

Winter 2022 Issue

# COLONIAL HEIGHTS

## CITY FOCUS



## City of Colonial Heights Council Members



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kochubag@colonialheightsva.gov



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lucke@colonialheightsva.gov



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## Contact the City Manager



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

## COUNCIL COLUMN

Dr. Laura F. Poe



As winter approaches and the warmth of the holiday season is upon us, we take time to reflect upon the accomplishments of the past year. Our city has experienced a number of changes in 2022 that will provide benefits for years to come. We focused heavily on our employees by introducing a step plan for all public safety departments to allow us to be competitive with neighboring localities and offer promotional opportunities for our employees. One of the more exciting developments has been our opening of a DMV Select in the Treasurer's office. DMV Select provides numerous DMV services, such as registrations, title changes, license plates, and many others. Our new contract with CVWMA for our trash services rolled out over the summer.

This year has also, brought some turbulent economic challenges affecting both government localities and individual residents. Inflation, gas prices, and supply chain shortages have been felt by everyone. As real estate values rose significantly this year in addition to the value of used cars amidst shortages of new vehicles, City Council worked diligently to minimize the impacts of tax burdens to our residents, while continuing to maintain the quality of services provided to our citizens. Despite these challenges, we finally said goodbye to mandated COVID policies and returned to life unmasked where we can enjoy one another's company over the holidays and see the smiling faces of children in school.

I would be remiss if I did not remind everyone to attend our annual Christmas Parade. Remember that our doors are always open, and I am here to serve you. I hope everyone has a Merry Christmas and Happy New Year!

Sincerely,

*Laura F. Poe, Ph.D.*

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# NOVEMBER

**Nov 1st – Planning Commission 7:00pm**  
– Council Chambers (Tentative)

**Nov 8th – General and Special Elections**

**Nov 10th - City Council Regular Meeting 7:00 pm**  
– Council Chambers

**Nov 11th – City Holiday (Government Offices Closed)**

**Nov 15th- City Council Special Meeting 6:00 pm**  
– Council Chambers

**Nov 24th & 25th – City Holiday**  
(Government Offices Closed)

# DECEMBER

**Dec 7th – Planning Commission 7:00pm**  
– Council Chambers (Tentative)

**Dec 13th - City Council Regular Meeting 7:00 pm**  
– Council Chambers

**Dec 20th- City Council Special Meeting 6:00 pm**  
– Council Chambers (Tentative)

**Dec. 23rd & Dec. 26th – City Holiday**  
(Government Offices Closed)

# JANUARY

**Jan. 2nd – City Holiday (Government Offices Closed)**

**Jan. 2rd- City Council Organizational Meeting 7:30pm**  
-Council Chambers

**Jan. 4th – Planning Commission 7:00pm**  
– Council Chambers (Tentative)

**Jan. 10th - City Council Regular Meeting 7:00 pm**  
– Council Chambers

**Jan. 17th - City Council Special Meeting 6:00 pm**  
– Council Chambers

# FEBRUARY

**Feb.3rd & 4th – City Council Retreat**  
(Smithfield Station)

**Feb. 7th – Planning Commission 7:00pm**  
– Council Chambers (Tentative)

**Feb. 14th - City Council Regular Meeting 7:00 pm**  
– Council Chambers

**Feb. 21st – City Council Work Session 6:00 pm**  
– Council Chambers (Tentative)

**Feb. 20th – City Holiday (Government Offices Closed)**

## DMV Select Office Now Open in the City of Colonial Heights Treasurer's Office

My office is excited to have partnered with The Virginia Department of Motor Vehicles to offer a DMV Select office at City Hall in the Treasurer's office. We opened on October 24th to conduct vehicle-related transactions on a walk-in basis. No appointment is needed. DMV Select hours are 9 a.m. – 4:00 p.m.



Transactions that can be conducted here include vehicle titles and registrations, license plates and decals, disabled parking placards, transcripts, voter registration applications, EZ Pass transponders, hunting and fishing licenses and more. We do not issue or renew driver's licenses, learner's permits, or ID cards.

Myself and Siobhan Milan are delighted to provide this service to area residents in our continued effort to serve you.

Please do not hesitate to contact myself or Siobhan if you have any questions. We can be reached at 804-520-9321.

