

# The City Focus

Official Newsletter for the  
City of Colonial Heights



Spring 2019

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[www.colonialheightsva.gov](http://www.colonialheightsva.gov)

# City of Colonial Heights Council Members



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kochubag@colonialheightsva.gov



**Elizabeth G. Luck**  
Vice-Mayor  
lucke@colonialheightsva.gov



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cherrym@colonialheightsva.gov



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**John T. Wood**  
Councilman  
woodj@colonialheightsva.gov

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City Clerk of Council  
wallacep@colonialheightsva.gov  
(804)520-9360

## Contact the City Manager



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



## COUNCIL COLUMN



**Kenneth B. Frenier, Councilman**  
frenierk@colonialheightsva.gov

What a surprise snow storm we had on December 9, 2018! The total our area was supposed to receive kept increasing with a final total of 11 inches and a State record for snowfall in December since 1908. This storm caused City Offices to close for a day and schools to close for 4 days. A big **thank you** to City

crews who did a great job getting streets cleared so travel would be easier.

During 2018, over 50 ordinances were presented for Council's approval; below are just a few:

- 1) Chapter 244 Solid Waste, Section 244-14 - Trash Cans and Recycle Containers removed from the street after pickup (see separate article in this issue).
- 2) Chapter 286 Zoning, Sections 286-202.10, 286-308.04, 286.310-.04 - Mobile Food Units are now allowed to operate in the City. These food units have always been allowed to operate at private events but not on City Property and in Business Districts. With this ordinance, Mobile Food Units can operate in certain Business Districts and on City Property with a permit and after meeting certain guidelines.
- 3) Chapter 258 Taxation, adding Article IIC in Sections 258 – 16.11 through 258 – 16.17 Tax Break Incentive for home repair. Residents that do certain repairs to their property could be eligible to get a Real Estate Tax Break on that repair. Several guidelines must be met, and each will be considered on a case by case basis.

All ordinances can be viewed on the City's website at [www.colonialheightsva.gov](http://www.colonialheightsva.gov).

During 2019, the City looks forward to the following projects for which contracts have been awarded:

- Temple Avenue resurfacing from the Boulevard to Conduit.
- Temple Avenue Resurfacing from Conduit to the Prince George line.
- Pavement preservation of the following streets: Watercress Court, Crescent Avenue, Washington Avenue and Jefferson Avenue.

Although contracts have not been awarded, it is anticipated contracts will be awarded in 2019 for the following projects:

- Holly Avenue and Jamestown Road reconstruction.
- Temple Avenue Traffic Signal coordination.
- Safe Routes to school sidewalks at North Elementary, Phase 1.
- Dupuy Avenue widening.
- Conduit and Ellerslie Intersection improvement; the entire intersection will be reconstructed to include new pavement, traffic lights, crosswalk lights and crosswalk lanes.
- Appomattox River Greenway Trail, Phase IV.
- Hemlock Avenue and Nantucket Court Drainage repair.

While these projects are under construction, please pay attention as you drive through construction areas to give workers a **BRAKE** so they can go home safely each day.

Construction of a new Quint Fire Apparatus will start in February and should be completed by the end of the year or first part of next year. This is to replace the current Quint that will be 20 years old in 2020. This unit is housed at the Dunlop Fire Station.

As you can see, there are many proposed projects within the City scheduled for the upcoming year. All projects are to enhance the City and to make it nicer for the residents to live, work and play. Please feel free to contact me at [frenierk@colonialheightsva.gov](mailto:frenierk@colonialheightsva.gov) if I can be of assistance to you. Thank you for allowing me to serve you.



Feb 12	<b>City Council Regular Meeting</b> 7:00 pm - Council Chambers
Feb 18	<b>City Holiday - President's Day</b> Government Offices Closed
Feb 19	<b>City Council Special Meeting</b> 6:00 pm - Council Chambers ( <i>tentative</i> )
Mar 5	<b>Planning Commission</b> 7:00 pm - Council Chambers
Mar 12	<b>City Council Regular Meeting</b> 7:00 pm - Council Chambers
Mar 19	<b>City Council Special Meeting</b> 6:00 pm - Council Chambers ( <i>tentative</i> )
Apr 2	<b>Planning Commission</b> ( <i>tentative</i> ) 7:00 pm - Council Chambers
Apr 9	<b>City Council Regular Meeting</b> 7:00 pm - Council Chambers
Apr 16	<b>City Council Special Meeting</b> 6:00 pm - Council Chambers
Apr 19	<b>City Holiday - Good Friday</b> Government Offices Closed
Apr 23	<b>City Council Special Meeting</b> 6:00 pm - Council Chambers Public Hearing FY 19-20 Annual Operating Budget
May 7	<b>Planning Commission</b> ( <i>tentative</i> ) 7:00 pm - Council Chambers
May 14	<b>City Council Regular Meeting</b> 7:00 pm - Council Chambers
May 21	<b>City Council Special Meeting</b> 6:00 pm - Council Chambers ( <i>tentative</i> )
May 27	<b>City Holiday - Memorial Day</b> Government Offices Closed
Jun 4	<b>Planning Commission</b> ( <i>tentative</i> ) 7:00 pm - Council Chambers
Jun 11	<b>City Council Regular Meeting</b> 7:00 pm - Council Chambers
Jun 18	<b>City Council Special Meeting</b> 6:00 pm - Council Chambers ( <i>tentative</i> )

## Solid Waste and Recycling Container Placement NOTICE

\*Attention\*



The City of Colonial Heights Code requires that **Solid Waste and Recycling** cans and containers are to be located behind the front plane of a Residence/Business (can be behind the Building, or to the side, but behind the front), except from noon of the day before collection until 7:00 pm the day after collection.

