

CITY FOCUS



SPRING 2023

# COLONIAL HEIGHTS VIRGINIA

*Photo Credit: Mrs. Tatiana Hoosack, City Volunteer Photographer  
Lakeview Park*





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kochubag@colonialheightsva.gov



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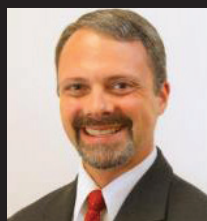
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**Pamela Wallace**  
City Clerk of Council  
wallacep@colonialheightsva.gov  
(804)520-9360

## Contact the City Manager



**Douglas E. Smith**  
City Manager  
City Hall  
201 James Avenue  
smithd@colonialheightsva.gov  
(804) 520-9265



## COUNCIL COLUMN

**Robert W. (Bobby) Wade**  
Vice Mayor

I am honored to come before you serving as your Vice Mayor. I promise to serve with the utmost desire, dedication and professionalism.

Regarding the issue pertaining to the prior police chief, I want to assure you that upon notice, Council took this matter very seriously in order to show transparency, ensuring the merit of the investigation was fair and forthcoming and to maintain the integrity of the police department and our citizens without prejudice. There was no delay in taking action by Council.

During this past year while interest rates were very low, I made a recommendation to Council for issuance of a bond which provided funding for necessary upcoming expenditures while still maintaining the city's excellent credit rating. As we have seen, interest rates have continually increased and this action avoided paying higher interest costs resulting in savings for our city.

In addition to Council, I also serve the city on the Planning Commission and the Beautification Committee. I'd like to share progress we are achieving on each front.

The Planning Commission is continually making progress on several economic growth opportunities which are forthcoming. There is a need for City Code enforcement changes that are now under review. Additionally, I personally completed an in person ride along throughout the city with Planning and Zoning enforcement staff and the city manager. Since that time, I presented requests to Council for City Code amendments for necessary improvements.

On the Beautification Committee, our members are making great progress regarding improvements at the roundabout as well as plans for improvements around the pond at the Temple Avenue/I-95 exchange. This will include clean up around the pond, a better fountain spray feature with lights and the addition of an impressive city sign above the pond, which will improve economic growth and the image of our city. I have spoken to several private industry corporations who wish to contribute funds for these improvements which will reduce the financial burden on our citizens.

Council is more aggressively involved in obtaining additional grants from the state and federal government for infrastructure needs throughout our city. Primarily, projects for the Lakeview Dam, roadway resurfacing, water and sewer line repair and replacement as well as updating utility lighting. We are in the process of face to face meetings with our state and federal representatives requesting funds for these projects which are available through the Build Back Better/American Rescue Plan also known as Congressional Directed Spending.

The Lakeview Avenue improvements are heading into the completion stage and we are in the second phase for renovation repair at Violet Bank. Should you, your organization, or your business wish to contribute in any way to the renovation effort, please contact the Recreation and Parks Department.

Our Adopt-A-Roadway City Cleanup day is scheduled for Saturday April 29, 2023 with kick-off at the Community Building on Roanoke Avenue starting at 8 AM. We hope to see you there. Please invite your friends and organizations to join us. All equipment will be provided including a free Tee Shirt. Last year was very successful with great participation.

In conclusion, my main goal is progress for the future of our city.

I look forward to continuing to serve you, my friends.

Robert "Bobby" Wade  
Vice Mayor

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## March

- March 7th** *Planning Commission 6:00pm*  
*Council Chambers*
- March 14th** *City Council Regular Meeting 7:00 pm*  
*Council Chambers*
- March 21st** *City Council Special Meeting 6:00 pm*  
*Council Chambers*

## April

- April 4th** *Planning Commission 6:00pm*  
*Council Chambers (Tentative)*
- April 7th** *City Holiday (Government Offices Closed)*
- April 11th** *City Council Regular Meeting 7:00 pm*  
*Council Chambers*
- April 18th** *City Council Special Meeting 6:00 pm*  
*Council Chambers*

## May

- May 2nd** *Planning Commission 6:00pm*  
*Council Chambers (Tentative)*
- May 9th** *City Council Regular Meeting 7:00 pm*  
*Council Chambers*
- May 16th** *City Council Special Meeting 6:00 pm*  
*Council Chambers*
- May 23rd** *City Council Special Meeting 6:00pm*  
*(Proposed Various Annual Budget Items)*  
*Council Chambers*
- May 29th** *City Holiday (Government Offices Closed)*

## June

- June 6th** *Planning Commission 6:00pm*  
*Council Chambers (Tentative)*
- June 13th** *City Council Regular Meeting 7:00 pm*  
*Council Chambers*
- June 19th** *City Holiday (Government Offices Closed)*
- June 20th** *City Council Special Meeting 6:00 pm*  
*Council Chambers (Tentative)*

## DMV Select Office Open in City Hall Treasurer's Office



The Treasurer's office along with State and City officials celebrate the official opening of the DMV Select. We hope that you have taken advantage of this service. As a reminder, we do not offer any driver's license or I.D. transactions. Those services are only offered at a full service DMV center. If you have any questions, please contact Teresa Cherry or Siobhan Milan at 804-520-9321



*The City of Colonial Heights  
&  
The Colonial Heights Beautification  
Committee*  
*cordially invites you to attend our  
17th Annual Arbor Day Celebration*

*Where: Violet Bank Museum  
303 Virginia Avenue, Colonial Heights  
When: Friday, April 28th, 2023  
Time: The program will begin at 10:00 AM*

## ----- Important Colonial Heights Phone Numbers -----

**POLICE/FIRE EMERGENCY** ..... **DIAL 911**

POLICE/FIRE NON-EMERGENCY ..... (804)520-9300

BILLING & COLLECTION ..... (804)520-9320

CIRCUIT COURT ..... (804)520-9364

CITIZENS ASSISTANCE HOTLINE ..... (804) 520-9266

COLONIAL HEIGHTS HEALTH DEPARTMENT..... (804)520-9380

CH RECYCLING CENTER ..... (804)479-7056  
(Household Hazardous Waste & Other Materials)

