

The City Focus

Official newsletter for the City of Colonial Heights



Spring 2014



**NEW
FORMAT**



The City Focus and the Colonial Heights Recreation Department Activity Guide have been combined into one publication as an effort to get information out to City residents. The City Focus will be produced quarterly and mailed to each household in Colonial Heights.

REC-happenings, the Recreation Department program listing, begins on Page 5 of the City Focus.

in this issue

Council Column	2
Dates of Interest	3
City Comp Plan Meetings	3
DMV2Go	4
Elderly Keepsafe Program	11
New Businesses now Open	11
Library Kindle Service	12
Emergency Communication	12

REC-happenings

Sports and Athletics	5-6
Fitness Classes	6-7
Classes & Activities	7-8
Trips	9
Teens	9-10
Senior Center	10

City of Colonial Heights Council Members

Diane H. Yates

Vice Mayor

yatesd@colonialheightsva.gov



Milton E. Freeland, Jr.

Councilman

freelandm@colonialheightsva.gov

Kenneth B. Frenier

Councilman

frenierk@colonialheightsva.gov



W. Joe Green, Jr.

Councilman

greenj@colonialheightsva.gov

T. Gregory Kochuba

Councilman

kochubag@colonialheightsva.gov



John T. Wood

Councilman

woodj@colonialheightsva.gov

Pamela Wallace

City Clerk of Council

wallacep@colonialheightsva.gov

(804)520-9360

Contact the City Manager



Thomas L. Mattis

City Manager

City Hall

201 James Avenue

mattist@colonialheightsva.gov

(804)520-9265

COUNCIL COLUMN

Welcome to the Council Column! The inclusion of the City Focus and the Recreation Guide into one quarterly communication is an exciting new way to communicate with you on a quarterly basis. It also advances a goal set by City Council for city administration which is to find new and additional approaches to share information with citizens.



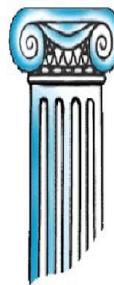
My focus for this quarter is to share information on current and future capital improvements in our City. We have received many questions on the road improvement currently underway on the south end of the Boulevard. The project is funded with federal and state-aid, where an agreement is signed with VDOT that includes certain criteria for the use of the funds and what must be completed within a certain amount of time. The funding does not allow for water and sewer replacements; however, City Council has set a priority of replacing this type of infrastructure in current and future projects through the City's Capital Improvement Programming (CIP) Budget. One of the main questions we have heard has been "why is the construction taking so long or not progressing faster?" The initial delay was caused by the natural gas company's contractor moving lines; while the most recent delay has been caused by inclement weather. We anticipate the west side of the Boulevard to be open for traffic soon, but the paving contractor must wait until the temperature is consistently forty degrees or higher for the paving to be completed "under warranty."



Let's look at future capital improvements! Both Dupuy and Lakeview Avenues will be widened to include a center turn lane, curb, gutter, and sidewalks which will be funded with federal and state-aid. As you can see, we capitalize on returning your federal and state tax dollars to the City of Colonial Heights when possible. At a recent City Council Retreat (where councilmembers meet to discuss short and long term goals), the Council has asked the City Manager and administrative staff to fund phases three and four, the final two phases, of the "Bruce Avenue Drainage Project". This will finalize a multi-phase project that has taken many years and is anticipated to require a total investment of \$4.5M.

As many of you will recall, the City Council and School Board of 2001 entered into a Memorandum of Understanding pertaining to the sharing of local revenue. This agreement has only been revised on two other occasions, 2006 and 2012. In short, the agreement sets a funding formula for revenue that the City will distribute to the School System and stipulates the sharing of expenditures for capital improvements of the School System. City Council will match dollar for dollar with the School Board on a renovation project to build new, state-of-the-art high school chemistry, biology, and earth science classrooms and labs, which will be the first upgrade of these facilities since the CH High School opened in 1964. The students of Colonial Heights will have modern labs and classrooms to further enhance their quality of learning. I hope this brief column has answered questions and provided further insight into the City's CIP. Lastly, thank you for allowing me to serve you!

Scott Davis, Mayor
davis@colonialheightsva.gov





Dates of Interest

March 4	Planning Commission Meeting 7pm - Council Chambers
March 11	City Council Meeting 7pm - Council Chambers <i>**Proposed 5yr Capital Program</i>
April 1	Planning Commission Meeting 7pm - Council Chambers
April 8	City Council Meeting 7pm - Council Chambers <i>**Public Hearing - 5yr Capital Program</i> <i>**Presentation of FY14-15 Annual Operating Budget</i>
April 18	City Holiday - Good Friday
April 29	City Council Meeting 6pm - Council Chambers <i>**Public Hearing FY14-15 Annual Operating Budget 7pm</i>
May 2	DMV2Go 9am-4pm - 1500 Boulevard
May 6	Planning Commission Meeting 7pm - Council Chambers
May 13	City Council Meeting 7pm - Council Chambers
May 26	City Holiday - Memorial Day Trash delayed 1 day

On the Cover...

The Colonial Heights Recreation & Parks Department held their first Sunshine 5K Run/Walk and Kids 1 Mile Fun Run on June 22, 2013. All proceeds from this event went towards the purchase of the new playground equipment now at Flora Hill Park. Over 200 people participated in last year's event and the picture shows the kids preparing to start the Kids 1 Mile Fun Run.

City to Host 3 Comprehensive Plan Open House Workshops

At the end of March, the City of Colonial Heights will host three open house workshops for residents to learn about and contribute to the comprehensive plan update process that is currently underway. Each open house will take place from 6:00 to 8:30 p.m. A brief presentation will be given at 6:00 p.m., but residents will be able to come and go at any time to view the displays and talk to City staff.

