

# Parks & Recreation

Henry County

Program Guide  
Summer | 2021



August 21, 2021



September 22-25, 2021





# A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

Our staff has been busy planning a lot of fun activities for this summer for children, adults, families and seniors. Be sure to check out all of the programs listed in this guide.

Two of the biggest events of the year will be the 13th Annual Smith River Fest and the 1st Annual Henry County Fair. Smith River Fest will be held on Saturday, August 21 from 10:00 am to 4:00 pm at the Smith River Sports Complex and is being presented by "Dr. J. Peyton Moore Cosmetic and Implant Dentistry. Your local dental implant connection." Smith River Fest will feature a lot of fun activities including a rock wall, magic show, river tubing, petting zoo, food trucks, beer garden and much more. There will be a demo pool, sponsored by SOVAH Health, where people can try out a kayak or SUP. In the afternoon, everyone can wind down and listen to the band which is being presented by Blue Ridge Bank.

The Henry County Fair will be held on September 22 - 25 at Martinsville Speedway and is being presented by VisitMartinsville. The fair will be an exciting four day event and will have fun for all ages! Adults and children can enjoy the thrilling rides at the midway which is being presented by American National Bank. Everyone will want to come back each night to enjoy the nightly musical entertainment on the Bassett Furniture Stage. There will also be ground attractions, animals, food vendors, games and much more at the fair.

Thank you for your interest in Henry County Parks & Recreation, and have fun!

Sincerely,  
Roger Adams, CPRP

## OFFICE INFORMATION

### Henry County Parks & Recreation Office Information

Henry County Parks & Recreation is a member of the Virginia Recreation and Park Society (VRPS) and the National Recreation and Park Association (NRPA).  
Henry County Parks and Recreation may be contacted, Monday - Friday 8:00 am - 5:00 pm at:

PO Box 7 · Collinsville, VA 24078

Phone: 276.634.4640 · Fax: 276.634.4637 · email: [radams@co.henry.va.us](mailto:radams@co.henry.va.us)

### HENRY COUNTY PARKS & RECREATION STAFF

**Roger Adams, CPRP**  
Director

**Ashley Mundy**  
Senior Services Coordinator

**Benny Luther**  
Parks Manager

**Gary Gammons**  
Parks Maintenance Staff

**Ted Crowder**  
Parks Maintenance Staff

**Wanda Setliff**  
Senior Services Assistant

**Daniel Reynolds**  
Deputy Director

**Renee Wood**  
Office Manager

**Eric Martin**  
Assistant Parks Manager

**Gary Rea**  
Parks Maintenance Staff

**Dylan McGuire**  
Parks Maintenance Staff



**Blackberry Park**



**Collinsville Jaycee Park**



**Doe Run Park**



**Fieldale River Access**



**Gravelly Park**



**The Dick and Willie Trail**



**Lauren Mountain Preserve**



**Philpott Marina**

# Classes

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Pre-registration is required. Call 634-4640 to register.

## ROCKET BUILDING CLASS

Participants will make their very own rocket and then launch them in Jack Dalton Park. Space will be limited to 10 participants and class is for ages 9 and up.

Date/Time: June 21th / 10:00 am - 12:00 pm  
Location: Jack Dalton Park Picnic Shelter  
Cost: \$10.00

## KID'S GEOCACHING DAY

Geocaching is a fun outdoor adventure that is similar to a scavenger hunt. Participants will search for "caches" left in the parks. Space is limited to 8 participants and is for ages 8 and up.

Date/Time: June 25th & July 19th / 9:00 am - 12:00 pm  
Location: Henry County Administration Building  
Cost: \$5.00 per class

## CANOE DAY

This is an introductory session for anyone wanting to find out what a flatwater paddle is like. Canoes and kayaks will be available to try out. Space will be limited to 10 participants.

Date/Time: July 9th / 10:00 am - 12:00 pm  
Location: Beaver Creek Reservoir  
Cost: FREE

## TIE DYE DAY

Come out and learn a few patterns to create your own Tie Dye shirt. Participants will need to bring their own white T-shirts and can dye more than one shirt.

Date/Time: June 22nd / 10:00 am - 11:00 am  
Location: Jack Dalton Shelter  
Cost: \$5.00

## OUTDOOR COOKING CAMP

This camp is the opposite of fast food or having adults provide a ready-to-eat meal, as when kids move quickly through the cafeteria line. Learn everything with cooking with Dutch ovens, over campfire and cooking on a grill. Ages 8-12 years old.

Date/Time: June 28th - 30th / 10:00 am - 12:00 pm  
Location: Jack Dalton Park Shelter  
Cost: \$20.00

## INTRO TO ARCHERY

Introduction to Archery is a hands-on two hour workshop that will provide basic knowledge of archery including archery equipment, shooting, and safety. Class is limited to 8 participants.

Date/Time: July 7th / 10:00 am - 11:30 am  
Location: Jack Dalton Picnic Shelter  
Cost: \$10

## KIDS FISHING DAY

Come join us as we offer a beginners course to a sport that can be enjoyed for an entire lifetime. Participants will learn the very basics of fishing from baiting a hook to casting on their own. Pre-registration is required and space is limited to 10 participants per class.

