

Parks & Recreation

H e n r y C o u n t y

Program Guide
Fall • 2013



A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

The group campground at Philpott Lake is now complete and available for nightly rentals. This facility is located in a private spot overlooking the new Philpott Marina. The campground has space for up to 10 campers with water, electric and sewer service available for each camper site. A picnic shelter, restrooms and showers are also included with the group campground. Please contact our office for more information or to make a reservation.

Construction is now moving along quickly at the new Philpott Marina and the facility will be open very soon. The marina will feature 40 boat slips that are available for yearly rentals, a fuel station with non-ethanol fuel, restrooms and a marina store. Please contact our office for more information or to get your name on the list for a boat slip.

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

William Flippen
Parks Maintenance Supervisor

Jay Rigney
Parks Maintenance Staff

Andy Mabe
Recreation Programmer

Renee Wood
Office Manager

Chad Turner
Parks Maintenance Staff

Ben Luther
Parks Maintenance Staff

Officiating Opportunities

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

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

FITNESS & SPORT

MEN'S FLAG FOOTBALL LEAGUE

Join Henry County Parks and Recreation this fall in our Men's Adult Flag Football League. This is a great sport to get some exercise and enjoy the beautiful fall weather. Teams will consist of up to 18 players per team. Games will be played at the Smith River Sports Complex in Axton. There is a maximum of 8 teams in the league. Call 634.4645 to register your team.

Time/Day: Season begins September 29th
Registration deadline: September 9th
Games will be played on Sundays from 1:00pm - 4:00pm
Location: Smith River Sports Complex
Cost: \$385 Team League Fee
Age: 18+

AFTER SCHOOL KARATE PROGRAM

In conjunction with Korean Martial Arts Academy, a martial arts program will be held on weekdays after school (3pm-4pm) at various 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 638.6191.

Time/Days: 3pm-4pm on select days
Location: Various Elementary Schools
Cost: \$105 for 3 months
Payable to Korean Martial Arts Academy

BASKETBALL SPIRIT SQUAD

This is a middle school cheer program for 6th, 7th and 8th grade girls. Participants learn the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2013-2014 basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has participating.

Time/Day: Registration begins October 1st
Registration deadline is November 8th
Location: Middle Schools
Cost: \$40

FOOTBALL CAMP

This camp is open to our boys tackle football squads and coaches who want to get hands on learning and instruction. Coach Jay Gilbert of the Bassett Bengals, football team staff and players will be on hand for instruction and teaching techniques. Registration deadline is September 6.

Time/Days: September 14th • 9:00am - 12:00pm
Location: Bassett High School Football Field
Cost: \$15 (Includes camp t-shirt)

START SMART FOOTBALL

Start Smart Football is a development program for children ages 3-6. This program teaches children the necessary football skills to prepare them for organized football. Each week the children will work on skills that involve throwing, catching, kicking/punting, and running/agility. The skills get more challenging each week. Each participant receives the following: 1 football, 1 flag belt, 4 cones, 1 kicking tee and a participant manual (all included in the class fee).

Time/Days: Mondays, 6:00pm - 7:00pm
October 7th - November 4th
Tuesday, the week of October 14
Location: Collinsville YMCA
Cost: \$35

REFUSE TO BE A VICTIM

Improve your personal safety strategies with NRA's Refuse To Be A Victim® Program. A few of the topics in this 4 hour seminar include: home security, personal security, automobile security, and workplace security. Preview on You Tube: http://www.youtube.com/watch?v=_ZhX6py3hyU
Instructor: Susan Traxel Martin. Pre-registration required. Call Parks and Recreation at 634.4645 to register.

Time/Day: Saturday, November 2nd
8:00am - 12:00pm
Location: Henry County Administration Bldg.
Cost: \$15 (seminar and book)



We are now taking reservations for boat slips at Philpott Marina. The Marina will have 40 slips, a concession store, non-ethanol fuel and restrooms. Reservations are also being taken for the group campground that is located on the hill overlooking the marina. Please contact our office for information about any of these amenities.



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

SPECIAL EVENTS & ACTIVITIES

AIR FAIR 2013

"13th Annual Fun Fly with the Patrick Henry Patriots RC Club." A wide array of planes and helicopters will be flying and on display that range from 20-inch wingspan up to 13 feet. There will be aerobatic planes, scale warbirds, sport planes, helicopters, and giant scale models with wingspans of over 8 feet. All visitors who are interested will get the chance to pilot an aircraft on the special buddy box system. Plan to attend a fun-filled day with the Patriots! Concessions will be available all day long for fundraising.

