

Parks & Recreation

H e n r y C o u n t y

Program Guide
Winter • 2015



A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

The Philpott Marina located at boat ramp 1 on beautiful Philpott Lake will be open and ready for winter fishing and the spring boating season. This new facility has 42 slips that are rented by the year, an on-water fueling station with non-ethanol fuel, restrooms and a marina store. The store has many great items including drinks, snack foods, fishing supplies, ice cream, sun care products, camping supplies and many others.

The group campground at Philpott Lake is complete and available for nightly rentals. This facility is located in a private spot overlooking Philpott Marina. The campground has space for up to 10 campers with water, electric and sewer service available at each camper site as well as a restroom/shower facility. Two boat slips are also included with your nightly campground rental. The campground can be reserved up to 12 months in advance with a five night minimum and up to six months in advance for reservations less than five nights.

Thank you for your interest in Henry County Parks & Recreation, and have fun!

Sincerely,
Roger Adams, CPRP

OFFICE INFORMATION

Henry County Parks & Recreation Office Information

Henry County Parks & Recreation is a member of the Virginia Recreation and Park Society (VRPS) and the National Recreation and Park Association (NRPA).
Henry County Parks and Recreation may be contacted, Monday - Friday 8:00am - 5:00pm at:

PO Box 7 • Collinsville, VA 24078

Phone: 276.634.4640 • Fax: 276.634.4637 • email: radams@co.henry.va.us

HENRY COUNTY PARKS & RECREATION STAFF

Roger Adams, CPRP
Director

Melissa Puckett
Senior Services Coordinator

Chad Turner
Parks Maintenance Staff

Benny Luther
Parks Maintenance Staff

Renee Wood
Office Manager

William Flippen, CPSI
Parks Maintenance Supervisor

Eric Martin
Parks Maintenance Staff

Gary Rea
Parks Maintenance Staff

Officiating Opportunities

Henry County Parks and Recreation is seeking individuals to work as officials in our Youth Sports Programs. Sports include Baseball, Softball, Flag Football, Tackle Football, Volleyball, and Girl's and Boy's Basketball.

The pay and hours vary with each sport. Contact our office for additional information.

FITNESS & SPORT

AFTER SCHOOL KARATE PROGRAM

In conjunction with Korean Martial Arts Academy, a martial arts program will be held on weekdays after school at all elementary schools. The emphasis is on safety, self-control, physical and mental training, respect, loyalty, courage, honor and courtesy. Classes are taught by Harold Gravely. Introductory class fees include a free uniform. For more information call 632.7360 or 732.3733.

Time/Day: 2:50pm - 3:50pm on select days
Location: Henry County Elementary Schools
Cost: \$105 for 3 months - payable to Korean Martial Arts Academy

START SMART BASKETBALL

Start Smart Basketball is a parent-child participation program for children ages 5-7, who have little experience playing basketball and want to prepare for recreation leagues. This program teaches children a variety of skills including: dribbling/ball handling, passing/catching, shooting and running/agility. This is an excellent way to prepare your child for organized basketball in a fun and easy to learn environment. Each participant receives the following: 1 participant manual, 1 mini basketball, 1 telson basketball, 4 cones, and 1 jersey (all included in the class fee). For more information or to register your child please contact 634-4640. Registration deadline is January 23rd or when the class is full (Max. of 20 participants).

Time/Days: Mondays, January 26th - February 23rd
6:00pm - 7:00pm
Location: Collinsville YMCA
Cost: \$35

BIKE MHC - FREE BICYCLE RENTALS

Borrow a bike, borrow a helmet and ride the picturesque Dick and Willie Passage. Check out a bike at the Doyle Street trailhead to ride this 4.5 mile trail meandering through Martinsville. Bikes are first come, first served so plan to get there early! This event is sponsored by Henry County Parks and Recreation, Martinsville Parks and Recreation, Martinsville Family YMCA, Activate and EDC's Tourism and Film Division. Contact Activate at 632-1772 for more information.

Time/Days: Contact Activate for exact dates
Location: Dick and Willie Bike Barn
(Located at the Doyle Street Trail Head)
Cost: Free

MEN'S INDUSTRIAL BASKETBALL LEAGUE

Games will be played throughout the week starting March 16th. Get your co-workers together and form a team! This is an organized league and officials will be at all games. Teams will play each other twice during the regular season and finish with a single elimination end of the season tournament. Registration deadline is March 6th or when a maximum of 9 teams are signed up. Contact 634-4640 to learn how to register for the league.

