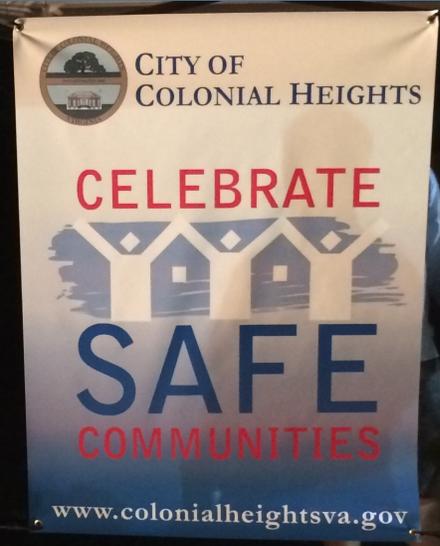


The City Focus

Official Newsletter for the City of Colonial Heights



Fall 2015



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The City Focus is produced quarterly and mailed to each household in Colonial Heights.

REC-happenings, the Recreation & Parks Department program listing, begins on Page 5 of the City Focus.

City of Colonial Heights Council Members



T. Gregory Kochuba
Mayor
kochubag@colonialheightsva.gov



Diane Yates
Vice-Mayor
yatesd@colonialheightsva.gov



Milton E. Freeland, Jr.
Councilman
freelandm@colonialheightsva.gov



Kenneth B. Frenier
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W. Joe Green
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greenj@colonialheightsva.gov



John E. Piotrowski
Councilman
piotrowskij@colonialheightsva.gov

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

Contact the City Manager



Thomas L. Mattis
City Manager
City Hall
201 James Avenue
mattist@colonialheightsva.gov
(804)520-9265



COUNCIL COLUMN



On October 14, 2014, Colonial Heights City Council, 5, voted to purchase body cameras for our police officers. Colonial Heights, thereby, was the first local community with the capacity for continuously recording all citizen contact with police. This action was not the result of any mistrust of our officers. To the contrary, both the patrolmen themselves and the public are now afforded the protection recorded verification can better provide. The transparency and reliability body cameras afford, enhances public safety, assists good policing, and promotes citizen confidence.

Unfortunately, we seem to live in an increasingly disrespectful, confrontational and sometimes, violent world. No equipment alone in a free society can insure safe streets. Public safety is an active partnership between citizens and all first responders. The hallmark of a civilized community is the mutual respect and equal protection of law that our officers strive daily to deliver. The flash of blue lights is not a momentary hindrance but a reflection of the vigilance required to deter and detect threats.

Failure of citizens to be involved in the process of crime prevention will result in either more severe legislation with further restrictions or increased lawlessness. All of us need to realize our safety is primarily our own responsibility and we can best discharge that responsibility by giving our police officers, firemen, sheriff's deputies and emergency technicians, the respect, cooperation and gratitude their public service warrants.

John T. Wood, Councilman
woodj@colonialheightsva.gov



Be Informed, Be Proactive, Be Ready With

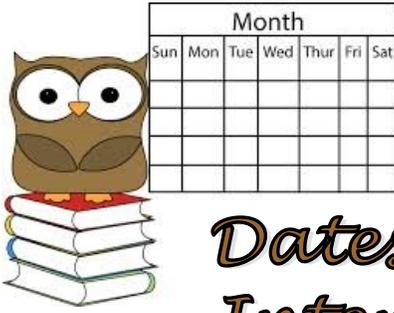


In a continuing effort for the best communication during times of emergency, the City of Colonial Heights has switched its emergency notification platform to  **CIVICREADY**. Beginning July 1, 2015,  **CIVICREADY** has replaced the City's previous notification system (Code Red).

To register log onto www.colonialheightsva.gov and select the  **CIVICREADY** button. The login page has instructions for you to choose what types of notifications you receive, what times you prefer to be notified, and how you want to receive your notifications via text message, email, or by phone.

If you do not have online access, registration forms are available at the Help Desk located in the lobby of City Hall or you can call Colonial Heights Fire Administration at (804) 520-9377 for assistance with registration.

NOTE: if you do not register with the new platform, you will no longer receive notifications and weather alerts from the City.



Dates of Interest

Sept 1	Planning Commission 7:00 pm - Council Chambers
Sept 7	City Holiday - Labor Day Trash & recycling delayed 1 day
Sept 8 & 15	City Council Meeting 7:00 pm - Council Chambers
Oct 6	Planning Commission 7:00 pm - Council Chambers
Oct 12	City Holiday - Columbus Day
Oct 13&20	City Council Meeting 7:00 pm - Council Chambers
Nov 3	Planning Commission 7:00 pm - Council Chambers
Nov 10&17	City Council Meeting 7:00 pm - Council Chambers
Nov 11	City Holiday - Veterans Day
Nov 26&27	City Holiday - Thanksgiving Holiday

On the Cover...