Date/Time: May 27th / 9:00 am - 11:00 am  
Location: Beaver Creek Reservoir  
Cost: FREE

## RIDE THE TRAILS

Introducing children to cycling at an early age aids with gross and fine motor skill development as well as speech, behavior and social skills. Come join us as we ride bikes down the Dick & Willie Trail. Space is limited and each person must be able to ride the trail without assistance.

Date/Time: July 23rd / 10:00 am-12:00 pm  
Location: Henry County Administration Building  
Cost: FREE

## CREEK CRAWL

Explore the shallows of a local creek and find out what type of creatures live in the sand, mud and under rocks! Learn about the importance of macro invertebrates and their amazing life cycle. Be sure to wear boots or shoes you don't mind getting wet and muddy. This program is great for all ages.

Date/Time: June 23rd / 10:00 am - 12:00 pm  
Location: Lauren Mountain Nature Preserve  
Cost: \$10

# Camps

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Pre-registration is required. Call 634-4640 to register.

## EXPLORE CAMP

Camp is designed to enjoy yourself and learn what you can do outside without being on a playing surface. Hiking, Fishing, Geocaching and a Water Gun battle will all be involved in this outdoor camp. Max 10 participants.

Date/Time: June 1st-4th / 9:00 am - 12:00 pm  
Location: Henry County Administration Building  
Cost: \$10.00

## GOLF CAMP WITH BRYCE VARNER

Camp and instruction will be designed for the golfer who is looking to learn the fundamentals of golf. Never tried golf? No problem. Camp will offer an hour of instruction for anyone who has never touched a club and then another hour for kids who want to work on their game.

Date/Time: June 24th / 9:00 - 10:00 am Beginner Session  
10:00 - 11:00 am Player Session  
Location: Sports Complex Driving Range  
Cost: \$10.00

## BASEBALL CAMP

This is a week-long camp focusing on the fundamentals of pitching, fielding, and hitting for ball players ages 7-9 years old. Drills are designed to help every aspect of the game. Space is limited to 20 kids.

Date/Time: June 7th - 11th / 9:00 am - 11:30 am  
Location: Jack Dalton Park  
Cost: \$25.00

## STEM CAMP

Unlock your child's brilliance at the world's premier destination for STEM education. Guided by an elite 4-H tech STEM team, they will have fun, advance their skills fast with Scratch coding, java and join a community of 500,000 aspiring innovators. Ages 8-12 years old.

Dates/Time: July 12th-15th / 9:00am-12:00pm  
Location: Henry County Administration Building  
Cost: \$20.00

## FOOTBALL CAMP

Bassett's Coach Brandon Johnson, staff and players will be on hand for teaching and instruction. This three day camp will give your player some great instruction from high school coaches and players.

Date/Time: July 19th - 22nd 6:00 - 7:00 pm  
Location: Bassett High School Practice Field  
Cost: FREE

## TRACK/RUNNING CAMP

Join Bassett's Cross Country Coach, Kevin Underwood as he introduces kids to the physical and mental benefits of the life long sport of distance running.

Dates/Time: June 28th - 30th / 6:00 pm-8:00pm  
Location: Bassett High School  
Cost: \$20.00



## Fitness

### MILES IN MARTINSVILLE

Get up and get moving with the Miles in Martinsville Series and help support Outreach Programs of the YMCA. There are distances for runners of all levels from 5K to half marathon so sign up and support these great events and causes. Contact the Martinsville YMCA at 276.632.6427 or visit [www.milesinmartinsville.com](http://www.milesinmartinsville.com) to learn more!

Uptown Martinsville Mile  
August 14th

Harvest Moon 5K & 8K  
September 17th

### HELGRAMITE HUSTLE 5K MUD RUN

Ready to Hustle? In this muddy 5k you will navigate a series of mud pits, romp through a creek and there will be plenty of obstacles to climb over, climb under and crawl through. The Kids Mini Fun Mud Run will follow the race at 11:00 am. Call HCPR @ 276.634.4640 for more information.

Date/Time: August 21st / 11:00 am  
Location: Smith River Sport Complex  
Cost: \$30 until August 6th  
\$35 August 7th - 20th  
\$40 Race Day  
Kids Mini Fun Run at 12:00 pm - FREE

### RIVER RACE @ SMITH RIVER FEST

Race your kayak, canoe or stand-up paddleboard from the South Martinsville River Access to the Sports Complex. Competitors will be broken down into categories. NO INFLATABLES. Everyone racing must attend a safety briefing before the race. Shuttles will get you and your boat up to the South Martinsville Access point but you will need to register and drop your boat off at the Sports Complex. Drop your boat near the river and register at the Henry County Parks and Recreation tent. Call HCPR at 276.634.4640 for more information.

Date/Time: August 21st / 1:30 pm Race Begins  
1:15 pm Mandatory Safety Meeting  
Location: Smith River Fest  
Cost: \$20 per single entry  
\$30 per tandem entry



### FLAG FOOTBALL LEAGUE

Start thinking about forming your team for Flag Football this fall. This is a great sport to get some great exercise and hang out with your buddies. Teams will consist of up to 18 players per team. Games will be played at the Smith River Sports Complex.

