



From RVCC President Chuck Kiehl:

I know that our excellent Executive Director, Stu Mills, normally does this introduction, but I wanted to personally take this opportunity to THANK YOU for all your support—in both financial support and volunteer time—that made 2015 such an outstanding year at RVCC. Also, on behalf of the Board and Staff, we hope you and your families are enjoying a festive holiday season.

As Stu indicated in last month's Rockfish Reader, and as you will see in reading this issue, great things continue to happen here in your Community Center. Our staff has done a fantastic job in getting foundation grants and organizing specific fundraisers to make these projects happen.

You have been supportive, we have been successful, and it is very much appreciated by our community. However, *all* the funds received for each of these projects are restricted for that particular project. Where we need your help the most, as we move into 2016, is in funding our operating budget: including staff salaries, fuel oil, electricity, and building maintenance—all the things that keep the lights on. Our primary sources of operating revenue are rental income from our Tenants, Treasure Chest sales, two primary fundraisers (Celebrate Rockfish in May and Rockfish Nights in November) and ANNUAL MEMBERSHIPS.

At this point, we are behind in membership renewals from this time last year. If you are a 2015 member who has not yet renewed, you should have received a letter in the mail with an enrollment card. If you support what we are doing at RVCC, please fill it out and return it with your contribution, or go online to rockfishcc.org to renew your membership. Also, you might want to consider upgrading your membership to receive valuable discounts or free entry to many events here at The Rock. If you are not yet a member, please consider an investment in your community. All contributions are tax deductible.

In closing, on a personal note, my wife Cathy and I moved to Stoney Creek from Charlottesville about 7 years ago after we retired. We love the Wintergreen community, but we also love the Nelson County community, particularly the Rockfish Valley. Cathy is an Art Therapist and enjoys working with the Seniors in both Lovingston and Charlottesville. Having come from Washington, PA, just outside of Pittsburgh, I am a huge Steelers fan and, living in C'ville for 25 years, I am a huge UVA fan. Hope that doesn't hurt me with the Redskins and Hokies fans!

Bottom line, please be members of RVCC. No matter what your religion or political leaning, WE ARE COMMUNITY!!!!

[CLICK HERE TO RENEW YOUR RVCC MEMBERSHIP!](#)

Saturday, January 9: Pancake Breakfast



Join us for our community Pancake Breakfast—buttermill 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.

Our monthly breakfast would not be possible without our resident Tae Kwon Do group. Instructor Larry Cabanis provides a true community service by offering free Tae Kwon Do lessons, and in exchange, the students provide a community service by volunteering at the Pancake Breakfast. It's a wonderful relationship that has made our breakfast into the best meet & greet in the area. However, the kids would like to start lending their capable hands to some of our other volunteer projects from time to time, and we very much want them to be able to do that. The end result is that we are looking for a few adult volunteers who might be willing to help out with the breakfast on occasion. If you're interested, please contact us at rockfishcc@gmail.com or 434-361-0100. And if you'd like to get involved with Tae Kwon Do, please contact Larry at 434-989-5168.



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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.

Friday, January 15: Coffee House Music Series with Das Homage

Dearest Prudence— dearest taxmen, nowhere men, walruses, maids, and madonnas of Nelson County! Don't hide your love away; Messrs Tenney, Bechter, and Storer invite you on their day trip across Peperland, their magical tour of Beatledom.



Tickets to ride are only \$7.

DAS HOMAGE got its start at the March 2015 RVCC indoor market. It has since had its rubber soul meet the winding roads of Charlottesville and beyond, getting better all the time. Like folks at Fellini's, Adventure Farm, and Tin Whistle Irish Pub, take a tip from the fool on yonder hill: Bring your bulldog out to dance with Johnny, Frank, and Justin. It's just the three of us, so we pull out all the stops.

7:30pm in the Rockfish Lounge—Refreshments available.

Join the RVCC Music Committee!

With the Blue Mountain Pavilion coming next summer, RVCC is poised to take our music programming to the next level—but we need your guidance! What kind of music events would you like to see happen here? What bands do you think we should book? What role might live music play at RVCC in the coming years? Join the music committee and help us shape the future of music at the Rock. The time commitment required is really very minimal, and you'll get to bring in the kind of shows that YOU want to attend. For more information, please contact us at rockfishcc@gmail.com or 434-361-0100.

Saturday, January 30: Introduction to QiGong Workshop



Introduction to Qigong Workshop

Opening and Closing Practices

With Brian Wright, Certified EBT™ Qigong & Taiji Instructor

8 AM to 1 PM, in the Yoga Room. \$55.00 per person includes water, beverages, and healthy snacks.

Pre-registration is required! Please contact Brian to pre-register at 434-826-1733 or greatcircleqigong@gmail.com.

