

The Beazley Buzz



A Place Buzzin' with Activity!

757-399-8156

March/April 2025

Director's Note:

"No winter lasts forever; no spring skips its turn."
- Unknown

Hello Members! We are back up and running after finishing the construction for our plumbing issue and the side door should be repaired and ready to use by the time you receive this newsletter.

Volunteer Week is April 20th – 26th. The Center will be providing our volunteers with an appreciation luncheon of Friday, April 25th. During that week, join us in thanking them for all they do!

I'm so happy to announce Robby Williams will be back to teach Tai Chi!! We have missed him tremendously and are thankful that he is making time for us once again. Beginner class will be on Fridays from 10:15 – 11:15 and Advanced will be on Wednesday from 10:15 – 11:15.

It is time for our Texas Hold'em Tournament of Champions! During the next two months, our previous place winners will be competing for a spot in the final game on Friday, April 4th, to become the BSC 2025 Texas Hold'em Champion! Leesa will be contacting participants in the next few weeks with their game date.

Our movie presentations will be *Wicked*, *A Real Pain*, *Swede Caroline* and *Across the River into the Trees*. Enjoy with friends and other members, fresh popped popcorn and a drink.

If you feel like getting out of town in the near future, Jeff Foster of GoTours is offering day trips and weekend trips. To see all tours, go to his website at Travelgotours.com. I have listed two day trips on page 3 of this newsletter.

We do not have any Blackjack games scheduled over the next two months but will be scheduled again later.

Just a reminder to all, it's the season that flu and other illnesses surge, so if you are feeling unwell, please stay home and rest. We will see you when you are feeling better.

Hope to see you soon!
Donna M. Russell

We dedicate this newsletter in memory of BSC members:
Member since:
Margie Martin, 02/09/2025 2015

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

Daily Reflection

Reflection is one of the most under used yet powerful tools for success.

- Richard Carlson

Our Featured Photos



Hand built clay bird by Sue Hall.

Great sculpting Sue!!!



National Volunteer Week, April 20th – April 26th!

Join us in thanking our volunteers for all they do, as we wouldn't be able to offer our wide array of programming if not for them.



Important Notices

Friday, April 18th – Center closed – Good Friday
Monday, April 21st – Center closed Easter Monday

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 travel to the Center during bad weather.

Special Events/New Programs

Volunteer Appreciation Luncheon

Date: Friday, April 25th

Time: 11:30 a.m. – 1:00 p.m. (by invitation only)

Location: TBA

We rely on our volunteers throughout the year for bingo, line dancing, woodcarving and woodshop instruction, chorus and other special classes. We will meet for lunch to thank our volunteers for all they do for BSC members and staff. We could not offer the programming we have today without you!



Please let us know if you can attend this special luncheon by calling Aimee at 757-399-8156.

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

Texas Hold'em Tournament of Champions

Dates: Game 1 – Fri., Mar. 7th, 11:00 am – 2:00 pm

Game 2 -Thurs., Mar. 13th, 11:00 am – 2:00 pm

Game 3 – Fri., Mar. 21st, 11:00 am – 2:00 pm

Game 4 – **Final Championship**

Fri., Apr. 4th, 11:00 am – 2:00 pm

Previous winners in the monthly tournaments will play in Game 1, 2 and 3 above with the top three winners of each of those games then competing for a chance to win and be named the BSC Texas Hold'em Champion of 2025 on Friday, April 4th!

Winners, see Leesa for your scheduled game and tournament details.

Jewelry with Kim

Dates: March 19th & April 23rd

Time: 9:30 a.m. – 12:00 p.m.

Cost: \$5.00

March project: Beaded Chain Necklace
April: Pastel Easter Bracelet

Jewelry making is returning to Beazley. As we work on the bracelets, your input on project ideas, and your level of experience and interests will be the focus. Let's brainstorm and make this an enjoyable time for all!