Time/Dates: Season begins in September  
Location: Sports Complex in Axton, VA

## Interested in officiating Basketball & Football games for the Fall 2021?



Please contact **Daniel Reynolds** at  
276-634-4645 for more  
information.

*Officials are paid  
per game.*

## Clubs

### HENRY COUNTY PHOTOGRAPHY CLUB

Looking to get into photography but not sure which way to turn? Not sure what type of camera to buy? Not sure where to start. The Henry County Photography Club could be perfect for you. Local photographers from novice to professional meet monthly for open discussion about photography. Come see some beautiful pictures taken throughout our area. Membership is free. Please bring your camera and/or photographs to share with the group. More info on our Facebook page <http://www.facebook.com/hcproamphoto> or email [henrycountyphoto@gmail.com](mailto:henrycountyphoto@gmail.com).

Date/Time: First Monday of the Month @ 7:00 pm  
Location: Henry County Administration Building  
Cost: FREE

### SMITH RIVER VALLEY CANOE CLUB-SRVCC

Club meets to promote the year round sport of canoeing/kayaking. The club meetings consist of information on equipment, skills, and river destinations. Rolling sessions are held weekly. Contact BR Bryant at 638-4306 or email [creek1r@comcast.net](mailto:creek1r@comcast.net). Like them on Facebook to find out more.

### BLUE RIDGE SKI AND OUTING CLUB

If activities like hiking, canoeing, kayaking, biking, traveling, wake boarding, bowling and skiing sound fun to you, the Blue Ridge Ski and Outing Club could be just for you. The BRSOC is ideal for anyone looking to have an outgoing and active lifestyle. Call Fran Brooks, Public Relations Director at (276) 734-5296 or email [sidalee24112@yahoo.com](mailto:sidalee24112@yahoo.com) for information or visit the website at [www.BRSOC.org](http://www.BRSOC.org). Like them on Facebook to find out more.

### PATRICK HENRY PATRIOTS RC CLUB

Radio Control Model Aviators meet monthly to promote and encourage the Radio Control Model Aviation hobby. During warm months, the club meets at PATRIOTS R/C FIELD located just beyond the Convenience Center on Jack Dalton Road. New members are always welcome! Check them out on Facebook to find out more.

Date/Time: Second Saturday of the Month @ 12:00 pm  
Location: Henry County Administration Building/Patriot Flying Field  
Cost: See club members for dues

### HENRY COUNTY BIKE CLUB

Looking for a new activity that is great for you physical and mentally? Joining the Henry County Bike Club could be the perfect way for you to get some exercise while letting the wind blow through the vents in your helmet to get the cool helmet hair! Our bike club is open to participants of all ages and skill levels. Weekly rides and events can be found on their website at <http://henrycountybikeclub.com>. For more details or contact Tommy Smith at [tommymsmith24055@yahoo.com](mailto:tommymsmith24055@yahoo.com). Like them on Facebook to find out more.

# Special Events & Activities

## HUNTERS SAFETY COURSE

Take a basic Hunter's Safety Course at your own speed and convenience. Online hunter's safety courses are offered at [dgif.virginia.gov](http://dgif.virginia.gov). First time hunters are required to take the course, including all persons 12 or older who have never been issued a hunting license. Pre-registration is required and must be done online at <http://www.dgif.virginia.gov>. Download the book online and take the test in the back of the book.

## LITTLE LEAGUE NIGHT

Wear your Parks and Recreation baseball/softball jersey to the Mustangs game and get in for FREE.

Date/Time: June 10th / 7:00 pm

Location: Hooker Field

Cost: Free wearing your Parks & Rec jersey

## BIKE AWARENESS RIDE

Join the Henry County Bike Club as they ride across Collinsville and Martinsville to bring awareness to bikers being on the road with vehicles. Ride will start at Jack Dalton Park and make its way through Collinsville & Martinsville before coming back up Kings Mountain Road and finishing at Jack Dalton Park.

Time/Date: June 5th / 10:30 am SHARP

Location: Jack Dalton Park

## GARDEN TO GO

The Garden to Go program will give you what you need to start growing your own vegetables. This is a great program that will allow your kids to do everything from planting the seeds to taking care of the seeds and then watching the seeds grow and produce something they can eat. We will provide you with everything you need, you just need to come pick it up.

Time/Date: Available May 26th

Location: Parks & Recreation Office

Cost: Free

## GEOCACHING

Find a cache, take something out that other players left behind, but be sure to leave something for the next player. Sign the log book to see when the last time someone found the cache. If you are searching for caches in our parks, please do so safely and without disturbing the environment or athletic event. Caches are rated by stars on difficulty:

- 1 star is Easy- 5-10 minutes to find and Large cache
- 2 stars is Tougher-10-20 minutes to find and Medium size cache
- 3 stars is Difficult- Over 20 minutes to find and a Small cache

Location	Coordinates	Stars	Time to Find
Jack Dalton Park	N36 44.643 W79 53.431	*	5-10 min.
Gravelly Park	N36 36.625 W79 48.946	**	10-20 mins
Philpott Marina	N36 46.740 W80 01.896	*	5-10 mins
Lauren Mountain Nature Preserve	N36 44.643 W80 00.300	**	10-20 mins
Doe Run Park	N36 40.386 W79 53.339	***	20+ mins
The Great Road	N36 43.637 W79 56.918	***	5-10 mins

# Family Activities

## FAMILY FUN FLOAT

Spend the day on the Smith River with friends and family! Join us to paddle or float the Smith River between Philpott and Bassett. Smith River Outfitters (SRO) will have canoes, kayaks, and tubes for rent at a discounted rate for these events. SRO and volunteers with Greater Bassett Area Community (GBAC) will help shuttle boaters, paddlers, & floaters to access ramps. So bring your own flotation device or rent, just come and enjoy a day on the beautiful Smith River.

