

Midlothian NORTH Monthly

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AARC Lifestyle & Wellness Services - Discover a New You

Submitted by Taylor Armstrong

Today's patients aren't simply seeking relief—they're investing in how they age, perform, and feel every day. The wellness services at **AARC Lifestyle & Wellness Services** offer a sophisticated, science-driven approach where modern medicine meets proactive, lifestyle-focused care. Their mission is to help people feel stronger, healthier, and more energized through personalized wellness, IV infusion therapy, and medically guided weight loss.

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Shikha Sarebahi, MD - Physician



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All services are performed in a licensed medical office, with a doctor on-site at all times. The team at Advanced Arthritis and Rheumatology Care also includes experienced Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). In addition to their wellness services, AARC also provides care for arthritis, autoimmune, and rheumatologic conditions, so patients can receive medical treatment and wellness support in one location.



Courtney Miller - RN



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Kid-Friendly Places in and Around Midlothian

by Kim Amboy

Parents, it's time to plan a fun and unforgettable summer with your children including activities that are creative and challenging, both indoors and outside. School is almost finished for the year, and schedules are easing. If you find it a challenge to find family-friendly entertainment and recreation for your children, please note these fun and instructive local suggestions.

Kid Strong - 13118 Midlothian Tpke, Midlothian. Kid-Strong is a fun, science-based kids training program that helps build confidence and character from their first steps to age eleven. Their programs are designed to show kids what it feels like to reach their full potential. Weekly classes led by expert coaches enable youngsters to tackle obstacles and challenges, making happier, more self-assured young people. And parents are given front row seats to encourage and celebrate their achievements!



Windy Hill Golf Course and Sports Complex - 16500 Midlothian Tpke, Midlothian. Parents who came here as children are now bringing their own to this wonderfully inclusive entertainment venue featuring a 9-hole golf course, a lighted 9-hole par 3 course, driving range, mini-golf, batting cages, and go-kart track. They offer instruction, junior programs, and host events and activities for all ages. Polish your own skills while the kids swing away in the cages!

Swaders Sports Park - 4725 Whitehill Blvd, Prince George. Located 20 minutes south of downtown Richmond, Swaders offers two go-kart tracks, multilevel laser tag, mini golf, more than fifty arcade games, an indoor play land, batting cages, driving range, bowling, and Hologate Virtual Reality. Their driving range is ranked among America's Top 100, and they provide on-site lessons with a golf pro. Stop by and see why so many make this park their go-to place for parties and entertainment.



Sky Zone - 1345 Carmia Way, Richmond. Discover activities to captivate all ages at this clean and well-staffed indoor trampoline park where visitors jump, spin, flip, play, and a whole lot more! Tackle the onslaught of obstacles in the Ninja course, play dodgeball with a fun twist, or spend time with your littles in the toddler zone. Membership packages are available, and they also book parties and special events.

Peak Experiences - 11421 Polo Cir., Midlothian. Energetic kids and adults adore this busy, family-friendly indoor climbing gym. Their amazing, helpful staff at Peak Experiences offer top-notch instruction and assistance to ensure everyone has a great time. Peak is also a fantastic place to hold parties and special group events. Come by and experience firsthand what reviewers are raving about.



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RECIPE



From the Pantry

MARGARITA MAY

Margaritas, anyone? It is one of the most popular drinks in the U.S. due to its balance between tequila, lime juice, and orange liquor or simple syrup with a salted or sugared rim. Whether you prefer them frozen or shaken (not stirred!), it has a delicious and refreshing blend of flavors when made with fresh ingredients. Below are three recipes for a fun take on the classic margarita. *Cindy*

BASE INGREDIENTS:

- 1/2 oz tequila
- Juice of one lime
- 1/2 oz simple syrup
- Sugar or salt, for rims

PINEAPPLE JALAPENO:

- 1/4 jalapeno, seeds removed
- 1 cup pineapple, cut into small chunks

BLACKBERRY BASIL:

- 1 cup blackberries
- 4 large basil leaves

RED RASPBERRY:

- 1 cup raspberries

DIRECTIONS:

Muddle the lime juice and additional ingredients in the bottom of a shaker for about 10 seconds. Add ice, tequila, and simple syrup. Shake hard for 30 seconds and pour into a margarita glass. Add a lime wedge garnish and enjoy with friends!