There is a new penalty provision for not complying. The process for can and container placement violations will be:



A warning letter will be mailed for the 1st violation during a calendar year;



You will have 10 calendar days to be in compliance with the code.



If you fail to comply or have another violation within the same calendar year, a civil penalty of \$50 will be imposed, to be paid within 30 calendar days. If not paid, the penalty will be added to the bi-monthly water/sewer bill.

For questions, please call (804) 520-9297.

## From the Commissioner of the Revenue

### Dates to remember for 2019:

**January 31, 2019** You must file your tangible personal property return by this date to avoid a 10% late filing penalty. This means return your blue form with changes to this office or advise us of all vehicles, motorcycles, motor homes, boats, trailers, etc. that you owned on January 1, 2019.

**January 31, 2019** The above also applies to business personal property. Report to this office all office furnishings, computers, machinery and tools, anything that is used to operate your business. You may request a filing extension to March 15, 2019.

**January 31, 2019** File **High Mileage** affidavit by this date. Let us know about any vehicles, motor homes, boats, trailers, etc. that you sold in 2018.

**March 1, 2019** Existing businesses should renew their **Business License** after January 1 with the deadline to do so being **March 1**. Penalty and interest applies after March 1.

**March 31, 2019** Deadline to file for Elderly or Disabled Real Estate tax relief.

**Business License Application, Business Personal Property Schedule, Elderly or Disabled Real Estate tax relief Applications are all available on the City website or call 804 520-9280.**

## **City of Colonial Heights Adopt-A-Roadway Spring Cleanup Day**

**Date: Saturday April 27, 2019 from  
8:00 a.m. to 12:00 p.m.**

This event is intended for the "Adopt-A-Roadway" program here in the city. We will meet briefly in the Community Building on Roanoke Avenue where the Mayor will provide the kick-off speech for the day activities. Refreshments and t-shirts are provided for the participants.

If you have questions or need additional information, please call the Public Works Department (804) 520-9372, Monday through Friday 7:30 a.m. to 3:00 p.m. or email [dixonp@colonialheightsva.gov](mailto:dixonp@colonialheightsva.gov)

We look forward to seeing everyone there and thank you for all your support in keeping our city clean!

## **Captain William Anspach Graduates from FBI National Academy**

Captain William H. "Billy" Anspach, III, graduated from the 274th Session of the FBI National Academy on December 14, 2018.

The FBI National Academy offers a professional course of study for U. S. and international law enforcement leaders that serves to improve the administration of justice in police departments and agencies at home and abroad, and to raise law enforcement standards, knowledge and cooperation worldwide. Its mission is "to support, promote, and enhance the personal and professional development of law enforcement leaders by preparing them for complex, dynamic, and contemporary challenges through innovative techniques, facilitating excellence in education and research, and forging partnerships throughout the world."

Captain Anspach currently serves as commander of CHPD's Law Enforcement Services Division and is responsible for officer training, body camera management, maintenance and purchasing of equipment, property and evidence management, and buildings and grounds. The division also oversees inspections, research and development, grants, records, receptionists and special projects.

"Captain Anspach is one of the top law enforcement leaders in the Commonwealth. He earned his prestigious nomination to attend the National Academy, his performance was exemplary, and he is now well prepared to continue his leadership into the future for our agency," said Chief Faries. While attending the academy, Captain Anspach attained 12 graduate credits from the University of Virginia. During the 10 weeks, he also earned the prestigious "yellow brick" and the new cycling brick for his physical fitness accomplishments.

Captain Anspach joins Colonel Jeffrey W. Faries as alumni of the program, both of whom are currently serving at the Colonial Heights Police Department. CHPD has a strong relationship with the FBI and the National Academy. Other distinguished graduates who have served the city are former Chief Steven Sheffield (Ret.), Chief Richard Schurman (Ret.), and Colonel W. Keith Early, current Chief of the Prince George County Police Department.



