

# The Beazley Buzz



A Place Buzzin' with Activity!

757-399-8156

July/August 2025

## Director's Note:

*"Let July be July. Let August be August. And let yourself just be even in the uncertainty. You don't have to fix everything. You don't have to solve everything. And you can still find peace and grow in the wild of changing things."* - Morgan Harper Nichols

I hope everyone has been getting out and enjoying the first weeks of summer before it gets too hot and humid!

The "Helper Beez Wanted Board" is up on the wall by the back entrance door. If you need help with small chores, a ride to the doctor, etc., fill out a card and post it on the board.

Athena, Acrylic Painting Instructor, has two new project offerings for July and August. See page 8 for details.

Go Tours is offering a trip in August to visit Chiles Peach Orchard and lunch at Michie Tavern, and in September, a trip to Riverside Dinner Theatre to watch a performance of "The Sound of Music" including dinner before the show.

Our movie presentations will be ***A Complete Unknown***, ***The Unbreakable Boy***, ***Green and Gold***, and ***Fog of War***. Enjoy fresh popped popcorn and a drink while watching the movie!

Continue reading and, as always, find more and our regular program/class offerings with detailed information in the following pages.

Hope to see you soon!  
Donna M. Russell

We dedicate this newsletter in memory of BSC members:  
Member since:

Beverly Clark, 5/22/25	2018
Eleanor Lamb, 9/28/24	2023

Please forgive us if we have missed a member's passing. If you have more information, please let us know.

## Daily Reflection

*If you get tired, learn to rest, not to quit.*  
- Banksy

## Our Featured Photos



*It's that time!!!  
Beautiful flower  
arrangements put  
together by  
Aimee and  
presented  
throughout the  
Center! Thank  
you Aimee!*



## Important Notices

**Friday, July 4<sup>th</sup>** – Center closed – Independence Day

### **INCLEMENT WEATHER NOTIFICATION**

Please call the Center at **399-8156** or check **WAVY.com** online for any closures or delays due to inclement weather before attempting to travel to the Center during bad weather.

## **Special Events/New Programs**

### ***Helper Beez Wanted Board***

**(Members helping members)**

Location: Back hallway

We have created a wanted board for members in need of help, whether it is to change some light bulbs, dust high shelves, mow the lawn, etc. If you would like to post something, pick up a card located next to the board, fill it out and post it on the board.



Information needed on each card will be a description of the help needed, the city, name and phone number.

### ***Hybrid Chair/Standing Yoga Class***

Date: Thursdays

Time: 9:00 – 10:00 a.m.

Cost: \$12.00 per month

Many yoga students have the balance, strength and desire to perform standing yoga poses (asana), but would prefer not to come fully to the mat during their practice. This class will provide students with modifications in practice which will allow them to come into all standing yoga poses (asana) standing on a yoga mat. The practice incorporates 2 chairs (one on each side of the yoga mat) allowing students to find all seated poses using a chair (rather than coming fully to the mat). This hybrid class will provide the support and stability of the chair throughout asana (pose) practice, while allowing the student the freedom to strengthen and find balance with the support of a chair within reach.



### ***Acrylic Painting with Athena***

Dates: Tuesdays

Time: 10:00 – 12:00 p.m.

Cost: \$15.00 per month

I remember my grandfather watching me as I was drawing and painting with my children. He was a man of few words, but when he did say something, it was enlightening... “what you love to do as a child you will always love to do.” Those words encouraged me to start painting again after taking a break for a few years.

I am a local artist and teach at the Smithfield Gallery on Main St. I believe anyone can “create” and learn new things. I look forward to sharing what I love with others at the Beazley Senior Center! If you have never picked up a paintbrush or want to improve your skills this is the class for you. No experience necessary! Step by step, we will create something beautiful!

Instructor: Athena Alley Rhodes

**See page 9 for more class details.**

**Note: Please make sure you attend the first class!**

## **Regular Programming**

### ***Reiki Healing Energy***

Dates: Tuesdays

Time: 8:30 a.m.

Cost: Free

Reiki Healing Energy is based on an ancient belief that vital energy flows through your body, and that the energy can be influenced by the gentle touch of Reiki practitioners.



Reiki sessions are available by appointment on Tuesday mornings in Leesa's office.

To schedule, call Tricia Richardson at 757-651-5521 or Isabel Walters at 757-651-7384.