Scan the QR code for more recipes online!

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Fun Things TO DO List

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THURSDAY, MAY 7 THROUGH SUNDAY, MAY 10

DISCOVER WHAT THE DICKENS IS GOING ON

The Broken Leg Theatre partners up with the **Perkinson Center** for a presentation of Lionel Bart's **Oliver**, based on Charles Dickens' novel Oliver Twist. See it once and you'll be saying, "Please sir, may I have some more?" (PerkinsonCenter.org)

SATURDAY, MAY 9 STARTING AT 8 A.M.

BUCKLE UP

Here's your chance to drive a real racecar at **Richmond Raceway**. Enjoy an honest-to-goodness **NASCAR Driving Experience**. It's just you behind the wheel for a once-in-a-lifetime experience. For the slightly less daring, ride shotgun at high speed with a professional race car driver behind the wheel. (NascarExperience.com)



SATURDAY, MAY 9 FROM 11 A.M. 'TIL 3 P.M.

SHOP AT THE MARKET

Hosted by the Willow Collaborative, "**The Market**" will feature a variety of local artisans and vendors at **Village Park** in Powhatan. (TheWillowCollaborative.org)

TUESDAY, MAY 12 THROUGH SUNDAY MAY 17

FIND OUT WHAT IF

What if Juliet really didn't end it all over Romeo? What if she ditched her famous ending for a fresh beginning? Find out what if when the hit Broadway musical "**& Juliet**" takes to the **Altria Theater** stage. (AltriaTheater.com)



FRIDAY, MAY 15 THROUGH SUNDAY, MAY 17

GET READY FOR THE BEST PARTY IN TOWN

That's what the promoters are calling this year's **Powhatan County Fair**. There'll be midway rides, pro-wrestling, helicopter rides, pony rides, magic shows, and so much more. It all happens at the **Powhatan County Fairgrounds**. (PowhatanFair.org)

FRIDAY, MAY 15 @ 6:30

GO CRAZY

Head to the **Crazy Rooster Brewery** for the feel-good music of the **Biologics** along with some fantastic fresh brews. (CrazyRoosterBrewing.com)



FRIDAY, MAY 15 @ 7:30 P.M.

BOOGIE BACK TO TEXAS

It's Texas Swing at its best. **Asleep at the Wheel** hits the **Beacon Theatre** stage with their unique blend of Western Swing and Honky Tonk Country. (BeaconTheatreVA.com)



SATURDAY, MAY 16 @ 10 A.M.

CELEBRATE CREATIVITY

It's the **Art Factory's Spring Festival** bringing together talented local artisans, makers, and young creatives for a lively day of shopping, exploring, and connecting. You can connect at **4810 Market Square Lane in Midlothian**. (ArtFactoryVA.com)

SATURDAY, MAY 16 FROM 11 A.M. 'TIL 2 P.M.

HAVE A FIELD DAY

Meadow Farm presents its 4th annual **Farm Field Day**. Learn about agricultural practices, trades, and crafts of days past. Local craftsmen and businesses will be demonstrating their trades and selling wares. Create crafts, enjoy food trucks, and learn about farm practices. (Henrico.Gov/calendar)



SATURDAY, MAY 16

MEET AT THE PLAYGROUND

The **Generational Playground** will be playing the classic hits of the 70s, 80s, and 90s at the **County Seat Restaurant & Gathering Place** (TheCountySeat.com)

SATURDAY, MAY 16 @ 8 P.M.

