

# Gloucester Parks, Recreation & Tourism

Fall 2017

Fall Registration Begins August 21<sup>st</sup>  
(August 23<sup>rd</sup> for non-residents)



## 5K *Howl at the Moon* Night Race

REGISTER ONLINE AT [WWW.GLOUCESTERPARKS.ORG](http://WWW.GLOUCESTERPARKS.ORG)

SATURDAY, NOVEMBER 4 - Check in @ 7:00pm; Race @ 7:30pm

Awards to the best times and awesome race shirts to all that pre-register. All participants must wear a head lamp or carry a good light source for safety. Race is chip-timed by Commonwealth Timing. Register by October 27th for \$25 (\$35 from Oct 28-race day)

### **CONTACT US:**

Chris Myers, Admin Coordinator 693-2355  
Holly Azevedo, Admin Asst 693-2355  
Denise Carter, Recreation Programs 693-1264  
Ron Alston, Jr, Athletics 693-1262  
Debbie Wesolowski, Daffodil Festival 210-1903  
Hilton Snowdon, Tourism Coordinator 693-0014  
Patti McGrath, Parks Superintendent 693-2355  
Katey Legg, Recreation Superintendent 693-1270  
Carol Steele, Director 693-1261

Beaverdam Park 693-2107  
Woodville Park 694-6850  
Visitors Center 693-3215

Gloucester Parks, Recreation & Tourism

County Office Building #2  
6489 Main Street, Suite 303  
PO Box 329

Gloucester, VA 23061  
(804) 693-2355

[prt@gloucesterva.info](mailto:prt@gloucesterva.info)



### **STAY INFORMED**

Do we have the right contact information? We frequently send notices via email. You can update your household information online, or send us an email at [prt@gloucesterva.info](mailto:prt@gloucesterva.info)!

### **CONNECT WITH US**

Facebook - Gloucester Parks, Recreation & Tourism

Twitter - @GTownPRT

Web - [www.gloucesterva.info/pr](http://www.gloucesterva.info/pr)

Every effort is made to ensure the information inside is accurate. Up to date information is always available on our website by searching the database of programs.

# Classes registration begins August 21 693-2355

## FALL GYMNASTICS

Head Coach: Jeanette Stevens. For ages 3-18 (still in high school). Parents are not permitted at practice sessions; however an open house will be conducted near the end of the session.

Mondays @ Abingdon – Sept 11-Nov 20 (skips Nov 6)			
301021-01	Beginner 3-5 years	4:30-5:15 pm	\$70
301021-03	Begin Kindergarten & up	5:15-6:00 pm	\$70
301023-01	Intermediate 3-6 years	6:00-6:45 pm	\$70
301023-02	Intermediate 6 & up	6:45-7:30 pm	\$70

Wednesdays @ Abingdon – Sept 13-Nov 15			
301022-01	Begin/Inter 3-5 years	4:30-5:15 pm	\$70
301021-04	Begin Kindergarten & up	5:15-6:00 pm	\$70
301022-02	Begin/Inter 6-9 years	6:00-6:45 pm	\$70
301022-03	Begin/Inter 10 & Up	6:45-7:30 pm	\$70

Thursdays @ Botetourt – Sept 14-Nov 16			
301021-05	Beginner 6 & up	4:30-5:15 pm	\$70
301021-02	Beginner 3-5 years	5:15-6:00 pm	\$70
301024-01	Advanced/High Advanced	6:00-8:00 pm	\$80

• All students who qualify for Advanced or High Advanced classes will come to a 2-hour assessment class the first night (September 14). Coaches will assess each gymnast's ability level & will place him or her in the appropriate class. Once placement is determined, your child will either attend 6:00-7:00 or 7:00-8:00 for the rest of the session.



## BALLET

Instructor: Jeanne Biggs. For ages 3-18 (still in high school). Parents are not permitted at the practice sessions. This is the 1st of two sessions. The recital is held in May at Gloucester High School.