Anyone welcome. No experience needed. Class is limited to 12 participants. Register with Aimee.

Instructor: Kim Steele

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.

Special Events/New Programs

Go Tours Trips

Date: May 28th, 2025

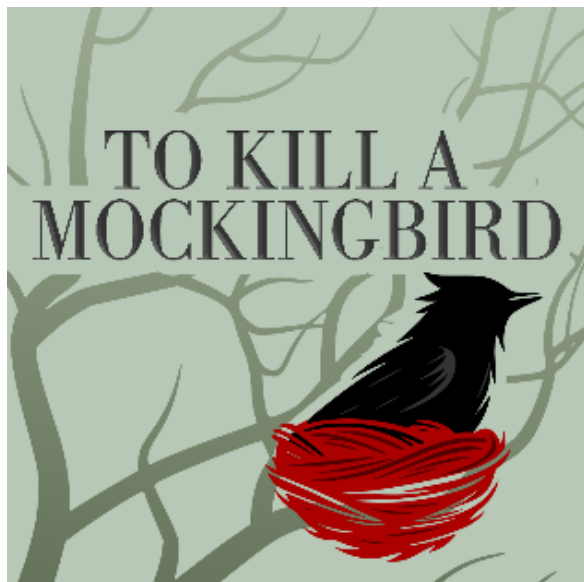
Depart: 7:45 a.m. Beazley Senior Center

Return: 7:30 p.m. Beazley Senior Center

Cost: \$194.00

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

Adapted from the Pulitzer Prize-winning novel, ***To Kill a Mockingbird*** opens in a sleepy Alabama town in the midst of the Great Depression, where Scout and her brother, Jem, live with their widowed father, Atticus Finch. Reminiscent of a bygone era, the play immerses us in a simpler time as the children play outside in the summer, act out stories and muse about their mysterious neighbor, Boo Radley. The facade of the seemingly peaceful town begins to crack when a young black man is accused of a terrible crime. Driven by an unshakeable moral



conviction, local lawyer Atticus defends the man in a trial that sends violent waves through the community. Timeless and lingering, this hard-hitting work explores prejudice, compassion and the courage to do what is right.

Riverside is proud to welcome actor Tug Coker to the Riverside stage in *To Kill a Mockingbird*. Tug is known for his roles in *Now We're Talking* and *The Office* TV series, and for his stellar performance as Larry Bird in the Broadway production of *Magic/Bird*.

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

Special Events/New Programs

Go Tours Trips

Date: August 27th, 2025

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

Return: 7:30 p.m.

Cost: \$194.00

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, March 7th, 13th, 21st & April 4th
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.



The above dates are scheduled for Tournament of Champions

Player limit: 9 max.
Dealer: Kirby Stiening

Blackjack

Dates: Wednesday,
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, March 10th, 24th & April 7th, 28th
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.

March 13th – 1:00 p.m. – Wicked

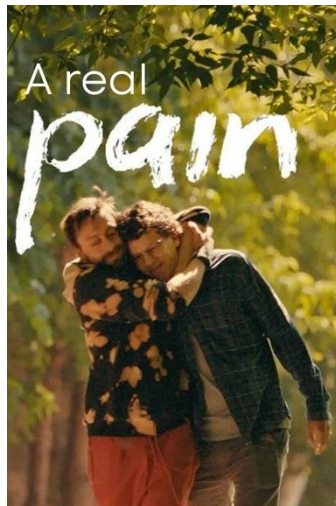


Elphaba, a young woman with green skin, as she navigates life at Shiz University and forms an unlikely friendship with the popular Glinda. Their bond deepens as they encounter the Wizard of Oz, leading to a series of events that ultimately shape their destinies and transform them into the Wicked Witch of the West and Glinda the Good.

Starring: Cynthia Erivo, Ariana Grande, Jeff Goldblum – Rated: PG – Fairy Tale, Fantasy, Musical – 1 hr., 40 mins.

