

The City Focus

Official Newsletter for the
City of Colonial Heights



Spring 2020

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www.colonialheightsva.gov

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COUNCIL COLUMN

T. Gregory Kochuba, Mayor
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Looking back over 2019, Colonial Heights City Council accomplished several long and short term goals, as well as facilitating many notable improvements to the City. Those highlights include:

Financial

- Continued sound financial position, reflected by receiving a “clean audit opinion” and the GFOA Certificate of Excellence in Financial Reporting for the 40th consecutive year.
- Balanced budget with year-end revenue surplus.
- Upgraded bond rating to AA+, due to an excellent city economy and credit rating.

Recreational

- Finalized an agreement to bring the “Chili Peppers”, a summer collegiate Coastal Plain League baseball team to Shepherd Stadium!
- Maddie’s Magnificent Playpark, a regional, barrier free playground accessible to children of all abilities, was opened due to the work and dedication of the Maddie Mann Foundation.

Public Safety

- Increased public safety by approving additional fire fighters and enhancing police & fire equipment/strategic capabilities.

Infrastructure

- Completed major infrastructure projects, such as resurfacing Temple Avenue and the Boulevard (from Old Town Creek to Yew Ave). (100% of the cost was paid by grants, at no out of pocket cost to the city)
- Renovated and updated the intersection at Conduit/Ellerslie. (Total project cost of \$800K was split 50/50 between the City and the State)
- Allocated additional funding and emphasis on resurfacing streets in the southern part of the city.
- Started the Dupuy Ave projects consisting of new/reconstructed travel lanes, water line relocation, storm drain system, sidewalks and curb ramps with detectable warning surfaces. Total project cost is \$4.9 million with the city receiving state/federal funding of \$4.5 million.
- Restored and expanded tennis courts at both the High School and Middle School.

Upcoming projects for 2020 include Boulevard resurfacing (Shuford to Newcastle), Lakeview Avenue modernization, Middle School sidewalks and crosswalk, and renovations to Shepherd Stadium and Violet Bank. Council will strive to continue working together to make our city an excellent place to work and live!

On the Cover...

Thank you to Tatiana Hoosack for submitting this picture to us. This is a picture of rushing water over the Lakeview Dam at Swift Creek Lake. The Dam is located at Lakeview Park, 503 Lake Avenue in Colonial Heights. This park also includes a boat ramp, fishing pier, a picnic shelter, and a children’s playground.



Feb 11	City Council Regular Meeting 7:00 pm - Council Chambers
Feb 17	City Holiday - President's Day Government Offices Closed
Feb 18	City Council Special Meeting 6:00 pm - Council Chambers
Mar 3	Planning Commission (tentative) 7:00 pm - Council Chambers
Mar 10	City Council Regular Meeting 7:00 pm - Council Chambers
Mar 17	City Council Special Meeting 6:00 pm - Council Chambers
Apr 7	Planning Commission (tentative) 7:00 pm - Council Chambers
Apr 10	City Holiday - Good Friday Government Offices Closed
Apr 14	City Council Regular Meeting 7:00 pm - Council Chambers
Apr 21	City Council Special Meeting 6:00 pm - Council Chambers
Apr 28	City Council Special Meeting 6:00 pm - Council Chambers Public Hearings on the following: <ul style="list-style-type: none">Proposed FY2020-21 Annual Operating BudgetProposed 2020 and 2021 Real & Personal Property tax rates Adoption of FY21-FY25 CIP 1st Reading of Appropriations Ordinances
May 5	Planning Commission (tentative) 7:00 pm - Council Chambers
May 12	City Council Regular Meeting 7:00 pm - Council Chambers
May 25	City Holiday - Memorial Day Government Offices Closed
May 26	City Council Special Meeting 6:00 pm - Council Chambers
Jun 2	Planning Commission (tentative) 7:00 pm - Council Chambers
Jun 9	City Council Regular Meeting 7:00 pm - Council Chambers
Jun 16	City Council Special Meeting 6:00 pm - Council Chambers

Spring Emergency Preparedness

March 19th spring begins and for most households that means one thing: spring cleaning! It's the perfect time of year for decluttering and tidying up, but it's also a great chance to make sure your family is prepared for inclement weather and other natural disasters. Check out the list below to keep your home and your loved ones safe and sound throughout the year.

Check your smoke alarms

The batteries in your smoke detectors should be replaced at least twice a year. While you're at it, test to make sure each one is working, and be sure that you have at least one detector installed on each level of your home.

Clear that laundry lint

Built up lint behind the dryer is a major cause of house fires. Use a vacuum hose to remove any stray lint that may be hiding back there.