Mondays @ Page – Sept 18-Jan 8 (skips 11/6, 12/25, 1/1)			
302021-01	Pre-Ballet (Beginner 3-5 years)	4:45-5:30 pm	\$65
302022-04	Ballet & Tap (Exp 1st grade)	5:30-6:30 pm	\$70
302022-05	Ballet & Tap (Exp. 2&3 grade)	6:30-7:30 pm	\$70
302023-01	Ballet, Tap & Jazz (Exp. 4&5 gr.)	7:30-8:30 pm	\$70

Wednesdays @ Abingdon – Sept 20-Jan 17 (skips 11/22, 12/20, 12/27)			
302022-01	Ballet & Tap (Exp. 4 & 5 years)	4:45-5:30 pm	\$65
302021-02	Pre-Ballet (Beginner 3-5 years)	5:30-6:15 pm	\$65
302022-03	Ballet & Tap (Begin 1-4 grade)	6:15-7:15 pm	\$70
302023-02	Ballet, Tap & Jazz (Exp 6&7 gr.)	7:15-8:15 pm	\$70

Thursdays @ Botetourt – Sept 21-Jan 18 (skips 11/23, 12/21, 12/28)			
302021-03	Pre-Ballet (Beginner 3-5 years)	5:00-5:45 pm	\$65
302022-02	Ballet & Tap (Exp. 4 & 5 years)	5:45-6:30 pm	\$65
302024-02	Experienced Pointe	6:30-7:00 pm	\$30
302023-03	Ballet, Tap & Jazz (Exp 8-12 gr.)	7:00-8:00 pm	\$70

**FITNESS PUNCH CARDS** – Several of our fitness classes now use Punch Cards! Purchase a card in class or online (bring your receipt to receive the card). Punch cards do not expire, offering flexibility for you!

## NAMASTE YOGA

Instructor: Nichole Knott. For ages 13 & older. Want to develop a balance of strength & flexibility? Hatha Yoga refers to the balance of actions & reception – uniting the Mind/Body/Breath through classic Indian asanas (postures). Get ready for a great workout! Tuesdays at Botetourt, 5:30-6:45 pm. Punch card: \$25/5 classes; \$50/10 classes; \$6/class without card.

## CHAIR YOGA

Instructor: Sherry Stikeleather. For ages 18 & older. A complete Yoga experience to improve or maintain flexibility, strength, balance and lung capacity. A chair replaces the yoga mat, making this class accessible to everyone! Fridays at PRT Office, 11:00-12:15. Punch card: \$25/5 classes; \$50/10 classes; \$6/class without punch card.

## ZUMBA TONING

Instructor: Quinn Roberts. For ages 16 & older. A total workout, combining elements of fitness, cardio, muscle conditioning, balance, flexibility and boosted energy. A mixture of low & high intensity offer a calorie burning dance fitness party! Bring 2-3 lb weights (more than 5 lb not recommended). Tuesdays & Thursdays at Achilles, 6:15-7:15; Punch card: \$20/5 classes; \$40/10 classes; \$5/class without punch card.

## SOCIAL DANCING

Instructor: June Brown. For ages 16 & older. Gain the confidence & grace to dance the night away! Tuesdays @ Botetourt, \$30/session

American Smooth Style: Basic Foxtrot, Waltz, Rumba, Tango, Cha-cha & Swing.  
Latin Smooth Style: Bolero, Samba, Argentine Tango, Merengue, Salsa & Mambo.

