

3rd Annual-Resilience Week VA

Community Events

May 1 – 7, 2022



Join the Greater Williamsburg Trauma-Informed Community Network (GW-TICN) as we celebrate the [third Annual Resilience Week VA - Resilience Rocks!](#) Take part in-person activities and learn what our community has to offer. Events requiring registration, are denoted with an asterisk (*)



Snap Back Sunday - May 1

- 12 pm: Weekend on Your Wheels - Youth Mountain Bike Race *
Ages 3-18 (New Quarter Park)
- 2 pm: My Asian-American Dream - Movie Screening (Wmbg Library)

Mindful Monday - May 2

- 11 am: Kick Off Event - Resilience Rock Garden (Freedom Park)
- 1 pm: Resilience Workshop for Seniors * (Senior Center of York)
- Individual Reiki Sessions * (Senior Center of York)
- 6 pm: Resilience Workshop for Adults * (Senior Center of York)
- 6:30 pm: Glow Skate, Rattle & Roll * (Dare Elementary School)

Therapeutic Tuesday - May 3

- 8:30 am: Body Renewal * (McReynolds Athletics Complex)

Wellness Wednesday - May 4

- 7:15 am: Yoga at (Yorktown Beach) *
- 5 pm: Virtual Reality Meditation * (Williamsburg Library)
- 5:30 pm: Tae Kwon Do * (Charles Brown Park)
- 6:30 pm: Drum Circle * (New Quarter Park)
- 7 pm: Techniques of Meditation * (JCC Rec Center)

Trauma-Informed Thursday - May 5

- 8:30 am: Resistance at the River * (James River Beach)
- 3 pm: The Art of Paper Quilting * (Williamsburg Library)
- 6:30 pm: Sunset Kayak Tour * (Back Creek Park)



Fulfilling Friday - May 6

- 7:30 am: Yoga * (McReynolds Athletics Complex)
- 3:30 pm: Chinese Calligraphy Spring Workshop * (Williamsburg Library)
- 7 pm: Comedy with Goodwin & Friends * (Senior Center of York)

Self-Care Saturday - May 7

- 9 am: Fun Walk * (New Quarter Park)
- 9 am: Walk this Way Williamsburg Walking Club (JCC Recreation Center)
- 6 pm: Broken Places – Movie Screening (Grove Outreach Center)

To learn about Resilience Week Activities throughout Virginia, visit the [Resilience Week Events Calendar](#).

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Join the Greater Williamsburg Trauma-Informed Community Network (GW-TICN) as we celebrate the **Third Annual Resilience Week VA - Resilience Rocks!** Take part in-person activities and learn what our community has to offer. Events requiring registration, are denoted with an asterisk (*), call or click on the link to register.

Snap Back Sunday – May 1

12 – 4 pm: Weekend on Your Wheels * Youth Mountain Bike Race Ages 3-18
(New Quarter Park - 1000 Lakeshead Dr, Williamsburg - 23185)

Let's get our motor running. Come out to New Quarter Park for our bike race! Weekend On Your Wheels is scheduled as an afternoon event running from noon until 4 pm. Everyone checks in at noon with the first race (ages 3-10) starting at 1pm. Before the races begin, everyone is encouraged to review the race course up until 12:45 pm. Second race (ages 11-18) starts at 2:00 pm.

\$10 Fee, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

2 pm: My Asian-American Dream – Movie Screening & Discussion
(Williamsburg Regional Library Theater - 515 Scotland Street - 23185)

“My Asian-American Dream,” an All Together Production, presents the life stories of three generations of Asian Americans, and their struggles to fit in. Filmed and edited in Williamsburg in 2021 by Truman Ruberti, a Korean-Italian film studies student at W&M.

FREE in-person event. No registration required. For more information go to, www.wrl.org/event/my-asian-american-dream/

Mindful Monday- May 2

11 am: Kick Off Event - Resilience Rock Garden Unveiling (Freedom Park - 5537 Centerville Road - 23188)

Come celebrate being resilient with the GW-TICN, their Racial-Trauma Committee and the community on-site, and if you can, bring a rock!

FREE event, no registration required.

1pm: Resilience Workshop Split, Splat, Shatter – Seniors (55+) * 6pm: – Adults *
(Senior Center of York - 5314 George Washington Memorial Hwy., Yorktown - 23692)

Resilience: What it is? Why we need it? How to achieve it? Learn more in this presentation by Dr. Anita Tieman. Participants will receive information on making positive choices, on health & wellness tips to better understand themselves and others through humor as well as interactive activities.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

Individual Chair Reiki Sessions (Senior Center of York - 5314 George Washington Mem. Hwy., Yorktown - 23692)
During a Reiki session, she will use specific hand positions to lightly touch the body (or hover her hands, if preferred.) She serves as a channel, bringing healing energy from the Universe into another person. This life force energy clears imbalances, removes blockages and enhances healing abilities. Clients report improved physical and emotional health. “Dis-ease” is replaced by a sense of well-being.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

6:30 pm: Glow Skate, Rattle & Roll * (Dare Elementary School - 300 Dare Road, Yorktown - 23692)

For teens in grades 9-12. Roller skating is timeless, so come out and have a little fun. Hangout with your friends and enjoy.