Time/Date: Dates will be released later

Location: Downtown Bassett



## SMITH RIVER FEST - AUGUST 21ST

Run, paddle and bike your way to fun at Smith River Fest! Held annually along the Smith River in Henry County, Virginia, this event is truly a celebration of all things associated with the Smith River and our great outdoors. Ride the river, browse vendors and challenge yourself in the Helgramite Hustle 5K Mud Run.

The Smith River is 45 miles of scenic beauty flowing through our community from the base of Philpott Dam in Bassett, Virginia down to Eden, North Carolina where it meets the Dan River. Alongside the river and throughout Martinsville & Henry County are nearly 20 miles of shared-use trails that make up the Smith River Trail System. Paddlers will love the variety that the Smith River offers from calm floats to class I/II rapids.

The festival is located at the Smith River Sports Complex, 1000 Irisburg Road in Axton, just off the Hwy 58 Bypass. Admission and parking are free!

## SMITH RIVER RACE

(Awards given in the following categories)

- Racing Kayak 13'+ Male
- Racing Kayak 13'+ Female
- Recreation Kayak 12'11" Male
- Recreation Kayak 12'11" Female
- Tandem Kayak
- Solo Canoe Male
- Solo Canoe Female
- Tandem Canoe
- Stand-up Paddle Board (SUP)



## HELGRAMITE HUSTLE 5K MUD RUN

Navigate a series of mud pits and a romp through the creek. There will be obstacles to climb over, crawl through, and slide under. You don't want to miss the fun of the Helgramite Hustle!

Paddle Rentals and Demos & Fishing Demos  
Live Entertainment and Fun  
Bicycle Loans and Demos  
Food and Gear Vendors

# MOVIE IN THE PARK

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**JUNE 25 - THE KARATE KID**  
**JULY 16 - TROLLS WORLD TOUR**  
**AUGUST 20 - TOM & JERRY**

**Jack Dalton Park**

7:30pm music & games / 9:00pm movie starts

FREE ADMISSION

Drinks, snacks and candy available for purchase.



# 50+ Club

## SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to elderly, transportation disadvantaged and disabled. Contributions are appreciated. For a ride call 276-634-4644.

Monday – Thursday - Demand Response

Friday – Limited Demand Response

## SENIOR CAFÉS

Senior Cafés (These sites are currently closed due to Covid-19. The intention is to open as soon as it is deemed safe to do so.)

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634-4644.

**Time/Days:** Mondays, 11:00 am – 1:00 pm  
**Location:** Moral Hill Missionary Baptist Church in the fellowship hall  
50 Moral Hill Drive, Axton, VA 24054  
**Cost:** Suggested donation

**Time/Days:** Tuesdays, June 1, 2021 11:00 am – 1:00 pm  
**Location:** HJBD Event Center  
3289 Riverside Drive, Bassett, VA  
**Cost:** Suggested donation

## BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. The Breakfast Club is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

**Time/Days:** 4th Tuesday of each month at 8:30 am  
**May 25** Sirloin House  
530 Commonwealth Blvd., Martinsville, VA  
**June 29** Fieldale Café  
63 Marshall Way, Fieldale, VA  
**July 27** Skip's Restaurant  
900 Starling Avenue, Martinsville, VA  
**August 24** Clarence's Steak & Seafood Restaurant  
6636 Greensboro Road, Ridgeway, VA  
**Cost:** Individual is responsible for cost of breakfast

## SENIOR SUMMER BOWLING LEAGUE

The Senior Summer Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 276-632-6060 or 276-634-4644. Registration ends when teams are filled.

**Time/Days:** Wednesday - 9:15 am beginning June 2, 2021  
Practice begins at 9:05 am  
**Location:** Sportlanes  
10 Koehler Road, Martinsville, VA  
**Cost:** \$5.00 initial registration fee and \$7.50 per week for three games, including bowling ball and shoes. The bowling fee must be paid whether you bowl on league day, pre-bowl or are absent.

## FIRST FRIDAYS AT THE LANES

Sportlanes is the place to be on the first Friday of each month. Join us for First Fridays at the Lanes. Sportlanes in conjunction with Henry County Parks & Recreation will sponsor a Senior Social with each game of bowling costing only \$1.00 and refreshments are provided. Come on out and socialize, bowl and just have a good time.

**Time/Days:** Fridays, May 7, June 4, July 2, August 6  
10:00 am – 12:00 Noon  
**Location:** Sportlanes, 10 Koehler Road, Martinsville, VA  
**Cost:** \$1.00 per game



## YOGA

A Yoga class is a great way to start your morning. Join us for this Yoga class which is designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 276-634-4644. Space is limited for this free class so please sign up early.