March 19 Lakeview Elementary School (401 Taswell Avenue)
March 25 Colonial Heights Public Library (1000 Yacht Basin Drive)
March 26 Community Center (157 Roanoke Avenue)

The purpose of this comprehensive plan is to establish a vision for the future of Colonial Heights and recommend specific projects in which the City should invest. Because the City's Planning Commission wants this plan to be guided and shaped by the priorities of residents, business owners, and other stakeholders, public input is vital to this process. The reason for this event is simply to gather public input. We invite you to stop by anytime during the open houses to share ideas, voice concerns, and provide your thoughts on how Colonial Heights can be strengthened in the future. The draft of the Comprehensive Plan is located on the City's Webpage (www.colonialheightsva.gov/planning). Hardcopies are available for review at the Library, the Senior Center and the City Hall Welcome Desk. For more information contact Jamie Sherry in the Planning Department at 520-9382, sherryj@colonialheightsva.gov

FORT CLIFTON 150TH ANNIVERSARY DEFENDING RICHMOND VIRGINIA BERMUDA HUNDRED CAMPAIGN HERITAGE DAY



EDUCATIONAL AND ENTERTAINMENT EVENTS FOR ALL AGES!
ENCAMPMENTS • FIREARMS DEMONSTRATIONS • MUSIC • FOOD
OLD BRUNSWICK SCV CAMP COOKING DEMONSTRATIONS • DISPLAYS
INFANTRY DRILLING • MUSKET VOLLEY • TOURS OF THE FORT

SPONSORED BY: DEARING-BEAUREGARD SCV CAMP #1813

Saturday • March 22 • 2014 • 12-4:30

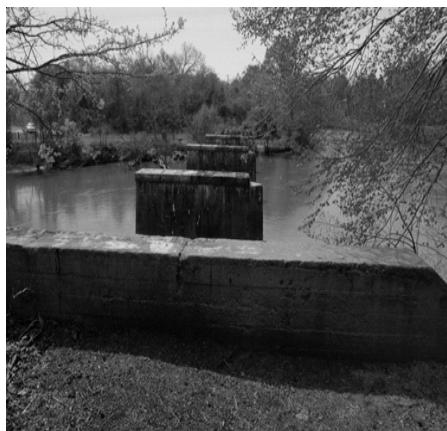


**Saturday, March 22
FIVE O'CLOCK**

**DO NOT
MISS:
YOU WILL
NEVER
FORGET**

The City Focus

Appomattox River Trail Extension To Boulevard Underway



The Appomattox River Greenway Trail is slowly expanding along the river. It now starts at Roslyn Landing Park and runs south to I-95, which is about 1 mile. Phase 3, which is now under construction, will be open in the spring and will expand the trail from I-95 to Rt. 1/301 the Boulevard, adding an additional 3,500 feet of new 8' wide paved trail. In addition, there will be a unique scenic overlook created (pictured). This historic overlook will be constructed on top of the former Atlantic Coast Line Railroad bed. While the trail crosses the railroad bed, which is approximately 15' higher than the surrounding ground, an ADA accessible ramp will be created to get to the top of the rail bed. The area will have historic displays, benches and a unique view of the river and surrounding area. This overlook is located just west of I-95. As of this writing an exact completion date is not firm, however it is expected that the project will be completed by April 30, 2014. Watch for the formal opening of this exciting new phase of the trail. For more information please contact George Schanzenbacher at 520-9275 or schanzenbacher@colonialheightsva.gov.

Commissioner of Revenue Deadline Reminders

Business Licenses

Business license applications and payments were due March 1, 2014 but are still being accepted with a late filing fee and interest penalty. This applies to all existing businesses and new businesses that expect to conduct business in the City. Contractors should also bring a copy of their Board for Contractors Certificate and a completed Contractor's Certificate of Workmens' Compensation Insurance.



Tax Relief

Applications for elderly and disabled real estate tax relief must be filed by March 31, 2014. Remember that state and city code states that further inquiry in addition to the sworn affidavit by the applicant, may be required by the Commissioner. All sources of income and personal assets must be reported for all occupants of the dwelling upon which tax relief is being sought.

Bill Feasenmeyer, Commissioner of Revenue
City Hall - 201 James Avenue
(804)520-9280
feasenmyerw@colonialheightsva.gov



**City Hall Centre - 1500 Boulevard
Fri, May 2nd - 9:00AM to 4:00PM**

With the latest technology, the wireless office on wheels offers all DMV services:

- ▶ Apply for or renew your ID card – available for adults and children.
- ▶ Apply for or renew your driver's license – take road and knowledge tests; get your picture taken. Reinstate driving privileges.
- ▶ Get a copy of your driving record.
- ▶ Obtain vehicle titles, license plates, decals, transcripts.
- ▶ Order disabled parking placards or plates.
- ▶ Recently moved? Stop in to update your address on your DMV record. At the same time you can update your voter registration address and organ donor status.
- ▶ Request a Personal Identification Number (PIN) to set up a myDMV account – receive DMV notices via email or phone; conduct secure transactions on the DMV website, www.dmvNOW.com.
- ▶ Search for other state services through a Virginia Internet portal.
- ▶ And more!

Bringing DMV service to **you.**

Department of  Motor Vehicles

REC-happenings

Youth Cheerleading

Ages: 4-13 (as of August 1, 2014)
Registration will be taken on the following Saturday at Shepherd Stadium from 9am to Noon; June 7. Registration will also be accepted Monday thru Friday, 8am to 5pm, June 9 thru July 11 at Shepherd Stadium. The fee for anyone registering after July 11 is \$30 and are subject to being placed on a waiting list. Children MUST be Colonial Heights Residents and eligible for enrollment in the Colonial Heights school system to participate.