COMMISSIONER OF REVENUE..... (804)520-9280

CURBSIDE TRASH/RECYCLING SERVICES ..... (804)340-0900

GENERAL DISTRICT COURT ..... (804)520-9346

JUVENILE & DOMESTIC RELATIONS DISTRICT COURT ..... (804)451-0213

LIBRARY ..... (804)520-9384

OFFICE ON YOUTH & HUMAN SERVICES ..... (804)520-9286

PLANNING & COMMUNITY DEVELOPMENT ..... (804)520-9297

RECREATION & PARKS ..... (804)520-9390

REGISTRAR/DIRECTOR OF ELECTIONS ..... (804)520-9277

SHERIFF..... (804)520-9352

STREET MAINTENANCE ..... (804)520-9372

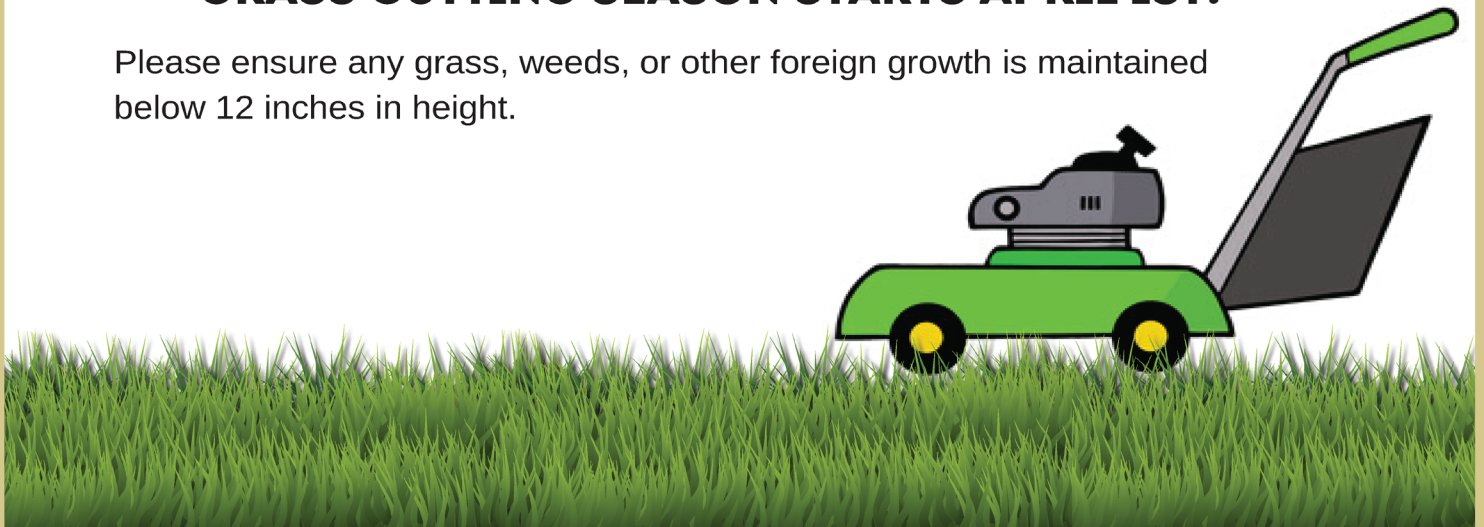
TREASURER..... (804)520-9321

UTILITIES BILLING ..... (804)520-9288

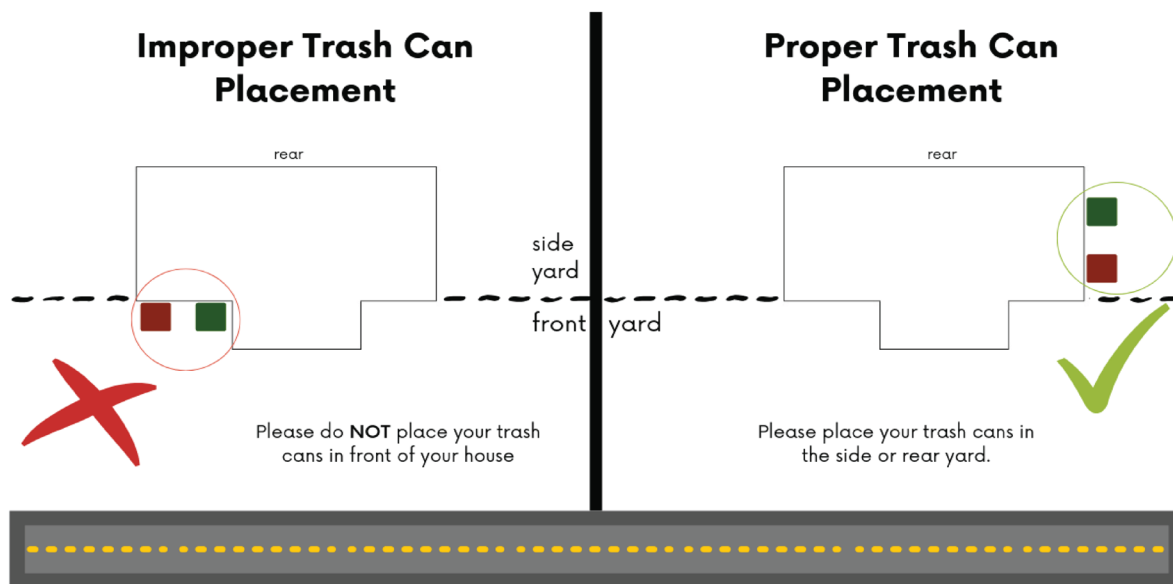
# FRIENDLY CODE ENFORCEMENT REMINDERS:

## GRASS CUTTING SEASON STARTS APRIL 1ST!

Please ensure any grass, weeds, or other foreign growth is maintained below 12 inches in height.