# COLONIAL HEIGHTS RECREATION AND PARKS DEPARTMENT

Office Hours: Monday - Friday 8:00am - 5:00pm

P.O. Box 3401 / 901 Meridian Avenue

Colonial Heights, VA 23834

[www.colonialheightsva.gov/recandparks](http://www.colonialheightsva.gov/recandparks)

Recreation and Parks Office (804)520-9390  
Recreation and Parks Fax (804)520-9203  
Senior Activities & Classes (804)520-9220  
Senior Transportation (804)520-9219  
Teen Center (804)524-8717  
Weather Cancellation Line (804)524-8788  
Violet Bank Museum (804)520-9395

## REGISTER BY MAIL

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

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

## REGISTER IN PERSON

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

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

## REGISTER OVER THE PHONE

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

## REGISTER ONLINE

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

## AFTER HOURS DROPBOX

We have a Drop Box for after hours collection of registrations, payments and uniforms; located in front of the Community Center at 157 Roanoke Ave.

## PAYMENT OPTIONS

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time. Please make checks payable to: "City of Colonial Heights". \$35 fee may apply for returned checks

## CONNECT WITH US...



## SPRING ADULT SOFTBALL

### LEAGUE

Ages 16+

Registration is currently being accepted for the Men's and Women's Open Leagues, COED Leagues & Church Leagues for the 2019 Spring/Summer Adult Softball Leagues. Starting this spring all leagues will be NSA Softball leagues under the direction of NSA staff. Registration Deadline for the Spring/Summer season will be Friday, March 1, 2019. League games begin week of March 18, 2019. Fee: \$650/team

#### Primary Game Nights:

Men's Upper Competitive - Mon nights

Church or COED - Tue/Thur nights

Men's Lower or COED - Wed/Thur nights

Game nights are subject to change based on the number of teams registered. Teams must be available to play any weeknight. Teams must supply game balls. Game balls must be NSA Icon .44 core 400lbs.

## READY, SET, RUN

Ages 6-13

Ready, Set, Run! is a character-building running program that trains kids to participate in a 5K run. In addition to running, the program offers participants an opportunity to learn about and take part in things such as healthy eating habits, positive goal setting, wellness development and much more!

Mo/Fr 3/11-5/10 6:30pm-7:30pm  
\$50 Lakeview Elem. School  
\*siblings are \$40

#### 5K Race Info (race fee included in price)

Saturday May 11 - 8am; Richmond Raceway  
The BUBBLE RUN™ is like running through Willy Wonkas' factory. Clad in white t-shirts, adults, kids and strollers run, walk, dance and play. At each kilometer, participants will run through the Foam Bogs where there is enough colored foam to cover you from head to toe!

## YOUTH BASEBALL/SOFTBALL REGISTRATION

Ages: Boys 4-18 (as of 4/30/19)

Girls 4-15 (as of 8/31/19)

Registration for 2019 youth baseball and softball leagues will begin on January 30, 2019. The deadline to register is March 1st. To register you must be a City of Colonial Heights resident. Practices begin mid-March. Practice times will vary depending on the amount of teams in each league.

Fee: \$20 until March 1st; \$30 after March 1st, children registered after March 1st may be placed on a waiting list.

#### Coed:

Rookie League (Instructional) ages 4-5  
Coach Pitch (Instructional) ages 6-8

#### Boys:

AAA League ages 9-10  
Major League ages 11-12  
National League ages 13-15  
Big League ages 16-18

#### Girls:

Angels ages 9-10  
Darlings ages 11-12  
Belles ages 13-15  
Debs ages 16-18

## SPRING VOLLEYBALL

Ages 10-15 (age as of 9/1/19)

Spring Volleyball is designed to teach boys and girls the fundamentals of Volleyball through traditional volleyball matches. The program is designed to emphasize sportsmanship, skill development and teamwork in a safe and fun learning environment. Registration begins on February 4, 2019. The deadline to register is Friday March 8, 2019. Practice days and times will vary depending on the amount of registrants in the program.

Age Divisions:

10-12 (Minors), 13-15 (Juniors)  
\$40 Resident / \$60 non-Resident

## LITTLE TYKES ALL-STARS

Ages 3-5

Little Tykes focuses on teaching the skills and techniques need to play baseball, basketball, soccer, football, and Tennis. Whether your child is experiencing these sports for the first time or enhancing his or her existing skills, kids will have a BLAST in this fun, non-competitive class.

Tu 3/12-4/9 6:00pm-7:00pm  
Th 4/18-5/16 6:00pm-7:00pm  
\$20/each Ft Clifton Park

## SOFTBALL PITCHERS & CATCHERS CLINIC

Ages 9-15 - This softball clinic focuses on pitching and catching, as well as combining the two to have pitchers throwing bullpens to real catchers. Arm care for both pitchers and catchers will be discussed as well as proper throwing mechanics, pitch selection, calling a game, and the mental side of pitching and catching. There are 3 times to choose from. Must be registered in youth softball program.

Sa 3/9 9am, 1pm or 4pm  
FREE Lakeview Elem. Ballfields

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Sa 3/9 9am, 1pm or 4pm  
FREE Shepherd Stadium

## BASEBALL HITTING & FIELDING CLINIC

Ages 9-15 - The Skills clinic features: Defense – outfield and infield play, catching fundamentals, footwork, balance, throwing mechanics, preparation and glove work. Hitting – balance, rhythm, timing, bat speed, power, mental approach and more. There are 3 times to choose from. Must be registered in youth baseball program.