**Time/Day:** Monday of each week; 9:00 am  
**Location:** Collinsville Jaycee Park Tennis Courts  
475 Parkwood Court, Collinsville, VA 24078  
**Cost:** Free

## PICKLEBALL

Pickleball is a combination of tennis, badminton, and table tennis. It was invented in 1965 as children's backyard game. It is the fastest growing sport in the United States. This is the perfect game to combine cardio and eye coordination. We will supply the equipment. This is a two to four person game, so try to bring a team or partner with you.

**Time/Day:** Every Tuesday and Thursday · 10:00 am - 3:00 pm  
**Location:** Henry County Parks and Recreation Center  
395 John Redd Boulevard, Collinsville, VA 24078  
**Cost:** Free

## SENIOR KAYAKING

Kayaking is great way to have a low impact aerobic activity that helps in muscle strength in your back, arms, and shoulders. Join the Henry County Parks and Recreation Senior Services once a month to enjoy recreational paddling and beautiful scenic views on the water. Each participant will need to provide their own equipment (life jacket, kayak, and paddles). If you need to rent a kayak and the necessary equipment, please contact Smith River Outfitters to discuss rental prices. Be sure to wear the appropriate clothing and bring a water bottle. Pre-registration is required. For more information, contact Henry County Parks and Recreation Senior Services at 276-634-4644.

**Time/Day:** Thursday - 1:30 pm  
**Location:** May 27th Martinsville City Reservoir  
June 24th Philpott Lake  
July 29th Fairy Stone State Park  
August 26th Philpott Lake  
**Cost:** Free



# 50+ Club

## Health and Fitness

### WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. This 7.0 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Smth River Sports Complex. We plan to walk on Monday, Tuesday, Wednesday and Friday weather permitting. Just remember that any increase in walking will promote good health.

**Time/Days:** Monday, Tuesday, Wednesday & Friday of each week weather permitting thru August 31st /8:30 am  
The walks that fall on holidays are canceled.  
**Location:** Monday & Tuesday, Country Club Drive Trailhead (8:30 am)  
Wednesday & Friday - Liberty Street Trailhead (8:30 am)  
**Cost:** Free

### THURSDAY TRAIL TREKKERS

Martinsville and Henry County are home to many miles of beautiful hiking trails. This group, co-sponsored by Henry County Parks & Recreation and the Dan River Basin Association, will meet on Thursday mornings to explore a different trail every week. Weather permitting, we will meet at designated locations throughout the county, and sometimes in nearby parts of neighboring counties, for morning hikes. All the trails selected will be moderate in length and difficulty and senior-friendly, but there is no minimum age requirement. Please contact Ashley Mundy at amundy@co.henry.va.us with any questions. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 276.634.4644.

**Time/Days:** Thursdays, 8:45 am weather permitting  
**Location of Hikes:** May 6th Philpott Fit Trail  
May 13th Martinsville Reservoir  
May 20th Doe Run Park  
May 27th Fisher Farm Park  
June 3rd Gravelly Nature Preserve  
June 10th Oakwood Cemetery  
June 17th Lake Lanier  
June 24th Lauren Mountain Trail  
July 1st DeShazo Mill Access (Fall Creek Falls)  
July 8th Fieldale Trail  
July 15th Fisher Farm Park  
July 22nd Gravelly Nature Preserve  
July 29th Philpott Fit Trail  
August 5th Martinsville Reservoir  
August 12th Doe Run Park  
August 19th Oakwood Cemetery  
August 26th DeShazo Mill Access (Fall Creek Falls)  
**Cost:** Free

### "A MATTER OF BALANCE" - FALL PREVENTION

Join Southern Area Agency on Aging for an 8-week fall prevention program. Participants will learn to: (1) view falls and fear of falling as controllable; (2) set realistic goals for increasing their physical activity; (3) change their environment to reduce risk of falling; and (4) promote exercise to increase strength and balance. "A Matter of Balance" is an evidence-based program developed for older adults who have concerns about falling. Program is free and space is limited! Please call Donna Allen to register at (276) 632-6442.

**Time/Day:** Thursday - 1:30 pm - 3:30 pm starting June 3, 2021  
**Location:** Henry County Recreation Center Outdoor Shelter  
395 W John Redd Boulevard  
Collinsville, VA  
**Cost:** Free

### LINE DANCE (CONTEMPORARY STYLE) BEGINNER BASICS

This class will introduce the beginner dancer to basic Line Dance steps and incorporate those steps into fun, easy dances to a wide variety of music. Learn dances to your favorite Pop, Country, Oldies, Show Tunes, etc. It's not all Country! Line Dance is a proven stress reliever and an excellent way to fit exercise and fitness into your lives.

**Time/Day:** 6:00 pm - 7:00 pm/Thursday of each week  
**Location:** Henry County Recreation Center Gym  
395 W John Redd Boulevard, Collinsville, VA  
**Cost:** \$5.00 per person per class/payable to instructor

### LINE DANCE (CONTEMPORARY STYLE) IMPROVER LEVEL

Dances taught in this class will challenge students with syncopated steps and varying rhythms genres while improving your strength, stamina, brain function, and overall health. Classes are on-going.