Sept 12 - Oct 17		Deadline: Sept 10
403020-01	American Style	6:45-7:45 pm
403020-02	Latin Style	7:45-8:45 pm
Oct 24 - Dec 12 (skips 11/7 & 11/21)		Deadline: Oct 22
403020-03	American Style	6:45-7:45 pm
403020-04	Latin Style	7:45-8:45 pm

## LOW IMPACT AEROBICS

Instructor: Suellen Hooper. For ages 13 & older. Get a cardiovascular workout. STEP is part of this session, avoiding heavy stress on joints or having to jog or jump. Bring your own step or the instructor will provide one. Mon & Wed, 6-7 pm, Whitcomb Lodge, \$30

401010-01	Sept 18 - Oct 25	Deadline: Sept 15
401010-02	Oct 30 - Dec 6	Deadline: Oct 27

## KARATE

Sensei Brian Jensen. Ages 4+. Learn the Shorinji Ryu style Japanese Karate form. This provides the opportunity to increase balance, strength, self-discipline & self-confidence. Kata forms are traditional & can be used in AAU or open tournament.

Mondays at Abingdon, 9/11-10/30		Wednesdays at Page 9/13-11/1	
303020-01	Ages 4-6 6:-6:45 pm \$35	303020-02	Ages 4-6 6:-6:45 pm \$35
303021-01	Ages 7-11 7-8 pm \$40	303021-02	Ages 7-11 7-8 pm \$40
303022-01	Ages 12+ 7-8:30 pm \$45	303022-02	Ages 12+ 7-8:30 pm \$45

Mondays at Abingdon, 11/13-1/22		Wednesdays at Page 11/8-1/17	
303020-03	Ages 4-6 6:-6:45 pm \$35	303020-04	Ages 4-6 6:-6:45 pm \$35
303021-03	Ages 7-11 7-8 pm \$40	303021-04	Ages 7-11 7-8 pm \$40
303022-03	Ages 12+ 7-8:30 pm \$45	303022-04	Ages 12+ 7-8:30 pm \$45

Register Online at [www.gloucesterva.info/pr](http://www.gloucesterva.info/pr)

**September 1<sup>st</sup> Deadline  
Register NOW!**

### YOUTH FIELD HOCKEY

For ages 6-13 as of 9/30/17. Players must have a mouthpiece, protective eyewear, shin guards & stick. Mon-Thurs 5pm-dark, Saturdays 9am-dark & Sunday afternoons for makeups  
When: Mid-September thru mid-November  
Fee: \$42 by Aug 18; \$47 Aug 19 - Sept 1  
Locations: Ark Park & Bethel  
102020-01 - Ages 6-7  
102020-02 - Ages 8-10  
102020-03 - Ages 11-13

### SOCCER PLAYTIME

For age 4 as of 9/30/17. Basic skills are taught & having fun is most important. One weekday evening (Mon-Thu) 5-5:45 or 5:30-6:15 & Saturday  
When: Mid-September through mid-October  
Fee: \$22 by Aug 18; \$27 Aug 19 - Sept 1  
Locations: Abingdon & Ark Parks  
104020-01 -Age 4 (must be 4 by 9/30/17)

### MASTERS DIVISION

#### 4 V 4 SOCCER

For ages 15-18 still in high school. Teams of 6 players (4 vs 4 on field) play 8-10 game schedule, no goalie, small field, 20-minute halves. Practice weeknights, Mon-Thur, 5 pm to dark; games Saturdays, some Sunday afternoons  
When: Mid-September thru mid-November  
Fee: \$42 by Aug 18; \$47 Aug 19-Sept 1  
Locations: Abingdon & Ark Parks  
104020-07 - Ages 15-18 still in high school

The deadline for Soccer (ages 5-14) may have passed, but call our office to be placed on a waitlist!