Time/Days: September 28th • 9am - 4pm
Location: Patriot Flying Field - Behind Jack Dalton Park
Cost: Free

16TH ANNUAL GREAT GOBLIN GALLOP 5K RUN

Join us for the 16th Annual Great Goblin Gallop 5K Race at the old Druid Hills Elementary School. The course is a beautiful level loop around Lake Lanier. Refreshments and door prizes will be available. This event is sponsored by Henry County Parks & Recreation, Activate MHC and Martinsville Parks & Recreation. Participants, dress in your best costume this year for a chance to win our Halloween costume contest. Race winners and costume winners will receive custom Great Goblin Gallop medals.

Day/Time: 9am Check-in, 10am Race Starts
Saturday, October 19th
Location: Druid Hills School Administration
Cost: Early Bird - \$15 • Race Day - \$20

HALLOWEEN TREAT BAGS

Trick-or-Treating bags will be dispersed to elementary school children beginning Thursday, October 10th. Bags are also available in the lobby of the Henry County Administration Building. These bags list Halloween safety tips and also encourage our citizens to "Keep Our Community Clean & Beautiful".

Day/Time: Available - October 10th
Location: Henry County Administration Building
Cost: Free

HUNTERS SAFETY COURSE

In conjunction with the Virginia Department of Game and Inland Fisheries and the Elks Club Lodge, Henry County Parks and Recreation is offering a Basic Hunters Safety Course. First time hunters are required to take the course, including all persons 12 or older who have never been issued a hunting license. The course is a minimum 6 - 8 hours in length. Pre-registration is required. Register online at <http://www.dgif.virginia.gov/hunting/education/>. Contact Henry County Parks and Recreation at 634.4645 for more information or to learn how to register.

Day/Time: Saturday, October 19th
Location: Elks Club Lodge, Martinsville, VA
Cost: Free

THANKSGIVING CRAFTS

Join Henry County Parks and Recreation for a Thanksgiving themed craft class. Participants will experience a fun, hands-on activity that will stimulate learning and creativity. The children will make and take home several different crafts. Children must be pre-registered and class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Day/Time: Wednesday, November 27th • 10:00am - 11:00am
Location: Henry County Administration Building
Cost: \$5

CHRISTMAS THEMED CRAFTS

Join Henry County Parks and Recreation for a Christmas themed craft class. Participants will experience a fun, hands-on activity that will stimulate learning and creativity. The children will make and take home different crafts. Children must be pre-registered for this class. Class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Day/Time: December 20th • 3:00pm - 4:00pm
Location: Henry County Administration Building
Cost: \$5

HENRY COUNTY PARKS & RECREATION NIGHT

Henry County Parks and Recreation football players and cheerleaders show your school spirit at local high school football games by wearing your Parks and Recreation uniforms. Wear your uniforms and get free admission to the big game!

Day/Time: Friday, October 18th
Location: Bassett High School
Cost: Free with jersey and uniform

PUMPKIN CARVING CONTEST

Come to Jack Dalton Park and enjoy an old-fashioned pumpkin carving contest. Adults and children alike will enjoy choosing from a variety of designs to make a pumpkin for Halloween. Parks & Recreation will provide patterns and tools for carving. Participants must bring their own pumpkin. All children must be accompanied and supervised by a parent or guardian.

Dates/Times: Thursday, October 17th • 6:00pm
Location: Jack Dalton Park Picnic Shelter
Cost: \$3 - pre-registration is required and limited to 50 participants

MALLOVEEN

Stop by the Liberty Fair Mall on October 31st to receive your Halloween bags and goodies. Children can pick up a Halloween treat bag to use that evening to go trick-or-treating. The treat bags list Halloween safety tips, plus provide plenty of room for all of the goodies that children will be receiving for Halloween. Also, there will be face painting and other Martinsville/Henry County organizations present for fun games and goodies.

Time/Days: Thursday, October 31st • 5pm - 7pm
Location: Liberty Fair Mall
Cost: Free

CHRISTMAS CARD DESIGN CONTEST

Elementary, middle and high school students will design Christmas cards for Henry County Parks and Recreation to send throughout the Commonwealth. The winning card will be used as the official Henry County Parks and Recreation 2013 Christmas card. There will be a winner from each school and ribbons awarded!

Time/Days: Deadline for cards: Monday, November 25th
Location: Henry County Schools
Cost: No Fee

LETTERS FROM SANTA

Through special arrangements with Santa Claus and his elves, children may receive a personalized letter from Santa's workshop. Registration forms will be distributed through the Henry County Schools and will be available at the Henry County Parks & Recreation office. Forms are available beginning November 4th.