Saturday, February 6: Holiday Indoor Market



The 9th Annual Winter Market season continues on Saturday, February 6! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. The markets run 9:00am-noon on the first Saturday of the month and each market coincides with RVCC's Pancake Breakfast and the Treasure Chest Bag Day.

Each Market also features entertainment by our finest local musicians!

2015—2016 Indoor Market Schedule

February 6: Oh Wow Boy

March 5: The Free Radicals

April 2: James River Cut-ups



For more info, contact Donna Kincaid at mountainvision@earthlink.net.

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 Lauler 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](#)



Do you have corks that you are saving to recycle? Bring those corks to RVCC and we'll recycle them for you and donate the proceeds to the Center! Stop and drop the corks in the box at the front entrance or the TBC hallway. We can also recycle your print cartridges & small electronics.



Tuesday, February 16: Life Line Screenings

9:00am—4:00pm, in the Auditorium. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on 2/16/2016. Five screenings will be offered that scan for potential health problems related to:

blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

Saturday, February 27: Friends of Nelson Community Dance



Join Friends of Nelson for their "Get Up Stand Up For Your Rights" Community Dance & Fundraiser! The dance will be held on Saturday, February 27, from 7pm—10pm in the Auditorium.

Come for an evening of dancing, refreshment, fellowship and fun! Food & Drink, Cake Walk, Cash Raffle, Bake Sale, and Reggae Music by Positive Collective. Advance tickets are \$15—advance price includes one free raffle ticket! At-the-door tickets are \$20.

Join us to raise money for the war chest to fight FERC and preserve Nelson County as we know it!

Saturday, March 19: Tanya Anisimova in Concert



RVCC is pleased to present the renowned cellist Tanya Anisimova for a spring concert on Saturday, March 19.

The Washington Post has described Tanya Anisimova as a "highly focused artist" graced with "spiritual authority" and "an easy mastery of her instrument" and her original music as "melodious, mystical, and deeply emotional."

International recognition came to Anisimova upon the CD release of her cello arrangements of J.S. Bach's Complete Violin Sonatas and Partitas. Anisimova has since built a successful career in performing, composing and recording. Recent highlights include sold-out recitals at Carnegie Hall in New York, International Port Fairy Festival in Australia, a video performance of Bach's Chaconne, as well as performances of Shostakovich Concerto #1 in New Orleans and Tchaikovsky's Rococo Variations in Virginia Beach, Stage8 TV and "The Red Door Series" in Connecticut.

In 2007, Anisimova's Caravan For Two Cellos was premiered by Paul Katz and the composer. The saxophone arrangement of the piece was selected as the favorite work at the 2012 World Saxophone Congress in UK. Currently, Caravan is being performed worldwide in both cello and saxophone versions.

Ms. Anisimova is a graduate of Yale University, Boston University, Moscow Conservatory, and Moscow Central Music School. She won First Prize at Concertino Prague International Competition, All-U.S.S.R. String Quartet Competition, and she is a top prize winner at Min-On International Competition in Tokyo and First Shostakovich International Competition in St.Petersburg.

"Tanya Anisimova spent most of the program alone onstage ... alone with her cello ... But that was all the company she needed." - Joseph McLellan, *The Washington Post* April 21, 2003.

"What she [Anisimova] does is on the verge of the impossible. Such a harmonious, an effortless synthesis of the past (the inner, the eternal) with the future (yet undiscovered cosmos), while bypassing the present. Such a masterful combination of instinct, uncompromising spirit, and intellect. Only a handful of artists are able to accomplish this." - *Port Fairy Music Festival, 2011.*

The show starts at 7pm, and will be in either the Auditorium or the Rockfish Lounge, depending on ticket sales. Advance tickets are \$20, \$25 at the door.



[Click Here to Purchase Tickets](#)

Calling All Hoopsters and Hoop Dreamers!

Our first "Super Saturday" of 2016 will be our Hoop Dreams fundraiser on April 30th.

We're putting together our Hoop Dreams committee right now to plan and man the event. Like other 'ad hoc' event committees, we're asking for your commitment to this event **only** - it's a "one-and-done" volunteer experience. We need party planning, tournament planning, marketing and promotion design and legwork, sponsor soliciting, social media blasting, and much more.

If you're interested, please get in touch soon—the end of April may seem like a long way off, but the time slips away faster than you'd think, and we really need to do everything we can to make this event both a successful fundraiser and a fantastically good time.