March 27th – 1:00 p.m. – A Real Pain

"A Real Pain" follows mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) as they reunite for a tour through Poland to honor their beloved grandmother, but their adventure takes a dark turn when the odd couple's old tensions resurface against the backdrop of their family history.



Starring: Kieran Culkin, Jesse Eisenberg, Olha Bosova – Rated: R – Buddy Comedy, Drama – 1 hr., 30 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.

April 10th - 1:00 p.m. – Swede Caroline

As up-and-coming prospect Caroline readies herself for the big championship, the competitive giant vegetable growing world is rocked by scandal when she has her prized marrow plants stolen. With her life turned upside down and desperate for answers, she turns to two private detectives, who are then dramatically kidnapped. Are the events linked? No, of course not. But Caroline thinks they are and the hunt for her missing marrows takes her way beyond the allotments, plunging her into a national corruption scandal that goes all the way to the top!



Starring: Jo Hartley, Aisling Bea, Ray Fearon – Rated: N/A – Drama, Romance, British Mockumentary – 2 hrs., 10 mins.

April 24th - 1:00 p.m. – Across the River Into the Trees



Set in post WW2 Venice Italy, American Army Col. Richard Cantwell, haunted by the war, is a bona fide hero who faces news of his illness with stoic disregard. Determined to spend a weekend in quiet solitude, he commandeers a military driver to facilitate a visit to his old haunts in Venice. As Cantwell's plans begin to unravel, a chance encounter with a remarkable young woman begins to rekindle in him the hope of renewal. Based on the last full-length novel Hemingway published in his lifetime, ACROSS THE RIVER AND INTO THE TREES captures a fleeting moment of immortality where time stands still. The story contains the great Hemingway themes of love, war, youth, and age.

Starring: Jo Hartley, Aisling Bea, Ray Fearon – Rated: N/A – Drama, Romance, British Mockumentary – 2 hrs., 10 mins.

Regular Programming

Musical Notes from the “Singing Beez” Chorus

Date: Mondays
Time: 10:30-12:30

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 posed on the bulletin boards at the Center soon. Call Jackie for more information.

Cost: Free
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. Iron Mountain truck picks up the container every two months.



Regular Programming

Hand and Foot Card Game

2nd and 4th Friday of every month
1st and 3rd 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.



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.

Cost: Free

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, March 4th, 18th & April 1st, 15th
Time: 1:30 – 3:00 p.m.

Join us for a fun afternoon playing bingo! Prizes!

Callers:
Gail Fizer, 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

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

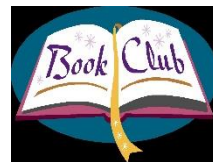
The Ercell Jackson Library is in the Center's main hallway. You will find an extensive selection of fiction and non-fiction hardcover and paperback books, self-help books, cookbooks and current magazines, etc. Take and return books at your convenience. Any used books you would like to donate to our library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

Book Club

Date: Wednesday (meets on 2nd 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.



***March painting
- Blue Bird***

***April
painting,
Tulips***



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 Staszsky

Register with Aimee.

***Drawings by
Al Staszsky,
Instructor***



Play Bunco!

Date: 1st & 3rd 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.

1st & 3rd 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.



Hybrid Chair/Standing Yoga Class

Date: Thursdays, **starting Feb. 6th**

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.

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

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

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

IT'S BACK!!!!

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
10:15 p.m. – 11:15 p.m.
Cost: \$12.00 per month

Beginners Tai Chi

Fridays
10:15 a.m.-11:15 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: Carolyn Harrell, David Vreeland

Intermediate/High Improver Line Dancing

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

Instructors: David Vreeland and Roseann Wade



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 p.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.



Clay pumpkin by Sue Boll

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.



Fused glass project by Betty Winkler

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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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:

Phone: 757-399-8156
Fax: 757-399-1994
Email: info@bsc.hrcoxmail.com
Website: www.beazleyseniorcenter.org