A couple of citizens enjoying Celebrate Safe Communities Night in 2014. This photo is courtesy of our Colonial Heights Police Department.

To find out more information on this year's Celebrate Safe Communities Night, please see the information on Page 10.

Want to Learn More About How the City Operates? Apply Now for the Citizens Government Academy

Earlier this year, the City of Colonial Heights introduced its first **Citizens Government Academy**, a free 8-week program providing residents with an opportunity to learn more about the operations and services of their City government. Each week, program participants visit different departments to meet the director and staff; and to learn about municipal operations through hands-on activities, demonstrations, group discussions and site tours.

Academy programs are held during the spring and fall on Thursday evenings, 6:00PM-8:00PM at various city facilities. Applicants must be 18 years-of-age or older, a resident of the City of Colonial Heights, attend at least 7 out of 8 sessions and participate in the graduation ceremony. Class size is limited.

If you are interested in being a member of our next Citizens Government Academy, applications are available at www.colonialheightsva.gov or by contacting the Human Resources Department at carpenterj@colonialheightsva.gov or (804) 524-8749



Spring 2015 Graduating Class

L to R standing: Mayor T. Gregory Kochuba; Thomas Newsom; Michael Cherry; Martin Grubb;
(not pictured) Donna Goulder; Brian Nerrie; Jessica Sears-Younce

Kids After School Program

The Office on Youth is currently seeking volunteers for the Kids' After-School Program starting in September. The Kids' After-School Program recruits mentors to assist students with homework and study skills. The 2015-2016 school year will need mentors to work with students in 4th-8th grades. Applicants over the age of 18, must complete a background investigation. For more information, please contact Becca Lynch at 804.520.9287.

CRATER CRIMINAL JUSTICE TRAINING ACADEMY BOARD OF DIRECTORS ELECTS NEW BOARD OFFICERS

On Thursday July 15, 2015 the Criminal Justice Training Academy held elections for the Board Chairman and Vice-Chairman position. Colonel Jeffrey Faries of the Colonial Heights Police Department was elected as Chairman. He replaces Colonel Ed Frankenstein of the Prince George Police Department. Chief Frankenstein is standing down having led the Board since 2005. His ten year tenure is the longest for a Chairman in the Academy's forty year history.

Chief Faries becomes Chairman of the Board of Directors after serving on the Academy's Executive Committee. He was instrumental in returning the Colonial Heights Police Department to Crater Academy in recent years. Chief Faries brings twenty-six years of experience with the Colonial Heights Police, nine of them as Chief, to bear in his new role at the Academy. Also at the present time Chief Faries is serving in many other professional and philanthropic groups including being the past chairman of the Central Virginia Regional Narcotics Task Force. He also maintains memberships in such professional organizations as the F.B.I. National Academy Association, the F.B.I. Law Enforcement Executive Development Seminar Association, the I.A.C.P. (International Association of Chiefs of Police), the Colonial Heights Transportation Safety Commission, the Juvenile Administrators Concerned for Kids Committee, and the Chesterfield County/Colonial Heights Community Criminal Justice Board. Through his membership in the Virginia Association of Chiefs of Police (V.A.C.P.) he is currently sitting on two boards—the Virginia Highway Safety Commission and the Witness Protection Board. He also is on the John Tyler A.S.A.P. (Alcohol Safety Action Plan) Board and holds a seat on the John Tyler Community College's Police Science Board. He also serves his community as the President of the Colonial Heights Kiwanis Club and a member of the Colonial Heights Chamber of Commerce.

—I am extremely proud to serve the Board in this new role, said Chief Faries. —The Colonial Heights Police Department is committed to serving the citizens of the city; having well trained and professional Officers is one way to do that. —We have always supported the Academy in their training efforts; that benefits not only the city but all the jurisdictions that the Academy serves.”

Celebrating their 40th Anniversary this year the, Crater Criminal Justice Training Academy, founded in 1975 is one of ten regional criminal justice academies established by the Commonwealth of Virginia.

Upcoming Election

Next upcoming Election:
Tuesday, November 3, 2015
Polls open 6:00 am and close at 7:00 pm

Write-ins are permissible for all offices.
Official candidates on the November ballot for Colonial Heights:

Virginia Senate 11th District:

E. "Wayne" Powell (D)
Amanda Chase (R)



House of Delegates 66th District:

M. Kirkland "Kirk" Cox (R)

Colonial Heights City Council: (1 seat)

To fill unexpired term ending Dec. 31, 2018

Candidates have until August 14, 2015 to file for this City Council race. Check the City's website after August 14th for list of candidates.