### ***Full house in the Fired Arts Studio!!***



*Acrylic painting by Judy Geyer, “River of Dreams”*



## Special Events/New Programs

### Go Tours Trips

Date: August 21<sup>st</sup>, 2025

Depart: TBA

Return: TBA

Cost: \$158.00

### **"Peaches, Peaches, Peaches"**

**August 21, 2025**

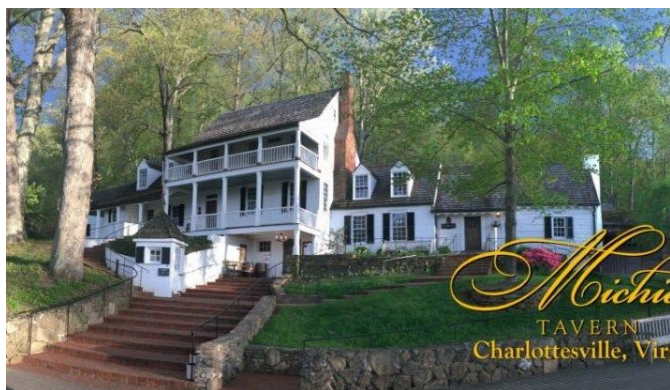
A sweet and delicious way to spend the day!

***This tour is sponsored by TowneBank Senior Partners and operated by Go Tours. Pick up times TBA in Virginia Beach, Suffolk, Newport News, Williamsburg and Richmond.***

A Go Tours Travel Companion/Tour Director accompanies the group as an added resource before, during and after the tour!

Travel to Charlottesville for lunch at historic Michie Tavern followed by a visit to Chiles Peach Orchard in Crozet for peach picking. The day includes buffet lunch, ¼ peck of peaches and some tasty peach ice cream!

Tour includes roundtrip transportation on a 56-passenger motorcoach, all-you-can-eat at Michie Tavern, 1/4 peck of peaches and peach ice cream.



## Special Events/New Programs

### GoTours Trips

Date: September 10<sup>th</sup>, 2025

Depart: 7:45 a.m. Beazley Senior Center

Return: 7:30 p.m.

Cost: \$194.00

### **"Sound of Music"**

A Go Tours Travel Companion/Tour Director accompanies the group as an added resource before, during and after the tour!

The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. Featuring a trove of cherished songs, including "Climb Ev'ry Mountain," "My Favorite Things," "Do-Re-Mi," "Sixteen Going on Seventeen" and the title number, ***The Sound of Music*** won the hearts of audiences worldwide, earning five Tony Awards and five Oscars. The inspirational story, based on the memoir of Maria Augusta Trapp, follows an ebullient postulate who serves as governess to the seven children of the imperious Captain von Trapp, bringing music and joy to the household. But as the forces of Nazism take hold of Austria, Maria and the entire von Trapp family must make a moral decision.

Tour includes roundtrip transportation on a 56-passenger motorcoach to Riverside Dinner Theater, reserved seating for "The Sound of Music," and dinner at the theater before the show. Time permitting we'll make a stop at Fredericksburg's Battlefield Country Store before lunch.



## **Regular Programming**

### ***Conversations in Spanish***

**Date:** Mondays  
**Time:** 12:00 – 1:00 p.m.  
**Cost:** Free

Get together with other members to refresh or improve your Spanish speaking skills.



Call Leesa for details.

### ***Community Puzzle***

Join in the “Puzzle Fun” located in the Computer Room on the conference table. Whether you are just walking by or waiting for class to start, find a few pieces of the puzzle. Anyone and all, help complete the community puzzle!

## **Beazley Beezaar**

The Center is offering members a chance to sell their wonderful creations made here at the Center.

We have put up tables in the main hallway under the showcased paintings. Tables will remain indefinitely as long as we have items. Interested parties, “vendors,” will be allowed to sell five items at a time. If one item sells, you then replace it with another item. All items for sale must have been made here at the Center. Pay for items at the front office.

### ***No-limit Texas Hold'em Poker***

**Dates:** Fridays, July 18<sup>th</sup> & August 15<sup>th</sup>  
**Time:** 11:00 a.m. – 2:00 p.m.

Put your poker face on, use your bluffing skills and let's play poker!!! All have fun playing Texas Hold'em. If you're not familiar with the game fellow players and dealer will get you through comfortably. Top three players win prizes in 9-player games.