Time/Days: Deadline for forms is December 6th
Location: North Pole - Henry County Branch
Cost: No Fee

INSTANT PIANO

Want to learn the secrets and magical shortcuts of professional piano players by playing chords, not notes? In this fun beginning class in chord piano, you'll learn all the chords needed to play any song, any style, and any key. The instructor for this course, David Haynes, is a respected instructor/director for several academies' around the United States. Please contact 634.4640 to register. Registration deadline is Tuesday, October 1st.

Day/Time: Thursday, October 24th • 5:30pm - 9:00pm
Location: Henry County Administration Building
Cost: \$69 (checks made payable to Music Masters School)

FIRST AID / CPR / AED CERTIFICATION

Join the Henry County Public Safety Department and Henry County Parks and Recreation for a First Aid/CPR/AED training course. Call Henry County Parks and Recreation at 634.4645 for more information or to learn how to register for a training class. Participants must pre-register for this class.

Day/Time: Wednesday, September 4th
6:00pm - 10:00pm
Location: Public Safety Building
Cost: \$75

GROUP FISHING POLE LOANER PROGRAM

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Group Fishing Pole Loaner Program. A 7 day notice and a \$50 deposit are required to check out poles. Please call 634.4645 to reserve or learn more about our Group Fishing Pole Loaner Program.

HENRY COUNTY'S 5TH ANNUAL CHRISTMAS LIGHT CONTEST

Do you think your house is always the most decorative in your neighborhood around Christmas time? Are you looking for the attention that you deserve after all your hard work of putting up Christmas lights, decorations, etc.? If so, join Henry County Parks and Recreation for our 5th Annual Christmas Light Contest. First, second and third place winners will receive trophies and prize packages. Registration deadline is December 11th. All lights, decorations, etc. must be up and complete by December 12th.

Dates/Times: Registration deadline is December 11th
Location: Henry County / Martinsville
Cost: \$10

BASIC SEWING CLASS

Have a pair of pants that need to be hemmed? This class will teach you the basic skills you need to take care of those pants and much more! Participants will also have the opportunity to work on projects with assistance from the instructor just in time for the holidays. This class is for participants ages 16 and older and pre-registration is required. Please call 634.4640 for more information or to register.

Day/Time: Thursdays, September 19 - October 3
Location: Henry County Administration Building
Cost: \$30 per 3 week session

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.

Day/Time: September 26th & November 21st
5:30pm - 6:30pm
Location: Auto Tech in Martinsville, VA
Cost: \$15

PHARMACY TECHNICIAN CERTIFICATION COURSE

This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCEB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings while working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy technician field which includes reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement. Course Contact Hours - 50 hrs.

Day/Time: Tuesdays & Thursdays • 6:00pm - 9:30pm
October 15th - December 5th
Location: Henry County Administration Building
Cost: \$999 (textbooks included)

CLINICAL MEDICAL ASSISTANT PROGRAM

This program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. This program will train students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes among other things preparing patients for examination, treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, a professional workplace behavior, ethics, and the legal aspects of healthcare. This program includes 140 hours of classroom lecture, hands-on labs, and a clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, students must successfully complete the 140 hour program, submit to a thorough background check, and a drug screening and among other requirements.

Day/Time: Tuesdays & Thursdays • 6:00pm - 9:30pm
October 1st - January 16th, Saturdays
(10/12, 10/26, 11/9, 11/23, 12/7, 1/4)
Location: Henry County Administration Building
Cost: \$2,399 (textbooks included)

TRIPS / SPORTS EVENTS

MYRTLE BEACH IN SEPTEMBER

Join us Friday – Sunday, September 27th – 29th, 2013, as we travel to Myrtle Beach, SC.

Day 1: Check into our Ocean View rooms, enjoy the beach and have dinner at the Chesapeake House (seafood restaurant).

Day 2: Today, you can stay in, enjoy downtown Myrtle Beach, enjoy walking on the beach or go shopping at Tanger Outlets. This evening, we will take a backstage tour at Alabama Theatre. You will see all of the inner working of a theatre which includes seeing costumes, dressing rooms, stage mechanisms and talk with the productions crew. After dinner, we attend the multi-million dollar blockbuster hit, One (The New Show). This mega hit is a Gaylord Entertainment Production. After the show, the emcee and host of the show will spend some time with the group.

Day 3: You will have an opportunity to visit another Tanger Outlet before heading home.

Day/Time: September 27th - 29th
Location: Myrtle Beach, SC
Cost: Price per person:
 Single Occupancy \$359
 Double Occupancy \$299
 Triple Occupancy \$294
 Quad Occupancy \$289

AMTRAK FROM GREENSBORO TO RALEIGH, NC

Join us Saturday, November 2, 2013, as we take the motorcoach to the restored passenger train station in Greensboro, NC, and board the Amtrak train for a 78 mile journey to North Carolina's State Capital in Raleigh, NC. In Raleigh, you can tour the State Capital, the State History Museum, and the Museum of Natural Sciences. You can have lunch on your own in the City Market area. After 4:00p.m. we will board the train back to Greensboro where our motorcoach awaits to bring us home. Price Includes: Roundtrip motorcoach transportation, biscuit and juice on bus, roundtrip Amtrak ticket from Greensboro to Raleigh, visits to museums in Raleigh, and a tour host.

