



From Executive Director Stu Mills:

In the age of the internet, we sometimes assume that everyone reads Facebook posts, website news and Twitter. But for those of you who have not been following the story of our "Green Initiative" online and are wondering what has actually transpired over the past couple of months, I'd like to devote this space to a recap of this amazing saga.

After tremendously successful fundraising efforts for our Rec Rehab projects in 2013 and 2014, and for the Pavilion Project last year, our Building and Grounds committee began revisiting its wish list of needed building improvements early last summer. It quickly resolved to undertake several energy-efficiency projects simultaneously – replacement/refurbishment of all of the nearly 80-year-old windows in the main building, revitalization and re-ducting of the geothermal heating/cooling system in the addition, and completion of the insulation of the steam pipes under the original building. The window-replacement component of the project was the most expensive and essential, and had been on the B&G's project list for many years.

We all knew that the price tag of these "Green Initiative" projects was going to be enormous, and the estimates proved it – more than \$52,000 was needed for those 3 components alone, and another \$13,000 would be needed for rehabilitation and lead-paint abatement of the soffits and fascia boards around the top of the old building. We decided to seek funding for the first three parts initially, and address the soffits at a later date.

The question of where the funds were going to come from was of utmost importance, naturally, and I immediately began researching foundations that had an interest in these kinds of energy-efficiency projects. Some of our most reliable foundation partners immediately came to mind – the Perry Foundation, the Community Foundation of the Central Blue Ridge, the Charlottesville Area Community Foundation, the Schaezman Foundation and the Donovan Foundation. We approached Perry first, and true-to-form, they came through for us with a \$21,317 challenge grant in December – giving us a year to match that number in donations in order to get those funds. Based upon our funding history and grant caps with the other foundations, though, we knew we were still going to need in excess of \$20,000 from new sources to reach our goal.

In our July committee meeting, somebody mentioned that the Dominion Foundation had contributed \$25,000 to a very similar window-replacement project at UVA a few years ago, and I was asked to check it out. It turned out that the Foundation provides millions for projects just like ours in states where it does business, and part of its mission is to help non-profits increase their energy efficiency. I applied for a \$20,000 grant from them, as well as a new-to-us foundation called the J. B. Snow Memorial Trust.

We also hoped that we would get some community contributions for the project, and we knew that these donations would be needed to show our foundation partners that we had some "skin in the game." Our history with in-house fundraising for building projects has always been a little spotty, with donations usually ranging from a few hundred to a few thousand dollars, so in January we came up with the "Windows '16" fundraising campaign, with a modest \$4,000 goal. It debuted in the February edition of this newsletter, but over the course of 5 months, we were only able to raise a little over \$2800—most of which came from RVCC Board members.

We made it to the second round of reviews with J.B. Snow before being turned down for a grant. But after initially denying us, and then reviewing our request for reconsideration, the Dominion Foundation came through with an offer of \$20,000 – the full amount we requested. We all knew that accepting the money from a foundation affiliated with Dominion Resources – the proponents of the Atlantic Coast Pipeline – would be hard for some of our members and others in the community to swallow. But not accepting the grant would mean not only losing that money, but most likely also losing the Perry money – a total of over \$41,000 of the \$52,000 needed for the Green Initiative.

We decided to "hold our noses" and accept the Dominion Foundation grant. The check was received and deposited on June 28th. A press release was drafted announcing the conclusion of fundraising for the Green Initiative, but before it could be finalized, word got out that we had accepted the money, and the information flew around the internet. Much of that "information" was inaccurate and sensationalized.

The RVCC Board realized that the best thing to do would be to hold a special meeting immediately to clear the air and to hear the public's comments, and that meeting was held on July 7th. It was at times difficult to hear accusations of treachery and treason, but the Board members listened carefully to the messages it was hearing – and it was clear that while many community members disagreed strongly with the decision to accept the grant, others saw the Board's reasoning in taking the money.