Sa 3/9 11:30am, 3:30pm, or 6:30pm  
FREE Shepherd Stadium

## SOFTBALL HITTING & FIELDING CLINIC

Ages 9-15 - The Skills clinic features: Defense – outfield and infield play, catching fundamentals, footwork, balance, throwing mechanics, preparation and glove work. Hitting – balance, rhythm, timing, bat speed, power, mental approach and more. There are 3 times to choose from. Must be registered in youth softball program

Sa 3/9 11:30am, 3:30pm, or 6:30pm  
FREE Lakeview Elem. Ballfields

## VOLLEY TIKES

Ages 4-6

The Volley Tikes program focuses on teaching the basic skills and techniques need to play Volleyball. It's never too early to start learning to play volleyball! This fun and active program introduces four to six year old boys and girls to the sport of volleyball through age appropriate activities. It is a simple, fun, and enjoyable program that focuses on physical fitness, coordination, and agility.

We 4/17-5-15 6:00pm-7:00pm  
\$30 Tussing Elem. School

## INSTRUCTIONAL MINI-VOLLEYBALL

Ages 7-9

The Mini-Volleyball program teaches beyond the basic skills and techniques need to play Volleyball in a smaller team format. The smaller team format allows each player to be more involved and get more touches on the volleyball than a traditional game. This new fun and active program introduces seven to nine year old boys and girls to the sport of volleyball through small sided games and drills. It is a simple, fun, and enjoyable program that promotes physical fitness, coordination, and agility. While still developing volleyball skills needed to play games.

We 4/17-5-15 7:00pm-8:00pm  
\$30 Tussing Elem. School



## OKINAWAN KARATE

Ages 5-17

The focus of this class is on respecting others, self-control, self-discipline and avoiding confrontation. The emphasis is on the basics such as, falling, balance, flexibility, agility and basic karate techniques. Please add- uniforms are available for purchase. If there is a cancelation for class due to a holiday then the class schedule will be emailed. No class 3/20, 3/25, 4/1 or 4/3.

Mo/We 3/4-3/27 5:00pm-6:30pm  
Mo/We 4/8-4/29 5:00pm-6:30pm  
Mo/We 5/1-5/29 5:00pm-6:30pm  
\$40 Lakeview Elem. Gym

## YOGA IN THE PARK (FREE)

All Ages

Class lead by Hope Helton-Lynch, E-500RYT, owner of Yoga One. This class is appropriate for all levels and beginners are encouraged to attend. Some of the benefits of yoga are improved strength, balance, flexibility, and inner peace. Bring a yoga mat or a large towel.

Sa 4/27-5/18 11:00am-12:00pm  
FREE White Bank Park

## BELLY DANCING

Ages 13+

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

Th 3/7-3/28 6:00pm-7:00pm  
Th 4/4-4/25 6:00pm-7:00pm  
Th 5/2-5/23 6:00pm-7:00pm  
\$30 Community Center

## SPRING BREAK CAMP

Ages K-5th Grade

Must register by Friday March 22

Spring Break camp this year is going to be held at the Colonial Heights Community center from 8am-5:30pm. Each day we are going on a different field trip which can include anything from going to the movies, Swaders, MP Bounce w/ me and more. Lunch will be given depending on the field trip day. There will only be 20 spots available so preregistration is required. During the day your child will engage in activities such as arts and crafts, group games and team building activities, gym games and more. All those who register will be given the schedule of activities closer to the start date of camp. Student must bring snacks and a water bottle even if lunch is provided. Those ages 6-12 will be able to register for camp. If you child is 5 years of age and have completed or are in kindergarten then they are eligible to register.

Mo-Fr 4/1-4/5 8:00am-5:30pm  
Community Center

### Fees

Full week \$100  
Daily Rate: \$25

Visit our website at [www.colonialheightsva.gov/recandparks](http://www.colonialheightsva.gov/recandparks) to view info on our parks & facilities. Contact us at (804)520-9390 if you are interested in renting a park picnic shelter or the Community Center.

## COUNSELORS IN TRAINING (C.I.T.) PROGRAM

Ages 12-17

This summer our potential Counselors-In-Training will have the chance to participate in a 4 week training exercise. This program is facilitated by our summer camp director, AJ Barksdale. This course is designed to help those interested in becoming CIT develop skills for working with children. Participants will learn various indoor activities, arts and crafts and outdoor/ gym games. They will also be introduced to weekly team building activities that will help prepare them when working with others. This series of classes is mandatory for those interested in becoming a CIT for the Recreation's Summer Camp Program. Spots are limited, so sign up quick! CIT applications are available in the Recreation office or they can be emailed and applications are due Friday, April 19th.

We	5/1-5/22	4:30pm-7:30pm
\$20	Community Center	

## SUMMER TOTS PROGRAM

Ages 3-5 (As of 7/1/19)

The Summer Tots Program is an interactive classroom experience. This program engages youth through the use of educational activities, crafts, sing-a-longs, circle time, special guests and trips. All enrolled youth must be fully potty-trained to attend. Participants parents are encouraged to drop-off their child(ren) during program hours to allow participants to get used to a classroom setting. This program has a maximum of 20 participants and observes a 1:7 ratio of staff to children.