Time/Days: Mondays, Wednesdays and Fridays
starting March 16th
Game starting times are 6:00pm - 8:00pm
Location: Albert Harris Elementary School
Cost: \$250 team entry fee
Age: 18 and over

RUN, JUMP AND THROW

Henry County Parks & Recreation will host the Run, Jump and Throw event for boys and girls ages 9-14 (age as of Dec. 31, 2014). Children can participate in a variety of events including; the 50m dash, 100m dash, 200m dash, 400m dash, 800m dash, 1600m run, 4 x 100 relay, standing long jump and softball throw.

Time/Days: Monday, May 4 • 5:30pm
Rain Date: Monday, May 11
Location: Laurel Park Middle School
Cost: Free

MARTINSVILLE HALF MARATHON & 5K RACE

Join the Martinsville YMCA and Henry County Parks and Recreation for a half marathon, 5K and half marathon relay race starting at the Martinsville YMCA on Saturday, March 21st. Participants will run through uptown Martinsville and the newly finished rail trail. All half marathon finishers will receive a finisher's medal, t-shirt and other great swag. 5K participants will receive a t-shirt. For more information or to register visit www.milesinmartinsville.com

Time/Days: Saturday, March 21st, 2015
6:00 - 7:30am Check-in for Half Marathon
8:00am start of 5K/Half Marathon
Location: Martinsville YMCA
Cost: 5K and Relay - Early Bird \$25
\$30 after January 12th / \$35 after March 1st
Half Marathon - Early Bird \$40
\$45 after January 12th / \$50 after March 1st

YOUTH LACROSSE

Interested in learning the sport of lacrosse? The Southside Lacrosse Club is looking for boys & girls ages 7-18 who are interested in being part of the first ever lacrosse teams in Martinsville-Henry County. Henry County Parks & Recreation is partnering with the Smith River Sports Complex to offer this program and the registration deadline is February 6th, 2015. We will have onsite sign-ups at the Smith River Sports Complex Meeting Room on Thursday, Jan. 15, Jan. 22, and Jan. 29 from 6-7 PM. We will also accept mail-in registrations. You can download the registration form at www.smithriversportscomplex.com. For more information please contact Brittney Harrison with the Smith River Sports Complex at 276-638-5200 ext. 1 or Henry County Parks & Recreation at 276-634-4640.

Time/Days: Start February 23rd - Memorial Day
(days will be determined)
Location: Smith River Sports Complex
Cost: Contact SRSC or HCP&R



The Philpott Marina store, campground and fueling station is now open. The hours are 7:30am until dusk. You can contact the store directly at (276) 340-0485.



"Like" us to get news on upcoming programs, athletics, classes, special events and trips.

SPECIAL EVENTS AND ACTIVITIES

BASIC SEWING CLASS

This class introduces beginners to the basics of sewing which includes sewing terms, using the sewing machine, selecting fabric, reading a pattern envelope, fabric layout and pattern, marking and cutting fabric. Learn how to interpret the pattern directions and sew each piece together. Participants must bring their own sewing machine to class. Call Henry County Parks and Recreation at 634-4645 for questions or to learn how to register.

Dates/Times: Tuesdays,
March 3 - March 17
6:00pm - 9:00pm

Location: Henry County Admin. Bldg.
Cost: \$30

GROUP FISHING POLE LOANER PROGRAM

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Fishing Pole Loaner Program. Interested persons should call 634-4645 to reserve or learn more about our Group Fishing Pole Loaner Program. This program is free.

CPR/FIRST AID CERTIFICATION

Interested in getting certified in CPR and First Aid? Participants will take classes at the Public Safety Building in Martinsville, VA. Participants must contact Henry County Parks and Recreation at 634-4640 to pre-pay and pre-register for the class.

Dates/Times: February 12
5:00pm - 9:00pm

Location: Public Safety Building
Cost: \$50

95210 HEALTHY ZIP CODE

95210 is the healthy zip code for Martinsville and Henry County, VA and has been brought to you by the Southern Virginia Healthy Kids Coalition (SVHKC). 95210 is a new health message designed to be easy and fun for both children and adults. Each number represents one action that has been proven to help you live a healthier lifestyle if completed daily: 9 – hour of sleep (7-8 for adults); 5 – servings of fruits and vegetables; 2 – hours or less of recreational screen time; 1 – hour of physical activity; and 0 – Say no to sodas and drinks with added sugar. Please help us in supporting this health message throughout our community with your friends and family. Search the Martinsville-Henry County Coalition for Health and Wellness for more information concerning the Health Zip Code.