## TRASH PLACEMENT GUIDE



If trash and recycling bins are stored outside a residence or business, please place bins behind or beside, and **not** in front of the building during **non-collection** days. Your bins may be at the curb for pick-up as detailed below\*.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRASH			After 12 PM	All Day	Until 7 PM		
RECYCLING					After 12 PM	All Day	Until 7 PM

\*Please note that these collection times are subject to change during holidays indicated on the collection schedule.



## Chesterfield/Colonial Heights Crime Solvers


Crime Solvers is a 501(c)3 nonprofit organization. Volunteers made up of concerned citizens and local business owners formed the Crime Solvers Board of Directors in 1984 under the direction of then Sgt. Jim Bourque. The Board partners with the law enforcement agencies of Chesterfield County and Colonial Heights, as well as the local media to spotlight unsolved crimes and wanted fugitives. Together, they encourage the community to report information about unsolved crimes and fugitives safely and anonymously through our Tip Line, website and P3tips app.

Chesterfield County/Colonial Heights Crime Solvers gets their money to pay out cash rewards through donations and fundraising. Their largest fundraiser of the year is the annual Golf Tournament in April. No monies are received from government funds to pay out rewards, thus allowing Crime Solvers to keep their tipsters anonymous and therefore not susceptible to the FOIA (Freedom of Information Act).

Crime Solvers has blossomed into an incredibly successful tool! Their weekly "Crime of the Week" and "Fugitive of the Week" segments appear on local and cable television networks, on radio stations, social media and in local newspapers.

Their Scholastic Program teaches students how to help publicize Crime Solvers in the local middle and high schools, as well as, teaching them about the different functions in our police departments. In return, the members of the scholastic program are given community service-based opportunities and a senior who attends the scholastic program has a chance at earning a scholarship that is given out yearly! The Chesterfield County / Colonial Heights Crime Solvers received 33 tips for the City of Colonial Heights for the calendar year 2022. Three of these tips resulted in arrests and 21 of the 33 tips are still under investigation. For the three tips cleared by arrest, the tipsters were awarded a total of \$710.00.

Crime Solvers continues to be a major tool utilized by law enforcement throughout the Commonwealth, and as such requires assistance from the community on a daily basis. If you see something, please share with the Chesterfield County / Colonial Heights Crime Solvers and this is always anonymous, the only requirement for the individual making the tip, is to remember the password that is provided in order to log back into the system and see if they are eligible for a cash reward.



**CHESTERFIELD COUNTY/COLONIAL HEIGHTS  
CRIME SOLVERS**  
*A Valuable Tool to Assist Law Enforcement to Solve Crimes*



## Mission Statement


Crime Solvers serves Chesterfield County and the city of Colonial Heights with a program for people to anonymously assist law enforcement in solving crime.



**All tipsters are guaranteed to remain anonymous. If your tip leads to an arrest, you could receive a cash reward of up to \$5,000.00.**

**There are three ways to submit an anonymous tip:**

- Tip Line - (804)748-0660 (answered through a call center located in another state.)
- Through our website - [Crimesolvers.net](https://crimesolvers.net) or
- Through our P3 Tips App.







**Date: April 22, 2023**

**CLEAN OUT  
YOUR MEDICINE  
CABINETS BY  
BRINGING YOUR  
EXPIRED AND  
EXCESS  
MEDICATIONS  
TO OUR EVENT!  
LIQUIDS IN  
SEALED  
CONSUMER  
CONTAINERS  
MAY BE  
ACCEPTED.**




**••NO SHARPS••  
••NO SYRINGES••**

**HELP COLONIAL HEIGHTS POLICE KEEP OUR COMMUNITY SAFE**

**Date: April 22, 2023  
Time: 10am-2pm  
Location: TBD**

**(Follow us on Facebook for updates on this event and more)**  
*Colonial Heights Police Department*

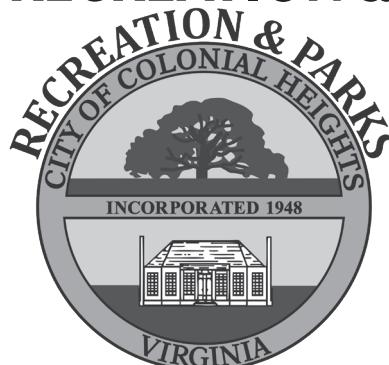
For additional information,  
contact Career Officer H.S. Whirley  
By Calling (804)520-9318 or  
email [whirleys@colonialheightsva.gov](mailto:whirleys@colonialheightsva.gov)



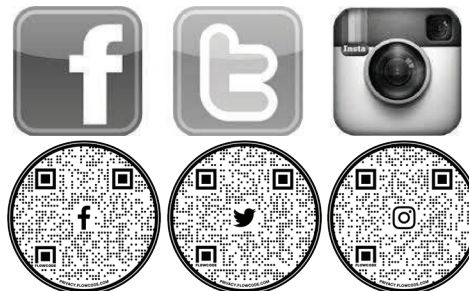
# COLONIAL HEIGHTS RECREATION & PARKS DEPARTMENT

Office Hours: Monday - Friday, 8:00am - 5:00pm  
P.O. Box 3401 / 901 Meridian Avenue  
Colonial Heights, VA 23834  
[www.colonialheightsva.gov/recandparks](http://www.colonialheightsva.gov/recandparks)

Recreation and Parks Office (804)520-9390  
Senior Activities & Classes (804)520-9220  
Senior Transportation (804)520-9219  
Office on Youth & Human Svcs (804)520-9286  
Weather Cancellation Line (804)524-8788  
Violet Bank Museum (804)520-9395



CONNECT WITH US ON SOCIAL MEDIA...



## REGISTER BY MAIL

To register by mail, send your registration form with check to:

Colonial Heights Recreation and Parks  
P.O. Box 3401  
Colonial Heights, VA 23834

## REGISTER IN PERSON

To register in-person, please visit our office, Monday - Friday 8:00am-5:00pm:

Recreation and Parks Office Shepherd Stadium  
901 Meridian Avenue  
Colonial Heights, VA 23834

## REGISTER BY PHONE

Call the office at (804)520-9390 during office hours to register. All phone-in registrants are responsible for signing a waiver form and returning it to the Recreation office before the first class.