\$9,800 down...\$3,200 to go!
MAKE A TAX-DEDUCTIBLE
DONATION TO HOOP DREAMS!

Visit Hoop Dreams at www.rockfishcc.org for more info.

Please let us know you want to be a Hoop Dreamer by emailing us at rockfishcc@gmail.com or call 434-361-0100.

TIME TO HOOP IT UP!

Super Saturday Summer Parties

Saturday, May 28: 3rd Annual Celebrate Rockfish



Our 3rd Annual Celebrate Rockfish party features a 50-50 cash raffle with a grand prize of up to \$5000, plus food, music, games, and more!

Whether you want to kick back with a lawn chair or a blanket on the grass, get up and dance, or watch the kids playing on the playground and SK8 park, this event is a laid-back, fun way to enjoy a mild early-summer evening. We're pulling together a committee now to help plan the party—let us know if you can help!

Cash Raffle tickets will be available soon!

Saturday June 25: 2nd Annual Save SK8 Nelson Festival



Late in 2014, our insurance company handed us a hard choice: either get rid of the skate park, or lose your insurance. After months of searching, we were able to find an insurance provider that would cover the skate park--to the tune of an additional \$4000 per year.

The skate park is perhaps the best-loved and most-used feature of our recreational facilities, and regularly hosts children and adults alike. And, as Nelson County's only skate park, we feel it is worth keeping--but we need help to shoulder this staggering increase in our insurance premium. And so was born the Save SK8 Nelson Festival, which features live music, food, skating competitions, games of skate, and more.

Proceeds from this event will go toward that insurance premium and maintenance of the SK8 Ramp.

Saturday August 27: Joint RVCC/Nelson County Community Fund Fundraiser



We've partnered with the Nelson County Community Fund to help raise much-needed funds for the NCCF and for RVCC. NCCF has done so much for us—most of the work we've been able to do on our basketball court, baseball field, walking trail and wildflower meadow, and the upcoming Blue Mountain Pavilion, has been due to their generous support. We can't wait to return the favor—and what better place than on the fields they helped us build? More details coming soon!

Saturday September 24: 2nd Annual Jazz & Blues Fest

Join us for a celebration of Jazz & Blues music as we raise funds for the next phase of the Blue Mountain Pavilion Project! As with all of our Super Saturday events, we'll have food and beverages, games, live music and more. More details coming soon!

ROCK THE AD-HOCRACY

Each of these events is planned and organized by ad-hoc committees composed of volunteers who sign up for just one event—it's a one-and-done commitment. If you'd like to help one of these events get off the ground, please contact us. We need your vision and your thoughts on what you would like these parties to be: what music do you like? What food do you like? What kind of party would YOU want to attend? Get involved, and rock the ad-hocracy!

Contact us at 434-361-0100 or email rockfishcc@gmail.com.



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! 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 or Marie Dennis at 434-361-0103 if you can help.

On Sale Now...

BUY ONE-GET ONE for all regularly-priced books

50% OFF all Christmas items!

“Best of the Chest” Monthly Silent Auction:

Full-length Men's Leather Dress Coat

Retail Value: \$150 Opening bid: \$75



January Sale:

20% Off
All Winter Coats & Jackets



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



Spread the Joy with Amazon Smile!

This holiday season—or any other season—the gifts you buy can keep on giving! RVCC is now a member of **Amazon Smile**, which means that 0.5% of any purchase made through Amazon Smile will be donated to our Community Center.

All you have to do, dear shopper, is sign in to Amazon through this link: <http://smile.amazon.com/ch/54-1995069>, and all your purchases will benefit the Rockfish Valley Community Center. Or, if you find your way to Amazon Smile through some other route, please be sure to designate us as your preferred charity.

Amazon Smile carries nearly all the same products and deals that you would ordinarily get through Amazon.com, and RVCC will benefit from every purchase you make, year-round. Please consider making this a part of your purchasing habits—it comes at no extra cost to you, but the cumulative rewards to RVCC can make a huge difference.

Tenant News & Announcements

The Rockfish River Gallery of Fine Art & Exquisite Crafts



Many thanks to all who gave the Rockfish River Gallery such a great Holiday Season!

The Gallery will be on vacation from December 31st through January 17th. Then the regular schedule of Wednesday—Saturday from 10 to 4 continues from there on.

The gallery will be open from 10—4 on January 9th for the pancake breakfast!

Pinkyz N Toez Manicure/Pedicure Special!

Come warm up at Pinkyz N Toez with an Express Manicure with an oil treatment and Express Pedicure with warm towels—just \$35!

Contact Tracie at (540) 910-3595.

