to continue building their skills. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. The Introduction to Guitar 1 course is a prerequisite. Please bring a guitar. Information: roc35@henrico.gov

Nature & Outdoors

► River Birds Kayak Tour

Wed, Sep 30, 9-11:30am. Deep Bottom Park. #19090
Ages 10+. Glide silently through serene waterways as nature surrounds you in this tranquil bird-watching haven. This park offers a unique opportunity to explore its rich avian biodiversity from the comfort of a kayak. Kayakers can follow winding creeks and quiet coves to find migrating birds. Information: bov001@henrico.gov

► Archery - Beginner

Sat, Nov 14, 9-10:30am. Deep Run Rec Center. #19106
Ages 18+. In this hands-on indoor course, archers will learn the fundamentals of archery, including proper technique, safety, and the importance of focus and patience. Through practice and friendly competition, participants will build confidence and develop valuable skills. Whether you're a beginner or have some experience, our expert instructors will guide you every step of the way. The program starts promptly at 9:00am. Late participants will not be admitted due to safety concerns. Information: bov001@henrico.gov

► Archery - Intermediate

Sat, Nov 14, noon-1:30pm. Deep Run Rec Center. #19107
Ages 18+. Build on your existing archery skills in this intermediate-level indoor program designed for returning participants. Archers will refine technique, improve accuracy and consistency, and develop greater confidence through guided practice and structured challenges. Participants must have completed a Henrico indoor, outdoor, or beginner archery program within the past 365 days to enroll. The program starts promptly at 12:00pm. Late participants will not be admitted due to safety concerns. Information: bov001@henrico.gov

Motown Night

**FRI, NOV 13, 6-8PM
EASTERN HENRICO REC CENTER**

Ages 18+. Motown legends define the golden era of R&B and soul. Dance to popular music from musical pioneers like Michael Jackson, Stevie Wonder, Diana Ross, Lionel Richie, Gladys Knight, and the Temptations to name a few.

Information: cun04@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.

Highland Springs CC = Highland Springs Community Center.

Therapeutic Recreation

All programs are free; however, programs with a ► next to the title require registration in advance. Materials are available while supplies last.

Therapeutic Recreation (TR) offers inclusive and adaptive programs for individuals with disabilities or medical conditions that promote socialization, friendship, and personal growth. Using recreation and leisure activities, these programs support physical, emotional, and social well-being in a fun and engaging way. From creative arts and fitness to social events and life skills, participants enjoy meaningful experiences in a welcoming, supportive environment. TR programs can be easily modified to meet individual needs—ensuring everyone can participate and thrive.

► Outdoor Explorers

Wed, Sep 2, 10-11am. Deep Run Park. #18940

Wed, Oct 7, 10-11am. Deep Run Park. #18941

Wed, Nov 4, 10-11am. Deep Run Park. #18942

Ages 2-6. Come discover the outdoors through hands-on exploration and sensory experiences! Participants will engage their senses by observing nature, listening to outdoor sounds, exploring different textures, and searching for natural treasures. This fun outdoor adventure encourages curiosity, appreciation for nature, and a love of exploring the world around us. Information:

rec-inclusion@henrico.gov

Finish That Lyric

Wed, Sep 2, 10-11:15am. Dorey Recreation Center.

All ages. Test your music knowledge in this fun and interactive game where participants hear part of a song and work together to finish the lyrics! From classic hits to favorite singalongs, “Finish That Lyric” is full of music, laughter, and friendly competition. Instructor: Jacob’s Chance. Information: rec-inclusion@henrico.gov



Cup of Joe

Thur, Sep 3, 10:30-11:30am. Eastern Henrico Rec Center.

Ages 16+. Take a moment to sip and serve! Cup of Joe is a relaxed community gathering where participants enjoy a warm cup of coffee, cocoa, or tea while working on meaningful projects like writing cards of thanks and encouragement to local service groups. It’s a great way to build social skills in a low-pressure setting, offering opportunities for casual conversation, teamwork, and connection. Participants can choose to engage with others or work independently, making it a flexible and welcoming space for all. Information: rec-inclusion@henrico.gov

Bingo

Tue, Sep 8, 10:30-11:30am. Belmont Rec Center.

Tue, Oct 13, 10:30-11:30am. Belmont Rec Center.

Tue, Nov 10, 10:30-11:30am. Belmont Rec Center.