## REGISTER ONLINE

To register online, please visit us online at [www.colonialheightsva.gov/recandparks](http://www.colonialheightsva.gov/recandparks) and click the Recreation Programs link.

## DROP BOX

We have a drop box for after hours collection of registrations, payments and uniforms; located in front of our office at Shepherd Stadium, 901 Meridian Avenue. **Checks only, please do not place cash in the drop box.**

## PAYMENT OPTIONS

The Recreation Dept accepts Cash, Check, money order and major Credit Cards.

Please make checks payable to:

**"City of Colonial Heights"**

\$50 fee may apply for returned checks

## Sports and Athletics

### Youth Baseball/Softball Registration

Ages: Boys 4-18 (as of 7/31/23)

Girls 4-15 (as of 7/31/23)

Registration for 2023 youth baseball and softball leagues began on January 2, 2023. The deadline to register is March 17, 2023. To register you must be a City of Colonial Heights resident. Practices begin in April. Practice/game times will vary depending on the number of teams in each league. Fee: \$20 until March 17; \$30 after March 17, children registered after deadline may be placed on a waiting list.

Coed:

Instructional League Grades K-1 ages 5-6

Machine Pitch League Grades 2-3 ages 6-8

Boys:

U10 League Grades 4-5 ages 9-10

U12 League Grades 6-7 ages 11-12

U15 League Grades 8-9 ages 13-15

Girls:

U10 League Grades 4-5 ages 9-10

U12 League Grades 6-7 ages 11-12

U15 League Grades 8-9 ages 13-15

U18 League Grades 10-11 ages 16-18

### Pickleball 101

Join us for Pickleball Beginner classes! If you've never played Pickleball before, this is designed especially for you! This instructed course will cover the basics of Pickleball rules, terminology, primary skills, coordination, beginner court time, and more.

Mondays 4/17-5/22 5:30pm-7:30pm  
FREE CHMS Courts

### Pickleball Progressive Round Robin League

Join us for our popular Friday night Pickleball League. With enough room for 24 players per evening, scoring is cumulative, so consistent attendance is a positive! Play consists of two 45 minute sessions resulting in 1.5 hours of active playing time per night: Session 1 played 6:00 pm to 6:45 pm, Session 2 played 7:00 pm to 7:45 pm  
Fridays 4/14-5/26 5:45pm-8:00pm  
\$5 CHMS Courts

### Flag Football

Ages 5-12

Join us for a Summer session of Flag Football. USA Football's Non-Contact game category is part of USA Football's Football Development Model (FDM). This game category is designed to serve as athletes' introduction to their football journey. The Non-Contact game category allows leagues to provide a fun and progressive way to teach and learn the sport.

U6 Tue 6/19-7/23 6:00pm-7:30pm

U8 Tue 6/19-7/23 6:00pm-7:30pm

U10 Wed 6/20-7/24 6:00pm-7:30pm

U12 Th 6/20-7/24 6:00pm-7:30pm

\$20 Soccer Complex

### Intro to Football

Ages 6-12

Whether your athlete is an experienced player or just starting football, this program will be an experience they won't forget. Our goal is to teach athletes the correct techniques and practice habits that will allow them to reach their full potential. Your athlete will receive training from the Colonial Heights High School coaching staff and players. Your athlete will learn much more than just football! Players are taught teamwork, consideration of others, self-discipline, and how to attain their potential in sports and life. Athletes will also learn the importance of achieving good grades and selecting correct role models. This program will be a very positive stimulus for your developing athlete and they will leave a better football player!

Mondays 5/1-5/23 5:30-7:30pm  
\$20 Football Stadium



## Sports and Athletics

### Spring E-Sports League Registration

Registration is now open for our Spring Sports Leagues. We have partnered with GG Leagues to bring E-Sports to Colonial Heights. For a full listing of offered spring leagues and to register visit our GG Leagues homepage at

<https://app.ggleagues.com/organization/colonial-heights-recreation>. This webpage also includes information about the leagues, information for parents, as well as the schedule and registration information. Deadline to register is April 10th.

Leagues launch: Week of April 17, 2023

Leagues end: Week of June 5, 2023

Season Pass Price \$40 per person\*

\*A player only needs to purchase 1 season pass which will unlock all the games offered in the Spring season. If the game is team based, all players will need to purchase a season pass.

## Classes and Activities

### Kid's in the Kitchen

Join us with your child for a night of cooking, eating, and fun! In this class your child will learn some basic cooking skills, easy meals to prepare, as well as some more difficult meals to cook. This class is designed for children ages 8-12. Preregistration Required.

Thursday, March 16	Pizza Bagels	6-7:30pm
Thursday, April 6	Charcuterie Night	6-7:30pm
Thursday, April 20	Mini Pot Pie	6-7:30pm
Thursday, May 11	Mom's & Milkshakes	6-7:30pm
Thursday, May 25	Kebab Night	6-7:30pm
Thursday, June 8	Dad's and Donuts	6-7:30pm
Thursday, June 22	Chicken Enchiladas	6-7:30pm

### Mindfulness Monday's

Join us in registering for Mindfulness Monday's at Violet Bank Museum. This 1-hour class is focused on getting in tune with your mind and body to improve your emotion and physical health. This class is suited for ages 16 and up.

Monday, March 6	5-6pm
Monday, March 20	5-6pm
Monday, April 10	5-6pm
Monday, May 15	5-6pm
Monday, June 12	5-6pm
Violet Bank Museum	FREE

### Science Mania

Join us with your child as we explore the world of science through experiments! Your child will have the opportunity to become a little scientist while participating in fun lab sessions. Preregistration required. Suitable for ages 5-7.

Tuesday, March 14	5:30-7pm
Tuesday, April 25	5:30-7pm
Tuesday, May 15	5:30-7pm
Tuesday, June 20	5:30-7pm
Community Center	\$10/class

### Parents Day Out

Similar to our Parents Night Out program, this program allows parents with little ones the ability to run some errands or enjoy some time to yourself while knowing your child is having fun and is in good hands! Suited for ages 3-5. Ask about our potty-training requirements. Preregistration required.