Mo-Fr	6/24-8/2	8:30am-11:30am
	Lakeview Elem. School	

Fees:  
 All weeks \$100  
 Per week \$20

Non-residents may enroll, as space permits, starting 6/3/19. \$175 for all weeks, \$35 per week.

## MESS MAKERS

Ages 2-5

Mess Makers, a program designed for young ones to get down and dirty with different sensory objects, textures and smells. Children are able to squish and squeeze different materials with parents while also expressing their imaginations. Parents are encouraged to participate with their little one!

Fr	4/5-4/26	10:00am-11:00am
\$20	Community Center	

## SUMMER CAMP

### PROGRAM

Ages 6-12 (As of 7/1/19)

The Summer Camp Program is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. All campers must be registered for this program and must be residents of Colonial Heights. All youth who have completed Kindergarten are eligible for camp enrollment. Activity calendars are available June 3. Camp registration starts April 9 and the fee includes camp t-shirt & wristband. Weekly fees include trips.

Mo-Fr	6/24-8/2	8:00am-5:30pm
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Locations (60 max at each site)  
 Lakeview Elem. & North Elem. Schools  
 \$30 to register child for camp  
 \$50 per week, per child for camp

### Summer Camp Parent Orientations

All parents who attend will receive \$15 per family off the cost of their Summer Camp Program Registration.

We	5/1	3:30pm-4:15pm
Tu	5/14	4:00pm-4:45pm
Th	5/30	5:30pm-6:15pm
FREE	Community Center	

## CPR & AED:

### FOR THE COMMUNITY & WORKPLACE

Ages 16+



This course teaches the basic techniques of CPR and the use an AED. The course teaches how to recognize the signs of four major emergencies – heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. Price includes all needed materials.

Sa	6/15	8:30am-12:30pm
Sa	6/22	8:30am-12:30pm
\$30	Library	

## BASIC FIRST AID COURSE

Ages 16+

This course teaches lay responders the knowledge and skills necessary to give care in an emergency; help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Price includes all needed materials.

Sa	6/15	1:00pm-4:00pm
Sa	6/22	1:00pm-4:00pm
\$30	Library	

These courses are provided by the Colonial Heights Recreation Department in conjunction with the Colonial Heights Fire & EMS Department. \*Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. For questions, contact the Recreation Dept. at 520-9390. Register for both classes and receive a \$10 discount.

# 2019 Golf Tournament April 5, 2019

**\$100 Per Person**  
**\$400 Team**

Country Club of Petersburg  
 1250 Flank Road  
 Petersburg, Va 23805



**\$25 pp Super Pass for 3 Tournament Challenges**  
**\$1 for 1/\$5 for 6/ \$10 for an Arm length**  
**50/50 Raffle Drawing**

**Starts at 1:00pm**  
**Followed by Awards and Dinner**

Sponsored by:



**All Proceeds to benefit Colonial Heights Football Program**

# Therapeutic

Therapeutic Recreation (TR) uses recreational activities (such as art, games or dance) to help people with disabilities to improve their physical, cognitive and social skills. For example, doing a craft activity might help a child to build fine motor skills, while also giving them an opportunity to think creatively and have fun with peers.

These activities will be offered to help enhance their recreation interests and participation. Each activity is held on Wednesday from 5:30-7pm; prior to the activity the participant must register and complete a participant profile. The participant profile can be found online on our website or can be emailed per request. The prices of the programs range from \$3.00-\$10.00 and are listed by each activity.

Activity schedules are subject to change. Location: Colonial Heights Community Center.



## SPRING CLASSES (ALL AGES) - COMMUNITY CENTER

We	3/6	Creative Arts	\$3	5:30pm-7:00pm
We	3/13	No Class - see Friday Party below		
Fr	3/15	St. Patrick's Day Party	\$5	5:30pm-7:00pm
We	3/20	Animal Therapy & Music Therapy	\$5	5:30pm-7:00pm
We	3/27	Sensory Stimulation: Bricks 4 Kidz	\$10	5:30pm-7:00pm
We	4/3	No Class - Spring Break		
We	4/10	Healing Sounds Music Therapy	\$10	5:30pm-7:00pm
We	4/17	Adaptive Exercises	\$3	5:30pm-7:00pm
We	4/24	Game Night & Social Hour	\$3	5:30pm-7:00pm
We	5/1	Sensory Stimulation: Finger Foods	\$5	5:30pm-7:00pm
We	5/8	Healing Sounds Music Therapy	\$10	5:30pm-7:00pm
We	5/15	Clever Canines Animal Therapy	\$3	5:30pm-7:00pm
We	5/22	Memorial Day Party	\$5	5:30pm-7:00pm
We	5/29	No Class - Memorial Day		

## THERAPEUTIC RECREATION SUMMER CAMP WEEK

Ages 5+ (As of 7/1/19)

We are excited to offer for the first time a fun-filled week for those with special needs. Campers will enjoy a curriculum focused on improving physical, cognitive, and social skills. Each day there will be a field trip to local establishments in the Tri-Cities area. Prior to the start of camp participants must register and complete a participant profile. Camp will be staffed at a ratio of 1 staff/volunteer to every 2 participants. All staff and volunteers will have attended training leading up to the camp. Registration opens on April 9.