Trim those limbs

Dead trees and rotten branches can pose a major threat during severe storms. High winds can easily pull them down onto your home, causing property damage or injuries. Take the time during spring cleaning to identify and remove limbs and trees that may cause problems around your yard.

Get your weather radio ready for action

Every home should have and NOAA Weather Radio to receive official updates during emergencies. They can be purchased at any electronics store, and the batteries should be replaced at least once a year.



Find your safe place

Identify the best place in your home to take shelter in case of severe weather such as a tornado. Pick a spot on the lowest level of your house (usually the basement if you have one) and try to find a room without any windows. Closets and bathrooms may feel cramped, but they may also be the best place to wait out a storm. Make sure everyone in the family knows where to go when the skies get dark!

Make a plan

Create a plan for your family to meet up in case you are separated during an emergency. Choose a meeting place and a strategy for contacting each other, and make sure everyone knows the plan by heart.

Stock your supplies

A Ready kit is a must-have for a well prepped home. It should contain: water, non-perishable food, a flashlight with extra batteries, and a first aid kit. Keep all of the items together; a duffel bag or backpack works great. Once you've put it together, make sure everyone in the family knows where the Ready kit is, and that it's only to be used in emergencies.

Early Warning Sirens

In order to provide our citizens with the most effective outdoor warning system possible, the Fire, EMS & Emergency Management Department installed 3 outdoor warning sirens for all national weather service storm warnings. The sirens are located at the Colonial Heights High School, at Flora Hill Park and at the City Garage. The sirens are primarily used to warn our community of severe weather conditions such as thunderstorms and tornados. Sirens are still the most effective method to warn the population at large in the shortest amount of time. People who may be outdoors will hear these sirens and know to take the necessary precautions.

Siren Testing Information

Outdoor emergency warning siren tests are intended to ensure that all systems and procedures are working properly. The sirens will be sounded on the first Saturday of each month, at 12:00 noon. Please take advantage of this opportunity to formulate and practice your own severe weather safety plan.

OPERATION PUBLIC EYE

During 2019, the City of Colonial Heights experienced more than 90 thefts from motor vehicles. Valuable property such as cell phones, purses and backpacks were stolen. In the vast majority of these crimes, there were two common denominators. First, the items that were stolen were left in plain sight. Secondly, the vehicle was left unlocked.



We encourage all our citizens to practice a few safe tips, no matter if your vehicle is parked in a busy city or simply parked in your driveway. Always remove items of value from your vehicle or, at a minimum, from plain sight. If you have to keep something in your car, like a purse, take a moment to place it in the trunk. If you do not have a trunk, then consider taking the item with you or at least hiding it inside of the vehicle. Always roll your windows up, close your sunroof and/or vent windows and LOCK YOUR DOORS!! In most cases, as a thief moves through any area, they are doing so as quickly and quietly as possible. The sound of breaking windows and car alarms are loud and generally will cause the police to be called. Only in those instances where a high-value item is in plain view do we generally see a thief risk exposing themselves by breaking a window.

We would also strongly encourage our residents to never leave a firearm unsecured in a vehicle. Gun ownership is a right, but with that right also comes great responsibility. In fact, in the last two years, we have had 24 firearms taken from vehicles. Please do not allow your firearm to get into the hands of a criminal by leaving it unsecured in your vehicle. If you are unable to take your weapon with you, invest in a vehicle safe or secure the weapon in your trunk. Should you be the unfortunate victim of a larceny from your vehicle, you will be relieved to find your weapon still safe and sound inside your vehicle.

During those times when we do experience crimes like these, we rely on neighbors like you to provide us with information. This can include suspicious persons and/or suspicious vehicle reports, or simply reporting unusual neighborhood activity. As security technology advances and doorbell cameras become more commonplace, we at the Colonial Heights Police Department have initiated **Operation Public Eye**. This program is extremely valuable, as it identifies who has a security camera, where it is located and its potential to capture either a crime, a suspect or even suspicious activity in a specific area. The police department will not be able to view any of your videos or have access to any security device unless you, as the owner, physically share a recorded video with a police officer. If you or your business has security cameras and you would like to register those cameras with our department, simply go to our city webpage, click on "Police Department" and look to the left of the screen. Next, click "Register your residential\business camera system", complete the form, click "submit" and you are all signed up. By registering your security cameras, you are authorizing us to have access to your video footage, review the suspicious activity, identify the suspect(s) and hopefully thwart any further incidents.

Crimes of opportunity are just that—an opportunity. Let's all work together to reduce criminal opportunities by practicing safe habits. Please consider registering your cameras with **Operation Public Eye**. TOGETHER, we will make our communities safer for our citizens and less desirable for criminals. For more information you can contact us at (804)520-9300.

Do you have home insurance?