Player limit: 9 max.  
Dealer: Kirby Stiening

### ***Blackjack***

**Dates:** Wednesday, August 20<sup>th</sup>  
**Time:** 10:00-11:00 a.m.

Blackjack is a card game that pits player versus dealer. It is played with one or more decks of cards. Cards are counted as their respective numbers, face cards as ten, and ace as either eleven or one. The object of Blackjack is to beat the dealer.

Top two players with most chips win prize!  
Player limit: 8 max.  
Dealer: Kirby Stiening

## **Regular Programming**

### ***Intentional Creativity® and Cosmic Smash Booking***

**Dates:** Mondays, July 7<sup>th</sup>, 21<sup>st</sup> & August 4<sup>th</sup>, 18<sup>th</sup>  
**Time:** 9:30 a.m. – 12:00 p.m.  
**Cost:** Free

**Intentional Creativity®** is an approach to creating that yields access to who we are now and who we are becoming and what is possible for us and our unfolding future. Using our imagination, meditation, writing and painting, we weave inquiry, image and word with intention.



Everything within us, past, present and future, lives in story. When we create around our story, we gain clarity. When we create with intention, we activate both sides of the brain. When we activate our brain, we gain greater access to our own information, how to articulate it and how to move it from the “stuck” places. Intentional Creativity® can be used to heal and transform our thoughts. It can transform old stories into tools for empowerment and grants access to a new way of working with daily stress.



**Cosmic Smash Booking** is a mash-up of art journaling and Intentional Creativity® developed by Catt Geller. Using this method of creating, hidden stories start to come unraveled and revealed. The stories become tools for transformation, and it is then the potential for learning and healing emerges.

Instructor: Taunya Tae Taylor, Certified

***New registrants need to take a one-time introduction class called “Introduction to Intentional Creativity.” This class will be offered once per month for newcomers.***

### **Introduction to Intentional Creativity**

To register, please contact Taunya for date and time.



## **Regular Programming**

### ***Movies presented at BSC***

Second and Fourth Thursday of each month

Cost: Free!

Enjoy fresh popped popcorn and a drink while watching the BSC movies.

#### **July 10<sup>th</sup>, 1:00 p.m. – A Complete Unknown**

Set in the influential New York City music scene of the early 1960s, "A Complete Unknown" follows 19-year-old Minnesota musician Bob Dylan's meteoric rise as a folk singer to concert halls and the top of the charts as his songs and his mystique become a worldwide sensation that culminates in his electric rock and roll performance at the Newport Folk Festival in 1965.



Starring: Timothee Chalamet, Edward Norton, Elle Fanning – Rated: R – Docudrama, Biography, Music – 2 hrs., 21 mins.

#### **July, 24<sup>th</sup> – 1:00 p.m. – The Unbreakable Boy**

A young boy with both a rare brittle-bone disease and autism transforms everyone around him with his joyous, funny, and life-affirming world view..



Starring: Zachary Levi, Meghann Fahy, Jacob Laral – Rated: PG – Drama – 1 hr., 49 mins.

## **Regular Programming**

### ***Movies presented at BSC***

Second and Fourth Thursday of each month

Cost: Free!

Enjoy fresh popped popcorn and a drink while watching the BSC movies.

#### **August 14<sup>th</sup> - 1:00 p.m. – Green and Gold**

A family farmer wagers everything on a high-stakes Championship bet, while his granddaughter's musical ambitions could be their ticket to a new beginning.



Starring: Brandon Sklenar, Craig T. Nelson, M. Emmet Walsh – Rated: PG – Drama – 1 hr., 45 mins.

#### **August 28<sup>th</sup> - 1:00 p.m. – Fog of War**



An injured American pilot Gene, and his OSS agent fiancée Penny, who retreat to a remote estate in Massachusetts to visit her extended family. The OSS has recruited Gene to spy on the family and the surrounding community.

Starring: Jake Abel, Brianna Hildebrand, Geza Rohrig – Rated: N/A – Thriller – 1 hr., 42 mins.

## **Regular Programming**

### ***Musical Notes from the “Singing Beez” Chorus***

**Date:** Mondays  
**Time:** 10:30-12:30  
**Cost:** Free

The Singing Beez Chorus, 18 members strong, enjoy singing and sharing their talents within the community. They meet at the Beazley Center every Monday morning at 10:30. They sing various types of music: sacred and secular. Some of our favorites include songs of Broadway, the '50's, '60's and '70's. We sing in all types of venues including, but not limited to, churches, nursing and assisted living facilities. So far this year, we have presented 11 programs and helped lead “An Old-Fashioned Hymn Sing” at one of our area Churches. Our upcoming schedule will be posted on the bulletin boards at the Center soon. Call Jackie for more information.