August 2016



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HOW COMMUNITY HAPPENS

- ◆ Volunteer for a work-day, volunteer for a Super Saturday event, take a class—be a regular at The Rock!
- ◆ Donate to a Fundraising Campaign—be here in spirit even when you can't be here in person.
- ◆ Become a Member—and let your voice be heard.
- ◆ Spread the Word—networking brings people together. If you like what we're doing here, tell someone about it.
- ◆ Give Us Feedback—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

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But the most important thing that happened at that meeting was a challenge from the community to the Board: "If we can come up with \$20,000 in donations, will you agree to send Dominion Foundation's money back?" The Board said yes, and that it would consider the return of the grant at its regularly scheduled meeting on July 19th, based upon donations and pledges that had been received by that date.

Over \$3,000 in pledges were collected before we left that night, and pledges and donations began pouring in immediately afterwards in the mail and online. By the day of the Board meeting on the 19th, more than enough pledges had been received to convince the Board that we would surpass the \$20,000 mark. A motion was read, seconded, and there being no discussion, they voted unanimously to return the grant. The check was cut and mailed on July 21st.

The community spoke, RVCC listened, and a solution that met almost everyone's needs was found.

And as of today, there is almost enough money in the bank, plus just a few outstanding pledges, to not only complete the three original phases of the Green Initiative, but to complete the restoration of the soffits and the fascia boards as well.

We hope to get started on the windows replacement phase of the project very soon, so keep your eyes open when you visit over the next couple of months. With any luck, we'll have this beautiful old building sealed tight as a drum (and a lot prettier!) by the start of cold weather!

Finally, we want to thank you – our community – for helping to guide us and sustain us through these very challenging past couple of months. You've totally made believers out of a few of us skeptics who underestimated your resolve to meet a huge challenge by opening your wallets and your hearts. Your generosity and commitment to community is unprecedented in our history.

Once again, thanks for all you do for us here at the Rock. I've never meant that more!



Saturday, August 6: Pancake Breakfast



Join us for our community Pancake Breakfast—buttermilk pancakes, *real* blueberry pancakes, bacon, sausage, grits, scrambled eggs, OJ and good company. Then go find a great deal at the Treasure Chest! Breakfast is served from 8:30am-10:30am, and the Treasure Chest opens at 9am.

The Pancake Breakfast is a wonderful community event, made even more wonderful by the fact that it is run entirely by volunteers. Many thanks to [The Well of Nelson](#), who has been providing us with a small core group of volunteers who make sure the breakfast goes off without a hitch. However, we always need a few extra pairs of hands in addition to the amazing crew from the Well. If you can help, please contact us!

Saturday, August 6: Red Cross Blood Drive



Just one donation can help save the lives of up to three people...please sign up to donate today! It only takes a few minutes of your time to donate. The Red Cross is supplying the Martha Jefferson Hospital, and needs to collect at least 25 units at this drive. For more information about the donation process, or to sign up to donate, visit www.redcrossblood.org or call 1-800-RED CROSS.

Remember to drink plenty of water, replenish at the Pancake Breakfast, and bring a photo ID! Please note that if you need to donate at a particular time, you *must* sign up in advance.

Ready for some fun? The American Red Cross and Cedar Fair theme parks are teaming up this summer to thank our donors for helping save lives! For more information, visit www.redcrossblood.org/cedarfair.

Saturday, August 6, 9:00am-1:00pm—On the Bloodmobile!

Calling All Quilts!



Calling All Quilters! 3rd Annual Quilt exhibit coming Sept.—Nov. 2016

The RVCC Art Committee is planning another Quilt show for the fall. We are looking for quilts no larger than double bed size. In addition, art quilts, needlework art, & other fiber art creations may be submitted. You do not have to be an experienced quilter to exhibit. Due to the difficulty of installation, the quilts must be available September through November. (Smaller quilts & fiber art will be hung on the bottom half until November 1.)

If you have a quilt you'd like to exhibit, please contact Sue Chase at schase@cstone.net or Cathy Kiehl at cathykiehl@aol.com.

For more information about contributing a quilt for this exhibit, please [go to the RVCC website for details and entry form](#). You can also pick up the information in the RVCC entryway or in The Treasure Chest.