Home insurance coverage varies and provide vastly different levels of protection. A standard home insurance policy covers the home and your belongings, as well as your liability for any injuries. It also may provide additional living expenses in case you can't live in the home while it's being repaired after an insured disaster.



The differences between policies come down to the details. Be sure to do your homework and compare policies so that you and your family are taken care of when the unexpected happens and well beyond. Be sure to ask the following questions when selecting the right type of insurance for you:

- **How much would it cost to rebuild my home in its current location in the event of a total loss?**
- **Does your insurance cover only the home's market value and/or remaining mortgage loan?**
- **How much is the personal property in my home worth in the event of a total loss?** You may need to consider additional coverage options and always maintain an updated inventory on your belongings, checking periodically with your insurance agent to make sure these items are adequately covered.
- **What types of disasters are covered?** Not all damage is covered by home insurance. If damage results from your failure to properly maintain the property, the insurance company may deny a claim that results from that poor maintenance.
- **Do you qualify for any discounts?** If you have smoke detectors, burglar alarms and/or dead-bolt locks or any other types of protection devices or systems in your home you can often get a premium rate discount.

Home insurance can be a confusing subject and it is important to understand these basic home insurance facts. Handling your insurance correctly can save you hundreds in premiums and ensure that your property and your family is well protected. For more information about your home owner's policy contact your insurance agent.

From the Commissioner of the Revenue



INFORMATION AND IMPORTANT DATES

Reminder dates for 2020:

- **January 31** was the deadline to let this office know about any vehicles, motorcycles, boats, trailers, etc. that were purchased in 2019 and owned on January 1, 2020.
- **January 31** was the deadline to file for possible high mileage auto tax relief.
- **March 1** is the deadline to renew Business Licenses.
- **March 31** is the deadline to file for Elderly or Disabled Real Estate Tax Relief.

Things to remember:

- Return the blue tangible personal property form with any and all changes.
- Let us know about any vehicle, motorcycle, boat, trailer, motor home that you have sold in 2019.
- Let us know about any new or additional vehicles, motorcycles, boats, trailers or motor home you have purchased in 2019. DMV and Car Dealers do not do it for you.
- Make necessary changes to your address at DMV and this office within 30 days of moving in or out of Colonial Heights.

Colonial Heights does not pro-rate personal property tax. If you owned the vehicle or other property on January 1, 2020, you will pay taxes for the entire year regardless of when sold.

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



Sports & Athletics

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...



SPRING ADULT SOFTBALL LEAGUE

Ages 16+

Registration is currently being accepted for the 2020 Spring/Summer Adult Softball Leagues. Adult Leagues are run through private associations. Registration Deadline for the Spring/Summer season will be Friday, March 6, 2020. For more information and to register contact Robert Lowry at (804)441-0214 or rlowry8941@aol.com.

Fee: \$650/team

Primary Game Nights:

COED	Sun or Fri nights
Women's	Mon nights
Church	Tue nights
Men's Competitive	Wed nights
Men's REC	Thur nights

SPRING VOLLEYBALL

Ages 10-15 (age as of 9/1/20)

Spring Volleyball is designed to teach boys and girls the fundamentals of Volleyball. This 6-week program is designed to emphasize sportsmanship, skill development and teamwork in a safe and fun learning environment. The deadline to register is Friday March 20, 2020. Practice days and times will vary depending on the amount of registrants in the program. Program will not meet on April 7, April 9, or May 5.

Tu/Thur 3/24-5/12 6:00pm-7:30pm
\$50 CHMS

LITTLE TYKES ALL-STARS

Ages 3-5

Little Tykes focuses on teaching the skills and techniques need to play baseball, basketball, soccer, and football. Whether your child is experiencing these sports for the first time or enhancing his or her existing skills, kids will have a BLAST in this fun, non-competitive class.

Th 4/16-5/14 6:00pm-7:00pm
\$25 Ft Clifton Park

YOUTH BASEBALL/SOFTBALL

REGISTRATION

Ages: Boys 4-18 (as of 4/30/20)

Girls 4-15 (as of 7/31/20)

Registration for 2020 youth baseball and softball leagues will begin on January 6, 2020. The deadline to register is February 28, 2020. To register you must be a City of Colonial Heights resident. Practices begin mid-March. Practice times will vary depending on the amount of teams in each league.

Fee: \$20 until February 28; \$30 after February 28, children registered after deadline may be placed on a waiting list.