Age Divisions

Mascots	(4-5)
Minor	(6-8)
Junior	(9-10)
Senior	(11-13)
Fee:	\$20

Youth Football

Ages: 5-13 (as of August 1, 2014)
Registration will be taken on the following Saturday at Shepherd Stadium from 9am to Noon; June 7. Registration will also be accepted Monday thru Friday, 8am to 5pm, June 9th thru July 11th at the Shepherd Stadium. The fee for anyone registering after July 11 is \$30 and are subject to being placed on a waiting list.. Children MUST be Colonial Heights Residents and eligible for enrollment in the Colonial Heights school system to participate. 7 year olds have the option of playing Flag (Instructional) or Minor (tackle) Football. 13 year olds must weigh under 115 lbs to be eligible.

Age Divisions

Flag	(5-7)
Minor	(7-8)
Junior	(9-10)
Senior	(11-13)
Fee:	\$20

Adult Softball

Registration is currently being accepted for the Men's Open & Church League Softball Teams for the 2014 Spring/Summer Adult Softball Leagues. League fee includes 20 to 28 game schedule (depending on the number of registered teams), postseason double elimination tournament, USSSA team registration and umpire fees. League play will begin in early April. Teams will be accepted on a first-to-pay basis only. Primary Game Nights: Church Divisions – Tu/Th Men's Division – Mo, Tu, We, Th Game nights are subject to change based on the number of teams registered. Teams must be available to play any weeknight. Teams must supply game balls. Balls must be USSSA Classic M or Classic Plus balls. Must be a USSSA stamped ball. Deadline is 3/14/14.

Colonial Heights Recreation and 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



Recreation and Parks Office	(804)520-9390
Recreation and Parks Fax	(804)520-9203
Senior Activities & Classes	(804)520-9220
Senior Transportation	(804)520-9219
Teen Center	(804)524-8717
Weather Cancellation Line	(804)524-8788
Violet Bank Museum	(804)520-9395

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 Over the 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 and click the register online link.

After Hours Dropbox

We have a Drop Box for after hours collection of registrations, payments and uniforms; located in front of the Community Center at 157 Roanoke Ave.

Payment Options

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time.

*Please make checks payable to:

“City of Colonial Heights”

**\$35 fee may apply for returned checks

Connect with Us...



Sports/Athletics

Youth Baseball & Softball

Ages: Boys ages 4-18 (as of 4/30/14)
Girls ages 4-15 (as of 1/1/14)

Registration will also be accepted Mon-Fri, starting Feb 10 - March 7, 8:00am-5:00pm at Shepherd Stadium. The fee for anyone registering after March 7 is \$30. Players registering after March 7 are also subject to being placed on a waiting list. Practices will begin the 1st week of April and games will begin the last weekend in April. Children MUST be Colonial Heights Residents and be eligible for enrollment in the Colonial Heights school system.

Coed:

Rookie (Instructional)	ages 4-5
Coach Pitch (Instructional)	ages 6-8
\$20	

Boys:

Minor League	ages 9-10
American League	ages 11-12
National League	ages 13-15
Big League	ages 16-18
\$20	

Girls:

PeeWee League	ages 9-10
Junior League	ages 11-12
Senior League	ages 13-15
\$20	

We have joined the Dixie Youth Baseball and Softball programs starting with the 2014 season. Boys will play in the Dixie Youth 9-10 and 11-12 year old leagues. Girls will play in Dixie Softball 9-10, 11-12 & 13-15 year old leagues. Each league will have one all-star team participate in District play. If teams advance they will play in State and possible World Series tournaments. Boys ages 13-15 and 16-18 will play in the Babe Ruth League program.



\$590.00 Payable in two checks
\$300.00 to City of Colonial Heights
\$290.00 to VA USSSA

REC-happenings

3 on 3 Basketball

Tournament

Indoor and outdoor courts may be utilized depending on the number of teams. Games will be played to 15 points, first to 15 wins. Each team will be guaranteed at least 2 games. 4 player max per team. There will be a maximum of 16 teams per division (first come-first served). There will be a Champion per division listed below:

Juniors (8 -12 years old)
 Seniors (13 - 17 years old)
 Division 1 (Adults)
 Division 2 (Over 30)
 Division 3 (Coed)
 Division 4 (Womens)

Open to residents and non-residents. \$150.00 cash prize for 1st place \$75.00 for 2nd place plus team trophies. 8 team minimum per division.

Sa 3/15 9am-9pm
 \$75 CH High School

PickleBall Clinic

Ages: 18+

This is an introductory clinic to the popular sport. Experience the paddle sport which combines elements of badminton, tennis and table tennis (ping-pong). All needed equipment is provided. For more information contact the Senior Center at (804)520-9220 or email thompsonse@colonialheightsva.gov

We 5/21 12-3pm
 FREE Lakeview Park Tennis Courts

Youth Track Program

Ages: 9-14

Colonial Heights Recreation Department and Colonial Heights High School Track Team are offering a Track & Field Program. The program is designed to allow youth the opportunity to learn track & field events as well as practice the skills needed to become successful at the local and district Hershey Track & Field competitions.

Mo 3/10-5/5 5:30-6:30pm
 \$20 CH Football Stadium

Hershey Track Meet

Ages: 9-14 (as of 12/31/2013)

Participants will compete in this local meet to have the opportunity to advance to the Hershey Track & Field District Meet. Event will be held rain or shine. Registration will begin at 5:00pm on the day of the event.