Events & Classes at RVCC

Gameworks

Fridays January 8 & 29, 7—9:30pm. Come meet your friends on Friday nights for a night of gaming. Bring in your Magic Cards, Risk game, Chess, Settlers of Catan, Battle Ship, Life, Sorry, UNO, or any number of games you like and let the battles begin. Girls! GameWorks can be whatever you want it to be--Bring your paper, pencils, knitting, sewing, rughooking, or bring your games too, and show off your skills. Come join us for a fun night of games and creative fun. Check the front door the night of the event for a posting on where in the building we will be playing. All ages welcome! Children under 10 years old must have parental supervision. Be prepared to have some serious fun! **For more info, contact Jill Averitt at 434-361-0127.**

Beginning Tuesday, January 5: Qigong classes with Brian Wright

Tuesdays from 2—3pm, in the Yoga Room. \$10/class. Qigong is one of the earliest known systems of moving meditation. When practiced with regularity, it enhances both physical and mental balance, helps to restore and maintain healthy circulation, digestion, and aids in cognitive functions. It combines breath, posture and attention to create a perfect exercise system for people of any age! *Please wear loose fitting, comfortable clothing and footwear. Be prepared to relax and have fun! **For more info or to sign up, contact Brian at 434-826-1733 or greatcircleqigong@gmail.com.**

A lifelong enthusiast of Asian martial arts, certified EBT Qigong instructor Brian Wright has been teaching the revitalizing and balancing techniques of Qigong since 2006, when he began his teaching career at the Mayo Health System in LaCrosse, Wisconsin. Originally from Minnesota, Brian relocated to central Virginia in 2010. Brian is currently an advanced student of Acupuncture at the Jung Tao School of Classical Chinese Medicine, near Boone, NC.

Nelson County Community Orchestra Seeking Members for 2016

If you play the violin, viola, cello, bass, oboe, bassoon, French horn, other brass or percussion, the Nelson County Community Orchestra (NCCO) needs you! Rehearsals are Monday nights from 7:00-8:30pm in the Rockfish Lounge (at the back of the building). The orchestra is under the direction of experienced conductor, arranger and renowned violinist, Philip Clark. NCCO provides a friendly, low-stress, fun, and engaging multigenerational orchestra environment to pursue your skills. All ages and levels are welcome, and repertoire is arranged to match the skill levels of members. Make a New Year's resolution to enrich your life, and join us in playing music together! For more information, visit www.nelsoncco.org, email: info@nelsoncco.org, or call Ellen Neal at 434-263-4745.

Beginning Thursday, January 7: Computer Basics with Leslie Benz

Thursdays in January, 9:00am—10:00am, in Rockfish University. Course fee: \$50 for 4 sessions. Optional book purchase: *PCs for Dummies* by Dan Gookin. Would you like to learn how to use a computer? Would you like to keep in touch with your kids and grandkids living afar on Facebook or Instagram? How about setting up an email account and sending and receiving emails? In this introductory course, you will: Learn how to navigate around your computer and learn where each function is located; create folders and save files on Microsoft Word; learn about the internet (*while learning how to keep your computer system safe!*); create an email account, then send and receive emails; create a Facebook account; and lose your fear of computers. Course Requirements: Bring your laptop to class with Microsoft Windows and an internet browser installed. **Please register by Dec. 18, 2015. Contact Leslie Benz at 434-361-0225 for more information or to register for the course.**



Girl Scouts

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! 3rd and 4th grade girls, come join our troop! Come have fun, make new friends, learn new skills, and take a new adventure! Questions? Email elise.lauterbach@gmail.com.

Coming March 11 & 12: Plein Air Workshop with Steve Doherty

Exhibit Opening & Artist Reception Saturday, March 12—more info coming soon!

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

Ongoing Classes & Events

Claudia Gibson Catering

Wednesday—Friday, 8am—3:00pm, Serving breakfast & lunch

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: Soul Retrieval Practice Group

Wednesdays, 5:30—6:30pm, in room 3 (New Health Consultant). This free weekly meditation practice group will focus on the ancient Tibetan practice of Soul Retrieval. Done daily, its practice can heal your soul and transform your life. We will gather together before the meditation to share tea and a snack. Please arrive early. **Any questions? Call Chris at 540-255-0026.**

Tae Kwon Do

Mondays & Thursdays, 6:30pm. Tae Kwon Do combines combat techniques, self-defense, sport, exercise, meditation and philosophy. It draws people from all backgrounds and all ages. Some attend for the physical training, seeking greater flexibility and strength. Others come for the aerobic aspect achieved through simulated combat, or "free sparring." Still others come for the self-defense gained by mastering the art. Kids come for the fun and excitement of learning to kick, jump, roll, and fall—all in a safe and controlled environment. **Visit the TKD page or contact Larry Cabaniss at 434-989-5168.**