Day/Time: November 2nd
Location: Greensboro & Raleigh, NC
Cost: Price per person: \$99

CHRISTMAS AT BILTMORE ESTATE

Join us on Sunday, November 17th, 2013 as we travel to Biltmore Estates in Asheville, NC. Embrace holiday hospitality on a grand scale. The bounty of Biltmore's Christmas celebration is drawn from the Estates itself. Nature's generosity infuses dozens of decorated trees; hundreds of fresh wreaths, poinsettias, and miles of evergreen roping adorn the Estate. Inside Biltmore House abundant decorations highlight the architecture and art collection. Musical performances add seasonal sounds while delectable holiday specialties grace Biltmore's restaurant menu. Boasting four acres of floor space, the 250-room mansion features 34 master bedrooms, 43 bathrooms, 65 fireplaces, three kitchens, and an indoor swimming pool. Price Includes: Roundtrip motorcoach transportation, admission to Biltmore Estates Christmas Tour, admission to Biltmore Winery, and a tour host.

Day/Time: November 17th
Location: Biltmore Estates in Asheville, NC
Cost: Price per person: \$99

50 PLUS CLUB DROP-IN

DROP-IN ACTIVITIES

- Bingo** 1st & 3rd Tuesdays of each month
1:00 p.m. Bingo cancelled December 17
- Bridge** 1st and 3rd Thursdays of each month
12:30 p.m. (Please have four people to play at your table.)
- Book Bingo**
4th Tuesday in October
1:30 p.m.-3:00pm
- Walking Club** Mondays & Wednesdays - thru October
(Call office for time)

Activities are held at the Henry County Admin. Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off of Kings Mountain Road.

CLUBS

SMITH RIVER VALLEY CANOE CLUB

Club meets to promote the year round sport of canoeing/kayaking. Information on equipment, skills and river destinations. Rolling sessions held weekly. Contact: BR Bryant 638.4306 or email: creekr@webtv.net. Their webpage is www.groups.yahoo.com/group/srvcc. Cost: See club members for info.

Time/Days: Quarterly Meetings, TBA
Location: See club members for info.

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. Cost: See club members for dues info.

Time/Days: Second Tuesday, Monthly, 7pm
Location: Henry County Admin. Bldg.
 Patriot Flying Field

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 at www.hcproamphoto.org

Time/Days: First Monday, Monthly, 7:00pm
 2nd Monday September
Location: Henry County Admin. Bldg.
Cost: No charge

BIKE CLUB

The club meets on a regular basis. For more information please call 634.4645.

Time/Days: Varies
Location: Henry County Admin. Bldg.
Cost: No charge.

BLUE RIDGE SKI AND OUTING CLUB

The purpose of the Blue Ridge Ski and Outing Club is to promote getting active outdoors. Members enjoy many activities together, including skiing, hiking, canoeing, biking, travelling and picnics plus more. For more information, monthly newsletters and contact information visit their website www.brsoc.org. Board meetings monthly, general membership meetings to be announced.

Time/Days: 2nd Thursday, monthly • 6:00pm
Location: Henry County Administration Building

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 • Is there a program, class, trip, etc. that
 • you would like to see us offer? Do you
 • have expertise in a certain area and
 • want to teach a program, class, event, etc.?
 • Please send any suggestions or comments
 • to Andy Mabe at amabe@co.henry.va.us
 • or call 634.4645.
 •

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: September 17, October 15, and November 19
 from 12:45pm to 1:00pm
Location: Henry County Admin. Bldg., Rm#1

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING:
Time/Days: September 10, October 8, November 12, and December 10
 from 8:00am to 9:00am
Location: Henry County Admin. Bldg., Rm#1

50 PLUS CLUB

MARTINSVILLE URGENT CARE HEALTH SCREENINGS

Martinsville Urgent Care will be available every 4th Thursday of each month to provide health care information and free screenings. A member of their staff will be available to check your blood pressure and conduct random blood sugar tests.

Mountain Valley Hospice & Palliative Care will be on-site to provide a free Oxygen Saturation screening for anyone interested.