Ages 5+. Monthly bingo for all abilities. We offer a variety of bingo board styles to meet different needs. Each session will have various prizes. Information:

rec-inclusion@henrico.gov

PROGRAM REGISTRATION

Fall 2026 Registration Begins:

Mon, Aug 17 for Henrico Residents

Fri, Aug 21 for Non-Henrico Residents

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



Therapeutic Recreation

All programs are free; however, programs with a ► next to the title require registration in advance. Materials are available while supplies last.



► Sensory Explorers

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

Tue, Nov 17, 10:15-11:15am. Deep Run Rec Center.

Ages 2-5. Sensory Explorers offers little ones a fun and messy way to learn and grow! Each monthly class features a new theme with guided activities that support creativity, sensory development, and fine motor skills. Parents and caregivers join in for hands-on fun as children are exposed to a wide variety of sensory materials like paints, shaving cream, glue, sensory bins, and more - making each session a playful and enriching experience. Information:

rec-inclusion@henrico.gov

Totally Tubular Tuesday

Tue, Sep 22, 10-11am. Eastern Henrico Rec Center.

All ages. Travel back in time for an 1980s themed morning, complete with neon colors, friendship bracelets, trivia, and bold fashion. Be sure to wear your best '80s outfit and get ready to groove to some iconic tunes! Instructor: Jacob's Chance. Information:

rec-inclusion@henrico.gov

Teen Scene

Tue, Sep 22, 6-7pm. Deep Run Rec Center.

Tue, Oct 27, 6-7pm. Deep Run Rec Center.

Tue, Nov 24, 6-7pm. Deep Run Rec Center.

Ages 13-21. Connect with friends, enjoy games, create crafts, listen to music, and participate in a variety of engaging activities. Each session offers new opportunities for creativity, laughter, and teamwork in a relaxed and welcoming environment. Come hang out, meet new people, and have fun! Information:

rec-inclusion@henrico.gov

StepNUp Club1111

Thur, Oct 22, 11am-12:30pm. Eastern Henrico Rec Center.

Ages 16+. In collaboration with StepNUp and Henrico Area Mental Health & Developmental Services, this event creates a fun, club-like atmosphere where individuals with disabilities can dance, sing, socialize, and enjoy great music with friends. Light snacks are provided, and the energy is always upbeat and welcoming. Please note: music will be loud, lights will be dimmed, off, or flashing, and a large crowd is anticipated, creating a lively sensory environment. Space is limited, and caregivers are required to remain on-site throughout the event. Information:

rec-inclusion@henrico.gov

Movie Star Karaoke

Thur, Oct 8, 10-11:30am. Belmont Rec Center.

All ages. Lights, camera, sing-along! Join us for a fun and energetic karaoke-style event where you can sing your heart out to your favorite songs from popular movies. Whether you're channeling your inner Disney hero, belting out a musical classic, or performing a blockbuster hit, this is your moment to shine. Bring your love for music and movies! Instructor: Jacob's Chance. Information:

rec-inclusion@henrico.gov

Silly Scenes & Not-So-Spooky Stories

Wed, Oct 21, 10:30-11:30am. Deep Run Rec Center.

All ages. Celebrate the season with a lively Halloween-themed improv performance from Bridge 9 Theater! Audience members will help inspire the action by sharing ideas with the improv team, leading to playful scenes, big laughs, and delightfully "not-so-spooky" stories everyone can enjoy. Instructor: Jacob's Chance. Information:

rec-inclusion@henrico.gov

Paint Your Pumpkin

Fri, Oct 23, 10:30am-12:30pm. Taylor Farm Park.

All ages. Get creative and design your own unique pumpkin! Participants will use paint and imagination to create festive fall masterpieces while building creativity, self-expression, and artistic skills. Everyone will leave with a personalized pumpkin to enjoy throughout the season. Information:

rec-inclusion@henrico.gov

Therapeutic Recreation

All programs are free; however, programs with a ► next to the title require registration in advance. Materials are available while supplies last.

Spooktacular Games

Fri, Oct 30, 11am-noon. Hunton Comm Center.

Ages 18+. Join us for a Halloween-themed adventure filled with festive games, spooky challenges, and seasonal fun! Participants will enjoy interactive activities that promote teamwork, creativity, socialization, and active play in a fun and inclusive environment. Information:

rec-inclusion@henrico.gov

Balloon Bash & Play

Mon, Nov 2, 11:30am-12:30pm. Eastern Henrico Rec Center.

Ages 18+. Get ready for balloon-filled fun! Participants will enjoy exciting games like balloon volleyball, relay races, and team challenges while building friendships, staying active, and having fun. Join us for an engaging and inclusive program full of laughter, movement, and teamwork! Please note that this program could have loud noises if balloons pop. Information:

rec-inclusion@henrico.gov

Blended Voices

Mon, Nov 2-30, 6-7pm.

