

# Silver Select: Hobbies, Road Trips, Aerobics Classes and More



## Acrylic Painting

6 classes / 60 minutes Ages 60+

Participants will be introduced to the unique texture of acrylic paint. Learn a new skill each week, culminating in a finished painting! **\$20.00**

### LOCATION:

Carver Recreation Center  
233 4th Street, NW  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160301-01	Th	Oct 11-Nov 15		2:00-3:00 pm

## Collage

4 classes / 2 hours Ages 60+

Join us for four sessions where we will design and create seasonal collage. All supplies, including frames, are provided. **\$10.00**

### LOCATION:

Mary Williams Community Senior Center  
674 Hillside Drive  
Charlottesville, VA 22902

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160302-01	W	Sep 19-Oct 10		12:30-2:30 pm

## Flower Arranging

1 class / 60 minutes Ages 60+

Learn the basics of Japanese flower arrangement. During this informative workshop, Hiromi will work beside you as you create an arrangement. Have fun learning to design and take it with you to enjoy at home. **\$5.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160402-01	Th	Nov 15		12:00-1:00 pm

## Holiday Wreath Making

1 class / 2 hours Ages 60+

Come and start the holiday season off with a new wreath. Join our landscape leader as she assists us in making our own green wreath. **\$20.00**

### LOCATION:

Pen Park (greenhouse)  
1400 Pen Park Road  
Charlottesville, VA 22901

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160406-02	W	Nov 28		10:00 am-12:00 pm

## DROP-IN Senior Pickleball

Ages 60+

Join the games on Fridays, August 31 through June 7 from 2:15 - 4:15 pm. **\$2.00 drop-in fee each time you participate or free with an Access Pass (see page 13).**

### LOCATION:

Key Recreation Center  
800 East Market Street  
Charlottesville, VA 22902

## DROP-IN Senior Basketball

Ages 60+

Come join your peers Mondays, 12:00 - 2:00 pm from August 18 - December 17 for a pickup game or just shoot baskets. **\$2.00 drop-in fee each time you participate or free with an Access Pass (see page 13).**

### LOCATION:

Key Recreation Center  
800 East Market Street  
Charlottesville, VA 22902

Featuring three SilverSneakers fitness centers:



### Carver Recreation Center

233 4th Street, NW | (434) 970-3053



### Smith Aquatic & Fitness Center

1000-A Cherry Avenue | ((434) 970-3072



### Key Recreation Center

800 East Market Street | ((434) 293-8273

## Questions?

Please contact April Baber, Adaptive Recreation Specialist



(434) 970-3261



(434) 760-0702



baber@charlottesville.org



webtrac.charlottesville.org



## Three Lakes Park

6 hours Ages 60+

Three Lakes Park and Nature Center bring together the three worlds of air, water and land for visitors to explore. The Nature Center is a 6,500-square-foot facility featuring a variety of exhibits designed to provide a hands-on experience. The 50,000-gallon aquarium also gives visitors a view of the underwater world. The exhibits in the Nature Center will introduce visitors to the plant and animal life native to the area and wildlife living in the wetlands and woodlands of the park. We will hike, have lunch (bring your own) and explore the Nature Center. **\$10.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160313-01	W	Sep 5		9:00 am-3:00 pm

## Safari Land

6 hours Ages 60+

Upon arrival at Safari Land, you'll be able to see animals run and frolic with abandon on our 180-acre property. The animals are free to roam! Don't be in a hurry; the animals often block your path or lay flat-out in the sun — the choice is theirs. Or choose to see the Safari Village, a 10-acre walk-through area. Stretch your legs and stroll along the paved walkway while viewing animal habitats and behaviors. Bring a bag lunch. **\$22.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160314-01	W	Sep 12		9:00 am-3:00 pm

## Lewis Ginter Botanical Garden

6 hours Ages 60+

Lewis Ginter Botanical Garden offers year-round beauty on an historic property with more than 50 acres of spectacular gardens. A classical domed conservatory is the only one of its kind in the mid-Atlantic. More than a dozen themed gardens include a Children's Garden, Rose Garden, Asian Valley and Cherry Tree Walk. Experience the wonderful world of butterflies! M&T Bank Butterflies LIVE! is an indoor exhibit in the conservatory and is geared for all ages. Get up close and personal as hundreds of tropical butterflies feed, flutter and take flight all around you. This will require lots of walking and standing. Bring a bag lunch. **\$15.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160315-01	W	Sep 26		9:00 am-3:00 pm

## Maymont Park

6 hours Ages 60+

Explore Maymont's spectacular Italian Garden, Japanese Garden and Arboretum. Additionally, many smaller specialty gardens exist at Maymont. This will require lots of walking and standing. Bring a bag lunch. **\$10.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160316-01	W	Oct 10		9:00 am-3:00 pm

## Shenandoah Caverns

6 hours Ages 60+

Shenandoah Caverns has been thrilling visitors of all ages for over 90 years. It's the only Virginia cavern with elevator service, making it one of the easiest caverns to tour. Cavern tours are one-mile long and you must be able to walk for the approximately one-hour tour. The caverns remain a constant 56 degrees, year-round. Wear a light jacket and comfortable shoes. The caverns are not considered handicap accessible; there are no places to sit inside the caverns. The pathway is crushed gravel with some inclines. Bring a bag lunch. **\$25.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160317-01	W	Oct 24		9:00 am-3:00 pm

## Montpelier

6 hours Ages 60+

Immerse yourself in the history of Montpelier. Take a guided tour, explore the galleries, stroll 8+ miles of public walking trails. This trip requires a lot of walking and standing. Bring a bag lunch. **\$22.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160318-01	W	Nov 14		9:00 am-3:00 pm

## Short Pump

6 hours Ages 60+

Like to shop or just check out the holiday decorations? We will go to Short Pump for some last-minute shopping and then enjoy lunch at the Olive Garden. Bring money for shopping and for lunch. **\$10.00**

### LOCATION:

Crow Recreation Center  
1700 Rose Hill Drive  
Charlottesville, VA 22903

ACTIVITY#	DAYS	DATES	NO CLASS	TIME
160319-01	W	Dec 12		9:00am-3:00pm