Blue Ridge Village will be available to discuss alternative health care needs and Dance of Life will be available to provide information on massage therapy and demonstrate massage therapy. Please call the office the day before the screening to confirm that the provider you are interested in will be here and available. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Day: 4th Thursday of each month • 9:00am - 11:00am
Location: Lobby of the Henry County Admin. Building
Cost: Free
Note: Health Screenings are canceled in November.

EAT SMART AND MOVE MORE

Join Kim Hairfield with the Virginia Cooperative Extension office, for Virginia's Family Nutrition Education Program, Eat Smart Move More. She will demonstrate very simple changes to your everyday life that will have a positive impact on your future and offer tips on nutrition.

Each week we will sample a low cost recipe and have new recipes to take home. If you attend all 6 classes, you will receive a free cookbook and cooking tools. So come on out to see how you can make simple changes for a healthy life!

Time/Days: Thursdays of each week for 6 weeks,
 starting October 3 • 2:00pm - 3:00pm
Location: Blackberry Baptist Church
 3241 Stones Dairy Road, Bassett, 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 is 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: October 24 & 25 • 10:00am - 2:00pm
Location: Henry County Admin. Bldg. Rm#2
 3300 Kings Mountain Rd., Martinsville, VA
Cost: \$12 for AARP members/\$14 non-members

CAPTAIN'S CHOICE GOLF TOURNAMENT AT BASSETT COUNTRY CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for Seniors at Bassett Country Club. Trophies will be awarded and refreshments will be served. Pre-registration is required. For additional information regarding pre-registration, please call 634.4643.

Time/Days: Monday, October 21, 2013 • 9:00am
Location: Bassett Country Club
Cost: \$18 entry fee for non-members
 \$14 entry fee for members

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 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/Thursday of each week
 10:00am - 12:00noon
Location: Collinsville Branch Library
 2540 Virginia Avenue, Collinsville
Cost: Free (Participant will need to bring their own crochet supplies)

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 – Wednesday – 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
Cost: Suggested donation

Time/Days: Tuesdays, 11:00am – 1:00pm
Location: Preston Community Center
The location of the Preston Nutrition Site may change in October. Please call the office to verify location.
Cost: Suggested donation

Time/Days: Wednesdays, 11:00am – 1:00pm
Locations: Bassett United Methodist Church in the fellowship hall
Cost: Suggested donation

"SENIOR LINK"...CONNECTING SENIORS THROUGH FELLOWSHIP, FITNESS & FUN!

This publication contains the most recent up to date information regarding senior citizen activities and programs available to seniors in the Henry County area. The newsletter is available to any senior adult interested in being placed on the email or mailing list by calling Lois at 634.4644.

BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. The Breakfast Club 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: September 24 Dutch Inn
2360 Virginia Avenue
Collinsville, VA

October 22 Clarence's Steak & Seafood
6636 Greensboro Road
Ridgeway, VA

November 26 Chick-Fil-A
400 Liberty Street
Martinsville, VA

December Breakfast cancelled due to Christmas holiday

Cost: Individual is responsible for cost of breakfast

DECO MESH RIBBON WREATH

Come join us to learn how to make a Deco Mesh Ribbon wreath for your favorite holiday or any day of the year. This new wreath trend is all the rage and we are going to teach you how easy it is to do on your own. Please pre-register with the Henry County/Martinsville Virginia Cooperative Extension Office at 634.4650 by October 28th. Please make checks payable to: Henry/Martinsville VCE.

Time/Days: Tuesday, November 19
10:00am - 12noon
Location: Henry County Administration Bldg. Rm #2
Cost: \$30

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

October 15 Chick-Fil-A
400 Liberty Street
Martinsville, VA

November 19 Wild Magnolia
730 East Church Street
Martinsville, VA

December 17 Dutch Inn Hotel & Restaurant
2360 Virginia Avenue
Collinsville, VA
If you wish to play a game after our Christmas lunch, please bring a wrapped gift that costs no more than \$1.00

Cost: Individual is responsible for cost of lunch

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.

Time/Days: To be determined (Please call office for additional information)
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$20 for five weeks

SENIOR FALL GOLF TOURNAMENT

Henry County Parks & Recreation in conjunction with the Martinsville Senior Center and Beaver Hills Golf Course is slated to host a Fall Senior Golf Tournament for men and women 50 years of age and older using the Calloway Handicap scoring system. Please contact Beaver Hills Golf Course at 632.1526 for additional information on the tournament.

