

Special Events/New Programs

Pottery wheel Station

Cost: \$1.20/lb. of clay

Date: Tuesdays

Time: 12:30 p.m. – 3:00

The pottery wheel will be available to use on Tuesdays every week from 12:30 – 3:00 p.m. Only one participant at a time. You must reserve your day on the sign-up sheet located with Fired Arts Instructors. Work on the wheel will basically be self-instructed, with minimal guidance from instructors.



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: a description of the help needed, the city, name and phone number.

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.

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.

January 8th – 1:00 p.m. – Downton Abbey, Grand Finale

When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future.



Starring: Marilyn Cutts, Dominic West, Lorna Nickson Brown –
Rated: PG – Period Drama – 2 hrs. 3 mins.

January 22nd – 1:00 p.m. – The Hill



The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

Starring: Dennis Quaid, Colin Ford, Joelle Carter – Bio, Drama, Sport – Rated: PG – 2 hrs. 6 mins.

February 12th – 1:00 p.m. – Sight

The inspiring true story of Ming Wang, an impoverished Chinese prodigy who flees Communist China to become a pioneering eye surgeon in America. When he is tasked with restoring the sight of an orphan who was blinded by her stepmother, he must confront the trauma of living through the violent uprising in his youth: the Cultural Revolution.



Starring: Terry Chen, Greg Kinnear, Natasha Mumba –
Rated: PG – Bio, Drama, History – 1 hr. 43 mins.

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, Jan. 16th & Feb. 20th
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, Jan. 21st & Feb. 18th
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

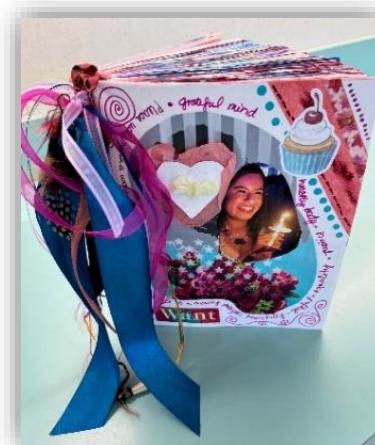
Regular Programming

Intentional Creativity® and Cosmic Smash Booking

Dates: Mondays, Jan. 12th, 26th & Feb. 9th, 23rd
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

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

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.

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, Jan. 6th, 20th & Feb. 3rd, 17th

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

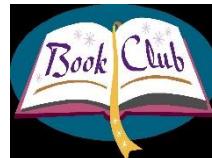
The Ercell Jackson Library is in the Center's main hallway. You will find an extensive selection of fiction and non-fiction hardcover and paperback books, self-help books, cookbooks and current magazines, etc. Take and return books at your convenience. Any used books you would like to donate to our library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

Book Club

Date: Wednesday (meets on 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 month 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: \$20.00 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.



January painting



February 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 Staszeky

Register with Aimee.



*Drawings by
Al Staszeky,
Instructor*

Play Bunco!

Date: 1st & 3rd Wednesdays of the month
Time: 10:00 a.m. – 12:00 p.m.
Cost: Free



into

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.

Cost: Mondays -\$12.00 per mo.

Instructor: Stacy Faherty, 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 500

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 the 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 for 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

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 – 11:00 a.m.
Cost: \$12.00 per month



Beginners Tai Chi

Wednesdays
11:00 a.m.-12:00 p.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-built clay horses by Donna Campbell.

Fired Arts Studio

Fired Arts "New-Bee" Classes

Date and Time: By appointment only

Cost: Pinch pot class - \$2.00

Build-a Box class - \$7.00

(Prices include instruction, clay, glazes and firing)

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.



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

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 Patti Rusch

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.

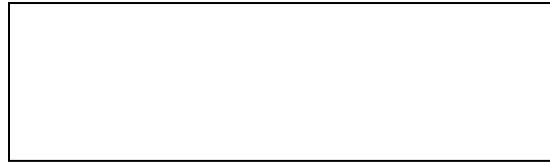
****Due to limited storage space, we cannot hold ceramic, clay, glass or pottery pieces for more than 90 days.****



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Portsmouth, VA

268 Owens Street
Portsmouth, VA 23704

ADDRESS SERVICE REQUESTED



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
Kelly Johnson, Instructor
Aimee Miller, Office Manager
Justyn Walton, Facility Maintenance Mgr./Instructor

Contact Us:

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