Leader: Jackie Forehand Phillips, 757-617-1269

### ***Needlework/Knitting***

Thursdays  
10:00 a.m. – 12:00 p.m.

This friendly group is growing! They are currently working on individual projects and would love to have you bring your needlework and join them. If you would like to learn to knit or crochet, this is the time and place.  
Cost: Free

### ***Open Greeting Cards***

Tuesdays  
9:00 a.m. - 2:00 p.m.

Create and make your own unique and individualized greeting cards. Work for an hour or all day using the Center's vast collection of materials. Stamps and ink will be provided for your use, and paper and envelopes will be available for purchase.  
Instructor: Leesa Richards



### ***Shred-It Shredding Service***

Date: Bring anytime  
Cost: \$1.00 per pound

No need to collect and store old important papers, bills, documents, etc., for a whole year before bringing it to the Center for the annual shredding service! We now have a locked container located in a secure room for any materials you would like shredded. Shred-It truck picks up the container every month.



## **Regular Programming**

### ***Hand and Foot Card Game***

2<sup>nd</sup> and 4<sup>th</sup> Friday of every month  
1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month  
10:30 a.m. - ?



Hand and Foot is a Canasta variant involving four to six decks rather than two and is played by teams of two players (usually two teams, but it also works with three or four teams). The number of decks used is typically one more than the number of players, though this can vary. Due to the larger pool of available cards, it is much easier to form canastas in Hand and Foot than in standard Canasta, which changes the strategy considerably. Some players feel this version is more enjoyable for beginners.

Cost: Free

### ***Bridge***

Tuesdays and Fridays  
10:00 a.m. – 3:00 p.m.  
Cost: Free



Bridge is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors. **(Our bridge players follow Charles Goren rules of Contract Bridge.)**

If you know how to play Bridge and would like to be on the substitute list, please call **Susan Cross at 757-677-5685.**

### ***Mahjong***

Wednesdays  
12:00 p.m. – 3:00 p.m.

Mahjong originated in China. It is a game of skill, strategy and calculation that involves a degree of chance, like the card game rummy. It is commonly played by four players. **Anyone interested in learning to play Mahjong, please leave your name and phone number with Leesa, and a Mahjong Club member will contact you.**

Cost: Free

### ***Bingo***

First and third Tuesday of each month.

Tues. Tuesdays, July 1<sup>st</sup>, 15<sup>th</sup> & August 5<sup>th</sup>, 19<sup>th</sup>

Time: 1:30 – 3:00 p.m.

Join us for a fun afternoon playing bingo! Prizes!

Caller:  
Beverly Brown



## **Regular Programming**

### ***Basic Computer/Smart Phone/Tablet Support***

Date and time: Call Justyn for an appointment

Want to learn how to use a computer? Would you like to have an email account, use the internet, social media? Learn different features and basic tasks on your smart phone or tablet, including how to set up Wi-Fi, connect to the internet, setting/creating email accounts or share files and photos over the network? All you need to do is call here for Justyn and schedule an appointment.



Cost: Free

Instructor: Justyn Walton

### ***Computer Room***

Monday through Thursday,  
9:00 a.m.– 4:00 p.m.  
Friday, 9:00 a.m. – 3:00  
p.m.



### ***DVD Library***

We have a large collection of movies on DVD. Older and current movies available. If interested in viewing, you may check out and return them within a few days. A list of available movies is located at the front desk and on bulletin boards throughout the Center. Ask staff member if you would like to look through the library selections.

### ***Woodcarving***

Thursdays, 10:00 a.m. – 12:00 p.m.

Wood carving is a form of wood working by means of a cutting tool (knife) and chisel, resulting in a wooden figure or other wooden object. Learn to make sculptures and other artwork while enjoying the company of other class participants.

Cost: Free

Instructor: Group Instruction

## **Regular Programming**

### ***Woodshop***

Open: Mon., Tues., Weds., 8:30 a.m. – 3:45 p.m.

Thursday closed until 12:30 p.m.

Friday, 8:30 a.m. – 3:00 p.m.