BASIC CAR MAINTENANCE

Join Henry County Parks and Recreation and Auto Tech for a crash course in basic car maintenance. Participants will learn how to check and change their oil, check spark plugs, rotate their tires, check car fluids, and more. Call Henry County Parks and Recreation at 634-4640 for more information or to learn how to register.

Dates/Times: Thursday, March 12th
6:00pm - 7:30pm

Location: Auto Tech
Martinsville, VA

Cost: \$15

TRIPS / SPORTS EVENTS

VALENTINES AT HILLBILLY HIDE-A-WAY

Join us on Saturday, February 14, 2015, as we travel to the Hillbilly Hide-a-way in Walnut Cove, NC, to enjoy a hillbilly valentines celebration. You will feast on an all you can eat family style meal, consisting of such things as: fried chicken, meat loaf, country ham, barbecue ribs, pinto beans, potatoes, green beans, corn, slaw, baked apples, a valentine dessert, coffee and tea. After dinner, you will have an opportunity to enjoy a three hour music show of country, bluegrass and gospel music. Prior to the dinner and show, we will stop at Madison Mercantile.

PRICE INCLUDES: Roundtrip motorcoach transportation, a visit to Madison Mercantile, an all you can eat, family style meal at Hillbilly Hide-a-way, a three hour music show and a tour host. Passengers can board the bus at the Food Lion in Bassett Forks.

Time/Days: February 14, 2015
Location: Hillbilly Hide-A-Way
in Walnut Cove, NC

Cost: \$69 per person

SUMMER MOVIES IN THE PARK

Join us this summer for our 6th year of Movies in the Park. We will show a blockbuster movie at Jack Dalton Park one Friday night a month in June, July, and August.



EASTER EGG HUNT

Children ages PK4 to Second Grade will search for over 4,000 prize filled eggs at Jack Dalton Park. Special door prizes will be awarded and Egg Hunting Bags will be furnished to each participant. Show up a little early to get good parking. Contact 634.4640 for registration information. This program is co-sponsored by the Martinsville-Henry County 4H office.

Date/Time: Saturday, March 28th • 10:00am
Location: Jack Dalton Park
Cost: Free



SPECIAL EVENTS & ACTIVITIES

VALENTINES FOR VETS

Remember our veterans with a special valentine card. Be creative and brighten a United States veteran's day. Cards that are turned in to Henry County Parks and Recreation will be delivered to the US Veterans Hospital in Salem, VA in time for Valentines Day. Contact Henry County Parks and Recreation for more information. There is no cost.

Date/Time: Deadline for cards - Friday, February 6th
Location: Henry County Parks and Recreation

VALENTINE'S DAY CRAFT

Join Henry County Parks and Recreation for a Valentine's Day themed craft class. Participants will create a Valentine's Day card for that special someone. Children must be pre-registered for each class. Class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information. Cost is \$5.

Date/Time: Wednesday, February 4th, 3:00pm - 4:00pm
Location: Henry County Administration Building

PIEDMONT KITE FESTIVAL

Come out to Jack Dalton Park to play games, fly kites, and see amazing demonstrations that would not be possible without wind! Local vendors and entities will be on hand for fun activities and food. Door prizes, kites and other fun things will be given out! Contact 634.4640 for registration information. Cost is Free.

Date/Time: Saturday, March 14th
Location: Jack Dalton Park

SHORT SPORTS

Short Sports is a program geared towards 3-6 year old children who want to start learning the basic motor skills to basketball, baseball, soccer, golf, tennis and football. This class will meet on six straight Wednesdays from 5:30pm - 6:30pm. Each week a different sport will be taught. This is a great program to introduce your child to a variety of sports and also prepare your child for organized sports. Parents must be present and will be working with their children on assigned tasks. These classes are sponsored and run by Henry County Parks & Recreation and Martinsville Parks & Recreation. Cost is \$10.

Date/Time: Mondays, March 2nd - 30th • 5:30pm - 6:30pm
Location: Collinsville YMCA

CLUBS

SMITH RIVER VALLEY CANOE CLUB

Club meets to promote the year round sport of canoeing/kayaking. Information on equipment, skills and river destinations will be discussed. Rolling sessions held weekly. Contact: BR Bryant 638.4306 or email: creek@webtv.net. See website for location and cost. Their webpage is www.groups.yahoo.com/group/srvcc.

Time/Days: Third Tuesday, Monthly, 7:30pm

PATRICK HENRY PATRIOT RC CLUB

Radio Control Model Aviators meet monthly to promote and encourage the Radio Control Model Aviation hobby. During warm weather months the club meets at PATRIOT R/C FIELD located just beyond the Convenience Center on Jack Dalton Road. New members are always welcome! Visit the Patriot Website: www.phprc.net.

