

**PRINCE
GEORGE
COUNTY**

PARKS AND RECREATION COMMUNITY TIMES

**AUGUST
2013**

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COMMUNITY CENTER

The Prince George County Parks and Recreation Department is delighted to be the recipient of a \$20,000 grant from The John Randolph Foundation to expand our exercise room.

The proposed layout will include space for a strength training room in addition to a separate cardiovascular room. This will be a great addition to the Community Center and we thank The John Randolph Foundation for their grant funding of this project.



SOMETHING'S PERKIN' WITH A PURPOSE!

Thursday, August 8th 2013
8:00am-9:00am

Sponsored by the Prince George County Parks and Recreation Community Center

Light Refreshments & Tours

Win a Door Prize! One drawing for a "free 1 month exercise room membership"

No cost to attend, guests welcome!

RSVP to the Chamber: 458-5536



UPCOMING EVENTS/REGISTRATIONS

- Girls Travel Field Hockey Reg. Aug 5-23
- Something's Perkin' August 8, 2013
- Advisory Commission Meeting Sept 10, 2013

Fall Into Ballroom Dance

Join us for a fun evening dancing, socializing, and just having a great time!!! Learn the Country Two-Step, Swing, Polka, Foxtrot, Waltz, Hustle, Rumba, Cha Cha, & more... The



event will be held at the Prince George Community Center on Saturday September 28th, 2013 from 7:30pm-10:00pm. No partner required, dance hosts, hostesses available, refreshments, and DJ .

Business casual dress code. Cost is \$8 per person— pay at the door.

For more information, call (804)458-6164.

OFFICE NEWS!

Debbie Lafland has completed her coursework to become a *Certified Senior Fitness Specialist*. She has received her certificate from American Fitness Professionals and Associates of the United States of America. Way to go, Debbie!



5K RACE FOR THE CURE



The Parks & Recreation walking group will be participating in the 30th Annual TCRR 5K Race for the Cause on Saturday, August 17, 2013 at 8:00am. The event will be held at White Bank Park in Colonial Heights. All proceeds go toward cancer education, detection, and treatment, and will benefit the Cancer Treatment Center at Southside Regional Medical Center and the Massey Cancer Center.

COACH'S CORNER



Jane T. Turner

Jane has been a soccer and softball coach for the past 26 years. The reason she coaches is because she enjoys seeing her players advance from recreation sports leagues to high school teams and then accepting college scholarships.

2013 NFL PUNT, PASS, & KICK!

Punt, Pass, and Kick – The Prince George Parks and Recreation Department held its 2nd annual NFL Punt, Pass, and Kick competition Thursday July 25, 2013 at Prince George High School. We had 18 participants ranging in age from 6-15. The following winners have qualified to compete in the sectional event which will be held in late October or early November at a place to be announced.



Winners

Ages 6 to 7 - Robert May

Ages 10 to 11 - Tavian Morris

Ages 12 to 13 - Josh Martin

Ages 14 to 15 - Brandon Humphrey

Photography Class

Basic DSLR Photo Course

\$35 per person

Class date: Saturday, August 17th, 2013

This four-hour course is designed for people who bought a Digital-Single Lens Reflex (DSLR) camera and who want to take better pictures. The class includes information about digital photography basics, such as ISO, f-stop, and shutter speed and will help photographers move from the camera pre-set modes to shooting in the creative modes, with a particular emphasis on moving to full manual. The course is being taught by David Breidenbach, who appears regularly in the Hopewell News/News Patriot.

Girl's Travel Field Hockey

The Parks and Recreation Department will be offering a competitive girl's travel field hockey team, participating in the Allied Field Hockey League. This team will practice in Prince George and play games at the Clover Hill Athletic Complex in Chesterfield County. Registration will be held at the Parks and Recreation Department starting August 5 - 23, 2013 and the fee will be \$95 per participant.





Prince George County Parks & Recreation

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Prince George, VA 23875
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CALL US TODAY!

*To enhance the quality of life for Prince George County residents
by promoting healthy lifestyles and providing enriching leisure services.*



PRINCE GEORGE COUNTY VISION STATEMENT
Prince George County.... A global community where families thrive and businesses prosper.

**PRINCE GEORGE COUNTY PARKS AND RECREATION IS ALWAYS
LOOKING FOR IDEAS. PLEASE CONTACT US WITH ANY SUGGESTIONS.**

***PRINCE GEORGE PARKS AND RECREATION
IS HOSTING A SEMINAR
PRESENTED BY VIRGINIA SENIOR SERVICES
MEDICARE "101"***

*To explain your rights and benefits under the law in regards to Medicare. You will learn about
all the options that are available to you and a question and answer period will be a part of the
presentation.*

This is an educational seminar and is not a sales event.

**Date: Thursday, October 10th 2013
Time: 1:00pm-2:00pm
Place: Prince George Community Center
11100 Old Stage Road Prince George VA 23875**

*If you have any questions, please contact Debbie Lafland, Special Activities Coordinator at
804-458-6164.*