## RETIREE SPOTLIGHT

### Lt. Kevin Smith

Kevin retired with the Colonial Heights Fire Department on August 31, 2022, and served 20 years with the City. Thank you Lieutenant Smith for your hard work, dedication, and excellent service to the City of Colonial Heights and our entire community!



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

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

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

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

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

**CITIZENS ASST. LINE .....** ..... (804) 520-9266

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Common Scams and How to Prepare for Them

Since the pandemic there have been numerous fraud schemes that have targeted the elderly population. According to a study by AARP these frauds have increased by seventy four percent since the pandemic. There are several schemes which utilize gift cards by either asking the victim to pay some type of phony financial obligation or by asking the victim to purchase gift cards and requesting the numbers off the back of the cards. Some of these financial obligations are in reference to an overdue power bill or delinquent taxes owed to the IRS. No financial institution or the IRS will ever ask you to use gift cards to satisfy your bill. Additionally, the IRS does not contact individuals and inform them about delinquent taxes or any outstanding warrants.

One common occurrence is that when these schemes are perpetrated, the fraudsters would almost immediately redeem the value of the gift cards, and in many instances, this is done from different states from where the gift card had been purchased making these types of cases difficult for law enforcement to investigate as there is no face to face interaction.



## Beware of Common Holiday Scams



Although there are a wide variety of methods that scammers utilize, there are similarities in these schemes which community members should be cognizant of in order to avoid becoming a victim:

- You are asked to wire money to someone you do not know personally
- You are pressured to "act now!" or comply "immediately!"
- You are threatened over the phone with arrest or your services shut off
- You are told to pay bills or fines using a money-wire service or via a pre-paid cash or gift cards
- You have won a contest or sweepstakes you've never entered
- You have to pay a fee to receive your "prize" or a payment up front for investments or winnings
- You are being asked by a foreign dignitary to hold or transfer money in exchange for a reward
- Your personal information, especially your Social Security number, is requested over the phone or email

What to do if you suspect a scam

- If you think you are being called by a scammer, simply hang up, delete and block the email. There is no need to report the phone number, email address unless you have sent funds.

- Contact the institution in question: Call your bank or the agency to ask if an agent called you regarding your account. Most agencies are aware of scams and will be able to confirm if a call is legitimate.

- Check online: The Federal Trade Commission keeps lists of common scammers and a variety of tools to help consumers identify and report scams. There are also numerous consumer protection groups that offer tips on protecting yourself and your family against fraud. Visit the FTC online for more information at <https://www.ftc.gov/>

- Register for the Do Not Call List: The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at this Website. You can register your home or mobile phone for free. It's not a catch-all, but it can help. Visit <https://www.donotcall.gov/> for more information on how to register.

The Colonial Heights Police Department is always available to assist citizens with any concerns they may have regarding these potential scams.

## SIGN UP ONLINE TODAY:

Visit [www.colonialheightsva.gov](http://www.colonialheightsva.gov) and click on the homepage "Community Spotlight" Link to get started!



## NOTIFY ME

## 2 City Services:

We are encouraging ALL residents to sign up for both of our notification systems!

- **Civic Ready:** Water Outages, Delayed Trash & Recycling Collection Services, & other Significant Emergency Events (thunderstorms, tornadoes, hurricanes, or other urgent widespread events.)
- **Notify Me Alert Center:** Choose what City information is important to you! City News and Updates, Events, Meetings, and other Important City Alerts.

For assistance please call (804)520-9265.



# Put a **FREEZE** on Winter Fires



**Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!**



Half of all home heating fires occur in December, January and February.



1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.



Keep anything that can burn **at least 3 feet** from any heat source like fireplaces, wood stoves, radiators or space heaters.



Keep portable generators **outside, away from windows, and as far away** from your home as possible.



Install and test carbon monoxide alarms **at least once a month**.



Plug only **1 heat-producing appliance** (like a space heater) into an electrical outlet at a time.



Have a qualified professional clean and inspect your chimney and vents **every year**.



Store cooled ashes in a tightly covered metal container, and keep it **outside at least 10 feet** from your home and any nearby buildings.



**FEMA**



**U.S. Fire Administration**



For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) and [www.nfpa.org/winter](http://www.nfpa.org/winter).



Colonial Heights

We Want to connect with you in new ways!