Last day to register to vote in the November 2015 election is October 13, 2015.

Deadline to apply for absentee ballot by mail is October 27, 2015 and to apply in person is October 31, 2015. To check your registration status, please go to www.sbe.virginia.gov or call the Registrar's office at 804-520-9277.

A photo ID will be required before you may vote. Please note the following are acceptable at the polls: a valid Virginia driver's license, a valid U.S. passport, any other valid photo ID issued by the United States, Virginia or one of its political subdivisions, a valid student photo ID issued by an institution of higher education in the Commonwealth, or a valid employee photo identification card. If you have no acceptable form of photo ID as mentioned above, an ID may be obtained at the Registrar's office, Monday through Friday, 8:30am to 5:00pm.

Please check with the City's website www.colonialheightsva.gov, under Registrar, for voting information or any updates to the November Election.

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

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 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

FALL ADULT SOFTBALL LEAGUE

Ages 16+

Colonial Heights Recreation Department is accepting teams for their 2015 Fall Softball League. Registration is being accepted for All teams. League will include a round-robin regular season (depending on number of registered teams), post-season double elimination tournament, team and individual awards, umpire association team registration, and umpire fees. League play is tentatively scheduled to begin in early-September. Limited openings, first to pay=first to play.

Fee: \$400 (Payable in two checks - \$200.00 to City of Colonial Heights and \$200.00 payable to, VA USSSA

Deadline: 8/14/15

Teams must be available to play any weeknight. Teams must supply game balls. Balls must be USSSA Classic M or USSSA Classic M Plus.

FALL ADULT KICKBALL LEAGUE

Ages 16+

Colonial Heights Recreation Department will be starting a Fall Kick Ball league for ages 16 and up. League play will be on Thursday nights with each team playing one game each week. The league games will be played on B Field, next to Shepherd Stadium. The League will include a regular season schedule, (depending on number of teams entered), post-season tournament, along with team and individual awards. League play is tentatively scheduled for early - September.

Fee: \$100/team

Deadline: 8/28/15

CONNECT WITH US ON SOCIAL MEDIA...



YOUTH BASKETBALL REGISTRATION

Ages: 6-15 (as of 1/1/2016)

Registration for 2015 youth basketball leagues will begin on October 12, 2015. We will have extended office hours on Saturday, October 17 from 9am-12pm at Shepherd Stadium. The deadline to register is November 6. To register you must be a City of Colonial Heights resident. Practices begin the beginning of December. Fee: \$20 until November 6; \$30 after November 6 and as space permits, children registered after November 6 may be placed on a waiting list.

Coed:

Instructional League ages 6-8

Boys:

U10 League ages 9-10
U12 League ages 11-12
U15 League ages 13-15

Girls:

Minor League ages 9-11
Junior League ages 12-14

**Girls age 15 may play in our Boys U15 League*

FALL TENNIS LESSONS

Ages 7-Adults

The Colonial Heights Recreation Department will again be offering Fall Tennis Lessons. Lessons will be under the Direction of longtime Tennis Instructor Anthony Davis. All lessons will take place at the tennis courts located behind the Colonial Heights High School.

7-10 Year Old Lessons - \$40

Mo/We 9/9-10/28 6:00pm-7:00pm
Tu/Th 9/10-10/29 6:00pm-7:00pm

11-17 Year Old Lessons - \$45

Mo/We 9/9-10/28 7:10pm-8:40pm

18+ Year Old Lessons - \$45

Tu/Th 9/10-10/29 7:10pm-8:40pm

YOUTH WRESTLING REGISTRATION

Ages: 1st-7th Graders

Registration for youth wrestling will begin on October 12, 2015. You can register at Colonial Heights High School cafeteria on the following dates, 6-8pm; October 13, 15, 20, 22. You can also register at Shepherd Stadium during regular office hours. The deadline to register is October 30. To register you must be a City of Colonial Heights resident. Practices begin in November.

Fee: \$31; checks made payable to Colonials Youth Wrestling.

Classes & Activities

MASTERING THE ART OF PASTELS BY YOUNG REMBRANDTS

Ages 6-10

These pastel lessons will cover a wide variety of subject matter to include: whimsical bees, glowing owls, fanciful frogs, pottery still life and even a lesson inspired by Diego Rivera! Every day you will create a large, poster-size drawing that will be sure to amaze. Artists will learn pastel skills and techniques to blend, layer, texture, shade and so much more. These classes will be messy, fun, and full of excitement ... dress appropriately.