Coed:

Rookie League (Instructional)	ages 4-5
Coach Pitch (Instructional)	ages 6-8

Boys:

AAA League	ages 9-10
Major League	ages 11-12
National League	ages 13-15
Big League	ages 16-18

Girls:

Angels	ages 9-10
Ponytails	ages 11-12
Belles	ages 13-15
Debs	ages 16-18

YOUTH FLAG FOOTBALL

Ages 5-14 (age as of 7/31/20)

This youth flag football program participates in the Chesterfield Quarterback League. There will be 2 practices per week starting mid-March with games being played on Saturdays starting April 18 and ending May 16. Practice days will vary depending on the number of registrants. Games are played in a 7v7 format in various locations in Chesterfield, Dinwiddie, Prince George, or Colonial Heights. Registration deadline is March 13.

\$50/player

SUMMER SPORTS CAMPS

Mark your calendars for these upcoming Summer Sports Camps. Registration for these camps will open on April 1st. Contact the Recreation Department for more information.

Hip-Hop & Cheer Camp	June 15-19
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Basketball Camp	July 6-9
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Elite Sports Performance Camp	July 13-17
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Football Camp	July 14-16
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Cheerleading Camp	July 14-16
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Soccer Camp	July 20-22
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Drama/Theater/Acting Camp	August 10-14
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Classes & Activities

OKINAWAN KARATE

Ages 5-17

The focus of this class is on respecting others, self-control, self-discipline and avoiding confrontation. The emphasis is on the basics such as, falling, balance, flexibility, agility and basic karate techniques. Uniforms are available for purchase. If there is a cancellation for class due to a holiday then the class schedule will be emailed. No class during Spring Break or on May 25th.

Mo/We	3/2-3/30	5:30pm-6:30pm
Mo/We	4/13-4/29	5:30pm-6:30pm
Mo/We	5/6-5/27	5:30pm-6:30pm
\$40	Lakeview Elem. Gym	

BELLY DANCING

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.

Th	3/5-3/26	6:00pm-7:00pm
Th	4/2-4/30	6:00pm-7:00pm
Th	5/7-5/28	6:00pm-7:00pm
\$30	Community Center	

BOWS & PONYTAILS:

DAD-DAUGHTER SALON DAY

Girls Ages 3-10

Dads bring your daughters out to come and learn some quick hairstyling techniques that will help you do your daughter's hair. This class will be led by a hairstylist that will teach some easy to learn simple techniques. All hair styling tools will be provided. *Space is limited. Pre-registration is required. Limited to 1st 15 Dads/Daughters.

Fr	3/20	6:00pm-7:00pm
\$20	Community Center	

Visit our website at
www.colonialheightsva.gov/recandparks
 to view info on our parks & facilities.
 Contact us at (804)520-9390 if you are
 interested in renting a park picnic shelter
 or the Community Center.

YOGA IN THE PARK (FREE)

All Ages

Class lead by Hope Helton-Lynch, E-500RYT, owner of Yoga One. This class is appropriate for all levels and beginners are encouraged to attend. Some of the benefits of yoga are improved strength, balance, flexibility, and inner peace. Bring a yoga mat or a large towel.

Tu	4/28-5/19	5:30pm-6:30pm
FREE	Ft. Clifton Park	

H.I.T. IT! BY FITNESS WARRIORS

Ages 16+

A free and fun interval-training based full-body workout for all ages and abilities! Get stronger, faster, and healthier! Sports Backers' Fitness Warriors program instructors are area residents who have talent, passion, and potential to be professional fitness instructors for Richmond's communities with the highest rates of chronic disease. Whether you're looking for a fun way to get moving or need a supportive group to keep you motivated, we offer FREE fitness classes for every level of fitness!

Mo	3/2-3/30	6:00pm-7:00pm
Mo	4/6-4/27	6:00pm-7:00pm
Mo	5/4-5/18	6:00pm-7:00pm
Mo	6/1-6/29	6:00pm-7:00pm
FREE	Community Center	

MESS MAKERS

Ages 2-5

Mess Makers, a program designed for young ones to get down and dirty with different sensory objects, textures and smells. Children are able to squish and squeeze different materials with parents while also expressing their imaginations. Parents are encouraged to participate with their little one! No class May 25, 2020.

Mo	5/4-6/1	11:00am-12:00pm
\$25	Community Center	

FUTURE ENTREPRENEURS

Ages 7-10

Our future entrepreneurs program will focus on cultivating our student's leadership skills, emotional intelligence, help them to discover their personal purpose, spark innovative ideas, and teach them team building and problem solving strategies. Each participant will have the opportunity to build their personal or team startup company and present it to their peers and parents at the end of the program!