Time/Days: Second Tuesday, Monthly • 7:00pm
Location: Henry County Admin. Bldg.
Patriot Flying Field
Cost: See club members for dues info.

HENRY COUNTY PHOTOGRAPHY CLUB

Local photographers from novice to professional, meet monthly for open discussion about photography. Membership is free. Please bring your camera and/or photographs to share with the group. Check out their website: www.hcproamphoto.org. Cost: Free

Time/Days: First Monday, Monthly, 7:00pm
Location: Henry County Admin. Bldg.

BIKE CLUB

Our Bike Club is open to participants of all ages and skill levels. Weekly rides and monthly meetings vary, see website for more details (<http://henrycountybikeclub.org>) or contact HCPR offices at 634-4645.

Time/Days & Location: Varies
Cost: No membership fees

BLUE RIDGE SKI AND OUTING CLUB

The BRSOC meets monthly to promote getting active outside. Members enjoy a wide variety of activities together, including hiking, canoeing, kayaking, biking, traveling, wake boarding, picnicking, bowling, and snowboarding. The BRSOC will be offering a ski/snowboarding trip to Mt. Bachelor in Oregon on January 18-25. Call Bren Perkins, Public Relations Director at (434) 251-8984, Ext. 148 for information or visit the website at (www.BRSOC.org).

Time/Days & Location: See the Website
Location: See the Website
Cost: Call for pricing information

50 PLUS CLUB

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:

Time/Days: January 20, February 17, March 17 and April 21
from 12:30pm to 1:00pm
Location: Room # 1 of the Henry County Admin. Bldg.
Cost: Free

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING

Time/Days: January 13, February 10, March 10 and April 14
from 8:00am to 9:00am
Location: Room # 1 of the Henry County Admin. Bldg.
Cost: Free

DROP-IN ACTIVITIES

Bingo 1st & 3rd Tuesday of each month
1:00 p.m.

Book Bingo 4th Tuesday of each month
1:30pm

Bridge 1st and 3rd Thursday of each month
12:30 p.m.
(Please have four people to play at your table.)

Walking Club Mondays & Wednesdays
(Call office for start date and time)

Activities are held at the Henry County Administration Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off Kings Mountain Road. Book Bingo is held at Collinsville Branch Library.

SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to elderly, transportation disadvantaged and disabled. Contributions are accepted. For a ride, call 634.4644.

Regular Transportation Schedule
Monday & Tuesday – Senior Nutrition Sites
Monday – Friday - Demand Response

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

Time/Days: Mondays, 11:00am – 1:00pm
Location: Moral Hill Missionary Baptist Church in the fellowship hall
50 Moral Hill Drive, Axton, VA
Cost: Suggested donation

Time/Days: Tuesdays, 11:00am – 1:00pm
Location: John D. Bassett High School Building
3289 Riverside Drive, Bassett, VA
Cost: Suggested donation

"SENIOR LINK"

This quarterly publication contains the most recent up-to-date information regarding activities and programs available to seniors in the Henry County area. To be placed on the mailing list, call Lois at 634.4644.

BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. This program is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

Time/Days: 4th Tuesday of each month, 8:30am
Location: Skip's Restaurant
900 Starling Avenue, Martinsville, VA

February 24
Clarence's Steak & Seafood
6636 Greensboro Road, Ridgeway, VA

March 24
Sirloin House
530 Commonwealth Blvd., Martinsville, VA

April 28
Fieldale Café
63 Marshall Way, Fieldale, VA

Cost: Individual is responsible for cost of breakfast

WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. This 4.5 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Mulberry Creek. We plan to walk on Mondays and Wednesdays, weather permitting, to introduce you to different sections of the trail. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days: Mondays & Wednesdays
9:15am weather permitting
Location: Liberty Street Trailhead of the Dick & Willie Passage
Cost: Free

CROCHET GROUP

Henry County Parks & Recreation will sponsor a crochet group for any interested senior adult 50 years of age and older (beginner or experienced). The group meets on Thursday morning of each week starting at 10:00 am. The group enjoys crocheting together on projects of their choice. For additional information please call 634.4644.

Time/Days: Ongoing - Thursdays of each week
The group crochets from 10:00am-12noon
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville
Cost: Free/Participant will need to bring their own crochet supplies

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

Time/Days: 3rd Tuesday of each month • 1:00pm
Location: Hugo's
10 East Church Street
Martinsville, VA

February 17
Tokyo Express
1170 Memorial Boulevard
Martinsville, VA

March 17
Clarence's Steak & Seafood
6636 Greensboro Road
Ridgeway, VA

April 21
Jerry's Pizza
2635 Greensboro Road
Ridgeway, VA 24148

Cost: Individual is responsible for cost of lunch

SENIOR WINTER/SPRING BOWLING LEAGUE

The Senior Winter/Spring Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 634.4644. Registration ends when teams are filled.