Mo-Fr 8/12-8/16 8:00am-2:00pm Lakeview Elem. School  
\$100 full week or \$25 per day

## TR TUESDAYS

These classes will be held the 2nd Tuesday of each month. Every 3 months these activities will change. This class will be filled with a collection of group games for all ages. The activities will change from March-May.

Tuesday	3/12	BINGO	5:30pm-6:30pm	\$3	Community Center
Tuesday	4/9	BINGO	5:30pm-6:30pm	\$3	Community Center
Tuesday	5/14	BINGO	5:30pm-6:30pm	\$3	Community Center



# Trips

## RIVERSIDE THEATER FREDERICKSBURG, VA

For the following performances, we will depart from the Senior Center at 10:00am and return back to the center at approximately 6:30pm on all dates. Price includes transportation on vans, ticket to show, and lunch. Sign up early, limited tickets!

### THE COLOR PURPLE

From Alice Walker's Pulitzer Prize-winning best-seller and Steven Spielberg's Oscar-nominated film comes a stage musical with a fresh, joyous score of jazz, ragtime, gospel and blues. This stirring family chronicle follows the inspirational Celie as she journeys from childhood through joy and despair, anguish and hope to discover the power of love and life.

We 4/10 10:00am-6:30pm \$64

### PIRATES OF PENZANCE

The Pirates of Penzance with a delightful twist! Instead of the rocky coast of Cornwall, we are in late eighteenth century Virginia, when King George III ruled the colony. The famous soft-hearted pirates (lately of Penzance) are endeavoring to plunder with aplomb along the banks of the famous Rappahannock River. Meanwhile, the blundering Redcoats of the British army are desperately trying to keep tabs on both the pirates and the befuddled Major General George Boshington. Hilarity ensues as the young apprentice Frederick leaves the rollicking band of pirates and falls in love with Boshington's beautiful daughter Mabel.

We 6/19 10:00am-6:30pm \$70

### SOUTH PACIFIC

Set against the dramatic background of an idyllic South Pacific island during WWII, South Pacific intertwines the themes of romance, duty, and prejudice. Based on the anecdotes of a real-life Navy commander stationed on an island, the musical follows two intercultural love stories: Nellie, a spunky nurse from Arkansas, falls in love with Emile, a French plantation owner who has two children; at the same time, Lieutenant Cable falls for a island native named Liat. Both Americans find themselves struggling to reconcile their own cultural prejudices with their amorous feelings, all the while under the dark cloud of a war that is coming ever closer to their island paradise.

We 8/14 10:00am-6:30pm \$70

## Southern Women's Show

Shop, sample and share the fun at Richmond's favorite event for women - the Southern Women's Show. Discover hundreds of boutiques filled with the latest fashions, trendy jewelry, gourmet treats, health and beauty, and so much more. Enjoy fashion shows, top chefs, and celebrity guests. Bring your mom, sister, and best friend and spend the day doing everything you love! We will depart from the Community Center at 11am and return around 4:30pm.



Fr 3/22 11:00am-4:30pm  
\$14 Richmond Raceway Complex

## MGM Casino National Harbor

MGM National Harbor is the premiere entertainment destination located on the banks of the Potomac just outside of Washington DC. Featuring a 3,000 seat Theater, 308 luxurious hotel rooms, restaurants from acclaimed chefs and a gaming floor bigger than the White House, MGM National Harbor delivers monumental experiences daily. Transportation is provided on a Motorcoach. There are no stops on the way to or from the MGM Casino. No refunds are permitted.



Mo 4/29 De-  
part at 9am \$40  
Re-  
turn at 9pm

# Senior Center

## SENIOR CENTER

The Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:30 am to 4:30 pm. The Center is open to adults 50 years of age and older who are City Residents. All Senior Citizen programs are FREE unless noted.

## SENIOR TRANSPORTATION

Hours of Operation are Monday-Friday 8:00 a.m. to 4:30 p.m. (With services being provided from 8:15a.m. to 4:00 p.m.)

Effective July 1, 2018: Services have been expanded to include adult special needs or handicapped City residents under 60.

Effective August 1, 2018: Hours have been expanded to 8:00 a.m. to 1:00 p.m. on Saturdays (With services being provided from 8:15 a.m. to 12:30 p.m.)

Service will be available only to Colonial Heights residents who are at least 60 years of age, and adult special needs or handicapped Colonial Heights residents.

Transportation will be available to and from any Colonial Heights destination. Also, for medical appointments only to and from Petersburg, Hopewell and the Puddledock Road area of Prince George County. Registration for services is required and is available by calling Senior Transportation at (804)520-9219.