**Time/Day:** 6:00 pm - 7:00 pm/ Monday of each week  
**Location:** Henry County Recreation Center Gym  
395 W John Redd Boulevard, Collinsville, VA  
**Cost:** \$5.00 per person per class payable to instructor

### DIABETES SELF-MANAGEMENT PROGRAM

Need help managing your Diabetes? Do you want to get better control of YOUR health? We can help! Our 6-week evidence-based self-management program will assist you with: healthy eating, exercise, communicating with your family and health care team, and creating action plans to improve your health. To register for this workshop series, call Donna Allen, Southern Area Agency on Aging, at (276) 632-6442, or toll-free: 1-800-468-4571.

**Time/Day:** Tuesday - 1:30 pm to 4:30 pm starting June 1, 2021 for six weeks  
**Location:** Henry County Recreation Center Outdoor Shelter  
395 W John Redd Boulevard, Collinsville, VA  
**Cost:** Free

### UNDERSTANDING MEDICARE

This class will help you get a better understanding of all that Medicare offers. Rebecca Motley from Stanleytown Nursing Home and Rehabilitation will guide you through the types of plans offered, what is covered, and cost of each plan. She will discuss with you what matters to you and how each plan could benefit your needs. Pre-registration is needed due to limited space. Contact Henry County Parks & Recreation Senior Services 276-634-4644.

**Time/Day:** May 26 and August 25 - 10:00 am  
**Location:** Henry County Recreation Center Activity Room #2  
395 W John Redd Boulevard, Collinsville, VA  
**Cost:** Free

**DISCLAIMER:** Pre-registration is required for all indoor activities, classes and programs by calling 276-634-4644. Social distancing guidelines will apply and masks are required for indoor classes, activities and programs except while exercising. Masks are not required for outdoor activities.

\*\*\*\*\* No one with a fever, symptoms of Covid-19, or known exposure to a Covid-19 case in the prior 14 days, is permitted to attend programs. \*\*\*\*\*



# 50+ Club

## Health, Fitness & Activities

### BRAIN BOOSTING SMOOTHIES

Smoothies are a great way to naturally get the nutrients you need to stay healthy while on the go. Mixing several key ingredients can help boost brain power, improve concentration and promote brain health. This class will discuss combinations of brain-boosting foods that can be combined into a delicious smoothie, identify an array of fruits and vegetables and discuss their overall brain health benefits. Participants will be able to sample the smoothies made from fresh ingredients. Join Henry County Parks and Recreation and Martinsville Blue Ridge Regional Library to discuss, taste, and enjoy the health benefits of a fresh smoothie. Pre-registration is needed due to limited space. Contact Henry County Parks & Recreation Senior Services 276-634-4644.

**Time/Day:** July 29th - 1:00 pm  
**Location:** Henry County Recreation Center Activity Room #2  
395 W John Redd Boulevard, Collinsville, VA  
**Cost:** Free

### MOVIE DAY

Henry County Parks & Recreation would like to invite you to join us again at the movies when it is safe to do so. The movies that play in our area may change from week to week and that change generally occurs on Fridays. We will announce the movie we plan to attend on or before the Friday before the week we plan to go. Give us a call at 634-4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you.

**Time/Date:** To be determined  
**Location:** Movie Town/Hollywood Cinema  
**Cost:** To be announced

### BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 276-634-4644. To ensure no one goes away without playing, please plan ahead to have four people play at your table.

**Time/Date:** 1st and 3rd Thursday of each month - 12:00 pm  
**Location:** Henry County Recreation Center  
Activity Room #2  
**Cost:** Donation

### B.I.N.G.O. CLUB

The Bingo Club is open to all adults age 50 and above. Bingo is designed to be a fun and socially interactive way for seniors to enjoy improving eye-hand coordination, and improve memory. For additional information, call Henry County Parks & Recreation Senior Services at 276-634-4644.

**Time/Date:** 1st and 3rd Tuesday of each month - 12:00 pm  
**Location:** Henry County Recreation Center  
Activity Room #1  
**Cost:** Donation

### CELEBRATING BEING SENIORS!

Did you know that there is a day celebrated and dedicated to seniors? Senior Citizen Day is celebrated throughout the world on August 21. This year will mark the 32nd World Senior Citizen Day! To celebrate you, Henry County Parks and Recreation Senior Services will host an outdoor social at Jack Dalton Park Picnic Shelter. We will provide light refreshments. Pre-registration is required. Contact Henry County Parks & Recreation Senior Services at 276-634-4644.

**Time/Day:** August 20 - 11:00 am to 2:00 pm  
**Location:** Jack Dalton Park Picnic Shelter  
130 Jack Dalton Road, Collinsville, VA 24078  
**Cost:** Free

### PHILPOTT DAM, DID YOU KNOW...?

This class is taught by Ranger Danny Martin. He will discuss all the history of Philpott Dam and the area before the dam was built, the wildlife surrounding the area, and other educational information on why the dam is important to Henry County and other locations. Once each presentation has concluded, we will go down to Philpott Marina and enjoy the delicious ice cream they have and soak in the beautiful scenery. Masks must be worn on federal property until Covid guidelines ease.