Saturday, September 10: Relay for Life Craft & Vendor Fair

Saturday, September 10, 10:00am—5:00pm

Fundraiser for the American Cancer Society and the Alzheimer's Association

Featuring: Vendors, Crafts, Yard Sale, Food, Games, Face Painting, Silent Auction, and much more!

For more info, contact Joy Coleman at joyfullone74@aol.com or 540-649-5618.

ARTISANS & STUDIOS

[Digital Relab LLC](#)

[Claudia Gibson Catering](#)

[Susan Gorman:
Derby Vixen](#)

[Sallie Justice:
Life Coaching](#)

[David Lipscomb:
Virginia Rock Shop](#)

[K Robins Designs:
Symbolic Jewelry](#)

[Nancy Lauer Art Studio](#)

[Chris Lowthert
New Health Consultant](#)

[Rockfish River Gallery](#)

[Karen Walker-Cooke
Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

[Tammy Huffman:
Full Circle Salon](#)

[Elizabeth Martin:
Zero Balancing](#)

[Stephanie Murray:
Ula Tortilla](#)

[Colin Winter
Woodrow Wilson National Fellowship Foundation](#)

Sat., September 17: 2nd Annual Jazz & Blues Festival

5—9pm, \$10 General Admission

At the Blue Mountain Pavilion at RVCC



Join us for a celebration of Jazz & Blues music as we raise funds for the final phase of the Blue Mountain Pavilion Project! We hope to begin construction on the outdoor stage in early 2017, and proceeds from this event will go toward the completion and equipment of the stage.

Food and brews by Blue Mountain Brewery

Live music by The Jon Spear Band, the Carol McAvoy Project, Willie DE, & the Randy Johnston Trio.



Volunteers Needed! If you can help out for a couple hours either before or during the event, we'll give you free admission to the event! Please contact us at rockfishcc@gmail.com.

News from the Rockfish River Gallery



Come and see all the changes and additions at the Rockfish River Gallery! The renovations are complete, and the anteroom now features many new artists.

The gallery is very happy to announce that the prominent sculptor **Charles Flickinger** has joined the RRG. As he says on his website, "I am a sculptor, installation artist and teacher living in Nelson County. I taught at the Corcoran School of Art in Washington, D.C. for over a decade, and at Virginia Commonwealth University & various workshops around the area." For more information about Flick, or to see more of his work, visit www.flickingerstudios.com.

The Gallery will sponsor a class on "Writing as Art—Editing and Publishing," taught by Wayne Drumheller, on Friday, September 16. Please see the class description on page 5.

The Gallery offers 10% off any gallery purchase to all RVCC employees, regular volunteers, tenants and their staff!

The Rockfish River Gallery is open Wednesdays—Saturdays 10am—4pm.

For more info, visit www.rockfishrivergallery.com.



Save the Date for Rockfish Nights: Saturday, November 12

Mark your calendars for the return of Julia Nixon—Broadway's favorite "Dreamgirl!"

A beloved fixture in the Washington, D.C. music scene for twenty years, Julia Nixon is a neo-soul powerhouse. Her tremendous vocal power has inspired comparisons with such artists as Aretha Franklin, Oleta Adams and Tina Turner. Julia also has performed in "Smoky Joe's Café" (touring company), and, in August, 2006, finished a triumphant and moving performance as the lead in Tony Kushner and Jeanine Tesori's "Caroline, or Change" at Studio Theatre in Washington D.C., winning her the Helen Hayes Award. Nixon's other credits include performances on Broadway, at Radio City Music Hall, the White House, Lincoln and Kennedy Centers, international radio, television, and performance associations with Stevie Wonder, Aretha Franklin, Kenny G., Bruce Willis, and Richard Pryor.

Julia & Company rocked the Rock last year, and kept everyone dancing all night long! Join us again this year for dinner, dancing, and the Silent Auction!

Grand Squares of Nelson's Cool Community Benefit



Each year, Grand Squares of Nelson designates their July "Cool Community Benefit" dance as an opportunity for local square dancers to give back to the community. This year all proceeds from the dance were donated to RVCC for the Green Initiative window replacement project.