Friday, March 17	10-12:45pm
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Friday, April 7	10-12:45pm
Friday, June 2	10-12:45pm
Violet Bank Museum	\$15/class

### Parents Night Out

How would you like to go out without worrying who is going to watch the kids? Drop them off with us and enjoy your date night, movie night time to yourself while your kids also have a fun night! Suited for ages 6-12. Preregistration required

Friday, March 17	5:30-7pm
Friday, April 7	5:30-7pm
Friday, June 2	5:30-7pm
Community Center	\$15/class

### Teen Flashlight Hunt

Come out and join us at Ft. Clifton park for a Teen Flashlight Hunt! This will be a fun night so please don't forget to preregister! Participants must bring their own flashlight.

Monday, April 3	7:30 - 8:45pm
Ft. Clifton Park	\$5/teen

### Fitness Warriors

Ages 13+

We have partnered with Sportsbackers to bring you this FREE and fun fitness class on Monday evenings. Overflow with Ebo - A beginner friendly fun mix of Cardio, Pilates and Yoga. We move to the beat all while improving muscle strength, balance and flexibility.

Mon	3/6-3/27	6:00pm
Mon	4/3-4/24	6:00pm
Mon	5/1-5/29	6:00pm
FREE	Community Center	

### Soul Line Dancing with Rhonda

Ages 13+

Rhonda is a nationally-recognized soul line dance instructor. Come learn basic terminology, counts, footwork, and learn dances with easy to follow steps. Dances vary in tempo (slow - very fast). As your skills develop expect to see slightly more challenging dances. Classes are held every Tuesday.

Tues.	3/7-3/28	6:30 p.m.-8:00 p.m.
Tues	4/4-4/25	6:30 p.m.-8:00 p.m.
Tues	5/2-5/30	6:30 p.m.-8:00 p.m.
\$5/class	Community Center	

### Belly Dance

Ages 13+

This class is designed to teach the traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthens your core and your abdominal and lower body muscles. All shapes, sizes, and fitness levels are welcome.

Thurs	3/2-3/30	6:00 p.m.-7:00 p.m.
Thurs	4/6-4/27	6:00 p.m.-7:00 p.m.
Thurs	5/4-5/25	6:00 p.m.-7:00 p.m.
\$30	Community Center	

### Giggles & Goo

Recommended for ages 3-5. Giggle as we play with goo and other messy things. We will turn our goo into masterpieces. All the mess you could want, just not in your house! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Monday, March 6.	11am-12pm.
Violet Bank Museum.	\$5/Child.

### Critters & Crafts

Recommended for ages 5-7. Join us as we learn about new critters through arts, crafts, activities, stories and more! These interactive sessions will give a glimpse at how animals live and what makes them unique. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Tuesday, March 7,	5:30-6:30pm
Library.	\$5/child.

### Imagination Thursday's

Recommended for ages 8-11. Join us as we use creative thinking to complete STEM challenges. This interactive program will engage our brains and hands as we build, create and plan designs! All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required. Thursday, March 9, April 20, May 18, 5:30-6:30 pm. Community Center. \$5/child.

### Rad Rainbows

Recommended for ages 3-5. Join us in making rainbows and hopefully finding a pot of gold at the end of it! This arts and crafts program will focus on St. Patrick's Day. Create a rad rainbow, shamrock, play in sensory bins and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Monday, March 13.	11am-12pm.
Library.	\$3/Child.

### Little Leprechauns

Recommended for ages 5-7. Become a leprechaun for the night during this St. Patrick's Day themed program! Explore senses of the holiday, make crafts, play games and more! All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Tuesday, March 14.	5:30pm-7:00pm.
Community Center.	\$5/Child

## ***Classes and Activities***

### ***Little Rec'ers***

Recommended for ages 5-7. This movement series focuses on supporting inclusive communities by welcoming children of all ability levels as we explore a variety of new and unique activities. Participants will learn listening skills, play games that promote teamwork, and, most importantly, have fun! All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Monday, March 20, 5:30-6:30pm  
Lakeview Elementary. Free.

### ***Wiggles & Giggles***

Recommended for ages 3-5. Get those giggles going with this fun and silly movement class. We will be use our bodies to act out stories, do activities and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Friday, March 24, 11am-12pm.  
Library. Free.

### ***Messy Monday's***

Recommended for ages 5-7. Join us as we make messy creations! We will incorporate arts and crafts, sensory and other fun activities into our masterpieces. All the mess your kids could want with none of it being at your house! All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Monday, March 27, April 24, May 22. 5:30pm-6:30pm.  
Senior Center. \$5/Child.

### ***Slithering Snakes***

Recommended for ages 8-11. Join us and learn all about our slithering friends. We will explore what makes snakes unique through crafts, games and other activities! All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Tuesday, March 28. 5:30pm-6:30pm.  
Library. \$3/Child.

### ***Eggstravaganza***

Recommended for ages 6-11. Join us as we play Easter themed games and activities! See if you can rescue the egg from the maze or pin the tail on the bunny with this fun filled program. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Thursday, March 30. 5:30pm-6:30pm  
Community Center. \$5/Child.

### ***Little Bunnies***

Recommended for ages 3-5. Become a bunny in this Easter themed preschool program! We will play games, make crafts, read a book and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Friday, March 31. 11am-12pm.  
Library. \$3/Child.

### ***Art in the Parks***

Recommended for Grades K-5. Calling all home-schoolers.... Join us at White Bank Park for some fun outdoor art activities. This program will run for 2 weeks. Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Tuesday, April 18 & 25. 11am-12pm.  
White Bank Park. \$3/Child (Per Session).

### ***Giggles & Goo***

Recommended for ages 3-5. Giggle as we play with goo and other messy things. We will turn our goo into masterpieces. All the mess you could want, just not in your house! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Monday, April 10. 11am-12pm.  
Library. \$5/Child.