**LET'S GET SOCIAL!!!**

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

# COLONIAL HEIGHTS RECREATION & PARKS DEPARTMENT

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

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

## REGISTER BY MAIL

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

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

## REGISTER IN PERSON

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

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

## REGISTER BY PHONE

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

## REGISTER ONLINE

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

## DROP BOX

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

## PAYMENT OPTIONS

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

Please make checks payable to:

**"City of Colonial Heights"**

**\$50 fee may apply for returned checks**



CONNECT WITH US ON SOCIAL MEDIA...



## Sports and Athletics

### Futsal/Indoor Soccer Open Gym

Join us on Sunday afternoons for indoor Futsal this Winter. Futsal is a fast-paced version of soccer that emphasizes quick decision making, technical abilities, and creativity on and off the ball. Participants will be organized into teams for pick-up play based on the number of participants in attendance each week. This program is in partnership with the Colonial Heights Soccer Association who will provide coaches on various Sundays to teach the game. Pre-registration online is not mandatory but appreciated on the Recreation & Parks website.

K-5th Grade	1:00pm-2:30pm
6th-8th Grade	2:30pm-4:00pm
9th-12th Grade	4:00pm-5:30pm
Adults (18+)	5:30pm-7:00pm
Sundays	December 4, 11, 18
Sundays	January 8, 15, 22, 29
Sundays	February 5, 12, 19
FREE	Life Christian Academy 16801 Harrowgate Road South Chesterfield, VA 23834

### Open Gym Basketball

Ages 6+

Open gym basketball will be offered on Sundays. Full court games will be organized depending on the amount of participants each week. Must be a City of Colonial Heights resident.

Ages 14U	1:00pm-3:00pm
Ages 15+	3:15pm-5:15pm
Sundays	December 11, 18
Sundays	January 8, 15, 22, 29
Sundays	February 5, 12, 19, 26
FREE	Colonial Heights High School

### Spring Soccer Registration

The Colonial Heights Soccer Association offers 3 levels of play; Travel Soccer, Cross-Association Recreational, and in-house Recreational programs. Travel Soccer is through Virginia Soccer League for the players that have been selected via the tryout process. Registration can be done online beginning January 1st.

For a listing of fees, program information, and to register visit the CHSA website at: [www.colonialheights-soccer.com](http://www.colonialheights-soccer.com).

### Youth Baseball/Softball Registration

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

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

Registration for 2023 youth baseball and softball leagues will begin on January 2, 2023. The deadline to register is March 17, 2023. To register you must be a City of Colonial Heights resident. Practices begin in April. Practice/game times will vary depending on the number of teams in each league.

Fee: \$20 until March 17; \$30 after March 17, children registered after deadline may be placed on a waiting list.

Coed:

Instructional League Grades K-1	ages 5-6
Machine Pitch League Grades 2-3	ages 6-8
Boys:	
U10 League Grades 4-5	ages 9-10
U12 League Grades 6-7	ages 11-12
U15 League Grades 8-9	ages 13-15
Girls:	
U10 League Grades 4-5	ages 9-10
U12 League Grades 6-7	ages 11-12
U15 League Grades 8-9	ages 13-15
U18 League Grades 10-11	ages 16-18

### Winter E-Sports League Registration

Registration is now open for our Winter Sports Leagues. We have partnered with GG Leagues to bring E-Sports to Colonial Heights. For a full listing of offered winter leagues and to register visit our GG Leagues homepage at <https://app.ggleagues.com/organization/colonial-heights-recreation>

This webpage also includes information about the leagues, information for parents, as well as the schedule and registration information. Deadline to register is January 10th.

Leagues launch: Week of January 24th, 2022

Leagues end: Week of March 18th, 2022

Season Pass Price \$40 per person\*

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

# Classes and Activities

## Ornament Making

Recommended for all ages. Come as a family and enjoy time making ornaments for your house. Participants will have a selection of ornaments to choose from and take home with them. Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation. Thursday, December 1 6pm-7pm Community Center \$10/family

## Imagination Thursday's

Recommended for ages 8-11. Join us as we use creative thinking to complete STEM challenges. This interactive program will engage our brains and hands as we build, create and plan designs! All equipment/materials will be provided. Participants must provide their own transportation.