Time/Days: Wednesdays • 9:15am
Beginning January 7, 2015
Practice begins at 9:05am
Sportlanes in Martinsville
Location: Sportlanes in Martinsville
Cost: \$5.25 for three games, includes bowling ball and shoes

CAPTAIN'S CHOICE GOLF TOURNAMENT AT HERITAGE GOLF CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for those individuals fifty years of age & older at Heritage Golf Club. Trophies will be awarded and refreshments will be served. **Pre-registration is required.** For additional information and to request a registration form, please call 634.4644.

Time/Days: Monday, April 27, 2015 • 9:00am
Location: Heritage Golf Club
Cost: \$14 Members, \$20 Non Members

LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors.

Time/Days: Tuesdays at 10:00am
starting January 6, 2015
Location: Teresa's School of Baton and Dance
50 Coffman Drive, Collinsville, VA
Cost: Weekly or monthly fee

IPHONES, IPADS AND ANDROID DEVICES - TECHNOLOGY ON THE MOVE

Do you have an Ipad, Iphone, or Android device? Are you familiar with Facebook, Twitter and Instagram? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use these devices. Please be sure to bring your device to class with you or let us know if you need to borrow one while in class. Questions regarding these devices are welcome. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days: Thursday, January 22nd
9:00am - 11:00am
Location: Henry County Admin. Building in Rm #1
3300 Kings Mountain Road
Martinsville, VA
Cost: Free

SENIOR BOWLING APPRECIATION DAY

Henry County Parks & Recreation and Sportlanes are proudly sponsoring Senior Bowling Appreciation Day. Senior bowling is a great way for people to get active, get healthy and have fun. We appreciate those seniors who are bowling on the senior leagues and would like to encourage additional senior participation in the leagues. Bowling could play a part in promoting a healthier lifestyle for you. We invite anyone fifty years of age and older to bowl with us for free on Friday, January 2 at Sportlanes from 9:00am to 11:00am. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, January 2, 2015
9:00am - 11:00am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: Free for individuals 50 years of age and older

MOVIE DAY

Henry County Parks & Recreation plans to spend a few afternoons at the movie theater. The movies that play in our area may change from week to week and that change generally occurs on Fridays. We will announce the movie we plan to attend on or before the Friday before the week we plan to go. Give us a call at 634.4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you. Hope you make plans to join us.

Time/Days: To be determined
Location: Varies
Cost: To be announced

HEALTH CARE SCREENINGS AND INFORMATION

Martinsville Urgent Care will be available every 4th Thursday of each month to provide free health screenings and health care information to individuals 50 years of age & older. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Blue Ridge Village will be available to discuss alternative health care needs and Mountain Valley Hospice & Palliative Care will conduct an individual oxygen saturation test. You may want to call the office the day before the screening to confirm that the provider you are interested in will be on-site. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Days: January 22, February 26, March 26,
April 23, 9:00am - 11:00am
Location: Henry County Administration Bldg. Lobby
Cost: Free

FIRST FRIDAYS AT THE LANES

Sportlanes is the place to be on the first Friday of each month. Join us for First Fridays at the Lanes. Sportlanes in conjunction with the Henry County Parks & Recreation will sponsor its first ever Senior Social with each game of bowling costing only \$1.00 with coffee and refreshments provided free. Come on out and socialize, bowl and just have a good time.

Time/Days: Fridays, February 6, March 6 and April 3
9:00am - 11:00am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$1 per game

SENIOR EXERCISE CLASS

Start the New Year out right with a Senior Exercise class two days a week at CrossFit 276. CrossFit 276 will be offering a senior exercise class that can help you with flexibility, strength, and cardio in a great social atmosphere. The workouts are scalable and adaptable to each client's physical ability. Please call Henry County Parks & Recreation at 634.4644 if you are interested in the class, need additional information or would like to register.

Time/Days: Mondays & Thursdays • 11:00am
Location: Crossfit 276
31 East Church Street, Martinsville, VA
Cost: \$3 per class

50 PLUS CLUB

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach individuals fifty years of age and older the fundamentals of bowling. Learn the basics of bowling in just a few short weeks. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early. Don Kendrick will instruct the class.