Mo	3/23-4/13	5:30pm-6:30pm
\$55	Community Center	

CHEER & HIP-HOP DANCE

Ages 7-10

Our Cheer and Hip Hop program focuses on fun cheers and modern hip hop movements with a vivacious urban feel. Our hip hop portion of the class will focus on rhythm and musicality, how to "find", count music and dance in with a team. Different styles of hip-hop dance will be combined with fun choreography. Our cheer portion of the class will teach various dance and cheer combinations, basic stunts, and fun choreography. Along with these skills, participants will receive daily take home activities that build teamwork, confidence and leadership skills. On the last day we will provide a performance to showcase what our participants have learned!

Mo	4/27-5/18	5:30pm-6:30pm
\$55	Community Center	

CPR & AED: FOR THE COMMUNITY & WORKPLACE

Ages 16+

This course teaches the basic techniques of CPR and the use an AED. The course teaches how to recognize the signs of four major emergencies – heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. Price includes all needed materials.

Sa	5/30	8:30am-12:30pm
\$30	Community Center	

Sa	6/13	8:30am-12:30pm
\$30	Library	

BASIC FIRST AID COURSE

Ages 16+

This course teaches lay responders the knowledge and skills necessary to give care in an emergency; help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Price includes all needed materials.

Sa	5/30	1:00pm-4:00pm
\$30	Community Center	

Sa	6/13	1:00pm-4:00pm
\$30	Library	

These courses are provided by the Colonial Heights Recreation Department in conjunction with the Colonial Heights Fire & EMS Department. *Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. For questions, contact the Recreation Dept. at 520-9390. Register for both classes and receive a \$10 discount.



HEALING HIKES WALKING GROUP

All Ages

This is a therapeutic walking group that is led by Recreation staff for those who are looking for a way to relieve stress, relieve symptoms of mental illness, or need just a good walk to feel better. Any caregivers or support staff are encouraged to attend. Walks will be at Roslyn Landing Park along the Appomattox River Trail. Pre-registration is required. Group will meet at the trail at 9:00 a.m. Group will not meet on April 20.

Mo	3/2-3/23	9:00am-10:00am
Mo	4/6-4/27	9:00am-10:00am
FREE	Roslyn Landing Park	

MOTHER-SON MOTHER'S DAY DANCE

Ages 3-12

This is a special event for Mother's and sons. Moms come out with your son's to share a night of dancing and fun. Light refreshments will be served. Dress to impress and don't forget your cameras! Space is limited! Pre-registration is required.

Fr	5/1	6:30pm-8:30pm
\$25	Community Center	



COUNSELORS IN TRAINING (C.I.T.) PROGRAM

Ages 12-17

This summer our Counselors-in-Training will have the chance to participate in a 4-week training exercise. This course is designed to help those interested in becoming CIT, develop skills for working with children. Participants will learn various indoor activities, arts and crafts and outdoor/gym games and gain training by working with our Therapeutic Recreation participants. They will also be introduced to weekly team building activities that will help prepare them when working with others. This series of classes is mandatory for those interested in becoming CIT for the Recreation's Summer Camp Program. There will also be a summer camp training prior to camp starting that is mandatory. Dates for summer camp training to be determined. Spots are limited, so sign up quick! CIT applications are available in the Recreation office or they can be emailed. Applications are due Friday, April 17th.

We	5/6-5/27	4:30pm-7:30pm
\$20	Community Center	

SUMMER CAMP

PROGRAM

Ages 6-12 (As of 7/1/20)

The Summer Camp 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. All youth who have completed Kindergarten are eligible for camp enrollment. Activity calendars are available June 8. Camp registration starts April 6 and the fee includes camp t-shirt & wristband. Weekly fees include trips.

Mo-Fr	6/22-7/31	8:00am-5:30pm
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Locations (60 max at each site)

TBD at City Elementary Schools

\$30 to register child for camp

\$50 per week, per child for camp

Summer Camp Parent Orientations

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

Tu	5/19	4:00pm-4:45pm
Th	5/28	5:30pm-6:15pm
FREE	Community Center	

Violet Bank Museum

AN INTIMATE EVENING WITH JOHN WILKES BOOTH: THE LOST DIARY PAGES

All Ages

Join us in the lovely Lee Parlor at Violet Bank as consummate actor John Wilkes Booth reveals his lost diary pages and the events that led him to the Ford Theatre that fateful evening.

Sa	4/25	6:00pm-8:00pm
		Violet Bank Museum

**\$5 is the suggested donation, all/any amounts are welcome, but not required to attend*

VISIT VIOLET BANK STAFF AT THE FT. CLIFTON FESTIVAL

All Ages

Stop by and visit with Violet Bank Museum Staff and Volunteers at this year's Ft. Clifton Festival. There will be a Civil War Payroll impression, coloring pages for the children and the Museum's travelling display set up.