## **YOUTH BASKETBALL**

A fun, learning experience with equal playtime for all participants who attend regularly. Standings are not kept. Basketball meets twice per week. All children should have appropriate footwear & basketball (size 28.5). Season starts after Thanksgiving and runs through mid-February. Evaluation Night is mandatory so teams can be formed appropriately.  
**Fee: \$42 by Oct 13; \$47 Oct 14 - Oct 29 - DEADLINE TO REGISTER IS OCTOBER 29**

Activity #	League Age as of 9/30/17	Evaluation Night	Practice/Game Locations
101030-05	Mini Mites Ages 6-7	Thurs, Nov. 2 Petersworth, 6:30	Petersworth
101030-06	Mites Ages 8-9	Wed, Nov 1 Botetourt, 6:30	Achilles, Bethel, Botetourt
101030-07	Mighty Mites Ages 10-11	Wed, Nov 8 Botetourt, 6:30	Achilles, Bethel, Botetourt, Peasley



### STAR FALL & WINTER GAMES

For ages 6-18. An athletic, games & social program for kids with special needs. Wheelchair-bound kids are welcome. Children participate in basketball, games & other fun activities, individualized for each participant to best help them both physically & for their enjoyment. Participants must wear tennis shoes. Volunteers are welcome & needed. Fridays, 6:00-7:30 at Botetourt, \$15.  
110020-01 - Sept 8 - Nov 17 Deadline: Sept 1  
110030-01 - Dec 1 - Feb 23 Deadline: Nov 17

### ADULT BASKETBALL 18 & OVER LEAGUE

For ages 18 & older (out of high school). Regulation rules, 10 game schedule, plus tournament. May have 3 players not from Gloucester, teams from other areas may play if space allows.  
When: Mon-Thru, 6:30, Sept 18 - Nov 22  
Fee: \$615/Gloucester; \$675/Out of town  
201020-01 - Deadline Sept 8 (Location TBA)

### ADULT BASKETBALL 35 & OVER B LEAGUE

For ages 35 & over, all male players must be 35 or over, female players must be 18 or older & out of high school. Modified break, no pressing, no player may score more than 8 baskets in a game & other modifications to keep the games fun & participatory. No standings. 10 game schedule. May have 3 players from out of Gloucester, teams from other areas may play if space allows.  
When: Mon-Thru, 6:30, Sept 18 - Nov 22  
Fee: \$510/Gloucester; \$560/Out of town  
201020-02 - Deadline Sept 8 (Location TBA)



### CO-REC SOFTBALL LEAGUE

For ages 15 & older. Field 5 men & 5 women, may bat 6 & 6. Women hit an 11-inch ball, men a 12-inch ball. Home run limit rule. 10 game schedule & double elimination tournament. May have up to 2 each, non local men & women. Only 10 teams will be accepted. If space allows, out of town teams may be accepted. Organizational meeting 6:30 pm on Wednesday, September 6 at the PR&T Office. **ONLY BATS THAT ARE PURE SINGLE WALL ARE LEGAL.** Players using illegal bats will be suspended from league play and their team will be charged with a forfeit.  
When: Sundays, Sept 17-Nov 12; 12pm-dark  
Fee: \$525/Gloucester; \$580/Out of Town  
Location: GHS  
202020-01 - Deadline Sept 1

Quilting Outside the BLOCK!



2017 Quilts of River Country - September 15 & 16

2017 Quilts of River Country  
Featuring the quilts & quilters of the  
Middle Peninsula

Historic Court Circle & Arts on Main

\$2.00/person

Friday, September 15<sup>th</sup> 12:00pm - 4:00 pm

Saturday, September 16<sup>th</sup> 10:00am - 4:00pm

\* Quilt Appraisals \* Quilt Shops \* Viewer's Choice \*  
\* Demonstrations \*

GIANT YARD SALE



The original yard sale on Sept 2<sup>nd</sup> has been cancelled & we're joining the yard sale at VIMS on August 26<sup>th</sup>. If you have items you'd like to donate to the Parks, Recreation & Tourism/Park Partners table, please call us at 693-2355. Donations will be accepted until August 18<sup>th</sup>. All proceeds will go towards an accessible playground at Woodville Park!