Mo 5/5 6pm
 FREE CH Football Stadium

Little Tikes: PeeWee Sports

Ages: 3-5

PeeWee sports teaches the concepts behind sports such as basketball, baseball, soccer and flag football. This class is facilitated at Mount Pleasant Baptist Church located at 3110 Greenwood Ave. This class is facilitated by the Recreation Department. Parents of 4-5 years olds can choose to stay if desired. Parents of children younger than 4 must stay each class period and may be asked to assist their child as needed. Open to Residents and Non-Residents!

We 5/7-5/28 10-11am
 \$15 Mt. Pleasant Baptist Church



Theme Park Ticket Discounts



Fun Pass (ages 3+) \$70
 Single Day (ages 3-9) \$43
 Single Day (ages 10+) \$53



Spring Savings \$34
 Parks & Rec Days \$34
 Fall Fun Days \$34
 Good Any Day \$41



Sizzle Pass (ages 3+) \$48
 Single Day (ages 3-9) \$28
 Single Day (ages 10+) \$35

For Spring Savings Days, Parks & Rec Days and Fall Fun Days please check with the Recreation Department for days they can be used. For group/multiple ticket sales please contact the Recreation Department to check availability of tickets, (804)520-9390. Tickets are non-refundable.

Youth Golf Lessons

Ages: 9-16

Golf lessons are offered to 10 students who are interested in the sport of golf. Participating youth will learn: safety, etiquette, rules of the game and comprises the Sticks for Kids and The First Tee of Chesterfield philosophies. Instructors are PGA professionals and affiliated with The First Tee of Chesterfield. Participants must dress in appropriate golf clothing (polo type shirt and khakis) and must wear golf shoes (soft spikes only) or tennis shoes. Transportation not included or provided. Golf Clubs available for those that need them. No lessons on April 15th.

Tu 4/8-5/6 5:30-6:30pm
 Tu 5/13-6/3 5:30-6:30pm
 \$10 Chesterfield 1st Tee
 6736 Huntingcreek Drive
 Richmond, VA 23237

MLB Pitch, Hit and Run

Ages: 7-14

The Pitch, Hit and Run program is a national skills competition for boys and girls. Participants will have the opportunity to compete in the local event with a chance to advance to the Sectional, Regional and National Finals. Registration will begin at 5:00pm on the day of the event.

We 4/9 6pm
 FREE Football Stadium

Fitness

Fitness Punch Card

Punch card entitles the purchaser to attend up to (10) Mix-n-Match classes of Zumba, Zumba Cardio Fusion, Yoga Pilates Fusion, and Belly Dance. Multiple cards can be purchased or redeemed from January - March 2014. This card has a total of 2 uses per class

\$20/card

Cardio Blast+STRONG

The best of all worlds! Each month you will sweat with Zumba, Kickboxing, Strong, Tabata, and Hi-Lo Aerobics. Each Tuesday/Thursday is a new Cardio Fusion workout. This dynamic class provides one hour of sculpting abs, trimming the waistline, toning and strengthening the upper and lower body for the ultimate workout. Intensity level of each class ranges from medium to low to high ... depending on your personal challenge. No class May 27 or May 29.

Tu/Th 3/4-3/27 6:30-7:30pm
 Tu/Th 4/1-4/29 6:30-7:30pm
 Tu/Th 5/1-5/22 6:30-7:30pm
 \$30 Lakeview Elementary

REC-happenings

Belly Dancing

This class is designed to teach the Traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthens your core as well as your abdominal and lower body muscles. Class is great for beginners and no materials or prior dance experience is necessary. All shapes, sizes, and fitness levels are welcome. Classes meet the 1st, 2nd & 4th Thurs & 3rd Fri of each month.

Th	3/6-3/27	6-7pm
Th	4/3-4/24	6-7pm
Th	5/1-5/29	6-7pm
\$30	Community Center	

Pilates

Pilates is an exercise technique that concentrates on the core muscles. This class is designed to be fun and helps to improve posture, build strength, tone muscles, and increase flexibility. With Pilates you can expect an increase in flexibility, mobility, balance and body awareness, as well as a decrease in back pain or other general pains. Equipment Needed: Exercise Mat

Tu/Th	3/4-3/27	5:15-6pm
Tu/Th	4/1-4/29	5:15-6pm
Tu/Th	5/1-5/29	5:15-6pm
\$30	Community Center	

Yoga

This Yoga class teaches the fundamentals of Vinyasa Yoga including sun salutations, standing poses, balancing postures, seated and reclining poses, back bends, core isolation and strengthening. Special emphasis is placed on moving into and out of postures safely, correct alignment, using the breath, and learning to quiet the chatter of the mind to find peace and inner stillness. Everyone can practice yoga. Regardless of age, experience, or level of flexibility.

Tu/Th	3/4-3/27	6-7pm
Tu/Th	4/1-4/29	6-7pm
Tu/Th	5/1-5/29	6-7pm
\$30	Community Center	

Zumba

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. No class April 14 or April 16.

Mo/We	3/3-3/31	6-7pm
Mo/We	4/2-4/30	6-7pm
Mo/We	5/5-5/28	6-7pm
\$30	North Elementary	

Okinawan Karate

Children's Class

This class is for ages 5 to 9 years old. The focus is on respecting others, self control, self discipline, and avoiding confrontation. The karate techniques that are taught begin with basics such as, falling, tumbling, balance, flexibility, agility & coordination. Once a student is proficient in all the basics, they may move up to the next class. No class 4/14 & 4/16.

Mo/We	3/3-3/31	5-5:45pm
Mo/We	4/2-4/30	5-5:45pm
Mo/We	5/5-5/28	5-5:45pm
\$30	Lakeview Elementary	

Youth/Teen Class

This class is for ages 10 - 17 years old unless moved up by Renshi Collins. This class moves at a faster pace and more advanced techniques are taught. New students accepted in January, June, and September for this class. No class 4/14 & 4/16.