**(For authorized members only).**

**Non-authorized members, scheduled appointments only! Volunteer on site for assistance on Wednesdays, 10:00 a.m. - 12:30 p.m.**



Our woodshop is well organized and has more equipment options than ever before! Use the shop to create, build or repair woodwork and other projects.

**Note:** Must sign Waiver and Release of Liability Form before working in Woodshop.

Cost: Free

### ***The Ercell Jackson Library***

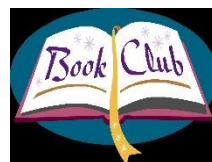
The Ercell Jackson Library is in the Center's main hallway. You will find an extensive selection of fiction and non-fiction hardcover and paperback books, self-help books, cookbooks and current magazines, etc. Take and return books at your convenience. Any used books you would like to donate to our library would be greatly appreciated!

### ***Book Club***

Date: Wednesday (meets on 2<sup>nd</sup> Wednesday of the month)

Time: 11:00 a.m. – 12:00 p.m.

Cost: Free



The Book Club will meet on the second Wednesday of each from 11:00 a.m. to 12:00 p.m.

A new book will be chosen each month and attendees will share opinions and/or explore deeper meanings found within the book.

If interested in joining, please contact Leesa.



## **Regular Programming**

### ***Acrylic Painting with Athena***

Dates: Tuesdays

Time: 10:00 – 12:00 p.m.

Cost: \$15.00 per month

I remember my grandfather watching me as I was drawing and painting with my children. He was a man of few words, but when he did say something, it was enlightening... “what you love to do as a child you will always love to do.” Those words encouraged me to start painting again after taking a break for a few years.

I am a local artist and teach at the Smithfield Gallery on Main St. I believe anyone can “create” and learn new things. I look forward to sharing what I love with others at the Beazley Senior Center! If you have never picked up a paintbrush or want to improve your skills this is the class for you. No experience necessary! Step by step, we will create something beautiful!

New painting project every month!

Instructor: Athena Alley Rhodes

Class limit 12 participants  
Register with Aimee.



*July painting*



*August painting*

## **Regular Programming**

### ***Drawing***

Thursdays

Time: 1:00 p.m. – 3:00 p.m.

Cost: \$15.00 per month

Students will create artwork in pencil or charcoal. Throughout this course, students will utilize traditional drawing. Each project assigned facilitates in building an understanding of the properties of light, aerial perspective, scale, and proportion. The elements of art and principles of design are integrated into student projects. Teacher demonstrations enable them to develop an appreciation for the visual arts as well as expose them to various styles. Class is open to all levels of talent and expressive sketches are encouraged! Register with Aimee.



Instructor: Al Staszkesy

Register with Aimee.

*Drawings by  
Al Staszkesy,  
Instructor*



### ***Play Bunco!***

Date: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month

Time: 10:00 a.m. – 12:00 p.m.

Cost: Free

Bunco is a dice game with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number which is decided at the beginning of the round.

Interested in playing, contact Leesa.





## Physical/Wellness Programs

### Yoga

Yoga is literally translated as “yoke,” meaning to “join together” or “to unite”. It is an ancient practice that connects or unites the mind, body and spirit through body poses, controlled breathing and meditation. Health benefits include lower blood pressure, improved circulation and oxygenation, decreased pain, balanced metabolism, more energy and strength.

### Chair Yoga

Mondays

12:30 p.m. – 1:30 p.m.

1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month

12:30 p.m.-1:30 p.m.

Cost: Mondays -**\$12.00** per month

Cost: Mon. & Thurs. **\$18.00** per month

Instructor: Tricia Richardson, RYT 200

Register with Aimee.



No Chair Yoga  
on Aug. 18<sup>th</sup> or  
25<sup>th</sup>

### Hybrid Chair/Standing Yoga Class

Date: Thursdays

Time: 9:00 – 10:00 a.m.

Cost: \$12.00 per month

No Hybrid Yoga  
on Aug. 21<sup>st</sup>

Many yoga students have the balance, strength and desire to perform standing yoga poses (asana), but would prefer not to come fully to the mat during their practice. This class will provide students with modifications in practice which will allow them to come into all standing yoga poses (asana) standing on a yoga mat. The practice incorporates 2 chairs (one on each side of the yoga mat) allowing students to find all seated poses using a chair (rather than coming fully to the mat). This hybrid class will provide the support and stability of the chair throughout asana (pose) practice, while allowing the student the freedom to strengthen and find balance with the support of a chair within reach.

