

the hanover review



Connecting with the residents and businesses in Hanover County

In the news in Winter 2016



Pete Talley was recognized by Hanover Fire/EMS for 50 years of service at the Montpelier Fire Station. Pete joined the Montpelier Fire Department when he was 12 years old and was a leader

at the station for generations before his retirement. Other awards included Doswell being named Company of the Year.



Karen and Ken Boyd of Mechanicsville were among the 300 citizens honoring our military veterans at the Hanover County Veterans Day ceremony last month. The guest speaker was new Hanover Congressman Rob Wittman, who presented Certificates of Congressional Recognition to Vietnam War veterans.

Hanover County VA
PARKS & RECREATION

*Discover
Recreation!*

Program offerings begin on page 8

Hanover County VA PARKS & RECREATION

Administrative Office & Mailing Address:

Hanover Parks & Recreation
13017 Taylor Complex Lane
Ashland, VA 23005

Monday - Friday 8:30 a.m. to 5:00 p.m.

(804) 365-7150 • Fax (804) 365-4696

E-mail: parksandrec@hanovercounty.gov

Pole Green Community Center
8996 Pole Green Park Lane
Mechanicsville, VA 23116
Mon & Tues 8:30 a.m.-4:30 p.m.

Athletic Field Weather Hotline:
(804) 365-4698

Hearing Impaired:
Dial 711 (Virginia Relay) for assistance

Register online:
hanoverparksrec.com

Social Media:
Search **HanoverParksRec** on



Sports & Athletics

► Stretch 'n Grow: All Star Gymnastics



Ages: 2 1/2 to 5. Independent movement and basic social skills are incorporated while continuing to develop confidence in gross motor skills and beginning tumbling

moves and skills. Gymnastics teaches body control and awareness, strength, flexibility, balance, coordination and endurance, all while building self-esteem. These skills can be transferred to future sports and a life-long love of movement.

Instructor: Stretch-n-Grow

Fees: \$55, additional sibling \$50

6228 Th 1/19-2/23* 6:00-6:45p
Laurel Meadow ES *no class 1/26

6229 Th 3/16-4/27* 6:00-6:45p
Laurel Meadow ES *no class 3/30, 4/13

► Stretch 'n Grow: All Star Sports



Ages: 3 1/2 to 6. Learn good sportsmanship and build self-esteem all while developing specific skills for multiple sports. Each week we will introduce a

different sport cultivating physical abilities that will contribute to the future of sport dexterity. This is a great way to give your little all star the opportunity to experience a variety of different sports in an affordable, fun way and help them to discover their favorites!

Instructor: Stretch-n-Grow

Fees: \$55, additional sibling \$50

6231 T 1/17-2/21* 6:45-7:30p
Laurel Meadow ES *no class 2/7

► Stretch 'n Grow: Funtastic Fitness



Ages: 2 to 5. Join friends in action-packed, fun-filled adventures that will work up a sweat! Using themes, props, music, stories and games we capture your

child's attention through escapades of fitness fun! Our program is designed to promote exercise and wellness and to assist parents in developing good health and fitness habits in young children. Classes develop flexibility, motor skills, self-esteem and social skills.

Instructor: Stretch-n-Grow

Fees: \$30, additional sibling \$27

6222 Th 1/19-2/16 6:15-6:45p
Pearson's Corner ES

6223 Th 3/9-4/6 6:15-6:45p
Pearson's Corner ES

Early Childhood

Fitness & Exercise

► Parent & Me Dance



Ages: 18 months to 3 years. Introduce your little one to dance class with you by their side! Your dancer will begin

to learn the basics of dance, along with rhythm work, listening and social skills, all while having fun! We'll get you and your child moving and grooving together. Mom or dad, grandparents or babysitters are welcome to attend with child. All classes held at 804 Dance Place, located at 10180 Lakeridge Parkway, Ashland.

Instructor: 804 Dance Place, LLC

Fee: \$45, adult is free

6306 W 1/18-2/15 11:00-11:30a

6307 Th 1/19-2/16 11:00-11:30a

6308 W 3/8-4/5 11:00-11:30a

6309 Th 3/9-4/6 11:00-11:30a

► Petite Feet



Ages: 3 to 5. Children will explore movement through music while developing skills and emphasizing

growth in kinesthetic awareness, social interaction, concentration, self esteem, basic dance technique and creative expression. All classes held at 804 Dance Place, located at 10180 Lakeridge Parkway, Ashland.

Instructor: 804 Dance Place, LLC

Fees: \$55, additional sibling \$50

6299 W 1/18-2/15 10:00-10:45a

6300 W 1/18-2/15 4:30-5:15p

6301 Th 1/19-2/16 10:00-10:45a

6302 W 3/8-4/5 10:00-10:45a

6303 W 3/8-4/5 4:30-5:15p

6304 Th 3/9-4/6 10:00-10:45a

► Stretch 'n Grow: Dance 'n Tots



Ages: 2 to 4. In this creative dance and ballet class for girls and boys alike, we'll use fun music and catchy poems to

teach the fundamentals of ballet, the foundation for all types of dance. Your Dance'n Tot will also get to explore hip-hop, jazz and other creative movement. We'll work on posture, balance and coordination too! Without expensive recital and costume fees, this program is an affordable, fun way for parents and kids to explore dance!

Instructor: Stretch-n-Grow

Fees: \$55, additional sibling \$50

6258 W 1/18-2/15 6:00-6:45p

Pole Green ES

6259 W 3/8-4/5 6:00-6:45p

Pole Green ES

► Stretch 'n Grow: Dancing Little Princesses



Ages: 3 1/2 to 6. Introductory creative dance and ballet program is an educational and developmental dance class offering ballet technique and skills,

posture and balance, gross and fine motor development, flexibility, grace and poise. Designed to give your little ones a life-long love of movement and a foundation for dance and ballet, every class is a fun, interactive princess adventure in dance! Your dancing little princess will have tu-tu much fun!