Mo/We	3/3-3/31	6-7:30pm
Mo/We	4/2-4/30	6-7:30pm
Mo/We	5/5-5/28	6-7:30pm
\$40	Lakeview Elementary	

Fit-a-Thon

Promoting the importance of a Heart Healthy Lifestyle during Physical Fitness and Sport Month. Come out and enjoy a variety workouts with our Recreation instructors. Enjoy 30 minutes each of Cardio Blast + STRONG, Zumba, strength & cardio, and Belly Dancing. Proceeds to benefit the American Heart Association.

Sa	5/17	10am-12pm
\$5	CHMS Gym	

Classes & Activities

Dixie Harden 3 Day Workshop; "The Prayer"

Enjoy this three day workshop where participants will paint "The Prayer". For a complete list of needed supplies contact Beckie Childers at 520-9220. Deposit of \$25 due at registration, final payment due 5/26/14.

Th-Sa	6/26-6/28	9am-4pm
\$215	Community Center	

Bill Bayer 4-Day

Oil Painting Workshop

Bill "Ridley" Bayer studied with Bob Ross and became a certified instructor of Bob's wet on wet technique. He has since studied with many other well known artists developing his own style of painting. Bill has published 5 books and 3 DVD's titled "Down Roads...Less Traveled." Deposit of \$50 due when registering, balance due March 23. There will be a different painting project each day. Paint and Canvas is included in the price.

Thursday	Lighthouse
Friday	Still Life
Saturday	Autumn Buck
Sunday	Bermuda

Th-Su	4/24-4/27	9am-4:30pm
\$95/day	Community Center	

Young Rembrandts

Flex your creative muscles in March as you take on the challenge of learning to draw a Sporty Snowboarder Figure and a Wise Old Owl using repetitive patterns and very cool designs...Sign up today! All supplies are included in the fee.

Wed	3/12-3/19	6:30-7:30pm
\$25	Community Center	

Bricks 4 Kidz Afterschool Enrichment Program

Ages: Grades K-5th

Energy Is Everywhere, Energy is essential to almost everything we do, from the lights in our homes and classrooms to the gasoline that fuels our cars. Introduce your students to the world of energy in all of its amazing forms. This unit explores many sources of energy from wind and solar power to biofuel and fossil fuel.

We	5/7-6/11	5-6pm
\$70	Community Center	

Little Tikes:

PeeWee Learning & Play

Ages: 3-5

These classes teach a variety of educational and learning concepts to toddlers and preschoolers utilizing inflatables at the new MP Bounce with Me facility. Children will learn to have a lifelong enjoyment for education. Fee includes entry, snack & supplies. Register for all 6 classes and pay only \$40.

Th	3/13 & 3/27	10:15-11:30am
Th	4/10 & 4/24	10:15-11:30am
Th	5/8 & 5/22	10:15-11:30am
\$10/class	MP Bounce with Me 3107 Boulevard Suite 12A	

REC-happenings

Summer Playground Program

Ages: 6-12 (as of 7/1/14)

The Summer Playground Program is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. All campers must be registered for this program and must be residents of Colonial Heights. Program participants can come every day, can come once a week or once during the whole program. All youth who have completed Kindergarten are eligible for camp enrollment. Registration begins April 1, 2014. Camp registration fee includes camp t-shirt & wristband. Weekly Trip Costs vary and campers pick, choose and pay for the activities they will attend.

Mo-Fr 6/23-8/1 8am-5:30pm
\$30/child to register North Elem

Playground Parent Orientations

All parents who attend will receive \$15 off the cost of their Summer Playground Program Camp Registration.

Tu 4/15 3:30-4:30pm
We 5/14 4-5pm
Fr 5/30 5:30-6:30pm
FREE Community Center

Summer Tots Program

Ages: 3-5 (as of 7/1/14)

The Summer Tots Program is an interactive classroom experience. This program engages youth through the use of educational activities, crafts, sing-a-longs, circle time, special guests and trips. All enrolled youth must be fully potty trained to attend. Participants parents are encouraged to drop-off their child(ren) during program hours to allow participants to get use to a classroom setting. This program has a maximum of 20 participants and observes a 1:7 ratio of staff to children.

Mo-Th 6/23-8/1 8:30-11:30am
Fr 6/23-8/1 10:30am-12:30pm
\$15/child per week Tussing Elem

\$80/child if paying for full program
\$100/non-residents if space permits after June 16, 2014. Cost includes crafts, snacks, and special guest from Mad Science and Bricks 4 Kidz. Cost also includes weekly trips to Swaders, and MP Bounce w/ Me.

Spring Break Camp

Ages: K-6th Graders

The Spring Break Camp is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. 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 April 8, 2014. Trip and daily activity schedule is available at the Recreation Office at Shepherd Stadium or online at colonialheightsva.gov/recandparks.

Mo-Th 4/14-4/17 8am-5:30pm
\$75 for full week North Elem

Monday fee to attend is \$20
Tuesday fee to attend is \$30
Wednesday fee to attend is \$20
Thursday fee to attend is \$30

Youth Painting Classes

Ages: 8+

Learn to create a masterpiece from start to finish while learning the techniques of painting. Classes teach painting techniques through the use of various bases such as canvas, fabric, pots, wood, and glass as well as various mediums such as acrylic and oil. Fee includes all needed supplies.

Sa 4/5, 4/12, 4/26 10-11:30am
\$45 Community Center

Adult Computer Classes VSU Mobile Lab

The following are a list of classes offered through a partnership with Virginia State University Small Farm Outreach Program. You can register for one class or for all three classes and pre-registration is required. There is a 1 hour lunch break each meeting day.

Basic Computer

This Basic Computer Course is designed to teach the basic skills for anyone to be able to use a PC computer.