Time/Days: Tuesday of each week for five weeks
Beginning February 3 1:00pm - 2:00pm
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$20 for five weeks

ART OF THE MONTH

Join us for our Art of the Month class. Karen Eggleston, QVC artist, will instruct a class at the Collinsville Branch Library each month. This unique craft also makes a great gift! Space is limited so pre-register early.

Time/Days: Classes are from 3pm-5pm

January 26 "WINE BOTTLE WITH A VALENTINE MOTIF"
Paint a wine bottle with a Valentine motif.
Cost: \$15.00

February 16 "EASTER EGG"
We will use a duck egg and an Easter screen print to create an Easter Egg. Cost: \$15.00

March 16 "GRANDMAS PRIDE & JOY"
Make a bassinet from a duck egg (with a baby in it). Cost: \$15.00

April 20 "PAINT A LEMON DESIGN ON A LIGHTED GLASS BLOCK"
Paint a lemon design on a lighted glass block with the use of Gallery Glass paints and simulated liquid leading. Cost: \$19.00

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville

SENIOR LADIES SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for ladies fifty years of age and older. Information will be provided on gun safety and ladies will have an opportunity to shoot at the range. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration is required. For additional information or to pre-register, please call 634.4644 no later than March 24, 2015. Space is limited to twelve participants so please call early. This class is for ladies who have not participated in this class before.

Time/Days: Tuesday, April 14, 2015 • 1:00pm
Rain date April 16, 2015

Location: Henry County Sheriff's Office Conference room and shooting range. Shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.

Cost: Free

BOOK BINGO

Henry County Parks & Recreation and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 634.4644.

Time/Days: January 27, February 24, March 24, April 28
1:30pm - 3:00pm

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free/Donations of books accepted

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 276-634-4644. (To ensure no one goes away without playing, please plan ahead to have four people play at your table.)

Time/Days: 1st & 3rd Thursdays of each month
12:30pm

Location: Henry County Admin. Bldg. Rm #1
Cost: Donation

BEGINNING COMPUTER CLASS

It is never too late to learn the basics of using a computer. The Collinsville Branch Library, in conjunction with Henry County Parks & Recreation, will sponsor a Beginning Computer Class for seniors on Wednesdays starting April 1st for six weeks. The class will start at 5:00 pm and last about an hour. This introductory class is basic instruction on how to use a computer and designed for those seniors who are not familiar with how to use a computer. You must pre-register as space is limited to eleven participants. Since the class will be held after the library closes, we ask that you arrive before 5:00 pm.

Time/Days: Wednesdays, starting April 1st for 6 weeks
5:00pm

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free

BULB LASAGNA

Just as small spring bulbs arrive in the garden before the daffodils, you can have a succession of bulbs in a container that replicates the flowering. The key is to layer the bulbs in the container with the smaller or early flowering bulbs above the later flowering bulbs. Containers that are filled with bulbs can be displayed indoors or outdoors. This workshop will provide you with all of the tools and techniques you will need to make your own layered "Bulb Lasagna" Pot. Pre-registration is required by calling the Henry County/City of Martinsville Virginia Cooperative Extension Office at 634.4650 by February 2, 2015.

Time/Days: Wednesday, February 11, 2015
10:00am - 12noon

Location: Henry County Administration Bldg. Rm #2
3300 Kings Mountain Rd., Martinsville, VA
Cost: \$20 made payable to HCM-VCE

EAT SMART AND MOVE MORE

Start the year off right with this new program, Eat Smart, Move More, Slim Down. Join Kim Hairfield with the Virginia Cooperative Extension office and Henry County Parks & Recreation for this new program to start your weight loss journey. The class will meet once a week for eight weeks and topics will include: Food Diaries, Portions, Foods to Emphasize, Foods to Limit, Physical Activity for weight loss, Time Management, Tips for eating out and relapse prevention. Be sure to come dressed to participate in some type of low impact movement for 30 minutes at each class. These changes should promote a healthy lifestyle and help you to eat smart, move more and slim down.

Time/Days: Thursday of each week for 8 weeks,
starting January 8, 1:00pm - 2:00pm
March 5, 1:30pm - 2:30pm

Location: Henry County Admin. Bldg. Rm. #2
3300 Kings Mountain Rd., Martinsville, VA
March 5: Axton Volunteer Fire Dept.
58 East Mountain Valley Rd., Axton, VA

Cost: Free

YOGA

A Yoga class is a great way to start your morning. Join us for a Yoga class designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 276-634.4644. Space is limited for this free class so please sign up early.