Instructor: Stretch-n-Grow

Fees: \$55, additional sibling \$50

6225 T 1/17-2/14 6:00-6:45p

Pearson's Corner ES

6226 T 3/7-4/4 6:00-6:45p

Pearson's Corner ES

**The deadline to register for a Program is
two weeks prior to its start date.**

► **Stretch 'n Grow: Soccer for Tots**



Ages: 3 to 6. Tots are given their first soccer experience in this program. It's fast-paced fun exposure to the most popular sport in the world! Children will play movement and skill games work on eye-foot coordination and balance. Basic soccer fundamentals such as dribbling, passing and trapping will be covered. We'll introduce the concepts of team work and cooperation in a non-competitive environment. Each child will receive a t-shirt and medal.

Instructor: Stretch-n-Grow
Fees: \$55, additional sibling \$50
 6241 T 1/17-2/21* 5:30-6:15p
 Laurel Meadow ES *no class 2/7



► **Sea Turtle: Pastel Drawing**



Ages: 6 to 12. Roll up your sleeves, prepare for some fun and get a little messy as you learn to create using the exciting medium of chalk pastels. In this workshop, artists will learn the critical steps to draw with, layer and blend color and use interesting composition to bring a masterpiece to life. Each artist will complete a large, poster-size image perfect for mounting and framing. Bring your best friend and have a blast!

Instructor: Young Rembrandts **Fee:** \$32
 6261 W 4/26 5:45-7:45p
 Atlee Library

► **Valentine's Day Treats**

Ages: 5 to 13. Come make some super delicious treats with us! "Be Mine" cookies, "You're Sweet" tasty chocolate cupcakes, and "I Love You to the Moon and Back" heart-shaped fudge with strawberry icing on top are all on the menu.

Instructor: Little Kookers, LLC, Jilnelle Bishop
Fee: \$25
 6193 Sa 2/11 11:00a-1:00p
 Pole Green CC
 6192 Sa 2/11 3:00-5:00p
 Montpelier Park CC

Youth

Arts & Crafts

► **Drawing Dragons**



Ages: 6 to 12. In this exciting workshop students will learn the skills and techniques to draw dragons. We will complete a large poster of a fiery dragon as well as have some fun learning to create cartoon characters and stories with dragons as the theme. For all young artists that love these mystical creatures this is the workshop for you!

Instructor: Young Rembrandts **Fee:** \$32
 6262 Th 3/16 5:45-7:45p
 Atlee Library

► **Japanese Manga & Anime**



Ages: 6 to 12. A super fun workshop where artists create dazzling illustrations influenced by the popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. You will create characters, backgrounds, stories and more in this style of art. Artists will be delighted as they create drawings that emulate the popular anime and manga art styles.

Instructor: Young Rembrandts **Fee:** \$32
 6260 Th 2/16 5:45-7:45p
 Atlee Library

Cooking & Entertaining

► **Kids Carnival Cooking**

Ages: 5 to 13. Step right up to the greatest cooking class on earth! Join us as we have fun making those favorite carnival foods that everyone loves to enjoy including yummy funnel cakes with powdered sugar or strawberries, melt in your mouth cotton candy, and sweet or salty knotted pretzels!

Instructor: Little Kookers, LLC, Jilnelle Bishop
Fee: \$30
 6195 Sa 3/11 1:00-3:00p
 Pole Green CC
 6194 Sa 3/18 1:00-3:00p
 Montpelier Park CC

► **Kids in the Kitchen Mini Camp**

Ages: 5 to 13. Come cook with us! Have fun learning how to use different ingredients to make delicious meals. For breakfast we'll make pancakes, omelets with cheese. It's chicken kabobs, rice pilaf, corn muffins, baked spaghetti and meatballs on the menu for lunch. Don't forget to bring your appetite!

Instructor: Little Kookers, LLC, Jilnelle Bishop
Fee: \$75
 6196 M-T 4/10-4/11 8:00a-2:00p
 Montpelier Park CC
 6197 W-Th 4/12-4/13 8:00a-2:00p
 Pole Green CC

Educational Enrichment

► **Bricks 4 Kidz: Teenage Brick Turtles**



Ages: 6 to 10. Grab your katanas and nunchucks as we prepare to fight crime with the Teenage Brick Turtles! Practice engineering as you build two of the courageous turtles and their wise Japanese rat sensei, Master Splinter. Strengthen your ninjutsu skills to defeat the villainous Shredder and his evil Foot Clan. After a treacherous day of crime-fighting, don't forget to give the turtles a break to enjoy a pizza down in their sewer dwelling under the city. Each camper will take home craft projects and receive a mini-figure.

Instructor: Bricks 4 Kidz - Tri-Cities
Fees: \$55, additional sibling \$45
 6282 M 2/20 8:00a-5:00p
 Pole Green CC

► **Bricks 4 Kidz: Jurassic Brick Land**



Ages: 6 to 10. Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T.Rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period, and other extinct, prehistoric animals that roamed the earth and swam the seas during that era and millions of years later. Come learn, build and play at Jurassic Brick Land Camp!

Instructor: Bricks 4 Kidz - Tri-Cities
Fees: \$175, additional sibling \$150
 6281 M-F 4/10-4/14 8:00a-5:00p
 Pole Green CC

► **Bricks 4 Kidz: Kidz Night Out**



Ages: 6 to 10. Drop off your brick building engineer while you enjoy a night on the town. Kidz Night Out offers a high energy experience with LEGO® Bricks featuring working motors, video games, movies, and challenges. It's exactly what your child needs after a long week of building brain power.

Instructor: Bricks 4 Kidz - Tri-Cities
Fees: \$30, additional sibling \$20
 6277 F 2/3 6:00-9:00p
 Pole Green CC
 6278 F 3/3 6:00-9:00p
 Pole Green CC

To register for any course:

Registration deadline is 2 weeks prior to start of program.