Instructor: Tricia Richardson, RYT 200

Register with Aimee.

### Gentle Yoga (Yin/Restorative Yoga Hybrid)

Date: Tuesdays

Time: 9:00 – 10:00 a.m.

Cost: \$12.00 per month

No Gentle Yoga on  
Aug. 19<sup>th</sup> or 26<sup>th</sup>

This class will combine aspects of gentle, yin and restorative yoga practices - appropriate for all levels of students from total beginners to experienced practitioners. The class will begin with breathing exercises, gentle stretching poses, progress through gentle supported yin poses, and will conclude with passive restorative poses.

Instructor: Tricia Richardson, RYT 200

Register with Aimee.

**Yin Yoga** The practice of yoga is based upon Yin/Yang philosophy, balancing opposing forces. More energetic types of yoga are considered to be ‘yang’, while yin postures are meant to balance energetic practices with calm, deep stretches. Postures are normally held from 2 to 5 minutes. It is helpful for those who wish to increase flexibility, keep joints healthy and mobile, improve posture, balance energetic exercise, or release trauma and emotions that are stored in the body.

**Restorative Yoga** The practice of restorative yoga is passive (using props such as chairs, blocks, blankets, bolsters, sandbags and straps). Combining use of props and longer holds can help to bring a sense of calm and comfort, triggering the body’s healing mechanisms. Postures are normally held from 5 to 20 minutes. It is helpful for those who wish to meditate, heal, release stress, relax, create a sense of safety in the mind and body or reach a state of mindful rest.

## Physical/Wellness Programs

### Zumba Gold

No Zumba on July 3<sup>rd</sup>

Dates: Thursdays

Time: 10:15 – 11:15 a.m.

Cost: **\$12.00/month** – one class per week

Zumba is a high energy dance workout that incorporates Latin and Caribbean rhythms. Zumba Gold is catered to active older adults and offers signature Zumba flavor with lower intensity moves. Zumba Gold choreography focuses on balance, range of motion and coordination. The best thing about Zumba is that every class is a party! You don’t have to know how to dance, just follow the instructor and have fun! Call Aimee to register.

Instructor: Carolyn Harper, Certified Zumba Instructor



### Revitalize with Carla

Mondays, Wednesdays and Fridays

8:45 a.m. – 9:45 a.m.

Cost: **\$25.00** per month

Maintaining a consistent fitness routine is important at any age. **Revitalize** offers older adults specific exercise to help increase cardiovascular health and build strength and balance. This class is designed to be low impact to prevent injury while also increasing muscle strength and energy levels. Call Aimee to register.

Instructor: Carla Bryce, RYT- 200, SilverSneakers



## **Physical/Wellness Programs**

### ***Tai Chi***

**Tai Chi** is a type of martial art very well known for its defense techniques and health benefits. The martial art has evolved over the years into an effective means of alleviating stress and anxiety and “significantly improving balance.” It has been a form of “meditation in motion” which promotes serenity and inner peace.

Tai Chi is low impact and can be studied by all ages. It is not a “no pain, no gain” endeavor. It is about opening the mind, body and spirit. It is about relaxation, balance and harmony.

#### ***Advanced Tai Chi***

Wednesdays  
10:00 p.m. – 11:00 p.m.  
Cost: \$12.00 per month

#### ***Beginners Tai Chi***

Fridays  
10:00 a.m.-11:00 a.m.  
Cost: \$12:00 per month

Instructor: Robby Williams, Instructor  
Call to register.



### ***Move & Groove***

Dates: Thursdays  
Time: 11:30 a.m. – 12:00 p.m.  
Cost: Free

A fun dance workout geared for all ages and body types. Customize moves that feel right for you.

The unique interval format sends your metabolism and muscle building into overdrive and can be done at a wide range of fitness levels!



Class led by Taunya Tae Taylor

## **Physical/Wellness Programs**

### ***Line Dancing***

Dancing is fun and great exercise. Line dancing is so popular that we have 3 sessions a week! Depending on your line dancing ability, Carolyn will help you decide which class would be suitable for you. See Leesa for contact information.



#### ***“Basic Steps” Line Dancing***

Date: Mondays  
Time: 1:45 p.m. – 2:45 p.m.  
Cost: Free  
Instructor: Carolyn Harrell

Learn the basic steps of line dancing with the goal of joining the other groups comfortably.