Thursday, December 15 5:30-6:30pm  
Thursday, January 19 5:30-6:30pm  
Thursday, February 16 5:30-6:30pm  
Community Center \$5/child

## Reindeer Watch

Recommended for ages 3-5. Join us as we create items that will help us spot reindeer! We will create reindeer feed, binoculars and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Friday, December 16 11am-12pm  
Library Free

## Messy Monday's

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

Monday, December 19 5:30-6:30pm  
Monday, January 30 5:30-6:30pm  
Monday, February 27 5:30-6:30pm  
Community Center \$5/child

## Critters & Crafts

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

Tuesday, December 27 5:30-6:30pm  
Tuesday, February 28 5:30-6:30pm  
Library \$5/child

## Snow Fun!

Recommended for ages 3-5. Join us as we have fun playing with fake snow! We will make fake snow, have sensory bins and make crafts to enjoy the season winter. Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Monday, January 9 11am-12pm  
Violet Bank Museum \$5/child

## Whooooo's There?

Recommended for ages 8-11. Join us as we learn about the hooting owls in our backyards. We will learn about Virginia native owls and get a chance to dissect owl pellets! Join us for a fun night of exploration. All equipment/materials will be provided. Participants must provide their own transportation.

Friday, January 6 5:30-6:30pm  
Community Center \$5/child

## Dino Discovery

Recommended for ages 6-11. Join us as we learn about dinosaurs and the world they lived in. We will create our own dinosaurs, hunt for dinosaurs and look at preserved reminders of these magnificent animals that once roamed the Earth. All equipment/materials will be provided. Participants must provide their own transportation.

Tuesday, January 10 5:30-6:30pm  
Community Center \$5/child

## Junior Winter Olympics

Recommended for ages 8-11. Are you ready to get a taste of what it feels like being an Olympian? Join us as we test our hand at some indoor winter Olympic activities. These include modified skiing, curling and more! All equipment/materials will be provided. Participants must provide their own transportation.

Thursday, January 12 5:30-7pm  
Lakeview Elementary \$5/child

## Daddy Daughter Dance

Recommended for ages 3-12. Calling all fathers and daughters to join us for a magical night. Be transported into a winter wonderland and join us for music, food, crafts and more! This is an unforgettable night so make sure you pre-register before all spots are filled! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Saturday, January 21 6:30-8:30 pm.  
Community Center \$25/couple  
(\$15 for additional daughter)

## Fact or Fiction Game Show

Recommended for all ages. Think you know what is fact and fiction about the natural world? Then join us for a family game style night where we find out what is truly a fact or fiction about nature! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Thursday, February 2 5:30-6:30pm  
Community Center Free

## Little Rec'ers

Recommended for ages 5-7. This movement series focuses on supporting inclusive communities by welcoming children of all ability levels as we explore a variety of new and unique activities. Participants

will learn listening skills, play games that promote teamwork, and, most importantly, have fun! All equipment/materials will be provided. Participants must provide their own transportation.

Tuesday, February 7 5:30-6:30pm  
Tussing Elementary Free

## Fish Dissection

Recommended for ages 12-18. Join us to learn about fish through a guided dissection. Our instructors will walk you through the body parts of a fish, and then lead you through a dissection to help you discover what is inside a fish. All equipment/materials will be provided. Participants must provide their own transportation.

Thursday, February 9 5:30-6:30pm  
Community Center \$5/teen

## Mother Son Dance

Recommended for ages 3-12. Calling all mothers and sons to join us in an unforgettable night! Join us as your own superhero and partake in food, dancing, activities and more! This is an unforgettable night so make sure you pre-register before all spots are filled! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Saturday, February 11 6:30-8:30 pm  
Community Center \$25/couple  
(\$15 for any additional son)

## Happy Hearts

Recommended for ages 3-5. Join us in a fun celebration of Valentine's Day with friends. We will play games, make crafts, have snacks and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Tuesday, February 14 5:30-6:30pm  
Community Center \$5/child

## Dino Explorers

Recommended for ages 3-5. Join us as we learn about dinosaurs and the world they lived in. We will go on a dinosaur hunt, read a book, create a craft and more! Parent participation is required. All equipment/materials will be provided. Participants must provide their own transportation.