On July 28, Liz Leukroth, President of the Grand Squares of Nelson square dance club, presented RVCC with a check for \$350. GSN occasionally uses the RVCC auditorium to give local square dancers opportunities to experience dancing on the hardwood floors. RVCC works with GSN to make these special dance events happen and this is their way of giving back, and to help with their window upgrade project. The other square dance clubs attending the fundraising dance included Waynesboro's Circle 8, Amherst's Blue Ridge Stars, Timberville's Plains Promenaders, Palmyra's Fluvanna Flutterwheels, and the Square Dance Friends from Martinsburg WV.

The Grand Squares of Nelson will hold an Open House on Thursday, September 8, 2016 at 7:30PM at the Rockfish River Elementary School, 200 Chapel Hollow Rd, Afton, Va. This is an opportunity for everyone to experience square dancing. A live caller will walk you through basic square dance steps. No partner required because a club Angel will dance with you. There is no entrance fee and refreshments will be served. Beginning on September 15th the Grand Squares of Nelson will begin their 14-week Basic Mainstream class at the Rockfish River Elementary School at 730PM-930PM. For further information about GSN, visit sites.google.com/site/grandsqsofnelson.



Treasure Chest News

EVERY DAY is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! For a limited time, the Saturday Bag Sale is now EVERY DAY. Fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00...or take two bags for just \$15! And if that's not enough to get you in the store...

The First Saturday is Boutique Bag Day!

Our First Saturday Bag Day now features 20% off all specially priced clothing in addition to the normal Bag Day Sale!

Don't forget—the Treasure Chest accepts consignment furniture!

For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with us to find out how consignments work.

VOLUNTEERS NEEDED!

We are in need of some extra help at the Treasure Chest. If you can spare a few hours here and there to help us handle the amazing donations that are coming in every day, we'll give you 25% off any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

Treasure Chest Hours

Tues.—Fri.:
10am—4pm
Saturdays:
9am—3pm

Volunteers & Donations always welcome!

Bag Sale!

Fill Two Bags For Just \$15

50% Off

Stemware, Glassware, & Silver Plate (Front of Store)

BLACKBOARD SPECIALS!

CHECK THE BOARD ON YOUR WAY INTO THE STORE FOR NEW SALES!



Buy One Book, Get Two Free!

RVCC members get 10% off every day at the Treasure Chest!



Casting Around for a Crack Communication Crew

One of the biggest challenges in running this Community Center is communication. It is a challenge that comes in many forms: from the kind of communication that publicizes upcoming events, to the more challenging subjects of fundraising campaigns, and right on up to issues related to the management and administration of our organization, we struggle to find ways to get the word out. Without the money for major ad campaigns or the manpower to help news go viral, we rely on this newsletter and our two part-time staff members to make it all happen.

As the past month has proven, some pretty amazing things can happen when enough people help spread the word. With that in mind, we are hoping to create a "Communication Committee"—a handful of volunteers who understand social media and are tech-savvy enough to help us increase our email list, or create and distribute Facebook posts, or possibly even help design and distribute physical posters. It's a volunteer opportunity that can be done almost entirely from your own home, if you wish.

Please contact us at rockfishcc@gmail.com if you can help.

Classes & Workshops at RVCC

Beginning July 25: International Folk Dance Class with Sue Chase

Monday evenings, 6:00 – 7:30 PM, in the Dining Room. Cost: \$8 per class for RVCC members, \$10 non-members. Six Sessions, July 25—August 29. You will experience easy to moderate dances from many countries around the world. Beginners are encouraged, experienced dancers are always welcome. No partners needed. Everyone welcome - ages 8 to 80+. To register contact the instructor, Sue Chase: schase@cstone.net or 540 456-8176.

Friday, September 16: Writing As Art—Editing and Publishing, with Wayne Drumheller

Sponsored by the Rockfish River Gallery and Kathy Bonham. 2pm—4pm, in Rockfish University. Free. No materials required. Reservations required--class size is limited to 9. To register, contact the Rockfish River Gallery at 434-294-4668.