All classes require online, mail-in, fax or drop-off pre-registration with payment.

Online registration at www.hanoverparksrec.com

Drop boxes are located and payments are accepted at two locations:
 8996 Pole Green Park Ln, Mechanicsville 23116

(credit cards only – cash or check payments should be left in drop box), and
 13017 Taylor Complex Ln, Ashland 23005
 (credit cards, checks and cash – correct change please)

Fax to 804-365-4696

Martial Arts

▶ AIM Safety Awareness



Self-discipline, safety awareness and self-defense instruction by a certified black belt instructor geared to promoting safety, self confidence and when necessary self-defense.

This is a fully belted program offering continued skill building and rank advancement. All classes meet at Cold Harbor ES.

Instructor: AIM **Fee:** \$30

Beginner: Ages: 4 to 6

6268 W 2/8-3/1 6:00-6:40p

6270 W 3/15-4/5 6:00-6:40p

Beginner: Ages: 7 to 15

6267 W 2/8-3/1 6:45-7:25p

6271 W 3/15-4/5 6:45-7:25p

Yellow Belt and above: Ages: 4 to 15

6269 W 2/8-3/1 7:30-8:10p

6272 W 3/15-4/5 7:30-8:10p

Fitness & Exercise

▶ Ballet First Position



Ages: 6 to 8. This introductory ballet class will help your child

learn the fundamentals of basic ballet including terminology, basic positions of the feet, hands, and body, and develop coordination through fun movement exercises. All classes held at 804 Dance Place, located at 10180 Lakeridge Parkway, Ashland.

Instructor: 804 Dance Place, LLC

Fees: \$65, additional sibling \$60

6298 Th 1/19-2/16 6:00-7:00p

6305 Th 3/9-4/6 6:00-7:00p

▶ Discover Dance for Youth



Ages: 8 to 12. New dancers are exposed to a variety of dance styles, techniques, and vocabulary because

each week focuses on a different genre of dance! Each dancer will explore ballet, jazz, modern, and hip hop all the while developing coordination, building strength, and finding joy in all different styles of movement! All classes held at 804 Dance Place, located at 10180 Lakeridge Parkway, Ashland.

Instructor: 804 Dance Place, LLC

Fees: \$65, additional sibling \$60

6313 W 1/18-2/15 6:00-7:00p

6312 W 3/8-4/5 6:00-7:00p

Sports & Athletics

▶ Cardio Tennis



Ages: 6 to 16. Do you love tennis? Are you sad that you can't play when there is snow on the ground or it is too cold? Then this is the class for you!

This class will be a fun, active, energy-burning workout incorporating lots of tennis moves, even though we will be in a gym. We will be playing fun games, using tons of music, and having lots of fun. Get in shape for the spring season, burn off some energy in the cold months, and have a great time doing it!

Instructor: Play Tennis Hanover, Jennifer Dowda

Fees: \$100, additional sibling \$90

6188 Th 1/12-2/16* 6:00-7:00p

Cool Spring ES *no class 1/26

6189 Th 1/12-2/16* 7:00-8:00p

Cool Spring ES *no class 1/26

▶ For the Love of Tennis



Play games and have lots of fun. Tennis fundamentals are taught by the Liberty Middle

School boys and girls tennis coach.

Instructor: For the Love of Tennis, Darien Kay

Fees: \$60, additional sibling \$50

Ages: 6 to 8

6255 T 4/18-5/16 6:00-7:00p

Patrick Henry HS

Fees: \$80, additional sibling \$70

Ages: 9 to 12

6256 Th 4/20-5/18 6:00-7:00p

Patrick Henry HS

▶ For the Love of Tennis: Indoor Winter Tennis



Ages: 7 to 12. Do you want to learn how to play tennis or just want to keep playing

tennis during the cold winter months? We're setting up our indoor net and will be playing games, learning the basics, honing skills, getting exercise, and most importantly having fun! Equipment provided for beginners.

Instructor: For the Love of Tennis, Darien Kay

Fees: \$80, additional sibling \$70

6254 W 2/1-3/1 6:00-7:00p

Henry Clay ES

▶ On Target Archery



Ages: 6 to 12. Come and learn the age-old skill of archery. Learn about safety rules and equipment used in archery, instructed through proper shooting techniques, and have lots of time to practice their newly learned skills on the range. Students receive a bow and arrows plus safety gear to take home after the final class. Bring your passion for traditional archery and we provide the rest.

Instructor: Tyler Phaup **Fee:** \$75

6285 F 3/3-3/17 6:00-7:00p

Pole Green ES

6286 T 3/7-3/21 6:30-7:30p

Oak Knoll MS

6283 T 4/18-5/2 6:00-7:00p

Cool Spring ES

6284 Th 4/20-5/4 6:00-7:00p

Montpelier Park

▶ Tennis - Beginning & Intermediate Tennis



Come and learn the lifetime sport of tennis! Kids will have a blast as they learn/develop tennis skills through a wide variety of games and drills, in a positive environment of

encouragement and laughter. Kids will also have the opportunity to participate in our Challenge Program, an exciting incentive for them to work on their skills. Equipment provided, just bring your desire for fun! Classes led by a USPTA Certified Instructor.

Instructor: Play Tennis Hanover, Jennifer Dowda

Fees: \$100, additional sibling \$90

Ages: 6 to 9

6191 T 4/18-5/30 6:00-7:10p

Chickahominy MS

Ages: 9 to 16

6190 T 4/18-5/30 7:10-8:20p

Chickahominy MS

Adult

Arts & Crafts

▶ Intermediate Stained Glass

Ages: 18 and up. This is the perfect short class to finish a stained glass project or start a new one. This class allows students to expand/improve their base skills—cutting, grinding, soldering and finishing. Help is available for designing your own project or for fitting small windows. Projects are limited to those fitting on 2' x 2' boards unless approved by instructor. Grinder provided—all other tools/supplies provided by student. Prerequisite: Participants must have completed a beginner's stained glass class.