Time/Days: Tuesday, September 10 at 9:00am
Rain date: September 11th
Location: Beaver Hills Golf Course
325 Beaver Hills Club Drive
Martinsville, VA
Cost: \$8 for members / \$15 for non-members

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, September 6 at Sportlanes from 9:00 am to 12 noon. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, September 6 • 9:00am - 12pm
Location: Sportlanes
10 Koehler Rd., Martinsville, VA
Cost: Free for individuals 50 years of age and older

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 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 Administration Bldg., Rm#1
Cost: Donation

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 September 3rd
Location: Teresa's School of Baton and Dance
50 Coffman Drive, Collinsville, VA
Cost: Weekly or monthly fee

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: October 22, 2013 • 1:30pm - 3:00pm
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free/Donations of books accepted

MOVIE DAY

Join Henry County Parks & Recreation for an afternoon at the movies. The movies that play in our area may change from week to week and that change generally occurs on Friday. We will announce the movie we plan to attend the week before 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: Wednesday, Time to be determined
Location: Varies
Cost: To be announced

EDIBLE FRUIT ARRANGEMENT

Eating fruit provides good nutrition to the body and is a contributing factor to good health. An Edible Fruit Arrangement provides nutritious benefits and well as making an occasion special and even more unique. Come join us to learn the techniques needed to design an exciting fruit arrangement and leave with a small edible fruit arrangement. Pre-registration is required. Space is limited to ten participants. Please pre-register with the Henry County/Martinsville Virginia Cooperative Extension Office at 634.4650 by October 7. Please make checks payable to: Henry/Martinsville VCE.

Time/Days: Thursday, October 17 • 10:00am-12pm
Location: Henry County Admin. Bldg. Rm #2
Cost: \$20

EDIBLE VEGETABLE ARRANGEMENTS

Eating vegetables provides a good source of nutrition to the body and is a contributing factor to good health. This class will provide nutritious benefits and well as making an occasion special and even more unique. Come join us to learn the techniques needed to design an exciting vegetable arrangement and leave with a small edible vegetable arrangement. Pre-registration is required. Space is limited to ten participants. Please pre-register with the Henry County/Martinsville Virginia Cooperative Extension Office at 634.4650 by October 7. Please make checks payable to: Henry/Martinsville VCE.

Time/Days: Tuesday, October 15 • 10:00am - 12pm
Location: Henry County Admin. Bldg. Rm. #2
Cost: \$15

50 PLUS CLUB

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 September 3, 2013. Space is limited to twelve participants so please call early. Cost is free.

Time/Days: Tuesday, September 10, 2013 • 1:00pm
Rain date: September 11
Location: Henry County Sheriff's Office
Conference room and shooting range.
The shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.

FALL SENIOR BOWLING LEAGUE

The Fall 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 632.6060. Registration ends when teams are filled.

Time/Days: Wednesdays, 9:10am, beginning September 11. Practice begins at 9:00am
Location: Sportlanes in Collinsville
Cost: \$5.00 for three games, including bowling ball and shoes.

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, weather permitting, to introduce you to 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. Cost is free.

Time/Days: Mondays • 8:30 am
Weather permitting through October
Location: Liberty Street Trailhead of the Dick & Willie Passage

CRAFT ART SWAP

ATTENTION: All Senior Artisans and Crafters. Join Henry County Parks & Recreation Senior Services for a free Friday afternoon of fun at our first ever CRAFT ART SWAP. Bring all of your left over craft supplies and swap with fellow crafters for a new hobby. **EXAMPLES:** Ribbons, Card Supplies, Glassware, Crochet and Knitting Yarn, Scrapbook Supplies, Hook-Rug Supplies, Cross Stitch, Painting Supplies, Jewelry and Beads, Floral Supplies, Fabrics, Holiday Crafts, Wreaths, Baskets, and Craft Containers. **LOOKERS WELCOME!**

Time/Days: Friday, October 18 • 1:00pm - 4:00pm
Location: Jack Dalton Park Shelter
130 Jack Dalton Rd., Martinsville, VA
Cost: Free • Donations can be made to HCP&R towards the Senior Program

LUNCH AT VIRGINIA HOME INN

Join Henry County Parks & Recreation for lunch at the Virginia Home Inn located in Fieldale, Virginia. The historic Virginia Home Inn located in Fieldale is listed on the National Register of Historic Places by the Interior Department and is also listed on the Virginia Landmark Register. The 22-room home, built for Marshall Fields in 1920, is now an inn and sits on almost 2 acres of gardens, lawn and woods. Join us for lunch along with plenty of southern hospitality. Pre-registration is required. For additional information or to make reservations, please call 634.4644. Space is limited so reserve your spot early.

Time/Days: Tuesday, October 8/11:30 am
Thursday, December 5/11:30 am
Location: The Virginia Home Inn
986 Field Avenue, Fieldale, VA
Cost: Individual is responsible for cost of lunch and payment is due no later than September 27th and November 21

ART OF THE MONTH

Join us for our monthly classes with Karen Eggleston, QVC artist, at the Collinsville Branch Library on the third Monday of each month. You will make something at each class that is unique and makes a great gift. Space is limited so pre-register early. Description of each class is listed below. The cost of class noted includes supplies.