**Time/Day:** May 5, June 2, July 7, August 4 - 9:00 am  
**Location:** Philpott Dam Visitor Center  
1058 Philpott Dam Road  
Bassett, VA 24055  
**Cost:** Free

### PLANTING AN HERB GARDEN

Do you have an interest in an herb garden? Do you like to use herbs when cooking? If so, this is the class for you! We will be discussing the history, growing recommendations, and culinary uses of herbs. Plant and learn to care for your very own mini window garden that you can take home and enjoy. We will, also, be providing a culinary goody made with fresh herbs for you to enjoy.

Pre-registration is required, and payment is due at registration. Registration ends May 14, 2021 so that supplies can be ordered and arrive on time. Payment must be made to TREASURER, VA TECH. You may register with the Virginia Cooperative Extension Office Monday-Friday from 8:00am-4:30pm. You may secure your place by calling the Extension Office at 634-4650 and mailing your payment to: Henry County VCE, PO Box 7, Collinsville VA 24078. Class space is limited to 20 participants.

**Time/Day:** May 25 - 2:00 pm  
**Location:** Henry County Recreation Center  
**Cost:** \$15

### FLOATING FAUCET FOUNTAIN

People of all ages are mystified by a suspended faucet that appears to be supported in mid-air by a stream of running water. This fountain is bordering on magical and makes a fascinating garden decoration, and creates the illusion of a faucet that appears to magically float on a stream of water above the bucket. It consists of a faucet mysteriously hovering above a pool or basin with an endless supply of water gushing out of it from seemingly nowhere. The faucet remains surprisingly steady despite having no visible support...and where is all this water coming from? You can buy ornaments like this one, or even better, make one yourself.

Pre-registration is required, and payment is due at registration. Registration ends July 1, 2021 so that supplies can be ordered and arrive on time. Payment must be made to TREASURER, VA TECH. You may register with the Virginia Cooperative Extension Office Monday-Friday from 8:00am-4:30pm. You may secure your place by calling the Extension Office at 634-4650 and mailing your payment to: Henry County VCE, PO Box 7, Collinsville VA 24078. Class space is limited to 20 participants.

**Time/Day:** July 14 - 10:00 am  
**Location:** Henry County Recreation Center Outdoor Shelter  
395 W John Redd Boulevard  
Collinsville, VA 24078  
**Cost:** \$20

# 50+ Club

## Activities

### ART OF THE MONTH

Join us for our Art of the Month class, instructed by Karen Eggleston, QVC artist. These unique crafts make for wonderful gifts! There must be a minimum of 5 participants in each class. Pre-register early to reserve your space by calling Parks and Recreation at 276-634-4644. Space is limited. All supplies included.

#### Spring Floral Design on a Wine Bottle

We will paint a spring floral design on a wine bottle. Karen will also demonstrate the one stroke painting technique. All supplies are included (paint, brushes, bottle and lights)

**Time/Days:** Monday, May 17th at 2:00 pm  
**Location:** Studio 107  
105 East Church Street  
Martinsville, VA 24112  
**Cost:** \$25.00 per person/Pre-registration is required as space is limited. Checks should be mailed to Karen Eggleston, 18 Dianna Court Martinsville, VA 24112

#### Summer Flowers with a Bee Acrylic Canvas Painting

Using acrylic paint, we will create an appropriate summer painting on canvas. It will include a bee and summer flowers. All supplies included.

**Time/Days:** Monday, June 21st at 2:00 pm  
**Location:** Studio 107  
105 East Church Street  
Martinsville, VA 24112  
**Cost:** \$25.00 per person/Pre-registration is required as space is limited. Checks should be mailed to Karen Eggleston, 18 Dianna Court Martinsville, VA 24112

#### Fall in love with Colored Pencils

Getting an early start, we will work with colored pencils to create a fall picture. Don't underestimate color pencil art. I urge you to consider this class. Learning features will be highlighted and shadowing which will carry with you in other artforms. A detailed color informational class may follow by a professional color pencil artist. All supplies included.

**Time/Days:** Monday, July 19th at 2:00 pm  
**Location:** Studio 107  
105 East Church Street  
Martinsville, VA 24112  
**Cost:** \$20.00 per person/Pre-registration is required as space is limited. Checks should be mailed to Karen Eggleston, 18 Dianna Court Martinsville, VA 24112

#### Embracing Autumn

We will paint an autumn picture with acrylic paint on a 16x20 canvas. All supplies included.

**Time/Days:** Monday, August 16th at 2:00 pm  
**Location:** Studio 107  
105 East Church Street  
Martinsville, VA 24112  
**Cost:** \$25.00 per person/Pre-registration is required as space is limited. Checks should be mailed to Karen Eggleston, 18 Dianna Court Martinsville, VA 24112

### PAINTING OUTDOORS

Come and join Libby Killian for a day of acrylic painting outdoors. No artistic skills needed. We will be exploring different painting techniques that you can use in the future. I will be walking you through the process step by step and you will take home a completed painting. All supplies will be provided. Pre-register to reserve your space by calling Henry County Parks and Recreation Senior Services at 276-634-4644.