Mo 5/5 10am-4pm
\$5 Community Center

Computer E-mail & Social Media

This Computer E-mail Course will teach participants how to set up an e-mail account, as well as how to navigate social media sites for communication with friends and family.

Mo 5/12 10am-4pm
\$5 Community Center

The Internet

This Internet Course will teach participants how to use the Internet by using web browsers, search engines and directories.

Mo 5/19 10am-4pm
\$5 Community Center

2nd Annual Sunshine 5K RUN/WALK &

Kids 1 Mile Fun Run

Platinum Event Sponsor:



Saturday
May 3, 2014

Fun Run:
8:00 am

5k Run/Walk:
8:30 am

\$15.00
Race Before April 11th

\$25.00
Couples by April 18th

\$25.00
Race After April 11th

\$10.00
Kids 1 Mile Fun Run

White Bank Park
Colonial Heights, VA 23834



For More Information Call: 804-520-9390
Proceeds from the Run/Walk and Fun Run will be earmarked for future replacement of playground equipment at Lakeview Park located at 503 Lake Ave.



REC-happenings

Trips

Riverboat Cruise Fredericksburg, VA

The City of Fredericksburg Lunch Cruises depart from the City dock along the Rappahannock River. It includes a freshly made all you can eat buffet featuring sliced ham, turkey, roast beef, BBQ and salads. The first half of your trip is narrated by the Captain and the second half of the trip includes music provided by a DJ. Transportation is on Recreation vans. We will depart from the Community Center at 9am and return around 5pm.

Mo 6/2 9am-5pm
\$37/person

Hollywood Casino at Charlestown Races & Slots, West Virginia

The casino features over 3,500 slots and classic table games. Transportation is on a Motorcoach and there will be a stop at Hardee's on the way for breakfast (on your own). Price includes \$20 worth of free slot machine play. We will depart from the Shepherd Stadium parking lot at 7:00am.

Mo 6/16 7am-9:30pm
\$48 Community Center

Riverside Theater Fredericksburg, VA

For the below performances, we will depart from the Senior Center at 10:00am and return back to the center approx 6:30pm on all dates. Price includes transportation on vans, ticket to show and lunch. Sign up early limited tickets!

Gypsy

Determined stage mother Rose has sacrificed her own career in an attempt to gain stardom for daughters June and Louise.

We 3/5 10am-6:30pm
\$60/person

Forever Plaid

One of the most popular musicals in recent years, this "deliciously goofy" revue spotlights four talented young male singers.

We 4/30 10am-6:30pm
\$60/person

Trump Winery - Charlottesville, VA

Fee includes a private 1 hr wine tasting and transportation. Lunch is on your own.

Fr 4/25 10am-3:30pm
\$20 Community Center

New York City and NY Yankees Game

You can choose whether to attend the Yankees game or not. Trip features: 2 nights in downtown NYC at the Doubletree Metropolitan Hotel, Trip coordinator, Round trip Motorcoach transportation from Colonial Heights to New York City & Yankee Stadium, a reserved upper level infield game ticket for Saturday's Indians vs. Yankees game. All individuals registering as a single will be assigned a roommate for accommodations.

Fr-Su 8/8-8/10

With Yankees ticket:

\$475/person (Single/Double)
\$435/person (Triple)
\$414/person (Quad)



Without Yankees ticket:

\$430/person (Single/Double)
\$390/person (Triple)
\$370/person (Quad)



\$100.00 deposit due at registration; Balance due by 06/09/2014 unless on payment plan. Payment plan available for 5 payments of \$75.00 after deposit.

Baltimore Orioles vs New York Yankees

Join us for a trip to Camden Yards in Baltimore to see the Orioles take on the Yankees. Transportation on a Motorcoach bus. Limited quantity available. Great seats on the 3rd base line, section 66.

Su 9/14 Depart 9:00am
\$80/person Game Time 1:35pm

Teens

Teen Center

The Colonial Heights Teen Center - also known as "Pete's Place," provides a recreational environment with the purpose of enriching the lives of the youth who attend in order to promote self-worth, values, goals and the respect of others. Participants must reside within the City of Colonial Heights, and be eligible for enrollment at Colonial Heights Middle School or Colonial Heights High School. Contact the Teen Center at (804)524-8717 for more information. Admission to the Teen Center is FREE. Participants may bring a guest, but there is a \$5 charge for guests. The Teen Center features an Xbox 360, PS3, PS4, Wii, 3 big screen TVs, computers, arcade basketball, and foosball.

Hours of Operation

Monday-Saturday 3:00pm-8:00pm
Sunday CLOSED

Teen Center Test Drive

Rising 6th Graders!! Come check out the Teen Center before you enter Middle School. Teens will get to play video games, air hockey, foosball, dodgeball, and basketball with other rising 6th graders.

Su 6/1 3-5pm
FREE Community Center

Counselors in Training Program (CIT)

Ages 14-17

C.I.T.'s will learn about responsibility, teamwork, safety, customer service, crafts, games, financial planning, resume writing, and job readiness skills. All individuals who wish to become a C.I.T. must attend a 3 week training program which includes homework assignments and inter-active participation. All teens who complete the training program will receive additional training, and volunteer hours working in our Summer Youth programs.

Tu/Th 5/13-5/29 3-4:30pm
FREE Community Center

Recreation Department Dances for CHMS Students

Ages: CHMS Students
Cost includes: Chaperones, DJ, Pizza, & Drinks. All participants must have a Teen Center Consent form on file to attend.

Fr 3/28 7-9pm
Fr 5/30 7-9pm
\$5 Community Center

Teen Easter Egg Night Hunt

Ages: CHMS & CHHS Students
Come out and enjoy this fun teen event sponsored by the Colonial Heights Quarterback Club. All teens must bring a basket or bag to put eggs in and a flashlight. 9 volt flashlights are not allowed.