Friday, February 24 11am-12pm  
Library Free

## Kid's in the Kitchen

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

Thursday, January 12 6-7:30pm  
Thursday, February 9 6-7:30pm  
Thursday, March 16 6-7:30pm  
Community Center \$10/class

# Classes and Activities

## Mindfulness Monday's

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

Monday, January 9	5-6pm
Monday, January 23	5-6pm
Monday, February 6	5-6pm
Monday, February 20	5-6pm
Monday, March 6	5-6pm
Monday, March 20	5-6pm
Violet Bank Museum	FREE

## Santa Breakfast and Gift Wrap

Join us with your child to celebrate the holiday spirit with Santa. As a bonus for registering, parents are allowed to bring up to 10 gifts of their choosing for our staff to wrap! Recommended for ages 4-16. Preregistration Required.

Sunday, December 11	9am-1pm
Saturday, December 17	9am-1pm
Community Center	\$15/ child

## Richmond Christmas Parade

Join us in registering your child to go see the Richmond Christmas Parade on Saturday December 3rd, 2022. We will depart at 8:30am, so plan to arrive around 8:15am. Please bring a peanut-free packed lunch for them to enjoy during the parade. Children under the age of 12 must be accompanied by a parent. There is a limited amount of spaces so don't forget to preregister.

Saturday December 3	Depart 8:30am/ Return 1:00pm
Meet at Community Center.	\$5/person

## Parents Night Out

How would you like to go out without worrying who is going to watch the kids? Drop them off with us and enjoy your movie night, date night, or time to yourself while your children also have a fun night! Suited for ages 5-12. Pre-registration required.

Friday, December 23	6:00-8:45pm
Friday, January 27	6:00-8:45pm
Friday, March 17	6:00-8:45pm
Friday, April 7	6:00-8:45pm
Community Center	\$15/kid

## Parents Day Out

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

Friday, December 23	10am-12:45pm
Friday, January 27	10am-12:45pm (Only Night at Community Center)
Friday, March 17	10am-12:45pm
Friday, April 7	10am-12:45pm
Violet Bank	\$15/kid

## Teen Flashlight Hunt

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

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

## Science Mania

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

Tuesday, December 13	5:30-7:00pm
Tuesday, January 17	5:30-7:00pm
Tuesday, February 21	5:30-7:00pm
Tuesday, March 14	5:30-7:00pm
Violet Bank	\$10/kid

## Soul Line Dancing with Rhonda

Ages 13-adult

Rhonda is a nationally-recognized soul line dance instructor. Come learn basic terminology, counts, footwork, and learn dances with easy to follow steps. Dances vary in tempo (slow - very fast). As your skills develop expect to see slightly more challenging dances. Classes are held every Tuesday. Cost \$5 per class

Colonial Heights Community Center

Tues.	12/6-12/27	6:30 p.m-8:00 p.m.
Tues	1/3-1/31	6:30 p.m-8:00 p.m.
Tues	2/7-2/28	6:30 p.m-8:00 p.m.

## Fitness Warriors

We have partnered with Sportsbackers to provide this FREE and fun fitness class on Monday evenings. Marica will be providing Cardio-Flex classes to the community. All levels are welcome and encouraged to attend.

Mon	12/5-12/26	6:00pm
Mon	1/2-1/30	6:00pm
Mon	2/6-2/27	6:00pm
FREE		Community Center

## THERAPEUTIC RECREATION

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

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

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

December 7 ....Paint & Sip	\$3
December 14...Bingo	\$3
December 21...Holiday Party	\$5
December 28 .....	NO TR
January 4.....Sit & Fit	\$3

## Swing Dance Classes

All Ages Welcome

Want to learn how to turn that stumbling into dancing? Looking for more of challenge or learn new moves. Join our instructors for our beginner or intermediate swing dance classes. This is a 6 week session and registration is available online.

Weds	1/18-3/1	7:00pm-9:00pm
FREE		Community Center

## Belly Dance

Ages 13+

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

Thurs	12/1-12/29	6:00 p.m.-7:00 p.m.
Thurs	1/5-1/26	6:00 p.m.-7:00 p.m.
Thurs	2/2-2/23	6:00 p.m.-7:00 p.m.
Thurs	3/2-3/30	6:00 p.m.-7:00 p.m.



## VIOLET BANK MUSEUM

### Candlelight Christmas Open House

Please make plans now to join us during the Candlelight Open House at Violet Bank to experience the grace and elegance of a bygone era. The house will be lovingly decorated by the Violet Bank Garden Club using fresh greenery and natural materials. No tours can be given during the Open House so please visit again during normal operating hours. There is no admission fee for the Open House but we will gratefully accept your non-perishable food items to be donated to the Colonial Heights Food Pantry.