 **GLOUCESTER DAFFODIL festival**  
**SAVE THE DATE**  
March 24  
March 25  
[www.daffodilfestivalva.org](http://www.daffodilfestivalva.org)

2017 Christmas & Holiday Parade

Saturday, December 2<sup>nd</sup>

3:00 pm ~ Main Street

Registration Opens September 15<sup>th</sup>



Nominations for Grand Marshal are accepted through Nov 1<sup>st</sup>.  
Email nomination to [prt@gloucesterva.info](mailto:prt@gloucesterva.info) or mail to:  
Gloucester Holiday Parade, PO Box 329, Gloucester, VA 23061

**The Haunted Trail**  
**October 27th & 28th**  
**Friday & Saturday Nights**  
**7:00pm - 9:30pm**  
**Beaverdam Park**

# Gloucester Tourism 693-0014

## Gloucester Court Circle Events

### Concerts on the Green Series

Historic Court Circle ~ 6504 Main Street

Wednesdays at 6:00 pm

Bring a lawn chair, picnic & enjoy an evening of great music!

#### **August 23 - Toby & Larry**

You'll be singing along as they perform your favorite country, rock & easy listening hits.

#### **September 6 - JNM Duo**

Enjoy the acoustic guitar & bass, and a wide variety of radio pop, rock & country from the last five decades!

#### **September 13 - BROADway BABES**

Sing along with these exciting ladies as they perform Broadway hits we all know & love.

#### **September 27 - Something Different**

Pair Ashley's sweet vocals with Brad's awesome keyboards and you get an excellent concert.

## Gloucester Renaissance Festival Celebration

Saturday, October 21st ~ 10am - 5pm

Sunday, October 22nd ~ 10am - 5pm

Enter a world where Myth and Legend are Reality. The scent of spices, pies and roasting meat tempts your appetite while you slake your thirst with apple cider.



Activities include Parodi's Academy of Medieval Martial Arts demonstrations, the Historical Swordsmanship Class, Face Painting, wandering minstrel, fortune teller and an incredible Medieval Marketplace where one might find the perfect costume accessory! For more information, visit our website at [www.visitgloucester.org](http://www.visitgloucester.org).



## A New Home for the Gloucester Visitors Center

Formerly housed in the Roane Building, the Visitors Center has moved across the Court Circle into the Colonial Courthouse Annex. With an expanded Gift Shop, dedicated Werowocomoco exhibit room, and improved information access, the Visitors Center provides an upgraded experience for tourists and residents alike.

The docents of the Visitors Center are a dedicated group who love to share the remarkable history of Gloucester. Thousands of visitors are assisted with maps, brochures and information. With some of Virginia's oldest historical buildings, the Court Circle is a draw for many. Volunteers are always needed! Shifts are three hours and it's a great way to make new friends and meet interesting people. If this sounds like you, please call Hilton Snowden at (804) 693-0014 for more information!

### 2017 PARKS & RECREATION ADVISORY COMMITTEE

Don Sandridge, Rick Taylor, Wanda Fary, Nancy Fisher, Robert Hendley,  
Cathy Lambert, Kenny Richardson, Bobbie Stuck, Randy Burak, Robert "JJ" Orth

More info on Gloucester Tourism at [www.visitgloucesterva.com](http://www.visitgloucesterva.com)

# Beaverdam Park 693-2107

Beaverdam Park is open daily and conveniently located in the central part of Gloucester. The main entrance is located at 8687 Roaring Springs Rd (Rt. 616) and second entrance is located at 9537 Fary's Mill Rd (Rt. 606).

## PARK OFFERINGS & RENTALS

Whitcomb Lodge (enclosed 75 person capacity) \* Smith Shelter & Beaverdam Shelter \* Picnic areas  
Freshwater lake fishing & Accessible Kayak Launch \* Jon boats, kayaks, canoes, peddle boats & fishing poles for rent  
Hiking, biking & horseback riding trails \* Full trail experience is over 20 miles!