\$3 Fee, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

Therapeutic Tuesday - May 3

8:30 am: Body Renewal * (McReynolds Athletics Complex - 412 Sports Way, Yorktown - 23692)

Would you like to have fun and meet new people 55+ while taking part in a lifetime fitness program? Body renewal increases strength, flexibility, balance, and keeps you moving. Movements can be standing or sitting and are easy to follow.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

Wellness Wednesday - May 4

7:15 am: Yoga at Yorktown Beach * (328 Water Street, Yorktown - 23690)

This presentation will be a gentle outdoor yoga class connecting to the three aspects of resilience: body, mind and spirit. When practiced outdoor, yoga also connects us to nature and our community around us. This brings a deeper sense of groundation, calmness and overall well-being.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

5 pm - Virtual Reality Meditation * (Williamsburg Regional Library - 515 Scotland Street - 23185)

Strap into one of our virtual reality headsets and prepare for a 45-minute meditation session! For ages 13 through adult.

FREE event - register by calling **757-741-3300**, option 2.

5:30 pm: Tae Kwon Do * (Charles Brown Park - 1950 Old Williamsburg Road, Yorktown - 23690)

Join us for a free Tae Kwon Do class. Tae Kwon Do is an olympic high-kicking martial art that can help you reach new heights. Benefits of Tae Kwon do include: confidence, conditioning and concentration.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

6:30 pm: Drum Circle * (New Quarter Park - 1000 Lakeshead Drive, Williamsburg - 23185)

Are you a drummer at heart and love to make a beat? Do you love to be outdoors and connect with nature? This session may just be for you!! Virginia Master Naturalist, Madeline Vann will lead a Drum Circle for the public at New Quarter Park on Wednesday, May 3 at 6:30 pm Participants will meet at the open field by "The Point" for an hour of fun and relaxing drumming. Drumming is a great way to bring people together, reduce stress, and connect with nature. Drums and shakers will be provided on a limited basis. You are encouraged to bring your own drum or shaker, as well as a chair and/or blanket to sit on.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

7 pm: Techniques of Meditation * (JCC Recreation Center - 5310 Longhill Road - 23188)

FREE event, registration required – Go to www.jamescitycountyva.gov/635/Parks-Recreation or call **757-259-5410**. Sponsored by James City County Parks & Recreation.

Trauma-Informed Thursday - May 5

8:30 am: Resistance at the Beach * (James River Beach - 2205 Jamestown Road - 23185)

A total body workout

FREE event, registration required. For more information go to www.jamescitycountyva.gov/635/Parks-Recreation or call **757-259-5410**. Sponsored by James City County Parks & Recreation.

3 pm: The Art of Paper Quilting * (Williamsburg Regional Library - 515 Scotland Street - 23185)

Create a card using this relaxing technique of rolling paper to make beautiful designs. For ages 13 through adult.

FREE event - Register by calling **757-741-3300**, option 2 – sponsored by the Williamsburg Regional Library.

6:30 pm: Sunset Kayak Tour * (Back Creek Park - 3000 Goodwin Neck Road, Yorktown - 23692)

Have you ever been able to experience a sunset while out on the water? Join Recreation Supervisor and Kayak Instructor Jonathan Honchul on a FREE sunset tour of the beautiful Back Creek on Thursday, May 4. Participants will meet at the tennis office at Back Creek Park at 6:30 pm for a 90-minute paddle down Back Creek to view the sunset and enjoy the scenery of the tranquil waters. Kayaks are limited so register early! Additional sunset tours and other kayaking tours are held monthly at Back Creek Park and New Quarter Park.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

Fulfilling Friday - May 6

7:30 am: Yoga * (McReynolds Athletic Complex - 412 Sports Way, Yorktown - 23692)

This presentation will be a gentle outdoor yoga class connecting to the three aspects of resilience: body, mind and spirit. When practiced outdoor, yoga also connects us to nature and our community around us. This brings a deeper sense of groundation, calmness and overall well-being.

FREE event, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

3:30 pm: Chinese Calligraphy Spring Workshop * (Williamsburg Regional Library - 515 Scotland Street - 23185)

Celebrate Asian and Pacific Islander Heritage month with this fun craft. Listen to a short presentation on Chinese spring customs, then practice your brush calligraphy skills by writing a decorative character for you to take home. For ages 13 through adult.

FREE event, seating is limited, please call **757-741-3300** and choose option 2.

7 pm: Comedy with Goodwin & Friends * (Senior Center of York - 5314 George Washington Memorial Hwy., Yorktown - 23692)

A lively set of traditional smart and clean comedy with several comedians who have performed at local venues to include the Funny Bone and Cozzy's Comedy Club.

\$5 Fee, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

Self-Care Saturday - May 7

9 am: Fun Walk * (New Quarter Park - 1000 Lakeshead Dr, Williamsburg - 23185)

Feeling stressed and need to relax? Join us at New Quarter Park for a walk through the Park. This will not be just any old hike or stroll. Do not miss out on this opportunity to just relax, be silly, and feel loose! As we stroll through the park, remember we are here to relax, enjoy the sights, and have fun!

\$5 Fee, registration required – Go to www.yorkcounty.gov/parksandrec or call **757-890-3500**. Sponsored by York County Parks & Recreation.

9 am: Walk this Way Williamsburg Walking Club (JCC Recreation Center - 5310 Longhill Road - 23188)

FREE event. For more information go to www.jamescitycountyva.gov/635/Parks-Recreation or call **757-259-5410**. Sponsored by James City County Parks & Recreation.

6 pm: Broken Places – Movie Screening & Discussion (Grove Outreach Center - 8800 Pocahontas Trail - 23185)

BROKEN PLACES explores why some children are severely damaged by early adversity while others are able to thrive.

FREE event, no registration required.