Mo-Fr 8/31-9/4 9:00am-12:00pm
\$135 Community Center

SUMMER DRAW-TOON FUN FOR YOUNG ARTISTS BY YOUNG REMBRANDTS

Ages 6-10

Our two most popular programs all in one great workshop! Open to every young artist that has a passion for drawing and wants to learn new skills to get better. This week will include both drawing AND cartooning lessons that are sure to excite! You will learn techniques to draw still life, portraits, graphic art, line art, abstract art and much more. You will also have a wonderful time creating cartoons of people, objects, animals, food and many other exciting subjects. Fine-tune your drawing skills, spark your imagination ... just get crazy!

Mo-Fr 8/24-8/28 1:30pm-4:30pm
\$135 Community Center

LADIES/TEEN SELF-DEFENSE CLASS

Ages 13+

The objective of this class is to give women and young ladies the tools and confidence to survive in a life-threatening situation. Topics to be covered: awareness; easy, realistic and practical self-defense techniques; body pain response; weapons of opportunity; and gun and knife defense. Must register by August 17th. City of Colonial Heights employees pay only \$20, this includes School staff.

Sa 8/22 10:00am-12:00pm
\$25 Lakeview Elem.

STROKE OF GENIUS- DRAWING CLASSES FOR KIDS BY YOUNG REMBRANDTS

Ages 6-10

Calling all young artists: if you like to draw and would like to get better then sign up now! Super fun lessons, awesome teachers and fundamental drawing techniques await. From animals to objects to cartoons and more these lessons will cover a wide variety of subjects and will help build your confidence. Drawing is the FIRST critical art skill you should have. Price includes all supplies.

Mo	10/12-11/9	3:10pm-4:15pm
\$60	North Elem School	
We	10/14-11/11	3:10pm-4:15pm
\$60	Tussing Elem School	
Fr	10/16-11/13	3:10pm-4:15pm
\$60	Lakeview Elem School	

ZUMBA

Ages 18+

Zumba is a fusion of Latin and International music. Dance themes are used to create a dynamic, exciting and effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Mo/We	9/2-9/30	6:00pm-7:00pm
Mo/We	10/5-10/28	6:00pm-7:00pm
Mo/We	11/2-11/30	6:00pm-7:00pm
\$30	North Elem. Gym	

OKINAWAN KARATE

Children's Class (ages 5-9)

The focus of this class is on respecting others, self control, self discipline, and avoiding confrontation. The Karate techniques that are taught begin with basics such as falling, tumbling, balance, flexibility, agility and coordination. Once a student is proficient in all the basics, they may move up to the next class. No class Oct. 19th.

Mo/We	9/2-9/30	5:00pm-5:45pm
Mo/We	10/5-10/28	5:00pm-5:45pm
Mo/We	11/2-11/30	5:00pm-5:45pm
\$30	Lakeview Elem. Gym	

Youth/Teen Class (ages 10-17)

Children under the age of 10 may be moved up by the instructor. This class moves at a faster pace and more advanced techniques are taught. New students accepted in January, June and September for this class.

Mo/We	9/2-9/30	6:00pm-7:30pm
Mo/We	10/5-10/28	6:00pm-7:30pm
Mo/We	11/2-11/30	6:00pm-7:30pm
\$40	Lakeview Elem. Gym	



www.colonialheightsva.gov/recandparks
to view info on our parks & facilities.

Colonial Heights Annual Holiday Card Contest

November 2nd thru November 6th

City of Colonial Heights Elementary school students — take an opportunity to share your talents by designing a Holiday-themed card. Grand prize winner's entry serves as the Colonial Heights Recreation Department's official 2015 card, mailed to City Council Members, City Departments, and local schools and businesses. Entries can be 8.5" x 5.5" or 4.25" x 11" and must be drawn on a white piece of paper. Please no crayons or paint! All participants must reside within the geographical city limits & must be in elementary school to participate. Participant's name, age, and school must be included on the back of the entry.

Call 520-9390 for more information.

BELLY DANCING

Ages 13+

This class is designed to teach the traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthen your core as well as your abdominal and lower body muscles. All shapes, sizes, and fitness levels are welcome. Classes meet the 1st, 2nd, and 4th Thursdays and the 3rd Friday of each month.

Th	9/3-9/25	6:00pm-7:00pm
Th	10/1-10/22	6:00pm-7:00pm
Th	10/29-11/20	6:00pm-7:00pm
\$30	Community Center	

CPR & AED: FOR THE COMMUNITY & WORKPLACE

Ages 16+

The community CPR and AED course teaches the basic techniques of CPR and the use of an AED. Students also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies – heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. *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. Price includes all needed materials.

Sa	10/3	8:30am-12:30pm
\$30	Community Center	

BASIC FIRST AID COURSE

Ages 16+

The First Aid 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. *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. Price includes all needed materials.