Time/Days: Tuesday of each week
11:00am

Location: Stanleystown United Methodist Church
in the Fellowship Hall
24 Maplewood Avenue, Stanleystown, VA

Cost: Free

AARP DRIVER SAFETY PROGRAM

Henry County Parks & Recreation in conjunction with the AARP Driver Safety Program will sponsor an eight hour classroom refresher course on driver safety. The class will be taught over a two day period, and it is specifically designed for driver's 50 years of age and older. There should be an auto insurance discount for participating in this course; however, you will need to consult your individual insurance agent or company regarding the discount. Register early by calling 634.4644 as space is limited.

Time/Days: Thursday & Friday, January 22 & 23
10:00am - 2:00pm

Location: Henry County Administration Bldg. Rm #2
3300 Kings Mountain Rd., Martinsville, VA
Cost: \$15 for AARP members,
\$20 for non AARP members

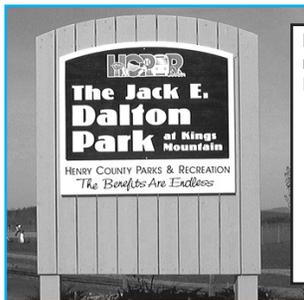
UPCOMING TRAVEL NEWS

Wohlfahrt Haus Dinner Theatre

Join us for a trip to the Wohlfahrt Haus Dinner Theatre in Wytheville, Virginia to see Back to the 50's on Thursday, April 23, 2015. Motor coach transportation, lunch, gratuity and show included. Pre-registration for the trip is required by calling 634.4644. Payment for the trip is due by March 23, 2015.

Time/Days: Thursday, April 23, 2015
Location: Wohlfahrt Haus Dinner Theatre
in Wytheville, VA
Cost: \$71.00

THERE'S SOMETHING FOR EVERYONE AT A PARK

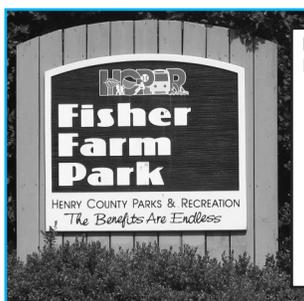


Located in Collinsville behind the Henry County Administration Building on Jack Dalton Road.
Facilities include:

- Lighted, Paved Walking Trail
- Beach Volleyball Court
- Picnic Shelter
- Restrooms
- Two Baseball / Softball Fields
- Open Space
- Playground
- Cooking Grills

Located in Collinsville on Parkwood Court.
Facilities include:

- 4 Lighted Tennis Courts
- Two Picnic Shelters
- Hiking Trail
- Cooking Grills
- Playgrounds
- Restrooms
- Open Space
- Wooded Areas

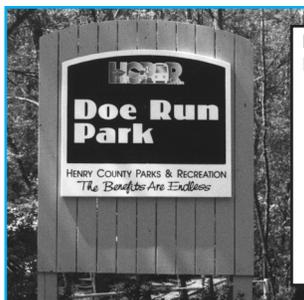
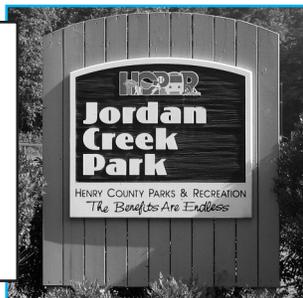


Located in Ridgeway on Leisure Trail.
Facilities include:

- Playground
- Two Picnic Shelters
- Open Space
- Wooded Areas
- Two Baseball / Softball Fields
- Restrooms
- Cooking Grills

Located in Fieldale on Creekside Drive.
Facilities include:

- 2 Lighted Baseball / Softball Fields
- Open Space
- Picnic Shelter
- Playground
- Restrooms
- Cooking Grills

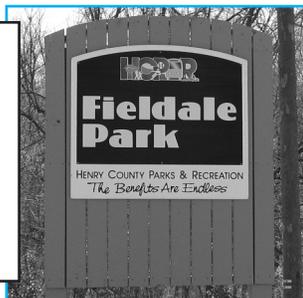


Located in Martinsville on DuPont Road.
Facilities include:

- Hiking Trails
- Picnic Areas
- Cooking Grills
- Wooded Areas
- Creeks and Streams

Located in Fieldale on Field Avenue.
Facilities include:

- Baseball / Softball Field
- Picnic Shelter
- Cooking Grills
- Restrooms
- Open Space
- Playground



Henry County Parks and Recreation operates and maintains seven parks and nineteen other recreational facilities with a total of 435 acres in the county. All of our parks have recently been renovated and offer a variety of recreation opportunities. The parks, their locations and amenities are described herein.