The staff of Violet Bank Museum gives a huge and heartfelt "Thank You" to the awesome volunteers and performers who so generously give of their time and talents to make this event possible.

### Friday, December 9 - 6pm-9pm

The evening's entertainment will be Clan Haggis performing in the lovely Lee Parlor. These gentlemen lend a bit of Celtic flavor to classic songs of the season. Santa will be onsite in the Shore Parlor.

### Saturday, December 10 12pm-4:00pm

Day Program: Please come out to see the talented 12th Virginia Dance Ensemble in the lovely Lee Parlor, dancing to songs of long ago. The 12th Virginia Infantry will be encamped outside, giving campfire cooking demonstrations, battle drills, recruitment

and more. Santa will be set up in the Shore Parlor. Free crafting activity for the children.

### Saturday December 10 - 6pm-8pm

The evening's entertainment will be Harken Back String Band performing in the lovely Lee Parlor. These wonderful and generous folks always bring great energy with their singing and playing so don't miss out! Santa will be onsite in the Shore Parlor. There will be no tours given during this evening program.

### Sunday December 11 - 6pm-8pm

An instrumental evening of holiday music by Red Tenor Sax and Flutist Iris Schwartz is the perfect way to spend a Sunday evening. Santa will be onsite in the Shore Parlor.

### "The Lost Arts: Needlework Display"

This temporary display runs from Saturday, January 7 through Saturday, January 28, 2023 and features beautiful examples of needlework. Free and open to the public during normal Museum operating hours. Please do not take flash photography pictures or touch the items displayed.

### "The Lost Arts: The Present Past Quilt Display"

This temporary display runs from Saturday, February 4 through Saturday, February 28, 2023 and features

gorgeous quilts by the Richmond Quilters' Guild. The Present Past is a curated collection of traditional quilts contrasted with their modern cousins. The collection consists of quilts collected, inherited or individually made by guild members. The Richmond Quilters' Guild is a non-profit group of 325 creative individuals whose common interest is to preserve the tradition and history of our craft while at the same time promoting and encouraging new artistic expression through quilting.

Richmondquiltersguild.com has additional information. Free and open to the public during normal Museum operating hours. Please do not take flash photography photographs or touch the items displayed.

### Stitchers from the Heart

The Violet Bank Stitchers From the Heart would like to thank all of the participants who attended the "Flower Design Show" on November 9th. We will use the proceeds from the show to enhance our efforts at Violet Bank and throughout the community. We will be helping the staff decorate the Museum for the Christmas season and hosting open house events for two weekends for the community to come in and see period decorations and be entertained by local talented people. If you would like to know more about the club and what the club does to help showcase Violet Bank Museum and Colonial Heights, please contact Jan Pingel at (804)731-3599.

## SENIOR CENTER

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

### Senior Transportation

Hours of Operation are Monday-Friday 8:00 a.m. to 4:30 p.m. (With services being provided from 8:15a.m. to 4:00 p.m.) and Saturday from 8:00 a.m. to 1:00 p.m. (With services being provided from 8:15 a.m.to 12:30 p.m.). Service is available to Colonial Heights residents who are at least 60 years of age, and adult special needs or handicapped. Transportation will be available to and from any Colonial Heights destination and to a few out of City medical offices. Registration for services is required and is available by calling Senior Transportation at (804)520-9219. Appointments must be made at least 24 hours in advance. There are no fees for transportation services, but donations are accepted.

### Monday

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

### Tuesday

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

### Wednesday

8:30am ..... Crochet & Knitting  
8:30am ..... Muscles in Motion  
10:00am ..... Balance  
11:00am ..... Line Dancing  
11:00am Pickle Ball (Swift Creek Baptist Church)

12pm. Lunch & Learn (1st & 3rd - must register)

12pm.....Tech Heads (4th)

12:30pm.....Party Bridge

1:00pm.....Mexican Train Dominoes

### Thursday

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

### Friday

8:30am .....Muscles in Motion  
9am..... Walk this Weigh  
10:00am... Strength & Stretch/Stretch it Out  
11:00am .....Line Dancing  
11:00am .. Pickle Ball (Swift Creek Baptist Church)  
1pm..... Mahjong (1st & 3rd)  
1pm..... Intro to Mahjong (2nd)  
1:30pm ..... Movie (4th)  
6:00pm.....Senior Dance (2nd)- \$

# OFFICE ON YOUTH

## Youth Advisory Council

Here in the community of Colonial Heights, the Office on Youth offers leadership programs such as the Youth Advisory Council also known as YAC. YAC is offered to students between the grades of 6-12th. YAC is extremely involved in the community and has participated in programs such as providing lunch for the Tri-Cities Work Camp program, participating in Colonial Heights High School Volunteer-a-thon and working with the community during back to school events, street and city clean ups and providing take home kits from the library. YAC currently accepts applications on a rolling basis and will meet the last Thursday of each month in Council Chambers at 6:30pm.