Instructor: Celeste Miller **Fee:** \$75

6187 T 1/24-2/28* 7:00-9:00p

Pole Green CC *no class 2/14

JOB AND VOLUNTEER RECRUITMENT

Now accepting applications for Summer Recreation Aides, Therapeutic Recreation Aides, Leaders in Training and program and event volunteers!

Apply online at www.hanovercountyjobs.com

SHARE YOUR PASSION!



BECOME A CONTRACTED INSTRUCTOR

Contact Parks and Recreation
804-365-7150 or email
parksandrec@hanovercounty.gov

Arts & Entertainment

▶ Acting for the Non-Actor



Ages: 18 and up. This workshop introduces participants to acting on stage. We'll explore improvisational exercises, group activities, memorize and perform a 1-2 minute monologue. Excellent for developing public speaking skills, extemporaneous speaking in front of groups, building self-confidence, and developing teamwork skills. Lots of fun and challenging workshop giving participants great personal satisfaction for a job well done.

Instructor: CFEHU Productions, Inc.

Fee: \$94

6185 T 1/31-2/21 6:00-8:45p
Ashland Library

6186 T 3/14-4/4 6:00-8:45p
Kersey Creek ES

Cooking & Entertaining

▶ Artisan Bread Baking



Ages: 14 and up. Do you crave fresh baked artisan bread? Light and airy, hot and fresh. Let us show you the secret to the best artisan bread you can master at home. We will utilize a dutch oven and a pizza stone when making our breads in class.

Instructor: Hobby Hill Farm **Fee:** \$35

6233 T 4/4 6:30-8:30p
Pole Green CC

6234 W 4/5 6:30-8:30p
Montpelier Park CC

▶ Mozzarella & Ricotta in 30 Minutes or Less



Ages: 14 and up. Does caprese salad, cannolis and fresh basil and tomatoes sound appealing? Come to class and bring some of your homegrown herbs and lets make some cheese.

Instructor: Hobby Hill Farm **Fee:** \$30

6235 Th 3/30 6:30-8:30p
Pole Green CC

6236 Th 4/13 6:30-8:30p
Montpelier Park CC

▶ Sauerkraut: Introduction to Fermentation



Ages: 14 and up. Are you looking to increase your probiotics? Have digestive issues? Have

you tried any fermented foods in your diet? Sauerkraut is the easiest food to incorporate. We will also touch on Kefir and Kimchi. Let Hobby Hill Farm guide you through the kraut making process. You will receive a supply kit that includes jar, weights and an air lock.

Instructor: Hobby Hill Farm **Fee:** \$48.50

6238 M 4/24 6:30-8:30p

Montpelier Park CC

6237 T 4/25 6:30-8:30p

Pole Green CC

Educational Enrichment

▶ Create Your Best Resume and LinkedIn® Profile

Ages: 21 and up. Create an effective resume and LinkedIn® profile that grabs the attention of recruiters and hiring managers, Bring your resume to receive feedback on how to make it work better for you. We will create and review LinkedIn® profiles so that you will understand how to better brand yourself using this tool.

Instructor: Janeen Shaffer **Fee:** \$45

6250 T 3/28 6:00-8:00p

Taylor Complex

▶ Getting Paid to Talk: Making Money with Your Voice



Ages: 18 and up. Ever been told you have

a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals, and you'll have an opportunity to record a short professional script under the direction of our teacher.

Instructor: Voice Coaches **Fee:** \$25

6169 W 3/22 6:30-9:00p

Taylor Complex

▶ Outsmart the Scammers

Edward Jones® Ages: 18 and up. Incidents of MAKING SENSE OF INVESTING fraud are on the rise and scammers' tactics are becoming more complex. This presentation will help provide you the information you need to Outsmart the Scammers. We'll discuss how to spot certain red flags that may indicate a fraudulent encounter; resources you can turn to in the event you are targeted and steps you can take to help protect yourself and your loved ones.

Instructor: Andrew Jeretina, AAMS

Fee: \$20, spouse may register for free

6293 Sa 1/28 10:00-11:00a

Pole Green CC

Financial Education

▶ A Woman's Outlook on Retirement

Edward Jones® Ages: 18 and up. Learn MAKING SENSE OF INVESTING perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. We'll discuss retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. Learn how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care.

Instructor: Andrew Jeretina, AAMS

Fee: \$20

6295 Sa 3/25 10:00-11:00a

Pole Green CC

▶ Little Known Secrets of Paying for College

THE COLLEGE FUNDING COACH® Ages: 18 and up.

The cost

of a college education is higher than ever. How will you afford this expense? This "can't miss" class teaches you how to send your children to college of their dreams without bankrupting your own retirement. Discover strategies that may enable you to qualify for financial aid and strategies for minimizing your tax exposure—giving you greater cash flow for funding a college decision.

Instructors: Jennifer Rose, Franklin Butler, Jr.

Fee: \$25, spouse may register for free

6240 T 2/7 6:30-8:30p

Patrick Henry HS

6239 W 3/8 6:30-8:30p

Oak Knoll MS

▶ Prepping Your Portfolio for Women

Edward Jones® Ages: 18 and up. We'll discuss MAKING SENSE OF INVESTING current

market conditions and how the political, economic and cultural forces shaping our markets can affect you as an investor. Women face unique financial circumstances. A strong financial strategy is vital. Ensure your financial strategy fits your lifestyle and needs. We will explore five critical money questions for women.

Instructor: Andrew Jeretina, AAMS

Fee: \$25

6290 Th 1/26 6:00-7:30p

Atlee Library

Go online at
www.hanoverparksrec.com

to look for
additional
sessions of
your favorite
classes.