Sa-Su	5/9-5/10	10:30am-5:00pm
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Trips

MARYLAND Live! CASINO

Mon, April 20, 2020

Depart Community Center at 9am—return approximately 9pm

Cost: \$44 per person

Returning players \$15 Free slot play/ New players will receive slot play (reward will be current 2020 promotion TBD).

Motor coach transportation with no stops to and from casino.

Please feel free to bring drinks and/or snacks on bus.

CHARLESTON, SC

Join us for a trip to beautiful Charleston, SC. This 4 Day/3 Night Trip includes lodging at the Hampton Inn Historic District, a guided tour of Charleston, Tour of Ft. Sumter, Magnolia Plantation & Gardens Tour, Harbor Cruise, and the Charleston Tea Plantation Factory Tour. Package also includes 3 breakfasts and 3 dinners. \$99 deposit due with registration, final payment due July 24, 2020. Transportation on Motorcoach and will leave from Community Center.

Tu-Fr 9/22/20-9/25/20

\$800/person Double
\$1,150/person Single

RIVERSIDE THEATER FREDERICKSBURG, VA

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

HOST

A timeless fantasy about the power of love. Walking back to their apartment one night, Sam and Molly are mugged, leaving Sam murdered on a dark street. Sam is trapped as a ghost between this world and the next and unable to leave Molly who he learns is in grave danger. With the help of a phony storefront psychic, Oda Mae Brown, Sam tries to communicate with Molly in the hope of saving and protecting her. Based on the hit 1990 film starring Demi Moore and Patrick Swayze.

We 8/12 10:00am-6:30pm \$72

BRIGHT STAR

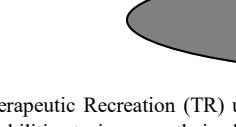
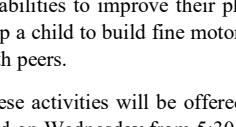
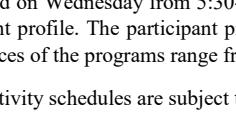
Inspired by a real event, Broadway's Bright Star is a sweeping tale of love and redemption set against the rich backdrop of the American South in the 1920s and '40s. When literary editor Alice Murphy meets a young soldier just home from World War II, he awakens her longing for the child she once lost. Haunted by their unique connection, Alice sets out on a journey to understand her past – and what she finds has the power to transform both of their lives.

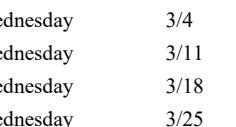
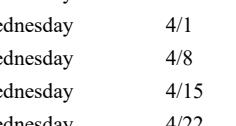
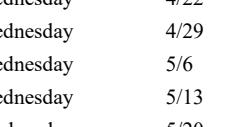
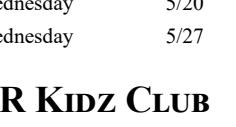
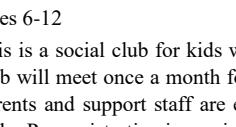
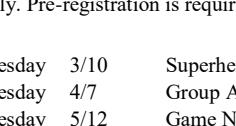
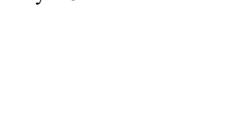
We 4/1/20 10:00am-6:30pm \$70

Other Trips Available

For a full listing of day trips and overnight trips visit our website at www.colonialheightsva.gov. Our trips fill quickly. Please contact the Senior Center at (804)520-9220 for more information.



<img alt="Southern Women's Show logo featuring a woman's face and the text 'WOMEN'S SHOW'." data-bbox="380 13545

Senior Center

SENIOR CENTER

The Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:00 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 CENTER

OTHER PROGRAMS & TRIPS

The Senior Center offers specialty programs, trips, and events each month. Visit the Senior Center's page on the City of Colonial Heights website or visit their Facebook page at www.facebook.com/CHseniorcenter for a full listing of programs and activities. The page is updated each month with a full monthly calendar listing of programs, trips, special activities, and photos from our activities.

Programs and trips typically fill quickly so early registration is recommended. You may also call the Center at (804)520-9220 for information on upcoming activities or visit the center during their regular operating hours.

SENIOR TRANSPORTATION

Hours of Operation are Monday-Friday 8:00 a.m. to 4:30 p.m. (With services being provided from 8:15 a.m. to 4:00 p.m.) and Saturdays 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 only to Colonial Heights residents who are at least 60 years of age, and adult special needs or handicapped Colonial Heights residents.

Transportation will be available to and from any Colonial Heights destination. Also, for medical appointments only, to and from Petersburg, Hopewell and the Puddledock Road area of Prince George County.

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.

SENIOR FITNESS CENTER

There is a Fitness Room located at the Community Center and is open Monday-Friday 8:00am-4:30pm. There are hand weights, a treadmill, rower, and an elliptical machine, as well as medicine balls and other fitness equipment. You must learn the proper use of the equipment prior to using the Fitness Center. Contact the Senior Center at (804)520-9220 to schedule an appointment.