Time/Days: Mondays, September & October class time is 3-5pm. The November & December class times are 3-5pm and 6-8pm.

September 16 "MAKING CHRISTMAS CARDS"
The student will be able to "go wild" – creating their own ideas of interest. You will have access to all stamps, card stock, cutting tools and embellishments. Cost of supplies for the class is \$15.00.

October 21 "DECORATE BOX TO STORE CHRISTMAS CARDS"
This will be a fantastic class for EVERYONE! You will decorate your own box to store your Christmas Cards. You will make additional Christmas cards as time permits. Cost of supplies for the class is \$15.00.

November 18 "PAINT DARK WINE BOTTLES WITH A SNOWMEN FAMILY OR OTHER DESIGN"
This makes a real treasure ornament for yourself or would be a great gift for someone special. Cost of supplies for the class is \$15.00.

December 16 "PINE CONE TREE ORNAMENT"
The participant will choose their favorite scrapbook paper design to create a pine cone tree ornament. Cost of supplies for the class is \$15.00.

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

BEGINNING KNITTING

Henry County Parks & Recreation will sponsor a beginning knitting class for adults 50 years of age and older. If you are interested in learning beginning knitting techniques, this is the class for you. Fern Kanode will instruct the class. For additional information or to pre-register, please call 634.4644 by September 12th, 2013.

Time/Days: Thursday of each week starting Sept. 19th
Class is for 6 weeks from 9am-11am
Location: Starling Avenue Baptist Church
932 Starling Avenue, Martinsville, VA
Cost: \$10 per person for six weeks
Participant needs US size 10 knitting needles, one ball of worsted yard and some additional items. Tools and supplies will be available in class.

ADVANCED KNITTING

Henry County Parks & Recreation will sponsor an advanced knitting class for adults 50 years of age and older. If you are interested in learning advanced knitting techniques, this is the class for you. Fern Kanode will instruct the class. For additional information or to pre-register, please call 634.4644 by September 12th, 2013.

Time/Days: Thursday of each week starting Sept. 19th
Class is for 6 weeks from 11am-1pm
Location: Starling Avenue Baptist Church
932 Starling Avenue, Martinsville, VA
Cost: \$10 per person for six weeks
Participant has pleasure of choosing their own projects and materials needed. Patterns, tools and supplies will be available in class.

The 50+ Club activities are designed specifically for individuals 50 years of age and older. Individuals under the age of fifty should feel free to enjoy all other age appropriate activities offered by the recreation section of our department.

ZUMBA GOLD

Join Henry County Parks & Recreation and the Martinsville Henry County Coalition for Health and Wellness for Zumba Gold Fitness Class. Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. For additional information or to pre-register, please call 634.4644.

Time/Days: Tuesday & Thursday mornings at 9:00am
Location: Wesley Memorial United Methodist Church
824 Starling Ave., Martinsville, VA
Cost: Free

NEW MONDAY AFTERNOON SENIOR BOWLING LEAGUE

This new Senior 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 632.6060 and or 634.4643. Registration ends when teams are filled.

Time/Days: Mondays, 1:00pm, beginning Sept. 9
Practice begins at 12:50pm
Location: Sportlanes
10 Koehler Rd., Martinsville, VA
Cost: The cost to be determined, but will include three games, bowling ball and shoes.

MEDICARE OPEN ENROLLMENT 2013

The Medicare Open Enrollment period for Medicare Prescription Drug Coverage Plans (Part D) and Medicare Advantage Plans (Part C) is from **October 15th through December 7, 2013**. Any change you make during the Open Enrollment period will take effect on **January 1st, 2014**.

Medicare Open Enrollment is the time of the year to check your current Medicare Prescription Drug plan or Medicare Advantage plan coverage. You might be able to find better coverage and/or save money if you switch plans. Even if your current policy seems to work for you, it's a good idea to check to see if it continues to match all your health care needs for the upcoming year.

Southern Area Agency on Aging VICAP Program is here to provide you information to make an informed decision regarding the different plans available to make a switch if you decide too. The information that is provided to a client will be generated by using a Plan Finder Tool that can be found on www.medicare.gov. Remember that if you don't use this window of opportunity, you cannot make any changes to your coverage before October of the next year.

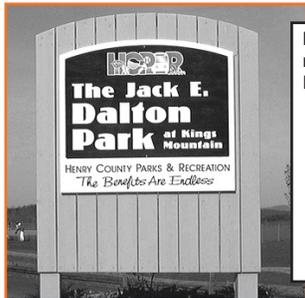
For more information call Southern Area Agency on Aging at (276) 632-6442 or toll free (800) 468-4571.