We 4/9 Registration 7:50pm
Hunt begins at 8:10pm
FREE Shepherd Stadium



Summer Activities

Look for the next City Focus coming in May for a complete list of upcoming Summer programs including Sports & Athletic Camps, Clinics and Lessons as well as Special Events to include the Annual Back to School Festival. For a full listing of programs being offered through the Recreation Department please visit www.colonialheightsva.gov/recandparks.

REC-happenings

Mother's Day Shopping Trip

Join us for a trip to Regency Square Mall so you can pick up that perfect gift for mom. Limited space available.

Fr 5/9 4-7:30pm
\$5 Community Center

Movie Nights

Come enjoy movies at the Regal Cinemas with us. Pre-registration is required. Movie time is listed as 6:30pm. We will depart the Teen Center at 5:45pm, times subject to change.

Fr 3/14 Need for Speed
Fr 4/11 Captain America
\$5/active teen center attendants
\$8/registered at teen center, little attendance

Teen Texting Competition

Register to compete in event by March 10th. Event is open to ages 11-16. Doors will open at 4:30pm for spectator seating. Winner will receive an iPod touch.

Mo 3/17 5-8pm
\$5 Community Center

Seniors

Senior Center

The Senior Citizen Center is adjacent to 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.

Senior Transportation

The Transportation Department operates 8:00am to 4:00pm Monday through Friday, except City Holidays. Senior Citizens that are City residents sixty (60) years of age or older, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheel-chairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

PickleBall Clinic

Ages: 18+

This is an introductory clinic to the popular sport. Experience the paddle sport which combines elements of badminton, tennis and table tennis (ping-pong). All needed equipment is provided.

We 5/21 12-3pm
FREE Lakeview Park Tennis Courts

Seniors Activity and Fitness Class Schedule

Monday	8:30am	Muscles in Motion
	9:30am	Tai Chi
	9:30am	Bowling (League Fee)
	11:00am	Interactive Watercolor Class
	1:00pm	Craft Class
	1:00pm	Boulevard Gardens (3 rd Monday)
	1:30pm	Table Games (2 nd and 4 th Mondays)
	2:00pm	TRIAD (First Mondays)
Tuesday	9:00am	Yoga
	10:00am	Sit & Let's Get Fit
	11:00am	Sit & Let's Get Fit
	12:30pm	Duplicate Bridge
	1:00pm	Bingo
Wednesday	8:30am	Muscles in Motion
	10:00am	Strength & Stretch
	10:00am	Crochet & Knitting Group
	1:00pm	Party Bridge
	2:30pm	Painter's Group
Thursday	9:00am	Yoga
	10:00am	Sit & Let's Get Fit
	11:00am	Sit & Let's Get Fit
	10:00am	Sing-A-Long
	1:15pm	Senior Citizens Club Meeting
	3:30pm	Line Dance Class
Friday	8:30am	Muscles in Motion
	10:00am	Strength & Stretch
	12:00pm	AARP Luncheon (2 nd Friday each month)
	7:30pm	Senior Dance (2 nd Friday - \$6)
Saturday	9:00am	Splash of Color (3 rd Saturday)

Southern Women's Show

We are taking a trip to the Southern Women's Show at the Richmond Raceway Complex. Transportation is on Department vans. We will depart from the Senior Center at 10:00am.

Fr 3/21 Depart 10am
\$5 for transportation when registering
\$10 at the door to enter show

Seniors Tennis

Tennis increases aerobic capacity, increases bone density and lowers body fat.

Mo 4/7-4/28 2pm
Mo 5/5-5/26 2pm
Mo 6/2-6/30 2pm
FREE Lakeview Park Tennis Courts

Senior Citizen Club

The Senior Citizen Club was organized in 1968 and is sponsored by the Department of Recreation and Parks. It is open to Senior Citizens 50 years of age and older who are City Residents. The Club meets at 1:15 pm on the first 3 Thursdays of the month at the Community Center and on the 4th Thursday of the month at Golden Corral Restaurant.

NEW Senior Fitness Class Descriptions

Muscles in Motion - Combine fun with fitness and easy to follow low impact cardio, functional resistance, balance work and range of motion exercises. Heart healthy and joint friendly.

Sit & Let's Get Fit (10:00) - Chair exercise that will improve health and wellness. Half of class standing, using chair as support other half sitting in chair.

Sit & Let's Get Fit (11:00) - Chair exercise that will improve health and wellness to those who are physically limited and manage chronic conditions and pain.

Strength & Stretch - Minimal cardio. Build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility using dumbbells and bands to work every muscle in every angle.

Yoga - This 45 minute class focuses on improving range of motion, flexibility, muscle lengthening and relaxation.