ACTIVITIES & FITNESS

Join us for any of the programs below. These programs are offered FREE of charge except where noted. These classes all take place at the Colonial Heights Community Center unless another location is noted. Contact the Senior Center at (804)520-9220 with any questions.

Monday

8:30am	Muscles in Motion
9:30am	Tai Chi (<i>Library</i>)
9:30am	Bowling (<i>League Fee</i>)
9:30am	Total Body Strength
10:00am	Strength & Stretch
11:00am	Pickle Ball (<i>Swift Creek Baptist Church</i>)
11:30am	Senior Stride (<i>Roslyn Park</i>)
1:00pm	Creative Coloring
1:00pm	Diamond Art
1:00pm	Beginner Tap Dancing
1:30pm	Bridge 101
3:00pm	Computer Class (<i>sign up</i>)
4:00pm	Beginners Sewing (<i>sign-up \$12</i>)

Tuesday

8:30am	Morning Crunch
9:00am	Yoga
9:30am	BP Screening (<i>3rd Tue</i>)
10:00am	Sit & Let's Get Fit
11:00am	Total Sit
11:00am	Meditation
11:00am	Bunco
12:00pm	Duplicate Bridge
1:00pm	Bingo
1:30pm	Water Aerobics (<i>HCC - \$2</i>)
3:00pm	Quilts for Vets (<i>Last Tue</i>)
3:00pm	Open Sew (<i>1st, 2nd & 3rd Tues</i>)

Wednesday

8:30am	Muscles in Motion
9:30am	Total Body Strength
10:00am	Strength & Stretch
10:00am	Crochet & Knitting Group
11:00am	Line Dancing
11:00am	Pickle Ball (<i>Swift Creek Baptist Church</i>)
12:00pm	Party Bridge
4:00pm	Beginners Sewing (<i>sign-up \$12</i>)

Thursday

8:30am	Morning Crunch
9:00am	Yoga
9:30am	Sing-A-Long
10:00am	Sit & Let's Get Fit
11:00am	Total Sit
11:00am	Meditation
12:45pm	BP Screening (<i>1st Thur</i>)
1:15pm	Senior Citizens Club Mtg.
2:00pm	Watercolor

Friday

8:30am	Muscles in Motion
9:30am	Total Body Strength
10:00am	Strength & Stretch
1:00pm	Computer Class (<i>sign up</i>)
1:00pm	Scrabble
1:30pm	Water Aerobics (<i>HCC - \$2</i>)
5:30pm	Open Paint
6:00pm	Senior Dance (<i>2nd Fri - \$6</i>)

Library Children's Programs

FAMILY STORYTIME

Ages 3-5 recommended

Join us for stories, music, and creative movement. Each story hour ends with a craft or STEM activity. Children build early literacy proficiency while making new friends and developing social skills. The suggested age is 3-5 years old, but all ages are welcome.

Tu	3/3-4/28	11:00am
We	3/4-4/29	11:00am
FREE	Library	

BABIES & BOOKS

This program is an opportunity for parents with babies and toddlers to enjoy an interactive storytime as each child and caregiver shares a copy of a book while the presenter reads aloud to the group. There will be a variety of songs, finger plays, and activities with musical instruments and other play items such as scarves, balloon balls, stretchy bands, and bubbles.

We	3/4	10:15am
We	4/1	10:15am
We	5/13	10:15am

FREE Library

CLEVER CANINES BOOK BUDDIES

Children in elementary school can gain confidence in reading by reading to a Clever Canines' friendly, certified therapy dog. Register on the library's Children's Programs webpage;. Walk-ins are welcome when time allows. Bring your own book, or choose a library book to read.

Mo	4/20	6:00pm-6:30pm
FREE	Library	



FRIENDLY CODE ENFORCEMENT REMINDERS:

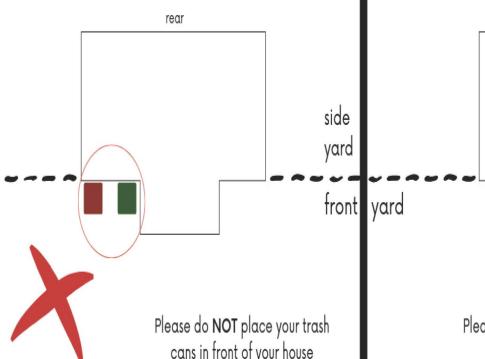
GRASS CUTTING SEASON STARTS APRIL 1ST!