If your family, church or company is planning a special event, the Henry County Parks and Recreation Shelters located at our parks make great locations for gatherings. With all of the amenities we provide, we are sure you will find a park and location that is suitable for your event. Reservations may be made six months to the day in advance in our office. Reservations may also be made online. Please contact our office for a username and online password.

Rates for the shelters are:

LARGE SHELTERS Full Day - \$30.00

SMALL SHELTERS Full Day - \$20.00

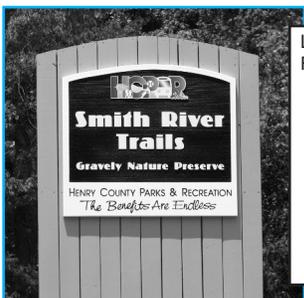


Philpott Marina is located on Philpott Lake in Bassett, VA
Facilities include:

- A 42 slip marina
- Fuel
- Store with concessions and fishing supplies
- Restrooms
- Group campground

The Smith River Trails include:

- Bassett Canoe Access
- The Great Road Canoe Access
- Fieldale Canoe Access
- Doe Run Canoe Access
- South Martinsville Canoe Access
- Sports Complex Canoe Access
- Marrowbone Canoe Access
- Mitchell Bridge Canoe Access
- Fieldale Walking Trail
- Dick and Willie Rail Trail



Located in Ridgeway on Eggleston Falls Road.
Facilities include:

- Hiking Trails
- Picnic Shelter
- Cooking Grills
- Wooded Areas
- Restrooms

YOUTH ATHLETICS

FUN LEAGUE BASEBALL

League play is offered for boys and girls ages 7-8 as of April 30, 2015

Teams are based at each elementary school.

Registration Deadline:
March 13, 2015

Practice & Game Dates:
April through June

BOYS BASEBALL

League play is offered for boys ages 9-14 as of April 30, 2015

Teams are based at each elementary and middle schools.

Registration Deadline:
March 13, 2015

Practice & Game Dates:
April through mid July

GIRLS SOFTBALL

League play is offered for girls ages 9-14 as of April 30, 2015

Teams are based at each elementary and middle schools.

Registration Deadline:
March 13, 2015

Practice & Game Dates:
April through mid July

Our department has a weather hotline number that parents and coaches can call on days when it has been raining to find out if games are still being played. Call after 4:00pm on weekdays and 9:00am on Saturdays. **634.4636**

Henry County Parks & Recreation announces the availability of our new online e-learning healthcare courses from Health Ed Today!

These courses are highly interactive and provide students with an enriched learning experience. Each course includes:

- 24 hour a day instructor support & course mentors
- engaging labs, student exercises and course videos
- all textbooks, workbooks and student materials
- a new "Secure Student Website" – including career resources & other training
- certain programs include clinical externships!

The following courses are available anytime!

- Pharmacy Technician / Student Tuition: \$1,299
- Dental Assisting / Student Tuition: \$1,299
- Medical Coding ICD-10 / Student Tuition: \$999
- Electronic Health Records Management / Student Tuition: \$1,299
- Medical Administrative Assistant / Student Tuition: \$1,299
- Medical Terminology / Student Tuition: \$499
- Clinical Medical Assistant / Student Tuition: \$2,499
- Medical Billing & Coding / Student Tuition: \$1,399
- EKG Technician / Student Tuition: \$1,299
- Phlebotomy Technician / Student Tuition: \$1,299
- Dialysis Technician / Student Tuition: \$1,299
- ECG / EKG Course for Nurses / Student Tuition: \$699

Visit us online at <http://www.healthtoday.com/HenryCountyVA> to experience a Course Demo and to learn more about these exciting new programs! For additional information, please contact Henry County Parks & Recreation at 276-634-4645, or call toll free 1-888-574-6218.

VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL MENTION

We would like to thank the following coaches for taking time to be a volunteer youth sports coach. The time spent and your commitment are valuable to thousands of Henry County children and is appreciated by the Henry County Parks & Recreation Staff.

FLAG FOOTBALL

Paul Clark
Brian Burgess

Demetrus Dillard

Larry Barrett

Tracey Moore

GIRL'S BASKETBALL

Teyon Johnson
Alexay Hairston
TeaCarla Wade
Darryl Mize

Chris Hagwood
Ponjolia Starkie
Michael Wells
Tresita Holland

Derrick Hairston
Philip George
Mark Tilley
Charlie Holland

Kenny Stone
Rhonda Hamlett
Tierra Dillard

TACKLE FOOTBALL

Sammy Brown

Jerry Wright

Eddie Newman

Jeff Young

FOOTBALL SPIRIT SQUAD

Tabatha Bancroft

Tina Gauldin

Toni Kendrick

Missy Wood