### ***Think Green***

Recommended for all ages. Join us in celebrating Earth Day through activities, crafts and more! This program will get you to think outside the box on how we live and interact with the natural world. Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Friday, April 21. 5:30pm-7:30pm.  
White Bank Park. \$3/Child.

### ***Little Critters***

Recommended for ages 3-5. Join us for story time and themed activities and crafts all focusing on critters! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Friday, April 28. 11am-12pm.  
Library. \$3/Child.

### ***Princess Tea***

Recommended for ages 5-11. Calling all princess and queens to join this fun take on a tea party. Wear your favorite or fanciest dress and get ready to enjoy finger foods, drink (ice)tea, play games, make crafts and more. This will be an unforgettable day! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Saturday, April 29. 11am-1pm.  
Violet Bank Museum. \$15/Adult & Child Pair. \$5 for each additional child.  
Inclement Date: Saturday, May 6 from 11am-1pm.

### ***Wiggle Worms***

Recommended for ages 3-5. Join us each week to discover and learn about a new park in Colonial Heights! We will explore the park, use our senses, make crafts and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Tuesdays. 11am-12pm. Free.  
Tuesday May 2: Lakeview Park  
Tuesday May 9: White Bank Park  
Tuesday May 16: Fort Clifton Park  
Tuesday May 23: Roslyn Landing Park

### ***Slimy Friends***

Recommended for ages 3-5. Join us in celebrating Amphibian Week! This program is sensory based to learn about amphibians and our "slimy" friends. Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required. Please note, there will be no live animals.

Thursday, May 4. 11am-12pm.  
White Bank Park. \$3/Child.

### ***Space Campout***

Recommended for ages 6-11. Join us in celebrating National Space Day (May 6) with this outer space themed program! We will learn what it takes to become an astronaut, learn about what is within the Milky Way Galaxy and galaxies beyond! All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Friday, May 6. 6pm-8pm.  
Community Center. \$5/Child.

### ***Wild Child***

Recommended for Grades K-5. Calling all home-schoolers to join us in this immersive nature-based program. We will meet at a different park within Colonial Heights and learn about the ecosystems within. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Thursday May 11 & 25. 11am-12pm.  
White Bank Park. Free.

### ***Creepy Crawlies Night Hike***

Recommended for all ages. Join us on an early evening hike where we explore the creepy crawlies within the park! We will use flashlights and rely on our senses to navigate the trail. Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Pre-Registration required.

Friday, May 19. 8pm-9pm.  
Fort Clifton Park. Free.

### ***Archery***

Recommended for ages 10+. NASP certified instructors will teach the basics of target archery, including range safety and proper technique. Participants will learn to shoot compound bows in a controlled environment. Equipment will be provided.

Wednesday, May 31. 5:30pm-7:30pm. Fort Clifton Park. \$20/Participant.

### ***Spring Break Camp***

Grades K-5. Spring Break Camp is a supervised day camp. Campers can enjoy games, crafts, active play, and trips. All campers must be registered for this program. Program participants can come every day or choose which days they would like to come. Registration deadline is Monday March 27th.

Monday, April 3-Thursday, April 6 8:30am-5:30pm  
Lakeview Elementary \$75/For whole week  
\$25/A Day



## VIOLET BANK MUSEUM

Violet Bank Garden Club was formed at Violet Bank in 1949. The club helps with special projects at the facility such as working with the gardens, hosting special events such as the Christmas Open House and whatever the curator needs the members to do. It is a "treasure" for the city that we need to cherish for generations to come. Our members are delighted in being able to help maintain and help preserve the facilities.

If you would like to know more about the club and what the club does to help showcase Violet Bank Museum and Colonial Heights, please contact Jan Pingel at 804-731-3599. The club meets on the third Monday at noon from September through June.

### Cucumber Tree at Violet Bank

It's that time of year again when the over 300 year old Cucumber Magnolia puts on her spring show. New leaves, flowers and seed cones (that look like miniature cucumbers) should all be present on the tree for a short time during the middle of May. Tree is located on the grounds of Violet Bank, free and open to the public.

### Dino Days

These dinosaur fossils may be old Violet Bank Garden Club May 10 through May 24 but you will learn something new about them from presenter David Packard of The Rock Shop. Program is suitable for all ages, donations accepted.

Sat May 20 10am-5pm  
FREE Donations accepted

### First Ladies Fashion Show

Learn about 18th & 19th Century clothing styles as worn by the First Ladies; Martha Washington, Dolly Madison, Elizabeth Monroe, Julia Tyler and Varina Davis. Program is suitable for all ages, donations accepted.

Sat March 11 1:00 pm  
FREE Donations accepted

### Meet R.E. Lee

History buffs this one is for you! Learn about young R.E. Lee (later known as Robert E. Lee) from his childhood, through his education, early military career up to the Mexican War. Historian John Hill will be speaking on this and answering your questions so please make plans to attend! Program is suitable for all ages, donations accepted.

Sat March 18 1pm-3pm  
FREE Donations accepted

### Antique Tool Display

Antique Tool Display presented by Greg Jones. Mr. Jones will be on site with an assortment of antique tools telling you about their history and use. Bring an antique tool of your own to see what he can tell you about it or will you be able to "stump" him? Program is suitable for all ages, donations accepted.

Sat April 8 10am-5pm  
Sun April 9 1pm-6pm  
FREE Donations accepted

### Violet Bank Stitchers From The Heart

*This group meets at Violet Bank Museum every Tuesday from 10:00am-12pm to create beautiful items for those in need. Items include hats, scarves, baby blankets, cotton wash cloths, toys, pet cage cozies and more. The group gratefully accepts yarn donations, just drop it off during normal museum operating hours. Thank you for your support of this worthwhile endeavor. Any skill level is welcome to join the group.*

## THERAPEUTIC RECREATION

Recommended for all ages. Therapeutic Recreation (TR) uses recreational activities (such as art, games or dance) to help people with disabilities to improve their physical, cognitive and social skills. These activities will be offered to improve their physical, cognitive and social skills. These activities will be offered to help enhance their recreation interests and participation. Prior to the activity the participant must register and complete a participant profile. Activity schedules are subject to change. Pre-Registration required.