## BEAVERDAM JAM

Come down to beautiful Beaverdam Park and enjoy a showcase of different outdoor activities. Learn how to kayak and canoe, try different trail bikes and gear, or show your skills at cornhole and horseshoes. Children's games, face painting, nature hikes and more. Fun for the entire family, but some activities might be age restricted. Enjoy the wonderful park setting and try new things. This is a FREE program, but registration is required at [www.gloucesterparks.org](http://www.gloucesterparks.org)  
Sunday Oct 8      11:00am - 4:00pm      Deadline: Sept 29

## 2017 BIG BASH OPEN BASS TOURNAMENT

Last OPEN tournament of the year is September 16, entry fee \$45/boat annual pass holders & \$50/boat non-pass holders, additional fees may apply. The season's top 20 teams compete in the October Classic, on October 21.

## ACA LEVEL ONE KAYAK CERTIFICATION

For all ages. This Introduction to Kayaking course is designed to emphasize safety, enjoyment & skill acquisition for entry level paddlers. Kayaks are available at the park or you can bring your own. You will get wet. Modest bathing suit or swim shirt & shorts recommended. Bring picnic lunch. \$75 & \$5 ACA insurance, Meet at the Ranger Station.  
50601-02      Sat Aug 26      8:00am - 4:00pm      Deadline: Aug 18

## FALL HOMESCHOOL SERIES

Come down to Beaverdam Park to get some supplemental programming for your homeschoolers. We offer unique activities to reinforce their lessons, bringing in local experts to teach essential life skills. Meet at the Whitcomb Lodge, \$2 per child/day, 10:00am - 12:00pm.

50902-03      Sept 12      Seining & Microscopes      Deadline: Sept 7  
50902-04      Oct 10      Fishing & Hiking      Deadline: Oct 3  
50902-05      Nov 14      Sewing & Healthy Eating      Deadline: Nov 7

## FALL CLEAN GLOUCESTER DAY

Clean Gloucester Day starts at YOUR parks! Beaverdam Park will be hosting one team of volunteers, and another team will be at Gloucester Point Beach Park. This is a great opportunity to fulfill community service hours and help beautify Gloucester County Parks! Fall Clean Gloucester Day is October 14 at 8:00am.

50902-01      Beaverdam Park      Deadline: Oct 6  
50902-02      Gloucester Point Beach      Deadline: Oct 6

## YOUTH ARCHERY PROGRAM

Ages 10-18. Introductory archery program perfect for beginners. We provide a safe & fun environment for youth to learn a new sport. The Archery course is taught by NASP certified archery instructors. The courses are designed to be fun & informative while learning the proper skills required to shoot a bow. \$10/class, 2:00pm - 4:00pm

50102-01      Sun Nov 5      Deadline: Oct 30  
50102-02      Sun Nov 19      Deadline: Nov 13



## BEAVERDAM SNAKE WALK

For all ages. Join our resident snake expert for a walk around the trails to learn about all the cool reptiles that have a home in the park. You will learn about the Snakes of Gloucester County, their habits & hiding places. This is a guided tour & safe for everyone. Meet at the Main Entrance Amphitheater. Free program, but registration is required.

50302-02      Fri Nov 17      5:00-6:00 pm      Deadline: Nov 10

## GLOUCESTER POINT BEACH PARK

Be on the lookout - renovation & changes are coming to the beach next Spring!

## BEACH BIRDING & PHOTOGRAPHY

Join park staff and spend the morning searching for resident and migratory bird species. Bring your camera and binoculars. Limited binoculars will be available for use. Let us guide you to all of our secret spots to get the best shots! This is a FREE program, but registration is required. Deadline Sept 15

50802-01      Sat Sept 23      Gloucester Point Beach 9:00-10:30am

Register Online at [www.gloucesterva.info/pr](http://www.gloucesterva.info/pr)

# Woodville Park 694-6850

WOODVILLE PARK is approximately 100 acres in size & is located in Hayes off of Bray's Point Road. The park started with a gift to Gloucester County of 100 acres by the Lanciano Family. Memorial bricks & benches are available for purchase to remember your loved ones. Volunteers are always needed for field preparation, garden maintenance, trail clearing & more plantings. To help, please contact us at prt@gloucesterva.info.