► **Social Security Strategies**



Ages: 21 and up. Get answers to the top ten Social Security questions asked by baby boomers. Topics include: the unintended consequences of early claiming and how to fix it, can I file and suspend and claim a spousal benefit?, I'm divorced, can I collect Social Security off my ex-spouse's record while my own benefits build delayed credits?, and optimal strategies for maximizing your benefits!

Instructor: Alan Dole
Fee: \$25, spouse may register for free
 6252 T,Th 1/17-1/19 6:30-8:30p
 Oak Knoll MS

► **The Retirement Red Zone: Are You Prepared?**



Ages: 21 and up. If you are within 30 years of retirement or have already retired there are certain financial facts

you need to understand and your co-workers, friends and family cannot help! Learn how to prepare for retirement successfully no matter what the stock and bond markets do. Learn why saving for the future will never be the same as it was in the 20th century.

Instructor: Equity Concepts
Fee: \$25, spouse may register for free
 6253 T,Th 3/21-3/23 6:30-8:30p
 Pole Green CC

First Aid & Safety

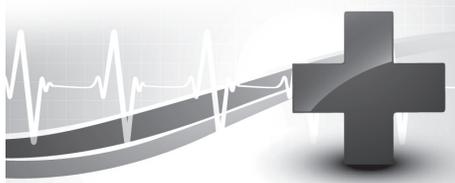
► **CPR and Basic First Aide**



Ages: 12 and up. Designed for people who are occupationally required or just desire to have CPR

and AED knowledge, such as emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters. Most students simply wish to learn this life saving technique. This class covers adult, child, and infant CPR/AED and the new American Heart Association protocols.

Instructor: John Von Hagel
Fees: \$50, additional family member \$45
 6264 W 2/15 6:00-9:00p
 Ashcake Fire Station #13
 6265 W 4/19 6:00-9:00p
 Ashcake Fire Station #13



Fitness & Exercise

► **Cardio Line Dancing**

Ages: 10 and up. Get in shape just by getting your dance on. Line dancing burns calories, firms and tightens the body, increases cardiovascular health, and a host of other health benefits. You'll get a high-intensity aerobic workout with party favorites like the Cupid Shuffle and the Electric Slide. Open to all dance levels, from beginner to advance. You can dance your way to fitness while having fun! *(Please note, this is not country line dancing)*

Instructor: Stretch 'n Grow **Fee:** \$30
 6219 W 1/18-2/15 7:00-7:45p
 Pole Green ES
 6220 W 3/8-4/5 7:00-7:45p
 Pole Green ES
 6221 W 4/26-5/24 7:00-7:45p
 Pole Green ES

► **Discover Dance for Adults**



Ages: 13 and up. New dancers are exposed to a variety of dance styles, techniques, and vocabulary because each week focuses on a different genre of dance! Each dancer will explore ballet, jazz, modern, and hip hop all the while developing coordination, building strength, and finding joy in all different styles of movement! All classes held at 804 Dance Place, located at 10180 Lakeridge Parkway, Ashland.

Instructor: 804 Dance Place, LLC
Fees: \$65, additional family member \$60
 6310 W 1/18-2/15 7:00-8:00p
 6311 W 3/8-4/5 7:00-8:00p

► **Get Zumba Fit**



Ages: 10 and up. Looking for a fitness class that is truly addictive? Zumba is for you! It offers the heart pumping, fat burning, energy building fun you need! Using Latin inspired dance moves and up tempo, catchy beats, this fitness class will have you wanting more! Burn hundreds of calories each class while getting a total body toning workout! Anyone can do it, no dance experience necessary. Ditch the workout, join the party!

Instructor: Stretch 'n Grow
Fees: \$55 (2 days a week) or \$30 (1 day a week), additional family member \$50
 6211 (1 day) 6212 (2 days)
 T,Th 1/17-2/16 7:00-7:45p
 Pearson's Corner ES
 6214 (1 day) 6213 (2 days)
 T,Th 3/7-4/6 7:00-7:45p
 Pearson's Corner ES

► **Social Ballroom Dance**



Ages: 13 and up. No partner required, singles welcome! Classes introduce steps in partner dances like—Swing, Waltz, Rumba, Cha-Cha, Foxtrot and focus on social dance technique and using the steps in a realistic dance setting. Each week you will be introduced to the basic steps in a new dance, and review all the steps covered. At the end of the program, you will be able to dance five dances and be ready to hit the dance floor! Dancing enhances confidence and is an incredible physical and mental exercise. Off and Dancing is located at 110 Thompson Street, Ashland.

Instructor: Off And Dancing! **Fee:** \$72
 6183 T 1/24-2/28 6:00-6:55p
 Off And Dancing!

► **Yoga: Relax, Refresh, Restore and Rejuvenate**

Ages: 15 and up. Yoga is not a new fad-it's been here for thousands of years helping people to increase their flexibility and focus. Would you like to learn how to relax deeply, restore your inner-peace, and rejuvenate your body? Then this class is perfect for you! This Integral Yoga style class is appropriate for all levels of beginners; as variations of poses will be presented. You don't need to be a human pretzel, have a perfect body or buy special gear to join us. All classes held at Northside Baptist Church, located at 7600 Studley Road, Mechanicsville.

Instructor: Cynthia Sinanian
Fees: \$47, additional family member \$40
 6243 T 1/10-2/14 6:00-7:15p
 6244 T 2/28-4/4 6:00-7:15p
 6245 T 4/18-5/23 6:00-7:15p

Senior

Fitness & Exercise

► **Gentle Chair Yoga**

Ages: 50 and up. Gentle Chair Yoga uses stretching, breathing, and relaxation techniques to increase flexibility, encourage a positive mind-body relationship, and deepen relaxation. Whether fully in the chair or using it for light support, this gentle yoga practice gives youth benefits of traditional Hatha yoga. Suitable for those with conditions impacting balance/mobility, seniors, and those whose doctors have cleared them for a gentle yoga practice. Beginners welcome! All classes held at Northside Baptist Church, located at 7600 Studley Road, Mechanicsville.