Sa	10/3	1:00pm-5:00pm
\$30	Community Center	

The CPR/AED and Basic First Aid classes are provided by the Colonial Heights Recreation Department in conjunction with the Colonial Heights Fire & EMS Department.



For questions, contact the Recreation Dept. at 520-9390. Register for both classes and receive a \$10 discount.

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!

SISTER ACT

Sister Act—The Musical is the feel-amazing, musical-comedy smash that the New York Post calls “RIDICULOUSLY FUN”—and audiences are jumping to their feet in total agreement! Featuring original music by Tony and eight-time Oscar winner Alan Menken (Newsies, Beauty and the Beast, Little Shop of Horrors), Sister Act tells the hilarious story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look—a convent! Under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. A sparkling tribute to the universal power of friendship, Sister Act is will be your reason to REJOICE!

We	10/14	10:00am-6:30pm	\$60
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MAME

Mame is a celebrated Broadway musical “classic” that revolves around the hilarious antics of Mame Dennis, a fun-loving, wealthy eccentric with a razor sharp wit and a flair for living life to the fullest. However, that care-free life changes unexpectedly when she becomes the inexperienced guardian of her late brother’s only child, Patrick. Later, when the stock market crashes and the great depression hits, Mame loses her fortune. Her life is turned upside-down until she’s rescued by a well-to-do southern plantation owner whom she marries and loses all too suddenly. Through all these ups and downs, Mame’s invincible character shines through as she strives to keep her tumultuous existence under control—even though things at 3 Beekman Place generally seem to be a rousing, never-ending free-for-all! Memorable songs include Mame, It’s Today, Open a New Window, If He Walked into My Life, We Need a Little Christmas, Bosom Buddies, and That’s How Young I Feel.

We	12/9	10:00am-6:30pm	\$60
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Monday October 12, 2015

\$ 48 .00 per person

(\$20.00 FREE Slot Play)

depart 7:00 am return approx. 9:30 pm

WILL DEPART FROM THE CORNER OF ROANOKE AND MERIDIAN AVE

motorcoach transportation

Breakfast stop at Hardee on the way (on your own)

Minimum of 40 required

CALL TODAY FOR MORE INFORMATION 520-9220 OR 520-9390

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

The Transportation Department operates 8am-4pm Monday-Friday, except City Holidays. Senior Citizens sixty (60) years of age or older that are City of Colonial Heights residents, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheel-chairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

ZUMBA GOLD DEMO

Zumba Gold is a lower impact, easy to follow, Latin inspired dance fitness party that keeps you in the groove of life.



Tu/Th 9/8-9/10 12:00pm
FREE Community Center

BLOOD PRESSURE

SCREENING

We have partnered with Care Advantage to provide FREE blood pressure screening. All ages are welcome to receive their FREE screening. Screenings begin in August 2015.



1st Thur each month 12:45pm-1:15pm
3rd Tue each month 9:30am-10:00am
FREE Community Center

LIFELINE SCREENINGS

Preventative health screenings can detect your risk for serious disease. At least 200,000 deaths from heart disease and stroke each year are preventable. The key is early detection and managing risk factors. 70% of people age 55+ have 2 or more risk factors, and many are not aware of it.

Lifeline Screening will conducting their screenings at the Community Center. They have many packages available for this event. You must pre-register for your desired screenings by calling 1-(888)-653-6450 and receive at \$10 discount on services.

Fr 9/18 All Day
Fees depend on what services you choose

Screenings will take place at the Community Center. Call 1-(888)-653-6450 to reserve your spot.

SENIOR CITIZEN CLUB

The Senior Citizen Club was organized in 1968 and is sponsored by the Department of Recreation and Parks. It is open to Senior Citizens 50 years of age and older who are City Residents. The Club meets at 1:15 pm on the first three Thursdays of the month at the Community Center and on the fourth Thursday of the month at Golden Corral Restaurant. For information on being part of this Club contact the Senior Center at 520-9220.

ACTIVITY & FITNESS MONTHLY CLASS SCHEDULE

Monday

8:30am Muscles in Motion
9:30am Tai Chi
9:30am Bowling (*League Fee*)
10:00am Strength & Stretch
11:00am Interactive Watercolor Class
11:30am Tennis or Table Tennis
2:00pm Computer Class (*sign up*)

Tuesday

9:00am Yoga
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
12:30pm Duplicate Bridge
1:00pm Bingo
2:00pm-8:00pm Quilts for Vets (*Last Tues*)
6:00pm Quilting

Wednesday

8:30am Muscles in Motion
10:00am Strength & Stretch
10:00am Crochet & Knitting Group
10:00am Computer Class (*Free*)
11:30am Wellness Wed (*1st Wed*)
1:00pm Party Bridge
1:45pm Walking Club
2:00pm Painter's Group