## CADRE

CADRE is a volunteer civic organization that is dedicated to the prevention of substances abuse among the youth. CADRE addressed underage drinking, smoking and the illegal use of drugs. CADRE serves both the youth and adults of Colonial Heights. CADRE participates in community activities such as Project Sticker Shock and Youth Alcohol and Drug Abuse Prevention Project (YADAPP).

Project Sticker Shock is a prevention program that involves the youth placing sticker warnings that address the penalties of furnishing alcohol to minors. The youth have been participating in the program since 2011. We collaborate with retailers and law enforcement officers with the hope to educate and raise awareness to furnishers and retailers.

YADAPP is a peer-led program for high school students to address the risk of underage substance use. YADAPP participants attend a week long summer kick-off conference that will assist with the developing of strategic prevention plans that will address underage drug and alcohol use in the schools and communities. Participants will meet and interact with their like-minded peers during classroom and breakout sessions, and will learn from motivational speakers. After the conferences YADAPP participants will plan to utilize their leadership and acquired knowledge to educate and prevent substance abuse.

Yvette Hawthorne, QMHP-C, Youth Program Coordinator  
804-520-9289, [hawthorne@colonialheightsva.gov](mailto:hawthorne@colonialheightsva.gov)

## Robots Join Library's Digital Knowledge Center



The Colonial Heights Public Library now circulates programmable robots for elementary and middle school students.

Sphero BOLT, Code A Pillar, Artie 3000, Code N' Learn Kinderbot, Dash and Bee-Bot provide programming challenges from drag and drop to more advanced codes including Python and Javascript.

Each robot circulates for 3 weeks and can be renewed for an additional three weeks. Please call the library at 520-9384 if you have questions.