Instructor: Cynthia Sinanian
Fees: \$38, additional family member \$33
 6246 T 1/10-2/14 4:30-5:30p
 6247 T 2/28-4/4 4:30-5:30p
 6248 T 4/18-5/23 4:30-5:30p

Hanover County Parks & Recreation encourages individuals with disabilities to participate in any program or class offered through the Department. Persons with disabilities are encouraged to contact us at least 15 days prior regarding request for special accommodation needed for enjoyment of department programs.

Financial Education

► Retirement By Design and Roth IRAs

Edward Jones® Ages: 50 and up. Learn investment strategies to help design the retirement you want and translate your vision of retirement into tangible goals while keeping your strategy on track. Explore the differences between traditional IRA and Roth IRA. Learn how a Roth IRA can give greater flexibility to meet retirement income needs and whether converting from a traditional IRA and Roth IRA makes sense for your retirement goals.

Instructor: Andrew Jeretina, AAMS
Fee: \$25, spouse may register for free
 6291 Sa 2/25 10:00-11:30a
 Taylor Complex

► What Happens After the Paycheck Stops?

Edward Jones® Ages: 50 and up. We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify risks to your retirement income and ways to address them. Suitable for individuals considering retirement or recently retired investors.

Instructor: Andrew Jeretina, AAMS
Fee: \$20, spouse may register for free
 6296 Sa 4/22 10:00-11:00a
 Taylor Complex

Hobbies & Interests

► "Remember When"?

Ages: 50 and up. Join us as we take a trip back down memory lane. Ever heard anyone start to ask a question with remember when and you could almost finish the question for them? Well here's your chance to come hear some great stories and share a few of your own. You may just find someone with the same memoirs as you. Come on out and compare your stories with someone else's. Program will feature guest speakers, history buffs, and a time for show and tell of those nostalgic items you may have in your possession from the past. Light refreshments and beverages will be provided. Space is limited. Pre-registration is required.

6171 W 3/15 10:00a-12:00p
 Montpelier Park CC
 6172 W 4/19 10:00a-12:00p
 Montpelier Park CC

Senior Adult Trips

All trips are for active adults, age 50 and older.
 Bus departs from Courthouse Park.
 Trip coordinated through Signa Tours.



► Discover Historic Occoquan, Virginia

Registration Deadline: Friday, April 28

Occoquan is derived from the Dogue Indian word meaning "at the end of the water." It was this river and its location, at the head of the tidewater, which made Occoquan a natural site for water-borne commerce. It holds the distinction of having the first automated grist mill in the country and one of the first cotton mills in Virginia.

Trip includes:

- Round-trip motor coach transportation
- Guided riding tour of Occoquan with former Mayor, Ernie Porta
- Time to explore the downtown area
- Lunch, including tax and gratuity, at Madigan's Waterfront Restaurant (when registering, please select meal choice: baked flounder, crab cake, chicken breast topped with parmesan peppercorn cheese sauce, or sliced roast beef with au jus and horseradish sauce)
- Two-hour narrated cruise aboard the Riverloop sightseeing boat
- Refreshments aboard the motor coach
- Driver gratuity

Fee: \$138
 6184 F 5/19 7:30a-6:30p



► Rodgers and Hammerstein Music at Riverside

Registration Deadline: Friday, June 9

Join us as we travel to the Fredericksburg to the popular Riverside Center Dinner Theatre to celebrate songs which have become a part of our lives. Broadway shined with the wholesome appeal of Carousel, The King and I, South Pacific, The Sound of Music, Oklahoma! and more from Richard Rodgers and Oscar Hammerstein, producing a glorious parade of genuine hits.

Trip includes:

- Round-trip motor coach transportation
- Lunch, including tax and gratuity, at Riverside Center Dinner Theatre
- Matinee performance of Rodgers and Hammerstein Music
- Refreshments aboard the motor coach
- Driver gratuity

Fee: \$131
 6297 W 7/12 10:00a-6:00p



Spring Seaside Sojourn

April 3 - 7, 2017

Savannah, Hilton Head and Charleston

Price Per Person (Cash or Check/Credit)

Single: \$1,625 / \$1,690

Double: \$1,275 / \$1,325

Triple: \$1,175 / \$1,225

Deposit/Payment Policy: \$250.00 Holds Your Reservation, Balance Due February 16, 2017

Information/Reservations:
 SignaTours, Ltd. (804) 379-6500



Hobbies & Interests

► Country School Quilters

The Country School Quilters come together to enjoy, share, learn, and preserve the art of quilting. Meetings are held from 7:00–9:00p on the second Tuesday of each month in the Montpelier Parks and Recreation Building and include a business meeting, guest recognition, a program, and show and tell. The group also has "Sewing Days" on the second Saturday of each month, and on the Friday preceding the second Saturday, from 9:00a–4:00p; during Sewing Days individuals come together to work on projects. The Country School Quilters welcome new members and guests of all skill levels to join them at any time. For more information see blog (<http://country-school-quilters.blogspot.com/>).

► Mechanicsville Chess Club

Ages: 18 and up. This chess club welcomes beginner to Grand Master; all are welcome. Chess players below 18 years of age are welcome as guests when accompanied by an enrolled parent/guardian. Casual chess, club/rated chess (with a clock), blitz, bullet, and bughouse are all welcome, everything chess. Game analysis and helping others understand the rules is encouraged. A few chess sets may be available, please bring your own set and clock if you have them. Club meets monthly 6:00–8:30p on the first Tuesday at Pole Green Community Center, second and fourth Tuesday at Taylor Complex, third Tuesday at Atlee Library.

► Bridge Club

Join experienced bridge players for a day of playing bridge. Bring your lunch and have some fun. Partners/tablemates for these days are determined in advance to play what is often referred to as "Two Table Bridge." This club meets on the 2nd and 4th Tuesday of each month, 10:00a–3:00p at Pole Green CC.