Saturdays, September 17th & 24th: Introduction to Small Engine Repair with Gary Becker

9:00am—4:00pm. In Rockfish University. Course fee: \$149.

Learn the theory and how the components work together. Learn 2 & 4 stroke engine design, application and how to service and maintain these engines. Examine cutaways, parts and disassemble an engine to see how it works. Learn very basic ways to troubleshoot your engine when it is not working properly. Course presented by Piedmont Virginia Community College. **Registration required:** [Visit PVCC's Workforce Services class page](#) to sign up online.

Ongoing: German New Medicine Study Group

Thursdays, 6:30-7:30pm, in Room 3 (New Health Consultant).

This free study group focuses on the teachings of the original medical discoveries of Dr. med. Ryke Geerd Hamer. Each week we will explore the fundamental principles of GNM and how we can apply them in our daily life. The class is hosted by Dr. Chris Lowthert, a 10 year practitioner and teacher of German New Medicine. For more information, please visit www.LearningGNM.com or call Dr. Chris at 540-255-0026.

Ongoing: Great Start! With the Literacy Volunteers of Nelson County

Thursdays, June 2—September 1, 10:30—11:45am, in the Dining Room. For parents and their children birth to four. (Older brothers and sisters welcome.) Will Your Baby Be Ready for School? School days will be here before you know it. Make sure your child is ready! Come to a new program to help parents and kids get a Great Start! Listening to stories; playing counting games; learning colors and letters; playing with shapes; singing and rhyming; moving to music—the focus is on developing little minds and bodies. Parents will get handouts and ideas for more activities to do at home. Take home a free book each week. Program sponsored by the Literacy Volunteers of Nelson County. For more info, call 434-263-8862.



- Personal & Small Group Training
- Core Group Fitness Classes
- Core Fusion (Power Pilates, Core Conditioning, Strength & Yoga) & MORE!

Core Fitness Synergy offers all of the above, plus Semi & Small Group Training; Sport specific training (Golf, Runners, tough mudders & more!); Flexibility, balance & stretch training; Injury prevention mechanics training; Private & semi private Yoga, Pilates & core training; and "E" Training.

Contact Karen at 434-989-0093 or email: kwcooke@earthlink.net. More info: corefitsynergy.com.

Karen Walker-Cooke (RN, Med. Exercise Physiology, Certified ACE Personal Trainer, Yoga and Pilates instructor) has worked in the medical & fitness industry for over 35 years.

New Core Fitness Synergy Classes!

Beginning Tuesday, September 12: Kick It Up with Kelly—with Kelly Whalen

Tuesday evenings, 4:30pm, in the Core Fitness Synergy Studio. Kick It Up with Kelly is a cardio strength training class for all fitness levels that gets your heart and muscles pumping for a combination of fat burning, calorie burning, and muscle toning.

Beginning Thursday, September 8: Barre-Less with Kelly Whalen

Thursday evenings, 5:30pm, in the Core Fitness Synergy Studio. Barre-Less is a Pilates/Core strength/body weight strength class for all fitness levels. Increase your strength through body weight exercises while focusing on your core and balance.

Contact Kelly at whalenkm@vcu.edu for more class information and registration.



Core Fitness Synergy Summer Special!

Buy 4 personal training sessions and receive the 5th one FREE!

For a full schedule of events, workshops and classes, visit www.rockfishcc.org.

Ongoing Classes & Events



Claudia Gibson Catering

Wednesday—Friday, 8am—3:00pm. Claudia Gibson Catering serves breakfast and lunch Wednesdays—Fridays at RVCC. Pastries, cookies, and muffins are also available, plus soups and frozen dinner entrees. Contact Claudia: claudiacatering@gmail.com or 434-760-4182.

