

Colonial Heights Senior Center

September 2021

157 Roanoke Ave

804-520-9220

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<p>NEW CLASS! Join Terri for Qigong on 9/10 and 9/24. Qigong is an Asian form of yoga. It can be described as a mind/body practice that improves mental & physical health by integrating gentle movements and breathing to restore health and well-being.</p>		<p>1 8:15 Muscles in Motion 8:30 Crochet & Knitting 9:15 Balance 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 L&L Simply Sue 12:30 Bridge</p>	<p>2 8:30 TNT 9:30 Yoga Flow 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation NO Game Day 1:15 Senior Club</p>	<p>3 8:45 Boot Camp 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 1:00 Scrabble</p>	4
5	<p>6 CENTER CLOSED</p> 	<p>7 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi</p>	<p>8 8:15 Muscles in Motion 8:30 Crochet & Knitting 9:15 Balance 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge</p>	<p>9 8:30 TNT 9:30 Yoga Flow 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club</p>	<p>10 8:45 Boot Camp 10:00 Qigong 11:00 Pickleball (SCB) 11:00 Line Dancing 1:00 Scrabble</p>	11
12	<p>13 8:15 Senior Stride 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers</p>	<p>14 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Warrior 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi</p>	<p>15 8:15 Muscles in Motion 8:30 Crochet & Knitting 9:15 Balance 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 2:00 Worthy Wed.</p>	<p>16 8:30 TNT 9:30 Yoga Flow 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 12:45 BP Check 1:15 Senior Club</p>	<p>17 8:45 Boot Camp 10:00 TBS 11:00 Pickleball (SCB) 11:00 Line Dancing 1:00 Scrabble</p>	18
19	<p>20 8:15 Senior Stride 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers</p>	<p>21 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi</p>	<p>22 8:15 Muscles in Motion 8:30 Crochet & Knitting 9:15 Balance 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 L&L Tech Head 12:30 Bridge</p>	<p>23 8:30 TNT 9:30 Yoga Flow 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 11:30 Senior Club @ Golden Corral</p>	<p>24 8:45 Boot Camp 10:00 Qigong 11:00 Pickleball (SCB) 11:00 Line Dancing 1:00 Scrabble 1:30 Movie Day - Good Sam</p>	25
26	<p>27 8:15 Senior Stride 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers</p>	<p>28 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Warrior 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi</p>	<p>29 8:15 Muscles in Motion 8:30 Crochet & Knitting 9:15 Balance 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge</p>	<p>30 8:30 TNT 9:30 Yoga Flow 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club 1:15 Golf Board Mtg</p>		

MOVIE DAY 9/24 - Good Sam

When a mysterious good samaritan leaves \$100k cash on seemingly random doorsteps, NYC news reports Kate Bradley sets out to discover the true identity and motive of "Good Sam".

Lunch & Learns

September 1st Simply Sue

September 22nd Tech Heads

See flyer for additional information. Registration is required.

Exercise Class Description:

Balance: This class focuses on balance. Weights are optional. No prior exercise required. Beginner to advanced.

Boot Camp: Come join the fun with this group circuit-style workout for cardio, strength & balance.

Line Dancing: Foster a love of movement with this fun and energetic class. Learn choreographed Ballroom style dance moves.

Meditation: This basic meditation class includes sitting and walking. Leader will discuss methods, benefits & traditions of meditation.

Muscles in Motion: Combine cardio, functional resistance, balance and range of motion. Most advanced exercise class. Bring your weights.

Qigong: Asian form of yoga which helps to improve mental & physical health using gentle movements.

Sit & Fit: Chair exercise that will improve health and wellness. Half of class is standing, using a chair as support and other half is sitting. Great beginner class. Bring your resistance band.

Strength & Stretch: Minimal cardio. Build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility using dumbbells working every muscle in every angle. Intermediate to advanced. Bring your weights.

Tai Chi Beginner: Learn the basic postures, movement & breath work. Benefits include flexibility, stress reduction and balance.

Tai Chi Advanced: Already mastered the basics? Then this class is for you!

TBS (Total Body Strength) Bring your dumbbells for this full body workout! Beginner to intermediate.

TNT (Tighten & Tone): Strengthen muscles while burning fat in this total body workout. The first half of the class focuses on dumbbell exercises and the second half, which is optional, focuses on floor based core exercises. Don't forget your dumbbells and mat. Beginner to intermediate class.

Yoga Core: This 45 minute class focuses on strengthening your core and is primarily mat based. Beginner to intermediate. Bring your mat.

Yoga Warrior: This class is designed around the warrior poses and focuses on improving strength, flexibility and range of motion. Beginner to intermediate. Bring your mat.

Yoga Flow: Energetic form of yoga focusing on building strength. Prior yoga experience recommended as this is an intermediate class. Bring your mat.

Each class lasts for approximately 45 minutes with the exception of Muscles in Motion which is a 55 minute class and Water Aerobics which lasts for 60 minutes.

CH Senior Citizen's Club

September 2nd	Installation of officers
September 9th	Bingo/50-50/Birthdays
September 16th	TBA
September 23rd	Golden Corral
September 30th	Bingo