► Canasta Club

This fun game is a relaxing way to spend time with friends or make some new ones. Whether your style is traditional, racehorse or hand & foot, you are sure to find a table to join! Mondays, 12–3:30p at Pole Green CC.

► Mahjong

Mahjong is a game of skill, strategy, intelligence, calculation, and luck! Bring friends or come alone and join our group that meets every Friday, 9:00a–12:00p at Taylor Complex.

► Open Bridge Club

Join other experienced Bridge players for a day of playing bridge. Bring your lunch and have some fun. This club meets monthly on the first, third and fifth Tuesday, 10:00a–3:00p at Pole Green CC

► Pinochle Club

This club focuses on Pinochle, a game involving bidding, melds and tricks. This club meets monthly on the second, fourth and fifth Monday, 9:00a–12:00p at Pole Green CC.

► Prime Timers

Ages: 50 and up. Want to experience some great programs, activities and make new friends? Join the Prime Timers. The group meets monthly on the third Thursday (except January, February, July and August). Enjoy a covered dish lunch in October, December, April and June. On the alternate months, the group visits a local restaurant to continue the fellowship. 11:00a–1:00p at Taylor Complex.



Program Registration Form

ENROLL AND PAY NOW ONLINE AT
HANOVERPARKSREC.COM

OR MAIL COMPLETED FORM WITH PAYMENT TO
Hanover County Parks and Recreation
13017 Taylor Complex Lane Ashland, VA 23005

For Office Use Only:
staff: _____ date: _____
 cash check credit

	First Name	Last Name	Birth Date	Grade	Gender	Program #	Program Title	Location	Fee:::
1			/ /						
2			/ /						
3			/ /						
4			/ /						

Participant Emergency Contact (Name): _____ Total _____
Home: _____ Cell: _____ Payment is required at the time of registration.

Participation Waiver: I, the undersigned participant/parent or guardian, if under eighteen, desire to participate in the Hanover County Parks and Recreation Department programs and all special events, hereby release and agree to indemnify and save harmless Hanover County, the Parks and Recreation Department, their employees, and any official of the special activity from any and all claims of any nature for injury or loss that may result in such participation or preparation for such participation. I hereby fully consent to emergency medical care rendered by competent personnel or hospitals, should such attention become necessary during the special events. Further, I certify that the entrant is in good physical condition and capable of participating in programs.

Participant or Parent/Guardian Signature: _____ Date: _____

Adult Participant or Parent/Guardian Information: please print clearly

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip _____
Phone (H): _____ (W): _____ (C): _____
If willing to receive text messages, please identify cell provider: _____
Email Address: _____

Photo Waiver -Initial here _____
I hereby fully consent to allow Hanover County Parks and Recreation to use photographs taken during this program for publicity purposes.
Email Communication -Initial here _____
I would like to receive occasional e-mail communications about Hanover County programs, services and events. By agreeing to receive the above e-mail communication, I understand my e-mail address WILL NOT be disclosed to any other organization, and I may unsubscribe to this service at any time.
Allergies/medical conditions/ Special accommodations:

Method Of Payment
 Cash (Please bring correct change) Check (Make payable to Hanover County) Credit Card (Complete information below)
 Please circle one: Credit Card Number: _____ Exp Date: ____/____
 Is the cardholder name and billing address the same as above? yes no (if no, please attach info) CCV _____ on back of card
 Cardholder Signature _____

Historic Hanover Bus Tours

Saturday, May 20

9:00 am - 3:30 pm

Fee: \$20

These annual tours of Hanover County are generously supported by Richmond Region Tourism and Hanover County. Each tour includes a boxed lunch, snacks and water. Transportation for the day will be via chartered bus and tours are led by Richmond Discoveries. When registering for tours, please be sure to note any special dietary needs.



Meet bus at Hanover County Government Complex, 7497 County Government Complex, Hanover, VA 23069.

► Towns of Eastern Hanover

(Program Number 6180)

The towns of eastern Hanover date from early colonial days to the Civil War. If you missed this tour last year, here is your chance to explore early Hanover history with our guide. Learn about the settling of Old Church before its Civil War history, and how Mechanicsville got its name. Tour Ashland and learn about the development of the town with the railroad and the college. Meet Judith McGuire, a Civil War refugee, and hear about her time in Ashland during the Civil War, including the excitement which occurred when Union troops set fire to the train depot. As a special treat, enjoy a tour of Center of the Universe Brewing Company. A box lunch is included.

► Towns of Western Hanover

(Program Number 6181)

Many of the towns of western Hanover developed around the railroads as settlers moved away from the rivers. Explore the development from the mid 19th through early 20th centuries of Doswell, Beaverdam, Montpelier, Ashland and Atlee with your guide. Visits Pop's Country Store (Beaverdam), Sycamore Tavern (Montpelier) and the former Mt. Hope Methodist Church in Doswell. In Ashland, meet Judith McGuire, a Civil War refugee, and hear about her time in Ashland during the Civil War, including the excitement which occurred when Union troops set fire to the train depot. Lunch will be hosted by the folks at Church of Our Saviour in Montpelier where you will also hear the unique story of how the church was founded.

Therapeutic Recreation

Programs for individuals with disabilities



Registrations from non-residents will be accepted beginning December 1 as space permits. In-home support personnel are encouraged to attend program with participant at no cost.

► Aktion Club

Ages: 18 and up. The Aktion (pronounced Action) Club, sponsored by the Ashland Kiwanis Club, is an organization for persons with intellectual disabilities to work together, provide community service, promote leadership, self-esteem and fun. The Club meets on January 9, February 13, March 13, April 10, May 8 (picnic).