Thursday

9:00am Yoga
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
10:00am Sing-A-Long
1:15pm Senior Citizens Club Mtg.
1:30pm TRIAD (*3rd Thurs*)
2:00pm Watercolor

Friday

8:30am Muscles in Motion
10:00am Strength & Stretch
10:00am Open Painting
12:00pm AARP Luncheon (*2nd Fri*)
1:00pm Computer Class (*sign up*)
2:00pm Computer Class (*sign up*)
6:00pm Oil Painting
7:00pm Senior Dance (*2nd Fri - \$6*)

Saturday

9:00am Splash of Color (*3rd Sat*)
9:00am Oil Painting (*1st Sat*)



Saturday November 7th

Depart center at 8am; Ceremony at 9:30am & Walk begins at 10am

Route Length: Choose a 1 or 3 mile route Transportation Fee: \$3

Team Name: Colonial Heights Senior Center

Every walker must register through their website. There is no registration fee for the walk; however, you can make a personal donation and commit to raising funds in the fight against Alzheimer's.

See next page for info on our Alzheimer's fundraising event.

T.R.I.A.D.

TRIAD is a partnership consisting of the local Sheriff, Police Chief, Fire & EMS Chief, AARP, seniors and senior service providers in a community who agree to work together to reduce criminal victimization of the elderly. TRIAD creates an opportunity for our city's seniors to meet with public safety leaders and service providers to discuss topics that our seniors wish to obtain more knowledge and understanding about. All TRIAD meetings take place at the Community Center and are FREE of charge.

Th 9/17 1:30pm

Topic: Medicare, What it covers and What it doesn't

Th 10/15 1:30pm

Topic: Fire Safety and Domestic Violence Awareness

Th 11/19 1:30pm

Topic: Humana HMO Sales Presentation. An in-depth product presentation for the 2016 plan.

ALZHEIMER'S FUNDRAISER

Help us raise money to fight Alzheimer's.

This event will include music, food, raffles, bake sale, and much more.

Event is co-sponsored by the Alzheimer's Association and Chick-Fil-A. The Senior Center will also be putting a team together to join the Alzheimer's Walk on November 7th. For more information contact the Senior Center at (804)520-9220.



Fri 10/30 6:30pm-8:30pm

Community Center



QUILTS FOR VETS

This quilting group is open to all and meets the last Tuesday of each month. You have the opportunity to volunteer your time to help piece or tie tops of which we will provide the fabric and batting. If you would like to make a donation, we are always in need of fabric, thread, and binding. Sponsored by the Colonial Heights American Legion in conjunction with the Senior Center. Quilts are distributed to veteran's at McGuire Hospital in Richmond.

Last Tue each month 2:00pm-8:00pm

Senior Center

Teen Center

TEEN CENTER

The Teen Center is located inside the Community Center at 157 Roanoke Ave. Participants must be City of Colonial Heights residents and eligible for enrollment at Colonial Heights Middle School or Colonial Heights High School. Admission to the Teen Center is FREE. Participants may bring a guest, but there is a \$5 charge for all guests.

The Teen Center features an Xbox 360, PlayStation 3 and PlayStation 4, Wii, 3 big screen TVs, computers, arcade basketball and foosball. Participants are required to sign in when arriving to Teen Center and are required to sign out when leaving the Teen Center each day. For more information contact (804)524-8717.

Hours of Operation

Monday - Friday	3:00pm-8:00pm
Saturday	1:00pm-8:00pm
Sunday	Closed



The 63rd Annual Christmas Parade – a longtime Colonial Heights tradition - will occur on Tuesday, December 1, 2015 on the Boulevard. Applications are now being accepted for the 2015 City of Colonial Heights Christmas Parade. Please contact the Recreation and Parks Department at (804)520-9390 or apply online at www.colonialheightsva.gov/christmasparade. The following entry fees will be required with application:

Non-Profit (Church, Civic Group, etc.) - \$25.00

For Profit (Business, Corporate, etc.) - \$50.00

School Marching Bands - NO CHARGE

The deadline to submit an application for the Christmas Parade is Monday, November 2, 2015. If you have any questions, please contact the Recreation & Parks Department at (804) 520-9390.

We are also accepting sponsorships for the 2015 Christmas Parade. Visit the Christmas Parade page on our website at www.colonialheightsva.gov/christmasparade for information on becoming a sponsor for this year's City of Colonial Heights Christmas Parade or call us at (804) 520-9390.

The WILLIAMSBURG WINERY LIMITED

Monday, October 19th 2015

Depart from Senior Center at 11am & Return at approximately 4:30pm

\$18 includes tour, tasting & transportation.