Ongoing—Art Classes with Nancy Laufer

"Faces of Nelson County"—First Saturdays. Nancy Laufer holds a monthly portrait session of interesting people who live in Nelson County on the first Saturday of every month in the Nancy Laufer Art Studio, Rm. 12. Artists will improve their portrait/figure skills and hopefully, the group will have enough portraits for a show/reception in a year's time! A \$10 donation is requested from any artist who chooses to attend, to help cover costs of the model and room. Easels, chairs and tables are available. Bring your own medium with drop cloth/old sheet for paint. Please contact nancylaufer@yahoo.com for more information and sign up. Drop-ins are welcome, if room permits.

Drawing Classes: Wednesdays, 9am—12pm, or Tuesdays 1—4pm (depending on interest and attendance.) \$10/three-hour class. An open studio class for all mediums, beginner to advanced levels. Easels and tables are provided—bring your own materials. Please email nancylaufer@yahoo.com for more information and to sign up each week for the class.

Ongoing—Qigong & Taiji classes with Brian Wright

Mondays, 2:00pm—3:00pm in the Yoga Studio, and 6:30--7:30pm, in Room 5 (Rock U). \$10 per class. Qigong (chee-gong) and Taiji (often spelled as tai chi) are two ancient Chinese arts, which together create a holistic system of moving meditation. When practiced with regularity, these systems can help significantly in the healing process, and will also promote longevity, increased physical and emotional balance, bring strength and tone to the muscles and joints, and bolster mental clarity. The two disciplines together create an unrivaled health and wellness discipline for people of all ages. Please wear comfortable loose fitting clothes and footwear, and be prepared to relax and have fun!! **For more info or to sign up, contact Brian at 434-826-1733 or greatcircleqigong@gmail.com.**

Ongoing: Girl Scout Brownie/Junior Troop meetings



Wednesdays, 4—6pm, in the Dining Room. A new Nelson County Girl Scout Brownie/Junior Troop is looking for members! 70% of women in Congress and 53% of female business owners are former Girl Scouts. Come discover the fun, friendship, and power of girls working together with Nelson County's Troop 8111, currently accepting 3rd-5th grade girls. Email elise.lauterbach@gmail.com for more information.

Ongoing: Nelson County Community Orchestra—Musicians Needed!

Nelson County Community Orchestra Rehearsals will resume at RVCC (Lounge) on Mondays in the fall. (7-8:30pm in the Rockfish Lounge.) Anyone interested in joining or participating is welcome at any time, at any playing level. NCCO provides a friendly, fun, multigenerational orchestra environment. All ages and levels are welcome – repertoire arranged to match the skill levels of members. String, woodwind, brass and percussion players needed. All are welcome, even if you haven't played in many years or are just starting and can read music! Contact Ellen Neal for more information, info@nelsoncco.org or 434-263-4745. **Volunteer Help also needed**, including Secretary, Board members and String Education Program Committee members. We need your help to make the NCCO the best musical organization it can be! So if you've got an interest in music, (musician or not) and have administrative or organizational talents, this active Community orchestra in Nelson County – needs you! Please contact Ellen Neal for more information, info@nelsoncco.org or 434-263-4745.

Ongoing: Healing Through Awareness Meditation

Wednesdays, 5:30—6:30pm, in Room 3 (New Health Consultant). This free weekly guided meditation practice is a compassionate and effective meditation for healing emotional pain. Please arrive a few minutes early to settle in. **Any questions? Call Chris at 540-255-0026.**

Ongoing: Arthritis Foundation Exercise Class with Linda Hobson

Tuesdays and Thursdays, 9:00am—10:00am, In Room 14. Fee: \$12/drop-in, or 10 classes for \$100. If you would like to try the class out, the first one is free! Linda Hobson is a certified instructor for the Arthritis Foundation Exercise Program. This program was designed by the Arthritis Foundation to relieve pain and stiffness caused by arthritis and many other conditions. The class focuses on building muscle and core strength as well as endurance, balance and relaxation. **To sign up or get more information, contact Linda at lhobson@hotmail.com or 540-456-6812.**

Life Coaching w/Sallie Justice. *Hot-Topic Coaching* to address a specific issue...your "hot topic." *Coaching Series* to make major changes in your life. *Coaching Courses*: Group coaching with specific focus. *Private Life Coaching Sessions* to help you clarify your goals and make reaching them not only possible, but probable. **Contact Sallie: 434-962-3794 or salliejusticecoach-ing@gmail.com.**