The City of Colonial Heights welcomes our new business partners



661 Southpark Boulevard



1901 Southpark Boulevard



1903 Southpark Boulevard



56 Southgate Square



1907 Southpark Boulevard

Q Nails & Spa — 1905 Southpark Boulevard

Side Street Gallery — 127-129 Pickwick Avenue

Tutu Cute — 117C Orange Avenue



117 Orange Avenue



2200 Boulevard, Suite E



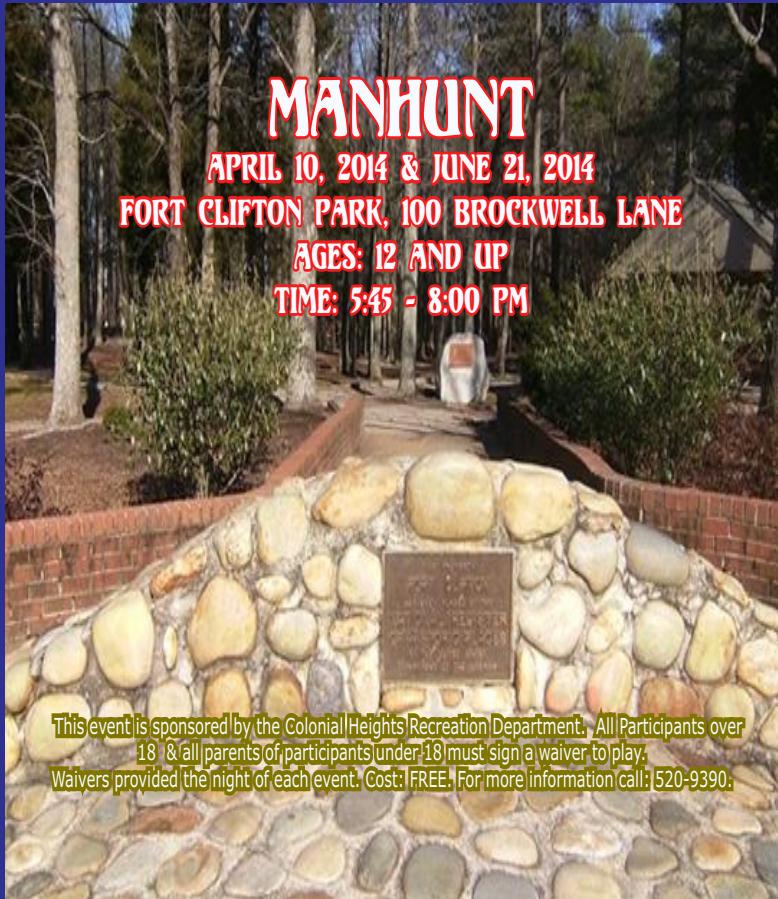
MANHUNT

APRIL 10, 2014 & JUNE 21, 2014

FORT CLIFTON PARK, 100 BROCKWELL LANE

AGES: 12 AND UP

TIME: 5:45 - 8:00 PM



Colonial Heights Emergency Communications Center Offers Elderly Keepsafe Program

Elderly citizens living alone can encounter a variety of special problems and concerns. These concerns can increase their anxiety and hamper their independence. As all of us age our bone strength, equilibrium and general health may suffer. The possibility of a fall or an illness becomes increasingly risky for people living alone. For example, a person could fall and not be able to reach their telephone resulting in it taking hours or in some cases days for someone to discover them. This is a frightening scenario and could increase healing time, and cause the need for more intensive treatment.

The Colonial Heights Emergency Communications Center offers peace of mind to elderly and disabled citizens of Colonial Heights through their Keepsafe Program. We simply call at the time you specify to check on your wellbeing. Normally, the calls are made daily, but each participant may choose to be called every other day or once a week, whatever works best for them. If we do not receive an answer, we will send a police unit to check on you. Your medical and emergency contact information will be kept on file. The only thing we ask of the participant is that you inform us when you're not going to be home during your scheduled call back time. Family members take note: Please encourage anyone in your family who qualifies to call, but they must WANT to join. We respect the wishes of our citizens and will not call anyone who does not want to participate.



To enroll in the Keepsafe Program, please contact the Colonial Heights Emergency Communications Center at (804) 520-9300.

Communicating during a City Emergency

Colonial Heights Fire, EMS and Emergency Management have several methods of communication with our Citizens during significant emergencies such as winter storms, hurricanes or other widespread events. While Social Media has become one of our primary methods for immediate communication we realize not everyone has that capability. To assist those without social media during disasters we will now be able to implement a call center for non-emergency questions and information. The call center will also have access to a recorded situation report with up-to-date information about the status of the emergency. You can also sign up for Code Red, an emergency notification system that allows the Emergency Management Department to call those signed up with emergency information. Visit colonialheightsva.gov to sign up for this service.



Finding Information During an Emergency

Facebook - Colonial Heights Fire, EMS & Emergency Management

Twitter - [@ColHtsEmergMgmt](https://twitter.com/ColHtsEmergMgmt)

Citizen Assistance Line - (when emergency call center is active): 804-520-9266

5-0 radio - Citizens that wish to listen to the radio traffic to and from our Fire/EMS response units can listen to us 24/7 using a smart phone by downloading the free “**5-0 radio**” application or on your computer by the direct link: www.broadcastify.com.

Colonial Heights Public Library Launches New Kindle Service

The Colonial Heights Public Library now circulates Kindles to residents who like reading large print titles. The library staff downloads the requested titles, and residents check the Kindle out like a regular book free-of-charge. This service gives residents who need large print titles, a much larger selection, and if the resident lives in a home with a wireless network, he can call and have a staff member download a new title into the Kindle without leaving home. The Kindles are configured by the staff for ease of use, and those unfamiliar with using an e-reader are given simple instructions on how to open a book and turn the pages, very simple. For more information, please visit the library for a demonstration.



The City Focus

City of Colonial Heights
Office of the City Manager
Post Office Box 3401
Colonial Heights, Virginia 23834-9001
www.colonialheightsva.gov



39th Annual Fort Clifton Festival



Saturday May 10
10:30 to 5:30

Sunday May 11
10:30 to 5:30
rain or shine

OVER 100 EXHIBITORS



Free
Admission & Parking

- * Concessions
- * Live Entertainment
- * Civil War Re-Enactors and Encampment
- * Inflatable Games
- * Pony Rides
- * Petting Zoo

Berberich Park at Fort Clifton | 100 Brockwell Lane, Colonial Heights, VA | Call 804-520-9390 | www.colonialheightsva.gov/fortcliftonfestival

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT NO. 100

*****ECRWSS*****

Local
Postal Customer