## PARK AMENITIES

Picnic Areas \* Wooded Nature Trail & Walking Path  
Memorial Garden & Walkway \* Habitat Ponds  
Athletic Fields \* Sand Courts  
Native Plant Garden \* Community Vegetable Gardens



## ADOPT A GARDEN

Do you love to be outside? Do you love to get your hands dirty? We need your help to maintain areas of the park's gardens. It requires weed pulling, trimming & mulching for a 1 year commitment. You can sign up with your office, bowling club or fellow neighbors. It would be an area to call your own for the whole county to enjoy. Contact Kathy Mixon at 804-694-6850 for more information.

## BONFIRE & DRUM CIRCLE

Jeremy Nardozi will lead us to the beat of the drums under the open sky. Bring a chair and drum, or an instrument of your choice. A limited number of drums will be available for use. This is a FREE program but registration is required; donations will be accepted for the Woodville Park accessible playground.  
51001-01 Sat Aug 19 8:00pm - 11:00pm Deadline: Aug 11

## MUSHROOM WALK

For ages 8 & up. Join Master Naturalist Elisabeth Wilkins for a walk in Woodville Park's forest to identify and learn about the mushrooms growing in our area. Walk will be 60-90 minutes at a slow pace. We may wander off the trail to look at interesting specimens, so please wear long pants and closed toe shoes. The walk will go rain or shine, but high winds and lightning will cancel the walk. Possible hazards include downed logs and poison ivy. This is a FREE program, but registration is required. Meet at the blue Baystars trailer.  
51002-03 Sat Oct 28 10:00-11:30 am Deadline: Oct 20

## TOUCH A TRUCK

For all ages. Every little kids dream come true. Meet Gloucester's finest Volunteer Firefighters & the elite members of Gloucester Sheriff's office at Woodville Park. Tractors, mowers, trucks & more will be available for kids to explore, meet the drivers, and learn some great safety tips. This is a FREE program, but registration is required. Deadline Sept 29  
51002-01 Sat Oct 7 9:00am - 12:00pm

## DOGGIE FUN

Join our animal loving Park Staff at Woodville Park for a Doggie Fun Day! Bring Fido out for a fun play date; your precious pooch can interact with new friends! All dogs must be up to date with shots. This is FREE program, but registration is required; donations will be accepted towards Gloucester's first dog park. Deadline Oct 6  
51002-02 Sat Oct 14 9:00am - 10:30am

## ADULT EDUCATION & ENRICHMENT

### FOOD SAFETY CERTIFICATION

Instructor: Marilyn Morris. This program is ideal for those in the restaurant industry. Gloucester County code requires one full-time staff person per establishment be certified. Course will cover contamination, food borne illnesses, food storage, food preparation, employee training, sanitation & more. Tuesdays & Thursdays, at PRT Office, 2-5 pm, Deadline Sept 29

402010-01 - Oct 17, 19, 24, 26 - Full Course with materials - \$175/person

402010-02 - Oct 26 - Test only with book - \$85/person



### TRE (Tension, Stress & Trauma Release Exercise)

Instructor: Ginger Platsis with Heart Felt Touch Massage Therapy. For adults. TRE is a new way to help your body release built up stress that affects your daily life. In our busy culture many people carry around stress that lies deep in muscles and can lead to long term physical and psychological damage. Fridays at PRT Office.

Introductory Session: 1:00pm - 2:30pm, 1st Friday of the month, \$15/person. Then sign up for weekly classes with a convenient punch card!

Weekly Sessions: 3:00pm - 4:15pm, Fridays, Punch card: \$45/5 classes or \$90/10 classes; \$10/class without punch card.