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. In short, it's a fun way to maintain your overall health. **To sign up or get more information, contact Linda at lrhobson@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 salliejusticecoaching@gmail.com.**

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)

[Martina Compton](#)

[Sandra Pleasants](#)

Brian Webb

[Karen Walker-Cooke](#)

[Agnes Schrider](#)

[Tonya Ridings](#)

Fitness & Zumba

[Karen Walker-Cooke](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

Tae Kwon Do

[Larry Cabaniss](#)

QiGong

[Brian Wright](#)

Yoga Classes



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. 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: agnes@nelsonwellnesscenter.com.

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

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

Sundays, 5:00—6:30pm: Kundalini Yoga w/Tonya Ridings. \$12 or 10 classes for \$108. All ages and beginners welcome. Kundalini Yoga is the yoga of awareness. It consists of a series of physical and breathing exercises, chanting mantra and meditation. *"The power of Kundalini Yoga lies in the actual experience. It goes right into your heart and extends your consciousness so you may have a wider horizon of grace and knowing the truth. Ultimately, you come to understand your existence in relationship to the Universe, and this brings you to the practical experience of Infinity. You can then radiate creativity and Infinity in all aspects of your daily life."* --**Yogi Bhajan** For more info: [434-465-1561](tel:434-465-1561) or tridings23@gmail.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.

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

Ongoing Classes

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Core Fitness Synergy—"Sweat Looks Good On You!"



Core Group Training: Mon. 8:15am & 9:30am; Wed. 10:00am. Core Fit Synergy's signature class: Cardio, Balance, Tabata, HITT, Piloxing, Core, & more.

Core Cuts: Tuesdays, 9am. A complete "cutting edge" sculpting, strength & Core training class.

Core Fusion: Wednesdays 9am. A total fitness fusion of power Core circuit conditioning, power Pilates & yoga stretch.

Core Combo: Thurs. 8:15am & 9:30am. Uses non-jamming new exercises to provide the "AFTERBURN"-burn up to 20% more calories after your workout! (for ALL fitness levels).

Core Fitness Synergy offers the above Core Classes & MORE! Core Group Training; Personal Training; Semi & Small Group Training; "Forever Fat Loss" weight loss & meal planning; 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. Your first class is FREE!

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. Her classes range from Core Conditioning, Cardio, Pilates & Yoga to one-on-one personal & semi-private personal training, Yoga, & Weight Loss management.

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

RVCC's Annual Fund & Membership Drive

It's that time of year again! Our Annual Fund and Membership Drive is the time of year when we ask our community to become members, to renew their membership, or to consider making an annual contribution to help support the Rock. Unlike the targeted project fundraisers such as Hoop Dreams, SK8 Nelson, or the Pavilion Project, our Annual Fund and Membership Drive is one of the few fundraising options we have for raising the money needed to provide operating support and keep this organization running on a daily basis. Your support actually keeps the lights on, the boiler burning, and our desks manned.

Here's how your commitment can help:

- ◆ Your Basic Family Membership pledge of \$45 will pay the electric bill for **1 day**.
- ◆ Your Sustaining Family Membership pledge of \$180 will heat us, in season, for **2 days**.
- ◆ Your Rock Star Individual membership pledge of \$480 will keep us on the job for **1 day**.

But it's not just about what membership can do for RVCC—it's also about how becoming a member can benefit YOU. Clicking the link below will take you to our membership website page, where you can read about membership options, payment plans, benefits, and discounts. We're looking forward to an incredible 2016, with all kinds of new facilities, events and programs. We hope you'll be a part of it all!

[CLICK HERE TO JOIN OR RENEW YOUR RVCC MEMBERSHIP](#)

...or visit the RVCC Office to learn more!



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

OUR TEAM

RVCC Board of Directors

President

Chuck Kiehl

Treasurer

Cheryl Klueh

Secretary

Phil Hearne

Directors

Gifford Childs, Sarah Jane Stewart, Sue Chase, Bill Perrelli, Bob Yoder, Cliff Love

RVCC Staff

Executive Director

Stu Mills

Operations Manager & Newsletter Editor

Sara Taylor

Treasure Chest

Managers

Marie Dennis & Kat Walsh

Assistant Managers

Betsy Greenleaf & Eleanor Massie

Volunteers and members needed!

We invite you to join us at the Rockfish Valley Community Center...Where Community Happens!