### Here's the schedule for the Winter Therapeutic Classes.

#### ALL CLASSES ARE FROM 5:30PM -7:00 PM

March 1.....Music Therapy.....\$3  
March 8.....Bingo.....\$3  
March 15.....St. Patrick's Day Party.....\$5  
March 22.....Game Night.....\$3  
March 29.....NO TR  
April 5.....Easter Party.....\$5

April 12.....Bingo.....\$3  
April 19.....Heroes Night.....FREE  
April 26.....Cooking Creations.....\$3  
May 3.....Park Exploration.....\$3  
May 10.....Bingo.....\$3  
May 17.....Open Mic Night.....\$3  
May 24.....Sit & Fit.....\$3  
May 31.....NO TR

## OFFICE ON YOUTH

### Active Parenting Class

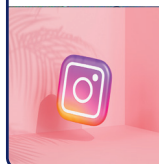
Active Parenting is a parenting education program that is specifically designed for parents and/or guardians of children from early childhood through late teens who want to improve their parenting skills and child's behavior. During the six weeks parents/guardians will learn what it takes to be an active parent, how to build courage and self-esteem and understand and redirect misbehavior. Active Parenting is a research based application of Adlerian parenting theory. The Adlerian parenting theory consists of learning mutual respect among family members, implementing nonviolent discipline and communication skills. If you are interested, please contact Yvette

Hawthorne or sign up on the Recreation and Parks website.

Yvette Hawthorne, QMHP-C  
Youth Program Coordinator  
804-520-9289

hawthorney@colonialheightsva.gov

Mon March 6 5:30-7:30pm  
Mon March 13 5:30-7:30pm  
Mon March 20 5:30-7:30pm  
Mon April 3 5:30-7:30pm  
Mon April 10 5:30-7:30pm  
Mon April 17 5:30-7:30pm  
\$2/class Community Center



Colonial Heights

We Want to  
connect with  
you in new  
ways!

LET'S GET  
SOCIAL!!!

Did you know you can find us, follow us, and Connect with us on  
**FACEBOOK YOUTUBE INSTAGRAM**

## SENIOR CENTER

The Senior Center is located at the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:30 am to 4:30 pm. The Center is open to adults 50 years of age and older who are City Residents. All Senior Citizen programs are FREE unless noted. The Senior Center monthly calendar lists daily and monthly activities and is available for pick-up at the Senior Center or call (804)520-9220.

### Senior Transportation

Hours of Operation are Monday-Friday 8:00 a.m. to 4:30 p.m. (With services being provided from 8:15a.m. to 4:00 p.m.) and Saturday from 8:00 a.m. to 1:00 p.m. (With services being provided from 8:15 a.m. to 12:30 p.m.). Service is available to Colonial Heights residents who are at least 60 years of age, and adult special needs or handicapped. Transportation will be available to and from any Colonial Heights destination and to a few out of City medical offices.

**Registration for services is required and is available by calling Senior Transportation at (804)520-9219.** Appointments must be made at least 24 hours in advance. There are no fees for transportation services, but donations are accepted.

### Monday

8:30am.....Muscles in Motion  
9:30am.....Tai Chi (Library)  
9:30am.....Bowling (League Fee)  
10:00am.....Strength & Stretch  
11:00am.....Pickle Ball  
(Swift Creek Baptist Church)  
11:00am.....Line Dancing  
12:30pm.....Intro Pinochle  
1:00pm.....Pinochle  
1:30pm.....Chair Volleyball

### Tuesday

8:30am.....Cardio Ball  
8:30am.....Tap Dancin' Grannies  
American Legion Post 284  
9:30am.....Yoga Core  
10:30am.....Sit & Let's Get Fit  
11:00am.....Water Aerobics \$ (VSU)  
11:20am.....World Religion  
11:40am.....Meditation  
12:00pm.....Lunch (\$-must register)  
12:45pm.....Bingo  
1:30pm.....Meaningful Exchange  
3:00pm.....Open Sew (1st, 2nd & 3rd Tues)  
3:00pm.....Quilts for Vets (last)

### Wednesday

8:30am.....Crochet & Knitting  
8:30am.....Muscles in Motion  
9:30am.....Cardio Drumming  
10:05am.....Balance  
11:00am.....Line Dancing  
11:00am.....Pickle Ball  
(Swift Creek Baptist Church)  
12pm.....Lunch & Learn (must register)  
12pm.....Tech Heads (4th-must register)  
12:30pm.....Party Bridge  
1:00pm.....Mexican Train Dominoes

## JOIN US FOR OUR ANNUAL Colonial Heights

## "CITY CLEAN-UP /ADOPT-A- ROADWAY" EVENT

### DATE:

**Saturday  
April 29th, 2023**

### WHEN:

**8:00 a.m. to 12:00 p.m.**

### WHERE:

**Groups/Volunteers will  
meet briefly in the  
Community Building on  
Roanoke Avenue at  
8:00am.**



To register visit  
[www.colonialheightsva.gov](http://www.colonialheightsva.gov)  
(Community Spotlight)

This event is intended for the "Adopt-A-Roadway" program here in the city. Materials for the event will be available at the Community Building on Roanoke Avenue starting at 8:00AM.



We look forward to seeing everyone there and thank you for all your support in keeping our city clean!