For More Information on Park Partners visit [www.gloucesterparks.org](http://www.gloucesterparks.org)

# Best Years Club 693-2355

## TRIPS FOR THE ACTIVE OLDER ADULT! Just ride, leave the driving & planning to us!

- For age 55 & older
- Plays, adventures, musicals, seasonal traditions & fun!
- Payment Process - A DEPOSIT is required to reserve your seat, listed in the parenthesis behind the trip fee. The remaining fee is due 2 weeks prior to trip.

- No refunds/credits after deadline unless medical, Dr.'s note required. Sorry, trips & group pricing based on registration, we have to pay for spaces reserved.
- Registration Begins August 21 for residents & August 23 for non-residents @ 8 am in office or online.
- Trips leave from the Gloucester Courthouse parking lot.
- Trips that don't meet registration requirements will be canceled. Sign up early to make sure you don't miss out.

### TANGIER ISLAND

Visit the little island in the Chesapeake Bay! Prior to the European colonists, Tangier Island was a summer retreat for the Pocomoke Indians. The first English patent was set in 1670. Spend the day roaming the 1.2 square mile island and meeting the folks that call it home! Lunch is included at Hilda Crockett's Chesapeake House. Deadline Sept 6, \$95/person (Deposit: \$25)



601020-01 Wednesday, Sept 13 8:30am - 6:00pm

### WASHINGTON DC

Spend the day in DC. We'll drop off & pick up at the Smithsonian American History Museum. The schedule is yours - go anywhere, do anything you like! Meals on your own. Deadline Sept 17 (or when bus fills - sign up for the waiting list, we may add another trip!), \$37/person (Deposit: \$15)

601020-02 Wednesday, Sept 20 6:30am - 7:00pm

### ON GOLDEN POND

A touching, warm and witty drama at the Riverside Dinner Theater. Norman is a retired professor nearing eighty, with heart palpitations and a failing memory, who retains his tart-tongued, observant eagerness for life. His wife Ethel is ten years younger and the perfect foil for Norman, delighting in the small things that have enriched their long life together. Their annual summer on Golden Pond takes on a different feel as a teenage boy comes to stay. Lunch is included. Deadline Sept 27, \$94/person (Deposit: \$25)

601020-03 Wednesday Oct 11 9:30am - 6:30pm



### HIGHLAND

We will tour President James Monroe's Highland, his official residence from 1799-1823. The President and First Lady entertained many guests in their home, located near Charlottesville. We will lunch on site (included). Deadline Oct 4, \$60/person (Deposit: \$20)

601020-04 Friday, Oct 20 8:00am - 4:30pm

### BODACIOUS BAZAAR

Find the perfect, unique, quality gift for Christmas, birthdays, or just because! Held in the Hampton Convention Center, this show featured 325 vendors last fall. Shop for 3 hours, lunch afterwards on your own. Deadline Nov 5, \$29/person (Deposit: \$10)



601020-05 Friday, Nov 10 9:00am - 4:00pm

### THE ANDREWS BROTHERS

A USO performance in the south Pacific by the Andrews Sisters is in jeopardy of cancellation when they fail to appear shortly before curtain time. Luckily, three hapless stagehands are determined that the show much go on. Lunch is included in this trip to Swift Creek Mill Theater, Deadline Nov 1, \$96/person (Deposit: \$25)

601020-06 Wednesday, Nov 15 11:00am - 6:00pm

### DANDELION WINE

Written by Ray Bradbury, "Dandelion Wine" is set in the down home locale of Green Town, Ill. In this moving play, 38-year-old Doug must uncork the most wrenching summer of his childhood in order to free himself of the loneliness that has been bottled up in his heart for the last 23 years. He goes back in time, arriving as Mr. Forrester, a stranger to Green Town, where he befriends Douglas, his bright-eyed teenage self. Enjoy the performance at Williamsburg Players, followed by dinner on your own. Deadline Nov 8, \$44/person (Deposit: \$15)

601020-07 Saturday, Nov 18 12:45pm - 6:30pm

Register Online at [www.gloucesterva.info/pr](http://www.gloucesterva.info/pr)