Appointments must be made at least 24 hours in advance. There are no fees for transportation services, but donations are accepted.

## ACTIVITIES & FITNESS

### Monday

- 8:30am Muscles in Motion
- 9:30am Tai Chi (*Library*)
- 9:30am Bowling (*League Fee*)
- 10:00am Strength & Stretch
- 11:00am Pickle Ball (*Swift Creek Baptist Church*)
- 1:00pm Creative Coloring
- 1:00pm Beginner Tap Dancing
- 1:30pm Bridge 101
- 3:00pm Computer Class (*sign up*)
- 4:00pm Beginners Sewing (*sign-up \$12*)

### Tuesday

- 9:00am Yoga
- 9:30am BP Screening (*3rd Tue*)
- 10:00am Sit & Let's Get Fit
- 11:00am Sit & Let's Get Fit
- 11:00am Bunco
- 12:00pm Duplicate Bridge
- 1:00pm Bingo
- 1:30pm Water Aerobics (*HCC - \$2*)
- 3-6pm Quilts for Vets (*Last Tue*)
- 3:00pm Open Sew (*1st, 2nd & 3rd Tues*)

### Wednesday

- 8:30am Muscles in Motion
- 10:00am Strength & Stretch
- 10:00am Crochet & Knitting Group
- 11:00am Line Dancing
- 11:00am Pickle Ball (*Swift Creek Baptist Church*)
- 12:00pm Party Bridge
- 4:00pm Beginners Sewing (*sign-up \$12*)

### Thursday

- 9:00am Yoga
- 9:30am Sing-A-Long
- 10:00am Sit & Let's Get Fit
- 11:00am Sit & Let's Get Fit
- 12:45pm BP Screening (*1st Thur*)
- 1:15pm Senior Citizens Club Mtg.
- 2:00pm Watercolor

### Friday

- 8:30am Muscles in Motion
- 10:00am Strength & Stretch
- 1:00pm Computer Class (*sign up*)
- 1:00pm Scrabble
- 1:30pm Water Aerobics (*HCC - \$2*)
- 5:30pm Open Paint
- 7:00pm Senior Dance (*2nd Fri - \$6*)



We are seeking City Hall Welcome Desk Administrative Volunteers. Hours are flexible and we will work around your availability. If you are interested in volunteering to help be "The Face of the City", please contact Nancy Bosher, Executive Assistant to the City Manager, at (804)520-9265.



4 DAYS - 3 NIGHTS  
JULY 16 - 19, 2019

**\$650.00 per person**  
*double occupancy*

### Package Includes:

3 Nights Lodging, 3 Breakfasts, 3 Dinners, City Trolley Tour, Metroparks Zoo, Pro Football Hall of Fame, Rock 'N' Roll Hall of Fame, Great Lakes Science Center, Souvenir Gift, Luggage handling, taxes & meal gratuities, and Motorcoach Transportation

# Spring Programs at Colonial Heights Library



The Colonial Heights Public Library will be offering its spring story time sessions on Tuesdays and Wednesdays at 11 a.m. beginning on March 19 and ending on May 15. Each session includes stories, music, lots of movement and a craft. Story hours are a wonderful way for children to gain important prereading skills, learn to socialize with other children, and to begin a lifelong love of books and reading. This is a family story hour, and all ages are welcome. No registration is necessary. A parent or caregiver must attend with the child.

Additionally, our *Babies & Books* program will be offered on the first Wednesday of every month at 10 a.m. This storytime is for babies from six months old to toddler age. Each child and caregiver shares their own copy of the book that is being read aloud by the presenter. Age-appropriate music, rhymes, and movement activities are a major part of the storytime. No registration is necessary. A parent or caregiver must attend with the child.

The Colonial Heights Public Library will once again be teaming with the *Clever Canines Book Buddies* to offer individual reading sessions for children in elementary school. Each child can reserve a 15 minute time slot to enjoy reading aloud to one of the friendly and gentle therapy dogs. Spring sessions take place on Monday, April 8 and Monday, June 10 from 6:00-6:30 p.m. Registration begins two weeks before the start of each program.

For questions about any of the programs, please contact Chantal Emerson at [emersonc@colonialheightva.gov](mailto:emersonc@colonialheightva.gov), or by phone at (804) 520-9384.

# A Message from the Public Works Department

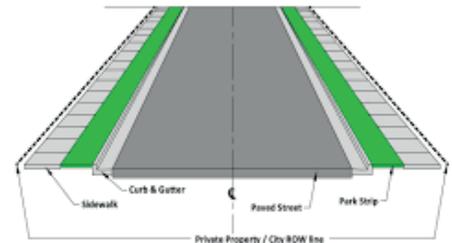
Are you planning on installing or repairing your current driveway?

... Maybe installing a sprinkler system or renting a dumpster for home repairs?

... Did you know you are required by City Code to obtain a **Right of Way Permit** from the Department of Public Works/City Engineer?

## What is “Right of Way”?

The term “*Right of Way*” refers mainly to the community-based areas of legally open municipal streets, sidewalks, alleys and other public land. These community-owned areas normally extend outside the paved areas of a street, between 5-10 feet, depending on the width of right of way for the given road.