# Colonial Heights /CVWMA Bulky Waste Collection Services

## What is Bulky Waste?

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

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



## What is NOT Bulky Waste?

**Items that will NOT be collected as Bulky Waste include:**

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



### How to schedule Bulky Waste Services?

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

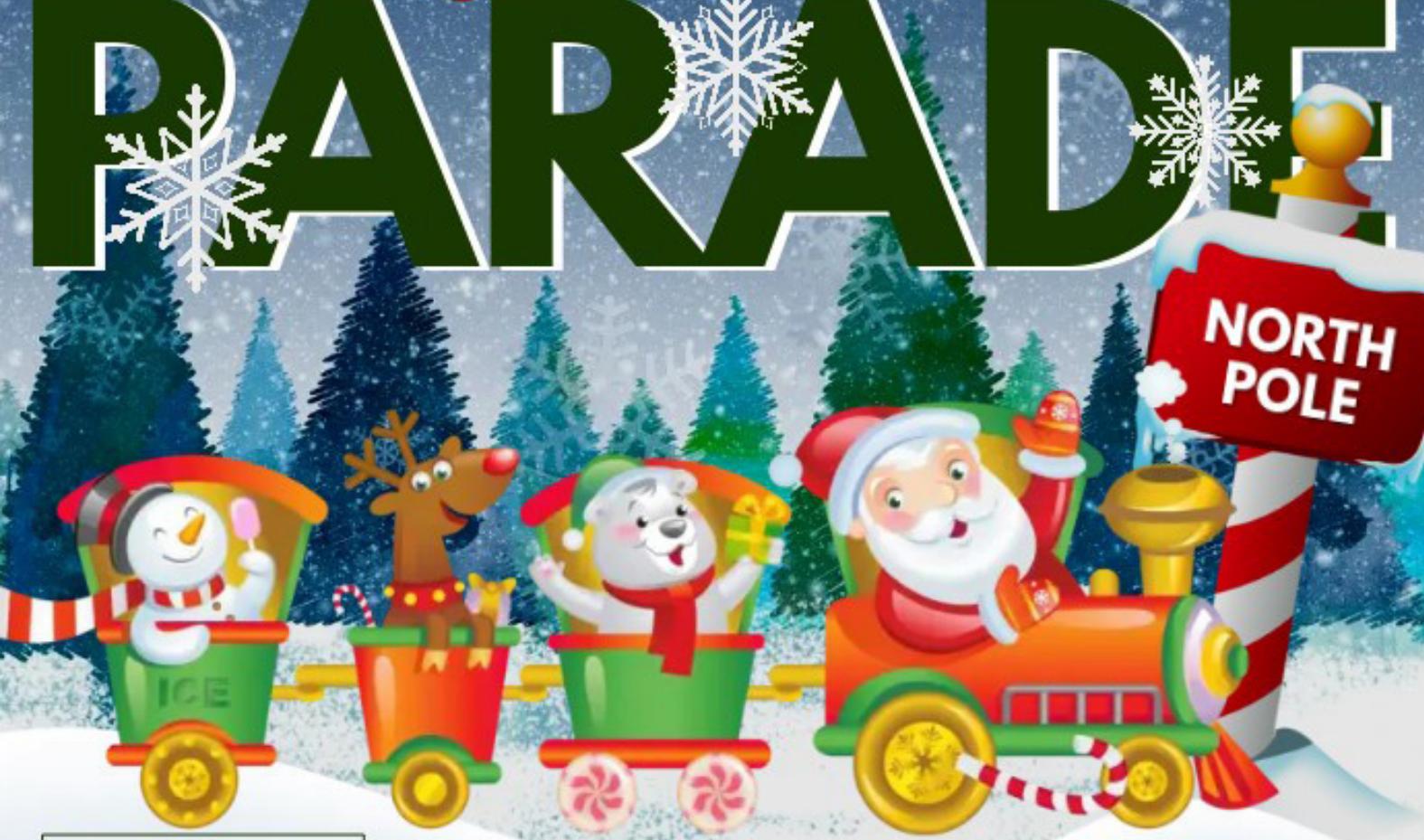
- **Visit [CVWMA.com/ch-trash-service](http://CVWMA.com/ch-trash-service) or call 804-340-0900 to schedule your FREE Bulky Waste Collection.**
- **ALL requests must be made prior to 2pm the day before regular trash collection.**

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



THE 69TH ANNUAL

# Christmas PARADE

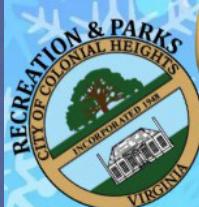


**6  
DEC**

*The Biggest Event of the Year!*  
**ON THE BOULEVARD**  
FROM TEMPLE AVE TO THE COURTHOUSE

**PARADE BEGINS AT 7:00PM**

<http://www.colonialheightsva.gov/627/Christmas-Parade>  
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CHAMBER of COMMERCE  
COLONIAL HEIGHTS, VIRGINIA  
Connecting Business, Education and Community

Colonial Heights  
Beautification Committee

FREE

Judging  
Dec 7-11  
from  
6-8pm  
Winners  
announced  
by Dec 14

Register

Online or  
by Phone  
by Dec  
2nd

# LIGHTS in the HEIGHTS

## DECORATING CONTEST

For complete contest details, registration, and judging categories visit  
[www.colonialheightsva.gov](http://www.colonialheightsva.gov) or call  
(804)520-9390

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CHOOSE

## COLONIAL HEIGHTS

The City of Colonial Heights Economic Development and Tourism has launched a new website, [ChooseColonialHeights.com](http://ChooseColonialHeights.com).

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

There is also information regarding different resources that could be helpful for new or existing businesses. Since the department also handles tourism, there is a section titled "Explore" that provides a list on the wonderful parks located in the city, as well as shopping and dining, and various attractions throughout the city.

# MEMORIAL MOVEMENT

at Colonial Heights High School

The Student Memorial at Colonial Heights High School is being temporarily moved due to the construction and renovation project at Colonial Heights High School. The memorial will be removed from its current location and placed with great care in a secure storage facility. Upon completion of the construction project, the memorial will be returned to a place of honor in the front of the school. The memory of classmates that tragically perished before they graduated will always have a commemorative and cherished place on the CHHS campus.



## CITY FOCUS

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

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