Dis-Enrollment Period For Medicare Advantage Plans

During the Annual Dis-Enrollment period, you may elect to dis-enroll from your current Medicare advantage plan and return to original Medicare. You also have the chance to join a Medicare Prescription Drug Plan during this time, after you cancel your advantage plan.

The Medicare Dis-Enrollment period is from January 1st through February 14th, 2014. Changes to your coverage will take effect the first day of the month after the plan received your enrollment form.

THERE'S SOMETHING FOR EVERYONE AT A PARK

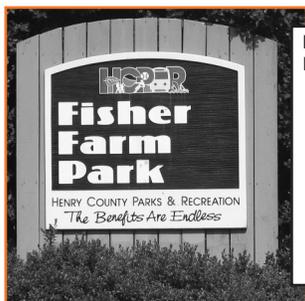


Located in Collinsville behind the Henry County Administration Building on Jack Dalton Road.
Facilities include:

- 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

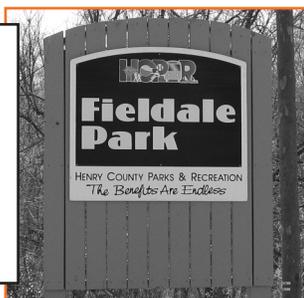


Located in Martinsville on DuPont Road.
Facilities include:

- 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



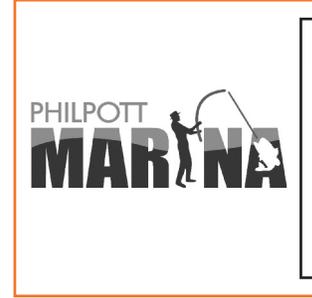
Henry County Parks and Recreation operates and maintains seven parks and twenty other recreational facilities with a total of 435 acres in the county. All of our parks have recently been renovated and offer a variety of recreation opportunities. The parks, their locations and amenities are described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

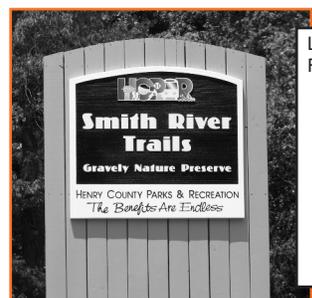
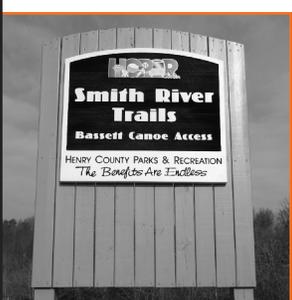


Located on Philpott Lake.
Facilities include:

- A 40 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
- Lauren Mountain Preserve



Located in Ridgeway on Eggleston Falls Road.
Facilities include:

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

YOUTH ATHLETICS

BASKETBALL SPIRIT SQUAD

Middle School cheer program for 6th, 7th and 8th grade girls. Participants learn the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2013-2014 boys basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has and a \$40 fee is required.

Time/Dates: Registration begins October 1st
Registration Deadline is November 8th
Location: Middle Schools
Cost: \$40

BOYS BASKETBALL

League play is offered for boys
ages 8 - 13 as of October 1, 2013
Teams are based at each elementary and middle school.
Registration Deadline: November 15, 2013
Practice & Game Dates: December through March



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
- all textbooks, workbooks and student materials
- a new "Secure Student Website" – including career resources & other training
- engaging labs, student exercises and course videos
- 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 634.4645,
email amabe@co.henry.va.us – or call toll free 1-888-574-6218

VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL RECOGNITION

We would like to thank the following coaches for taking the time to be a volunteer youth sport 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.

BASEBALL

Jay Gilbert
Ray Hairston
Barry Priddy
Doug Zola
Justin Mitchell
Tim Gleason
Terry Carter
Eric Martin
John Athey

Andrea Harbour
Jay Rigney
Sammy Brown
Mike Deal
Rodney Taylor
Tracey France
Shane Grady
James Ballard
David Martin

Chas Geramita
Mike Minter
Lee Hughes
Eddie Sechrist
Mark Kangas
Chris Smith
Ricky McDaniel
Brad Nunn
John Hopkins

Marshall Thomas
Stephen Tinch
Erik Lawrence
Jerry Hiatt
Randy Kendrick
Kenneth Smith
Scott Gauldin
Kevin Hubbard

SOFTBALL

Steve Hall
Stephanie Wagoner
Trey Nichols
Jay Blair

Eddie Newman
Danny Motley
Doug Mosley
Del Mills

Becky Burris
Mark Tilley
Lonnie Hale
Charlie Holland

Junior Goins
Gary Haynes
Todd Barnes