(tour is located down approximately 20 stairs)

Lunch on your own at Gabriel Archer Tavern (see reverse for menu)

CALL TODAY FOR MORE INFORMATION 520-9220 OR 520-9390

Neighborhood Leaf Removal Service

Fall 2015/Winter 2016



Convenient Service during Fall Season

The City of Colonial Heights Department of Public Works is pleased to announce that convenient leaf removal services will be provided in city neighborhoods again this year. Each fall, residents collect and stockpile loose leaves along city streets, which city crews remove and make available to local recycling businesses. During the 2014/15 season, city crews collected approximately 3,300 cubic yards of leaves.

Year Round Service Option

Bagged leaves are collected year round and may be placed at the curbside on regular trash collection days. The limit per collection day is 30 bags, each weighing no more than 50 pounds.

Neighborhood Service Areas

This year leaf removal operations will occur in three main service areas, each consisting of three to four neighborhoods. Figure 1 shows the service areas and schedules. Signs will be installed on adjacent thoroughfares to let residents know in advance when service is scheduled in their area. Please note that the time for service in each area is subject to change depending on inclement weather conditions and other events beyond the City's control.

Scheduled Time of Service

Leaves will be collected and removed during the hours of 7:30 AM and 3:00 PM, Monday through Friday, beginning November 9, 2015 and ending January 29, 2016.

Preparing Leaves for City Collection

Residents are asked to place leaves along street frontages and roadsides one week before service is scheduled to begin in their neighborhood. No leaves will be removed except during regularly scheduled times. Leaves that are not placed before regularly scheduled removal times will be removed during the next regularly scheduled service in the area. City crews cannot remove leaves from private property.

Avoid Mixing Leaves with Other Debris

Residents are asked to keep leaf piles free of tree branches, lumber, steel, rock, concrete or other debris. Hard objects mixed with leaves are hazardous and may damage leaf vacuum equipment causing unnecessary time and expense to repair or replace.

Neighborhood Parking During Leaf Removal Service

Residents can assist city leaf removal operations by keeping parked vehicles clear of leaf piles. The use of off street parking is encouraged wherever available. "No Parking" signs may be used to restrict parking on neighborhood streets while city crews remove leaf piles. To avoid damaging personal property, city crews will not rake leaf piles out from under or between parked cars.

More Information

Residents may contact the Public Works Department at 520-9372 for more information about this convenient neighborhood service.



CITY OF COLONIAL HEIGHTS DEPARTMENT OF PUBLIC WORKS FIRE HYDRANT FLUSHING SCHEDULE

The Utility Division of the City of Colonial Heights Department of Public Works will be testing and flushing FIRE HYDRANTS throughout the City starting August 17, and continuing through October 30, 2015.

The City will be divided into four sections. The sections and dates are as follows:

SOUTHEAST SECTION: August 17, through September 1, east of I-95, from ELLERSLIE/YACHT BASIN, SOUTH, TO E. ROSLYN RD.

NORTHEAST SECTION: September 2, through September 17, east of I-95, from ELLERSLIE/YACHT BASIN, NORTH, TO SWIFT CREEK.

NORTHWEST SECTION: September 18, through October 5, west of I-95, from NORTH CITY LIMITS, SOUTH, TO OLD TOWN CREEK.

SOUTHWEST SECTION: October 6, through October 30, west of I-95 from OLD TOWN CREEK, SOUTH, TO ARCHER AVE.

Please mark the date on your calendar when Fire Hydrant flushing is planned in your area. The dates above are subject to change due to emergencies or adverse weather conditions.