Fee: \$5

6170 M 6:30-8:00p Pole Green CC

► Community Connection Club

Ages: 18 and up. Join us for fun activities such as guest speakers, crafts, games, music, exercises as well as buffet lunch at Estes Dining Hall at Randolph Macon College (\$8.50 at participant's expense). The club, supported by the Arc of Hanover, meets January 12, February 9, March 9, April 13, May 11. Duncan Memorial Methodist Church is located at 201 Henry Street, Ashland.

Fee: \$5

6168 Th 1/12-5/11 10:00a-1:00p
Duncan Memorial Methodist Church

► Game Show

Ages: 14 and up. Come on down... we'll capture the fun as seen on TV as we put on our own version of game shows such as The Price is Right, Family Feud and Jeopardy Win prizes! Refreshments will be provided.

Fee: \$7

6020 Th 3/30 6:30-8:30p
Montpelier Park CC

► Winter Beach Party

Ages: 14 and up. Aloha! Join us for a tropical evening of music, food and fun. Activities scheduled to include dancing, limbo contests and more. Come dressed in your Hawaiian clothes. Church of the Redeemer is located at 8275 Meadowbridge Road, Mechanicsville.

Fee: \$7

6166 Th 1/26 6:30-8:30p

► Therapeutic Horseback Riding

Ages: 5 to 21. Equine assisted therapy classes are offered to individuals with some cognitive, physical, or emotional disabilities. Participants will experience a wide range of benefits from increased flexibility, better balance, greater confidence and self-esteem. Participants are required to provide the following: long pants, ASTM-SEI approved riding helmet, hard soled, closed toed shoes with a half-inch heel.

Instructor: Galloping Acres Foundation, Inc. Fee: \$260

6217 M 3/13-4/24* 5:30-6:30p
Tall Cedars Farm

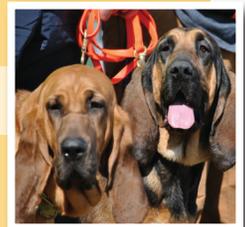
6218 M 3/13-4/24* 6:30-7:30p
Tall Cedars Farm

*no class 4/10

K9 Heroes Day

featuring

Pooch Pursuit



The day begins with the Pooch Pursuit 5K run and 2K walk. Throughout the morning, see amazing demonstrations in the areas of command, protection and tracking, K9 friendly vendors, along with

Pole Green Park
Saturday, April 15
9:00 AM - 1:00 PM



a K9 Fun Zone packed with activities and games for you and your canine companion, including the Dog-gone Egg Hunt. The first 100 registered participants for the Pooch Pursuits will receive a t-shirt and a pet-friendly goodie bag. Awards (5K only) will be presented to the top finishers in both overall male and female and by age group.

Fees: Pooch Pursuit 5K: \$30 | Pooch Pursuit 2K: \$15

We are currently recruiting vendors for this unique event! Vendors will receive a 15' x 15' space at the event and includes goodie bag from event sponsors. "Add on" options available for tent, table and chair rental.

Fees: Vendor space: \$30, add ons available: tent (\$200), 1 table and 2 chairs (\$25)

Presented by



dates of interest

Dec 14	Board of Supervisors Mtg 3:00 p.m.
Dec 23	Christmas Eve Observed County Offices and Libraries Closed Solid Waste Centers Open
Dec 24-25	Christmas Eve and Day Solid Waste Centers Closed
Dec 26	Christmas Day Observed County Offices and Libraries Closed Solid Waste Centers Open
Jan 2	New Year's Day Holiday County Offices, Solid Waste Centers and Libraries Closed
Jan 3	Land Use Enrollment Period Begins Contact Commissioner of the Revenue
Jan 3	Nominations for volunteer awards Contact Community Resources
Jan 3	Tax Relief for the Elderly & Disabled Begins Contact Commissioner of the Revenue
Jan 11	Board of Supervisors Mtg 3:00 p.m.
Jan 13	Lee-Jackson Day Holiday County Offices, Solid Waste Centers and Libraries Closed
Jan 16	Martin Luther King Day Holiday County Offices, Solid Waste Centers and Libraries Closed
Jan 25	Board of Supervisors Mtg 6:00 p.m.
Feb 4	Rabies Vaccination Clinic 9:00 am-Noon, East Hanover Volunteer Rescue Squad

get connected

www.hanovercounty.gov



www.facebook.com/HanoverCountyVA

Taylor's Safety Town

Ages: 2 to 5. Taylor, the Parks and Recreation mascot, and his Paw Patrol friend, Skye, are inviting all preschoolers to join him for "Safety Town". Safety Town is designed to introduce and teach young children various aspects of safety. Through the use of age-appropriate, hands-on, interactive experiences, children will enjoy learning lifesaving behaviors and practices.

Safety Town will cover:

- Traffic and pedestrian safety
- Strangers and drug safety
- Bicycle safety
- Police safety
- Fire safety
- School bus and seat belt safety
- Outdoor safety

Breakfast with Taylor and Skye will kick off our Safety Town adventure!

The Richmond Times Dispatch is located at 8460 Times Dispatch Blvd, Mechanicsville.

Fee: \$20, register by January 7. Program Number 6202.



Sports Reality
Saturday | March 25
12:00 - 5:00pm

Ages: 12 and up. Come out for the Hanover Parks and Recreation Bags & BBQ Doubles cornhole tournament. All skill levels encouraged to play. The tournament will be double elimination, with games played to 21 points. Door prizes will be handed out throughout the tournament. Awards will be presented to the top three teams. Delicious food trucks will be on-hand, so make your plans now to join us.

Sports Reality is located at 8137 Pine Ridge Rd, off of Chamberlayne Rd, Mechanicsville.

Fee: \$20 per person, register by Saturday, March 11. Program Number 6178.

SCHEDULE

- 11:00 am
Team check
- 11:15 am
Warm ups begin
- 12 noon
Tournament starts

hanover review



County of Hanover
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Hanover, VA 23069-0047
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