Call to register.

#### ***Beginner/Improver Line Dancing***

Date: Mondays  
10:00 a.m. – 12:00 p.m.  
Cost: Free  
Instructor: David Vreeland

#### ***Intermediate/High Improver Line Dancing***

Date: Tuesdays  
10:15 a.m. – 12:15 p.m.  
Cost: Free

Instructor: David Vreeland



### ***Let's play Pickleball!***

Date: Fridays,  
Time: 11:30 a.m. – 3:00 p.m.  
Cost: Free

Pickleball is a paddle sport played with a whiffle ball on a badminton-sized court and a tennis-style net. A non-volley zone (or kitchen) prevents volleys close to the net, and the serving team cannot volley the return of serve. These unique rules favor players with less mobility and allow senior players to compete successfully with younger competitors.



The game is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. Pickleball has exploded in popularity. Thousands of pickleball courts have been built in recent years, especially in senior communities.



## **Fired Arts Studio**

Ceramics and pottery (earthenware clay, bisque, stoneware, glazes and decals), pottery wheel and fusing glass (frit, sheet and dichroic glass). Come join the fun!!!

### ***Open Studio***

Mondays, 9:30 a.m. – 4:00 p.m.\*

**\*12:30-4:00 on days of I.C. class**

Tuesdays, CLOSED

Wednesdays, 9:30 a.m. – 4:00 p.m.

Thursdays, 9:30 a.m. – 4:00 p.m.

Fridays, 9:30 a.m.- 3:00 p.m.

**NOTE: Open studio hours are subject to change. Please check calendar before visiting.**

### ***Fired Arts Orientation***

Date: By appointment only

Time: One hour

Cost: Free

Orientation will give you the basics as you start your journey of becoming a creative and unique artist. In just one hour, you will tour the Fired Arts Studio, learn the guidelines and procedures to get you started.

Once you have finished orientation Ceramics/Pottery, you are free to use the Fired Arts Studio anytime during open studio hours.

Cost: Free, includes complimentary work mat.  
Individual tools, clay and ceramics purchased as needed.

Must register with Taunya.



### ***Hand Building with Clay***

Hand building is working with clay by hand using only simple tools, not the pottery wheel. Before potters had the wheel, they created beautiful pots and clay forms using their hands, fingers and basic tools. Most common forms of hand building is pinch, coiling and slab techniques. Most do not realize the infinite world of hand building and the artistic possibilities it opens.

## **Fired Arts Studio**

### ***Fired Arts “New-Bee” Classes***

Date and Time: By appointment only

Cost: materials used

If you are new to Fired Arts, you may be interested in signing up for a class on how to create a pinch pot and build-a-box using clay or make a fused glass suncatcher.



These are beginner classes that will teach you techniques to make future projects on your own.

Contact Taunya to register for a class.

### ***Glass Fusing 101 Video***

Date: By appointment only

Time: One hour

Cost: Free

Cost: Free

Prerequisite for working on glass in Fired Arts.

Individual supplies and glass purchased as needed.

We now have more glass and more glass molds available. Create beautiful glass plates, bowls, jewelry, wall and window hangings and more! Watch a short video on the basics of glass fusing and you are ready to go. Glass prices are posted in the studio.



*Clay hedgehog built by Angie Rugh.! Sooo cute!*

Call to make an appointment.



### ***Important Notice!!!!***

**To all Fired Arts participants: NEVER pick up or touch others' work, as clay and glass are very fragile until completed, and even then, could be dropped and shatter.**

**Ceramics, greenware, clay, pottery, glass, etc. purchased outside the Center may not be fired in the Center's kilns.**

**New students must register for the Fired Arts Orientation with Taunya.**

**\*\*Due to limited storage space, we cannot hold ceramic, clay, glass or pottery pieces for more than 90 days.\*\***



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Portsmouth, Virginia 23704

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**Hours of Operation:**  
8:30 a.m. to 4:00 p.m.  
Monday - Friday

**Staff:**

Donna M. Russell, Executive Director  
Leesa Richards, Asst. Director/Program Coordinator  
Taunya Tae Taylor, Instructor  
Sandra Berczek, Fired Arts Assistant  
Aimee Miller, Office Manager  
Justyn Walton, Facility Maintenance Manager/  
Instructor

**Contact Us:**

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