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)

[Martina Compton](#)

[Sandra Pleasants](#)

[Brian Webb](#)

[Karen Walker-Cooke](#)

[Agnes Schrider](#)

[Tonya Ridings](#)

[Kate Zuckerman](#)

Fitness & Personal Training

[Karen Walker-Cooke](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

Tae Kwon Do

[Larry Cabaniss](#)

QiGong & Taiji

[Brian Wright](#)

Ongoing Classes (*continued from page 6*)

Yoga Classes



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors specializing in Iyengar Hatha, Multi-level Hatha, Kundalini, Men's Yoga, and more. No matter what your fitness or experience level may be, there is a class that will work for you. Many of the instructors also offer private or small-group instruction.

If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or rockfishcc@gmail.com for more information.

Yoga w/Sandra Pleasants, certified Iyengar teacher and ERYT500: Mondays, 9:15—10:45am: (all levels), \$15/class; Mondays 6—7:30pm: Advanced Iyengar, \$15/class; Tuesdays, 10—11:15am: Gentle Iyengar, \$12/class. Contact Sandra at 434-361-2262 or sandra.pleasants@gmail.com to register.

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. (*No class August 1–6.*) Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: ag@yogahealthworks.com.

Tuesdays, 5:30—6:45: All Levels Yoga with Kate Zuckerman. *Class Resumes September 6.* \$12/class. Kate's teaching incorporates the philosophy of yoga and emphasizes presence, peace, and poise in each pose. Students will hold postures for a period of time in order to learn more about themselves and the pose. Her class is appropriate for all levels. No therapeutics, please. Contact Kate at k.hallahan@gmail.com.

Wednesdays, 6:00pm: Multi-level w/Martina Compton. Contact martinac1959@gmail.com to register.

Thursdays, 8:30—9:45am: Kundalini Yoga w/Tonya Ridings. \$12 or 10 classes for \$108. Come experience Kundalini Yoga! "You have to bounce in life with joy. Your strength lies in your smiles and your songs." Yogi Bhajan. Kundalini Yoga is the yoga of awareness. We use postures, breath, chanting and music to raise our consciousness and vibration. Beginners welcome! Tonya Ridings, 434.465.1561 or tridings23@gmail.com for questions or more information.

Thursdays, 6:30pm: Men's Yoga w/Brian Webb. 434-361-9218 or brianpwebb@me.com to register.

Fridays, 9:00am: Intro to Yoga with Agnes F. Schrider, PT. (*No class August 5.*) This class is for folks who have never had Yoga before and want to give it a try. It is also for individuals who have difficulty getting down on the floor and for those who wish to improve their balance. Contact: ag@yogahealthworks.com.

Private Yoga Sessions: Have you wanted to try yoga but do not know where to begin? Can't find a yoga class that fits in with your busy schedule? Try a personalized Yoga and Wellness Class with Certified Iyengar Yoga instructor Sara Agelasto. For more info, please contact sara@iHanuman.com or 434-825-5983.



The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920
434-361-0100

Www.rockfishcc.org | rockfishcc@gmail.com

Treasure Chest: 434-361-0103

Volunteers and new members are always welcome!
We invite you to join us at the Rockfish Valley Community Center...Where Community Happens!

For more information about businesses, activities and events at RVCC, visit www.rockfishcc.org.

To receive this newsletter by email, please visit the "Join Our Mailing List" tab on the website.

OUR TEAM

RVCC Board of Directors

President
Chuck Kiehl

Vice President
Bob Yoder

Treasurer
Cheryl Klueh

Secretary
Sarah Jane Stewart

Directors
Gifford Childs, Bill Perrelli, Cliff Love, Scott Duncan

RVCC Staff

Executive Director
Stu Mills
Operations Manager & Newsletter Editor
Sara Taylor

Treasure Chest Manager
Kat Walsh
Assistant Managers
Betsy Greenleaf & Eleanor Massie