RIDE THE RANGE

The 2018 International Bluegrass Music Association's Entertainer of the Year, **Balsam Range** appears on stage at the **Ashland Theatre**. (AshlandTheatre.com)



FRIDAY, MAY 22 AND SATURDAY, MAY 23 @ 7:30 P.M. BOTH EVENINGS

ENJOY SOME ROPING AND RIDING

There'll be plenty of bull riding, cowgirl barrel racing, team roping, and much more when all the cowpokes from **Longbranch Rodeo** perform at **2693 Rocky Oak Road in Powhatan**. (LongbranchRodeo.com)

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MONDAY, MAY 25 @ 8 P.M.

GET STUNG

Gordon Matthew Thomas Sumner, better known as Sting, is joined by guitarist Dominic Miller and drummer Chris Maas at the **Allianz Amphitheater** for the Richmond stop on their **Sting 3.0 Tour**. (AllianzAmphitheater.com)



FRIDAY, MAY 29 @ 6 P.M.

PLAY DEAD

The Richmond-based **Suggesting Rhythm Band** brings the music of the Grateful Dead to Life at **Hidden Wit Brewing Company**. (HiddenWit.beer)



FRIDAY, MAY 29 @ 6 P.M.

ENJOY LIVE MUSIC IN THE PARK

Goochland County's Parks and Recreation's continues their **Concert in the Park** series with the local group **Gone Country** performing at the **Old GES Field**.(GoochlandVA.us)

SATURDAY, MAY 30 FROM NOON 'TIL 5 P.M.

GATHER DOWN BY THE RIVERSIDE

Good friends and great wine on the banks of the Appomattox River. Sounds like fun, eh? There'll also be live music and food vendors. Gather at the Appomattox Boat Harbor. (AppomattoxRiverWineFestival.com)



SATURDAY, MAY 30

GET KOZY

Enjoy soul and classic pop when the **Kozy Cats** appear at the **County Seat Restaurant & Gathering Place**. (TheCountySeat.com)

SUNDAY, MAY 31 AT 3 AND 7 P.M.

SWING

Jazz it up when one of America's greatest bands, **The Glenn Miller Orchestra**, appears at the **Cultural Arts Center** for two swinging shows. (ArtsGlenAllen.com)

FRIDAY, JUNE 5 @ 7:30 P.M.

FOLLOW THE YELLOW BRICK ROAD

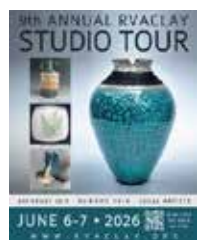
Yellow Brick Road presents **A Tribute To Elton John** at the **Beacon Theatre**. (BeaconTheatreVA.com)



FRIDAY, JUNE 5 @ 8 P.M.

RELIVE THOSE DIAMOND YEARS

Neil Forever performs the music of Neil Diamond. Spending an evening at the **Carpenter Theatre** listening to this 14 -piece ensemble perform so many of those great hits from the past is sure to bring back many special memories. (DominionEnergyCenter.com)



SATURDAY, JUNE 6 - SUNDAY JUNE 7

DISCOVER RICHMOND'S CLAY COMMUNITY!

Join Us For the **9th Annual RVA Clay Tour**. This self-guided weekend tour opens local ceramic studios to the public. Meet artists, watch demonstrations, explore creative spaces, and shop handcrafted pottery directly from the makers. Plan your route and discover beautiful art made right here at home. Learn more at rvaclay.org

SATURDAY, JUNE 6 FROM 10 A.M. 'TIL 5 P.M.

JUICE IT UP!

Celebrate the juicy goodness of the strawberry at the **Ashland Strawberry Faire**. Grab a free trolley and visit 300+ vendors, including arts & crafts, non-profits, food, and local businesses on the beautiful tree-lined campus of **Randolph-Macon College**. (AshlandStrawberryFaire.com)



Want to see your event advertised?

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