Belmont Rec Center. #19141

Registration required in advance.



Ages 13+. Participants will rehearse and perform holiday songs alongside performers from the Henrico Theatre Company. The final group rehearsal and performance will take place before a showing of a classic holiday movie on Sunday, December 6 at Henrico Theatre. Participants are encouraged to attend all practice dates to prepare for this special seasonal showcase.

Information: per22@henrico.gov

Falling for Art

Fri, Nov 6, 10-11am. Belmont Rec Center.

All ages. Celebrate the beauty of fall through hands-on leaf-themed crafts! Participants will create seasonal art projects using leaves and other natural materials while exploring creativity and self-expression. Join us for a fun and relaxing program and take home your own fall-inspired masterpiece. Information:

rec-inclusion@henrico.gov

Chair Yoga

Fri, Nov 13, 10-11am. Eastern Henrico Rec Center.

All ages. Get active with the gentle movement and relaxation of chair yoga, tailored for all abilities. Instructor: Jacob's Chance. Information: rec-inclusion@henrico.gov

Fun Factory Carnival Day

Fri, Nov 20, 10:30am-noon. Deep Run Rec Center.

All ages. Hang out with us at Deep Run Recreation Center and enjoy some carnival-style games, music, activities, and popcorn. Some games will be independently led. Information:

leh@henrico.gov

Turkey Tip-Toe

Mon, Nov 23, 1-2:30pm. Three Lakes Park.

All ages. Join us for a fun outdoor adventure as we search for hidden turkeys along local trails and natural areas! Follow clues, explore nature, and work together to find as many turkeys as possible while enjoying the sights and sounds of the fall season. This exciting scavenger hunt is a great way to stay active, make friends, and celebrate autumn outdoors. Information: rec-inclusion@henrico.gov

Paint & Sip

Tue, Nov 24, 10-11:15am. Eastern Henrico Rec Center.

All ages. Celebrate the cozy colors of the season at this fall-themed Paint & Sip workshop! Participants will create their own autumn-inspired masterpiece while enjoying festive drinks, music, and time with friends. No painting experience needed - just come ready to relax, get creative, and have fun! While supplies last. Instructor: Jacob's Chance. Information: rec-inclusion@henrico.gov

HENRICO
RECREATION &
PARKS

FITNESS

**CENTERS &
PASSES**

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

FITNESS CENTERS

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.*

Group Exercise Access Pass

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

- 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.

FITNESS

GROUP EXERCISE

Henrico County offers a variety of free fitness classes across the county.

LOCATIONS

Belmont Rec Center

1600 Hilliard Road

Deep Run Rec Center

9900 Ridgefield Parkway

Dorey Rec Center

2999 Darbytown Road

Eastern Henrico Rec Center

1440 N. Laburnum Avenue

CLASS SCHEDULES

A current class schedule is available online
and at each center.

Use the filters to view by location or type!

Scan or [Click to View Schedule](#)



TYPES OF CLASSES

- 30/30
- Balance & Core
- Barre
- Bellydance Fusion
- Body Sculpt
- Body Strength
- Boot Camp Conditioning
- Cardio Blast
- Chair Yoga for Resilience
- Chill Flow Yoga
- Core & Kettlebells
- Core Flow Yoga
- Fitness Fun & Flexibility
- Fitness Fun & Flexibility
- Flex & Flow
- Flex & Stretch
- Function
- Hatha Yoga
- HIIT
- I Got Sole Walking Group
- KidsFit
- Midday Zumba®
- Mindful Morning Yoga
- Monday Mobility
- Pilates
- PITAIYO
- Popp Cycle
- Power 45
- Power Yoga
- Relax & Restore Yoga
- Rest & Recharge Yoga
- Rockin' with Weights
- Seated Bootcamp
- Seats & Beats
- Senior Balance & Core
- Senior Sprinters
- Senior Tai Chi
- Senior Wellness
- Small Group Training
- Step Jam
- Strength & Cardio
- Tabata
- Tone-Up
- Total Body Strength
- Tranquility Spill
- Trifit
- TRX Body Sculpt
- Vibrant Flow Yoga
- Warrior Revolution
- Well Being Tai Chi
- Xtreme Burn
- Yoga in the Park
- Youth Fit
- Zumba®

Class offerings and schedules are subject to change.

Group Exercise Access Pass

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