These are instances where a *Right of Way Permit* might be required:

- Driveways (both new construction and improvements)
- Dumpsters or POD style storage containers
- Retention Walls
- Home Construction
- Brick mailboxes
- Utility work
- Road construction
- Irrigation system

Utility Work  
Irrigation System

\*\*A permit must be applied for and approved before any work can begin. If work is being conducted in the right of way without a permit, work will be stopped until one is obtained.\*\*

If you are unsure if your work will impact the “*Right of Way*”, contact the **Department of Public Works/City Engineer** at **804-520-9334**.

# SAVANNAH Georgia

"...one of the most beautiful cities in the world!"

## Including SAVANNAH THEATRE'S MUSICAL REVUE SHOW

4 DAYS - 3 NIGHTS

APRIL 9 - 12, 2019

**\$515.00 per person**  
*double occupancy*

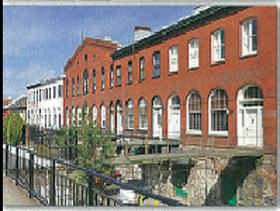
### PACKAGE INCLUDES:

- \* 3 Nights lodging
- \* 3 Breakfasts
- \* 2 Full course dinners including a Buffet at The Lady & Sons Restaurant
- \* Guided tour of Historic Savannah
- \* Musical Revue Show at the Savannah Theatre
- \* Mercer - Williams House
- \* Savannah History Museum
- \* Savannah's River Street District
- \* Old City Market
- \* Souvenir gift
- \* Luggage handling
- \* Taxes and meal gratuities
- \* Motorcoach transportation

Cancellation insurance available upon request

### FOR INFORMATION AND RESERVATIONS CONTACT:

COLONIAL HEIGHTS SENIOR CENTER  
Elaine Thompson  
157 Roanoke Ave.  
Colonial Heights, VA 23834  
(804) 520-9220



★ WHITESTAR TOURS America's Leader in Group Travel 26 E. Lancaster Ave., Reading PA 19607 | 610.775.5000

# 2019 Fort Clifton Art • Music • Crafts Festival



*Cedar Creek Band*

## DATES & TIME

May 11, 2019 10:30 a.m. - 5:00 p.m.

May 12, 2019 10:30 a.m. - 5:00 p.m.

## ENTRY FEES

All Entry Fees must be POSTMARKED

Prior to February 15 \$70.00

February 16 - March 15 \$80.00

March 16 - April 20 \$100.00

**NO REFUNDS after April 20**

# the Teen FLASHLIGHT easter egg hunt

**Wed April 10, 2019**

**Flora Hill Park**

**Come out & enjoy  
this fun event.**

**Registration: 7:50PM**

**Hunt Begins: 8:10PM**

All participants must bring a  
basket/bag and a flashlight.

Please no 9-volt flashlights.



**FREE**

# CARDBOARD BOAT REGATTA

Event Sponsorships Available **\$25/entry**



**Sat July 20 - 9:00am**  
**Lakeview Park**

Lakeview Park will be full of spectators waiting to see who will float, sink or swim at the "Cardboard Boat Regatta". Contestants will make boats out of cardboard & tape and will rely on their inventions to keep them afloat as they race across the lake. Pre-registration is required & all teams will need to collect their own cardboard. Life vests are mandatory for all team members. Prizes will be awarded to the winners and most creative designed boats!

Contact us at (804)520-9391 for a full set of rules/instructions/details.

GET  
READY  
FOR

# The Great American BACKYARD CAMPOUT

**Fri-Sun June 21-23**  
**Ft. Clifton Park**

Join the Recreation and Parks Department for this overnight camping event in Historic Fort Clifton Park on the Appomattox River, whether you're a first-time or an old hand, for traditional outdoor and camping activities such as storytelling, s'mores, crafts, games, night hikes, river exploration, and, of course, camping in tents.

Check-in Fri 6/21 5pm until 7pm  
Check-out Sun 6/23 before 12pm  
\$25/site—space is limited!

Call us at (804)520-9391 to reserve your spot and for more information.



**GREAT AMERICAN CAMPOUT**

## Important City of Colonial Heights

### Phone Numbers

Police/Fire Emergency	Dial 911
Police/Fire Non-Emergency	(804)520-9300
Recreation & Parks	(804)520-9390
Office on Youth & Human Services	(804)520-9286
Colonial Heights Health Department	(804)520-9380
Utilities Billing	(804)520-9288
Billing & Collections	(804)520-9320
Commissioner of Revenue	(804)520-9280
Planning & Community Development	(804)520-9297
Curbside Trash Collection	(804)425-0500
Curbside Recycling Collection	(804)340-0900
Circuit Court	(804)520-9364
General District Court	(804)520-9346
Juvenile & Domestic Relations District Court	(804)451-0213
CH Recycling Center <i>(Household Hazardous Waste &amp; Other Materials)</i>	(804)479-7056

**Call Us**

## THE CITY FOCUS

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

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