**IF YOU HAVE QUESTIONS OR NEED ADDITIONAL INFORMATION,  
PLEASE CALL THE PUBLIC WORKS DEPARTMENT (804) 520-9372,  
MONDAY THROUGH FRIDAY 7:30 A.M. TO 3:00 P.M. OR  
EMAIL [DIXONP@COLONIALHEIGHTSVA.GOV](mailto:DIXONP@COLONIALHEIGHTSVA.GOV)**

### Thursday

8:30am.....Total Body Strength  
9:30am.....Yoga Warrior  
9:30am.....Beginner's Line Dancing (Library)  
10:30am.....Sit & Let's Get Fit  
11:15am.....Coffee Break  
11:20am.....Neurological Stretching  
11:40am.....Meditation  
12:00pm.....Lunch (\$-must register)  
1:15pm.....Senior Citizens Club Mtg.  
(4th Thursday at Golden Corral - 11:30am)

### Friday

8:30am.....Muscles in Motion  
9:00am.....Walk this Weigh  
10:00am.....Strength & Stretch/Stretch it Out  
11:00am.....Line Dancing  
11:00am.....Pickle Ball  
(Swift Creek Baptist Church)  
1pm.....Mahjong (2nd,3rd,5th)  
1pm.....Intro to Mahjong (1st)  
1:30pm.....Movie (4th)  
4:00pm.....Senior Dance (2nd)- \$

**HOLLYWOOD  
Casino®  
AT CHARLES TOWN RACES**



**Wednesday, April 26  
\$ 64 .00 per person  
depart 8:00am—return approximately 9p**

WILL DEPART FROM THE CORNER OF ROANOKE AND MERIDIAN AVE  
motorcoach transportation

**\*no stopping to and from casino\***

Each patron will receive \$20 in free slot play.

**Minimum of 40 required  
REFUNDS NOT PERMITTED**





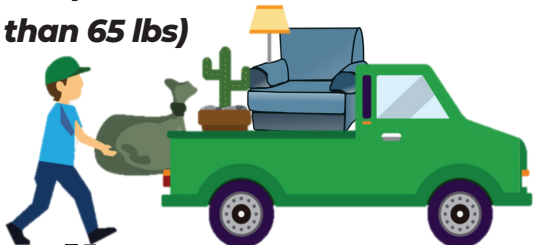
# Spring Cleaning Bulky Waste Collection Services

## Colonial Heights /CVWMA

### What is Bulky Waste?

Bulky Waste is ANYTHING that doesn't fit in the trash cart such as:

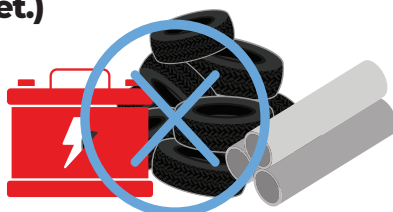
- Bagged Leaves & Yard Waste (*Must be bundled/cut to 4ft length and weigh less than 65 lbs*)
- Furniture
- Appliances
- Extra bags of trash.



### What is **NOT** Bulky Waste?

Items that will NOT be collected as Bulky Waste include:

- Construction Waste (Lumber, wire, sheetrock, bricks, shingles, pipes, concrete, paving material, et.)
- Tires
- Car or Lithium Batteries
- Hazardous Waste
- Loose Trash



### How to schedule Bulky Waste Services?

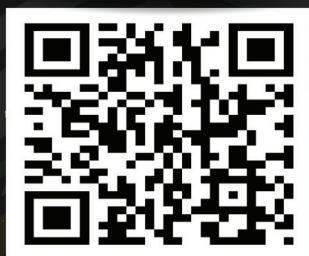
If your Bulky Waste items will fit in the bed of a FULL-SIZED pickup truck, and you wish for your items to be collected for the next REGULAR trash collection day then:

- Visit [CVWMA.com/ch-trash-service](http://CVWMA.com/ch-trash-service) or call 804-340-0900 to schedule your FREE Bulky Waste Collection.
- ALL requests must be made prior to 2pm the day before regular trash collection.

Any larger loads will be considered SPECIAL BULKY WASTE and will cost \$125 to remove. You must request this service and pay this fee prior to receiving this service.

**JULY 22ND**  
BEACH 'N BASEBALL

SCAN ME



**MAY 25-27TH**  
OPENING WEEKEND

**JULY 21ST**

MILITARY APPRECIATION

**JULY 7TH**

FIRST RESPONDERS

**JUNE 10**  
HEALTHCARE HEROS

**JUNE 24TH**

STAR WARS NIGHT

**MAY 27TH, JULY 1,  
JULY 3, AUGUST 5**

FIREWORK SHOW



CHOOSE

## COLONIAL HEIGHTS

The City of Colonial Heights Economic Development and Tourism has launched a new website:

[ChooseColonialHeights.com](http://ChooseColonialHeights.com)

The website hosts information that can be used by realtors, developers, and anyone looking for available space or property to locate a business.

There is also information regarding different resources that could be helpful for new or existing businesses.

Since the department also handles tourism, there is a section titled "Explore" that provides a list on the wonderful parks located in the city, as well as shopping and dining, and various attractions throughout the city.

For more information call:  
(804)898-3002

Colonial Heights Recreation and Parks Presents:

**JUNE 10TH • 4PM-7PM**

# SPRING FLING

Family Festival

MUSIC  
FOOD  
GAMES  
MORE!

\$5/ Adult 18 +  
\$3/ Children  
Free/ Babies 3 and  
under

Location: White Bank Park  
400 White Bank Rd, Colonial Heights, VA  
23834



Colonial Heights Recreation and Parks

[www.colonialheightsva.gov](http://www.colonialheightsva.gov)

## 2023 Fort Clifton Arts & Crafts Festival

Saturday, May 13 and Sunday, May 14  
10:30 a.m. to 5:00 p.m.

Free Admission and Parking  
Food – Arts & Crafts Exhibitors



Over 100 Exhibitors  
Concessions  
Children's Amusements

Fort Clifton Park • 100 Brockwell Lane • Colonial Heights, VA  
(804) 520-9390 • [www.colonialheightsva.gov/fortcliftonfestival](http://www.colonialheightsva.gov/fortcliftonfestival)

## CITY FOCUS

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U.S.POSTAGE

City of Colonial Heights  
Office of the City Manager  
Post Office Box 3401  
Colonial Heights, Virginia 23834-9001  
[www.colonialheightsva.gov](http://www.colonialheightsva.gov)

\*\*\*\*\*ECRWSS\*\*\*\*

Local  
Postal Customer