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

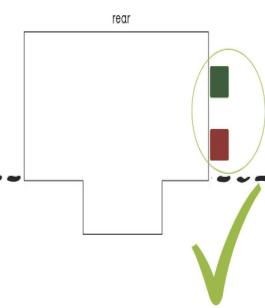


TRASH PLACEMENT GUIDE

Improper Trash Can Placement



Proper Trash Can Placement



If trash and recycling bins are stored outside a residence or business, please place bins beside or behind—but **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 enforcement days are subject to change during holidays as indicated on the collection schedule.
- Trash collection occurs weekly, and Recycling collection occurs every other week.

EVERYONE COUNTS Census 2020

WHAT IS THE DECENTRAL CENSUS?

Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provide the basis for distributing more than \$675 billion in federal funds annually to communities across the country to support vital programs impacting housing, education, transportation, employment, health care, and public policy.

WHY IS A COMPLETE AND ACCURATE COUNT SO IMPORTANT?

The census is a valuable tool for improving communities across the country. If our community members don't respond, our community may not receive the funding we need. It is important that every community member be counted!

WHAT TO EXPECT IN 2020!

By April 2020, households will receive an invitation to participate in the census. You'll then have three options to respond: online, by phone, or by mail. April 1, 2020, will mark Census Day with events across the country. This is a key date for the 2020 count! (When completing the census, you'll note where you are living on April 1.)

Visit www.2020census.gov for more information.



**V
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DEMOCRATIC PARTY PRESIDENTIAL PRIMARY ELECTION
in the City of Colonial Heights

TO BE HELD ON TUESDAY, MARCH 3, 2020

Please be advised of the deadlines for this Election.

**Absentee Voting on machine in-person is
available at the Colonial Heights Voter
Registration & Elections Office, 201 James Ave:
Monday thru Friday 8:30AM to 5:00PM.**

**The deadline to register to vote for the March 3, 2020
Democratic Party Presidential Primary election is
Monday, February 10, 2020.**

In-Person: by 5:00PM Online: by 11:59PM

THE DEADLINE TO APPLY FOR AN ABSENTEE BALLOT:

Online, fax, or mail: Tuesday, February 25, 2020 by 5:00PM

In-Person: Saturday, February 29, 2020 by 5:00PM.



Please call the Registrar's Office at (804)520-9277 if you have any questions or need assistance.

the **Teen**
FLASHLIGHT
easter egg hunt

Wed April 1, 2020
Flora Hill Park

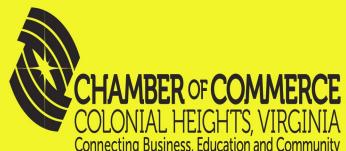
FREE

**Come out & enjoy
this fun event.**

Registration: 7:50PM
Hunt Begins: 8:10PM

**All participants must bring a
basket/bag and a flashlight.**

Please no 9-volt flashlights.



Reverse Raffle is Coming!!!

May 21st 2020

Your Chance to win \$10,000

Contact John Brandt @ john.brandt@colonialheightschamber.com

Give mom the night off



Family Style Dinner Night

Come as you can

Thursday May 7th 2020 | 5:30pm - 8:30pm

\$7 a person

**Family of 4
\$20**



Proceeds benefits:

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.

Colonial Heights Community Center

157 Roanoke Avenue

Colonial Heights, Virginia 23834

2020 Fort Clifton Arts & Crafts Festival



Cedar Creek Band

DATES & TIME

May 9, 2020 10:30 a.m. - 5:00 p.m.

May 10, 2020 10:30 a.m. - 5:00 p.m.

Important City of Colonial Heights

Phone Numbers

Police/Fire Emergency

Dial 911

Police/Fire Non-Emergency

(804)520-9300

Recreation & Parks

(804)520-9390

Office on Youth & Human Services

(804)520-9286

Colonial Heights Health Department

(804)520-9380

Utilities Billing

(804)520-9288

Billing & Collections

(804)520-9320

Commissioner of Revenue

(804)520-9280

Planning & Community Development

(804)520-9297

Registrar/Director of Elections

(804)520-9277

Curbside Trash Collection

(804)425-0500

Curbside Recycling Collection

(804)340-0900

Circuit Court

(804)520-9364

General District Court

(804)520-9346

Juvenile & Domestic Relations District Court

(804)451-0213

Victim/Witness Assistance Programs

(804)520-9258

CH Recycling Center

(804)479-7056

(Household Hazardous Waste & Other Materials)

Call Us

THE CITY FOCUS

City of Colonial Heights

Office of the City Manager

Post Office Box 3401

Colonial Heights, Virginia 23834-9001

www.colonialheightsva.gov

PRSR STD

ECRWSS

U.S. POSTAGE

PAID

PERMIT NO. 100

*****ECRWSS*****

**Local
Postal Customer**