**Time/Day:** May 31 - 10:00 am to 2:00 pm  
Birds of Spring- Participants will have the choice of a hummingbird or heron  
June 14 - 10:00 am to 2:00 pm  
Sail into Summer- Participants will paint a sunset over the water with a sailboat silhouette  
July 26 - 10:00 am to 2:00 pm  
Christmas in July- Participants will have the choice of a Christmas gnome or angels  
August 30 - 10:00 am to 2:00 pm  
Relax at the Ocean- Participants will have the choice of a moon lit night or a silhouette of a beach scene.  
**Location:** Henry County Recreation Center Outdoor Shelter  
395 John Redd Boulevard  
Collinsville, VA 24078  
**Cost:** \$35.00 per person/Pre-registration is required as space is limited. Checks should be mailed to Libby Killian, 1653 Olde Hunting Trail, Danville, Virginia 24540.

### HENRY COUNTY PARKS & RECREATION PROGRAM GUIDE...

This quarterly publication contains the most recent up to date information regarding senior citizen activities and programs available to seniors in the Henry County area. The program guide is available to any senior adult interested in receiving a copy by mail or email. You will need to request a copy by calling Wanda at 276-634-4644.

\*\*\*Is there a program, class, trip, etc that you would like to see HCPR offer? Do you have an expertise in a certain area and want to teach it to other members of the community? Please send any suggestions to Daniel Reynolds at dreynolds@co.henry.va.us or 276.634.4645\*\*\*



# PARKS, TRAILS AND FACILITIES

FACILITIES	PICNIC SHELTER	PLAYGROUND	RESTROOMS	TRAILS	BALL FIELDS	TENNIS COURTS	VOLLEYBALL COURTS	BOAT RAMP	CAMPGROUND
JACK DALTON PARK	●	●	●	●	●		●		
COLLINSVILLE JAYCEE PARK	●	●	●	●		●			
JORDAN CREEK PARK	●	●	●		●				
DOE RUN PARK			●	●					
FIELDALE PARK	●	●	●		●				
FISHER FARM PARK	●	●	●	●	●				
GRAVELY NATURE PRESERVE	●		●	●					
MT OLIVET RURITAN FIELD					●				
JOHN BRADSHAW FIELD AT HORSEPASTURE					●				
SAMUEL H. HAIRSTON FIELD					●				
SPENCER-PENN PARK		●		●	●				
SANVILLE RURITAN FIELD					●				
BLACKBERRY PARK		●			●				
LAUREN MOUNTAIN PRESERVE				●					
FIELDALE/TEXTILE HERITAGE TRAILS			●	●					
DICK & WILLIE TRAIL			●	●					
BASSETT RIVER ACCESS								●	
GREAT ROAD RIVER ACCESS			●	●				●	
FIELDALE RIVER ACCESS			●	●				●	
DOE RUN RIVER ACCESS								●	
S. MARTINSVILLE RIVER ACCESS								●	
FRITH DRIVE RIVER ACCESS								●	
SPORTS COMPLEX RIVER ACCESS	●	●	●	●	●			●	
MARROWBONE RIVER ACCESS				●				●	
MITCHELL BRIDGE RIVER ACCESS								●	
PHILPOTT MARINA			●	●				●	●
HENRY COUNTY REC CENTER	●		●						

# YOUTH ATHLETICS

## FLAG FOOTBALL

League play is offered for boys and girls ages 7 - 8 as of October 1, 2021

Teams are based at each elementary school.

Registration Deadline:  
August 13, 2021

**Practice & Game Dates:**  
September through November

## GIRLS BASKETBALL

League play is offered for girls ages 8 - 13 as of October 1, 2021

Teams are based at each elementary and middle school.

Registration Deadline:  
August 13, 2021

**Practice & Game Dates:**  
September through November

## FOOTBALL SPIRIT SQUAD

Squads are offered for girls in 3rd - 8th grades

Teams are based at each elementary and middle school.

Registration Deadline:  
August 13, 2021

**Practice & Game Dates:**  
September through November

## TACKLE FOOTBALL

League play is offered for boys ages 9 - 12 as of October 1, 2021

Teams are based at each elementary and middle school.

Registration Deadline:  
August 13, 2021

**Practice & Game Dates:**  
September through November

Our department has a weather hotline number that parents and coaches can call on days when it has been raining to find out if games are still being played. Call after 4:00 pm on weekdays and 9:00 am on Saturdays. **634.4636**

## Follow us on Social Media



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## VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL MENTION

We would like to thank the following coaches for taking time to be a volunteer youth sports coach. The time spent and your commitment are valuable to thousands of Henry County children and is appreciated by the Henry County Parks & Recreation Staff.

### BASEBALL

Adam Adkins  
Zeb Adkins  
Alexay Hairston  
Jamie Collins  
Brad Nunn

Jeremy Fulcher  
Jay Richardson  
Wayne Catron  
Josh Bocock

Marshall Thomas  
Charlie Minter  
Adam Haynes  
Aaron Ciotoli

### SOFTBALL

Wayne Morgan  
Chad Secrest

William Humphrey  
Eddie Sechrist

Samantha Zola  
Kait Settlemoir



**COACHES NEEDED**  
**Girl's Basketball & Youth Football**  
**Fall 2021**