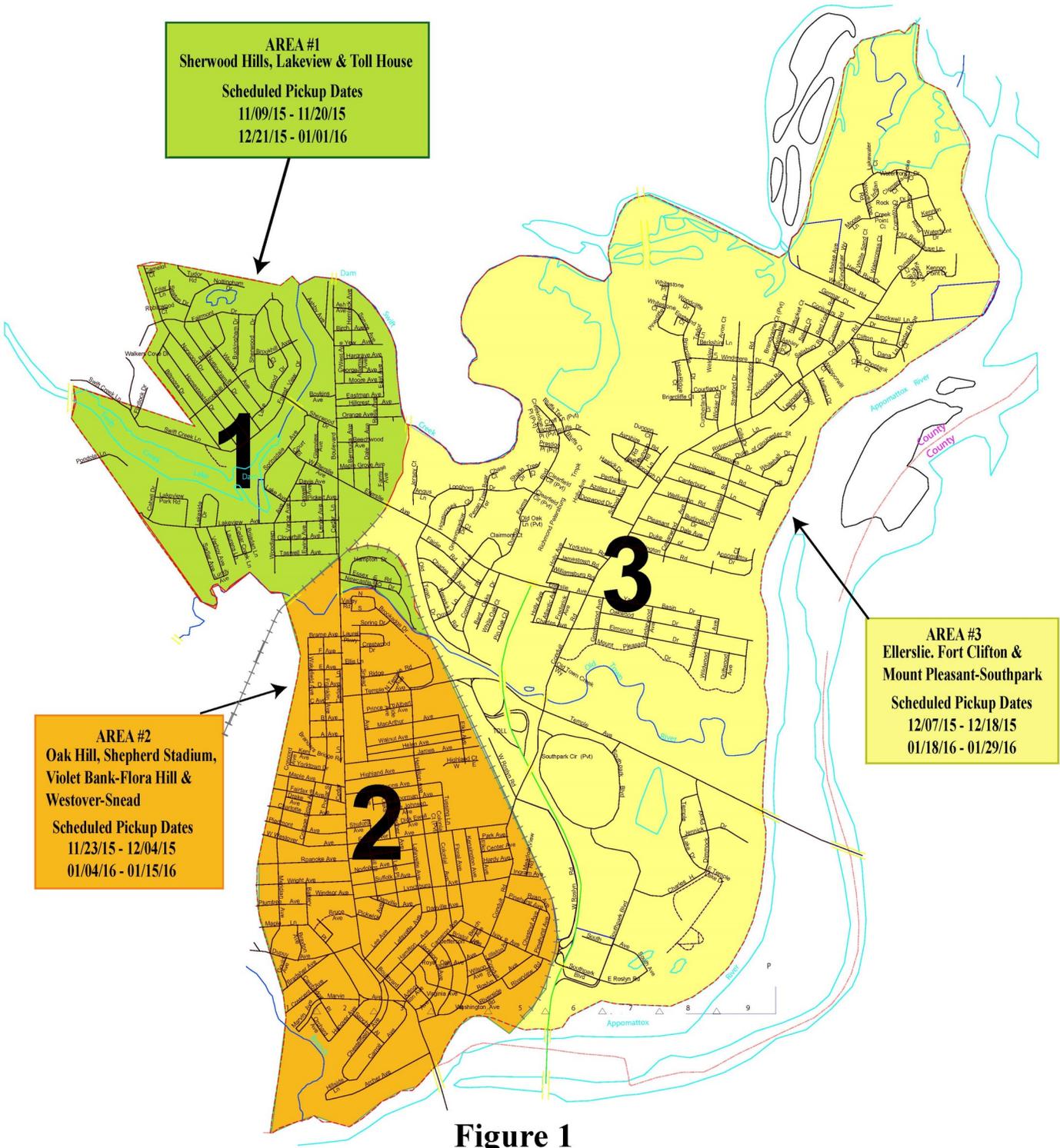
You may experience some discolored water between these times, if this should happen, first run the cold water in your bathtub for about 15 to 20 minutes, if your problem does not clear up within this time period please contact the Utilities Division 520-9393 between 7:30 AM and 3:30 PM Monday through Friday. After hours or weekends call the Police Department 520-9300 and they will dispatch Utility personnel to your home or business.

CELEBRATE SAFE COMMUNITIES

Celebrate Safe Communities is an opportunity for residents to meet and greet their neighbors while taking a stand against crime in their neighborhoods. During the evening, police officers, administrators, government leaders, and elected officials visit events to discuss neighborhood concerns and meet residents. Information on how to start a Neighborhood Watch will be available at each event location. Celebrate Safe Communities will be held on **Tuesday, October 6, 2015** between 5:30 pm and 9:00 pm. The rain date will be on Thursday, October 8, 2015. Event hosts are notifying their neighbors by delivering flyers. For a complete listing of the events please visit www.colonialheightsva.gov closer to the date. If you are interested in hosting a Celebrate Safe Communities event in your neighborhood please contact Officer Sophie Benkendorf at 804-520-9318 or benkendorf@colonialheightsva.gov.



Neighborhood Leaf Removal Schedule Fall 2015/Winter 2016



HALLOWEEN IN THE PARK



**Saturday
October 31st
6:00-8:00 PM
Flora Hill Park**

Food & Drinks Face Painting Children's Games

Wear your costumes and bring your trick or treat bag!

FREE CANDY

2nd Annual Christmas

Tree Lighting

Saturday, November 28th

5pm-6:30pm

at the Courthouse

Featuring:

Santa's Workshop @ 5pm (\$5)

Photo's with Santa

Hot Cocoa/Coffee

Live Entertainment @ 6pm

Cookies

Tree Lighting @ 6:30pm



For more information call 520-9390. Pre-registration required for workshop.

THE CITY FOCUS

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Office of the City Manager
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www.colonialheightsva.gov

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