



June 2016

**From Executive Director Stu Mills:
Serving Up Summer In A Huge Way**

Wow, what a weekend of firsts!

First tournament on our new hoops court. First band performance in our new Blue Mountain Pavilion picnic shelter. First use of our new event tents for the first Super Saturday event of 2016.

The court played to rave reviews by the six teams that vied for trophies in our Hoop Dreams tournament on Saturday, some of which came from as far away as Lynchburg. Huge thanks to Ronnie Jones for putting together a great competition almost single-handedly, and hats off to Bold Rock Cider for being our major donor/sponsor for the event. Keep your eyes open for an even larger tournament in October!

The trophies had barely been awarded for Hoop Dreams before the Bobby Midnight band started setting up in the new pavilion shelter for our inaugural Super Saturday event of the season – “Celebrate Rockfish.” Paulie’s Pig-Out served up some fine barbeque & sides, Blue Mountain Brewery provided some great brews and the band served up some hot soul/rock sounds ‘til after sunset.

And the pot reached \$3500 in the 50/50 cash raffle, so if you see winner Henry Roupe walking around the mountain or the valley with a big smile on his face, you’ll know why!

All in all, it was a terrific day, blessed with wonderful weather and great spirit.

But we’re just warming up! Be sure to mark your calendars for “Kickin’ It In The Rockfish”, as our friends at ‘Hitkicker 99.7’ bring country to the county for an RVCC fundraiser on June 18th; then brace yourself for some awesome competition and entertainment as Devils Backbone presents our second annual “SK8 Nelson” event on July 2nd; then get your Scotch on for “No Plaid Required” a bagpipe concert and celebration of all things Scottish with the Wintergreen Performing Arts Summer Music Festival on July 26th; then catch your breath quick and join us for “Beach Blast 2016” – a day of fun & games, beach music and fundraising for the Nelson County Community Fund and RVCC; and finally, be sure not to miss our second annual “Jazz & Blues Fest” – a reprise of last year’s standout open-air concert on September 17th!

More about all these events inside. As promised, we’re serving up Summer in a huge way at the Rock!

Thanks for joining in on the fun!

Stu



Saturday, June 4: 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. We always need an extra pair of hands—if you can help, please contact us! Please note: The July breakfast will be held on Saturday, July 9, instead of July 2. Mark your calendars!

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**HOW
COMMUNITY
HAPPENS**

- ◆ Volunteer for a workday, 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.

Saturday, June 4: Nancy Maxson and Susan Holland Exhibit Opening and Artists' Reception

Watercolors by Nancy Maxson & Portraits by Susan Holland—on display in June!
Artist Reception and Exhibit Opening: Saturday, June 4, 5—6:30pm. Refreshments served.



Nancy Maxson: "My 'painting life' was awakened when we moved to the Blue Ridge Mountains of Virginia seventeen years ago. I've always loved Persian miniatures and Georgia O'Keefe's work, a celebration of what's right in front of us. So here, I've set to work to capture birdsong, woodsmoke, friendships and stillness into watercolor and inks. My work is often quickly done - in a matter of a few breaths sometimes - with thick wet watercolor paper and acrylic ink thrown in for fun. I save up quotations that I think speak to our time and encourage us through our days and then watch colors and inks 'interpret' them on paper. After all, isn't life about light and breath and balance—and finding courageous co-conspirators to share the adventures and battles of Dante's 'Dark Wood'?"



Susan Holland was raised in Philadelphia, PA. She attended Pennsylvania Academy of Fine Arts for 2 years in the summers as a teen-ager and was an art student in high school and college. Susan moved to Washington, D.C. and took night courses in painting at the Corcoran Gallery there. After moving to Richmond, VA, she painted at night and ran an open studio at VCU for several years. She also painted in a studio in Richmond with live models from which a love of portrait painting developed. The portraits in this exhibit were finished in the studio in 2.5 hours. Susan has lived in Nelson County for close to twenty years.

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 are interested in exhibiting your creation at RVCC, 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. If you have questions, please contact Sue Chase at schase@cstone.net or Cathy Kiehl at cathykiehl@aol.com.



Sunday, June 12: Friends of Nelson Meeting

FON Public Information Meeting: "Eminent Domain and Pipeline 101"

7pm, in the RVCC Auditorium. One of the attorneys from Appalachian Mountain Advocates will be among the speakers. Lots has been happening recently and FON wants to bring everyone up to date on the latest developments. Among other things, we now know where ACP is proposing to build its many access roads. Since there are new landowners now receiving "request to survey" letters for the first time, in addition to the general updates this meeting will also include lots of "Pipeline 101" information about eminent domain issues, refusing survey, who should retain a lawyer, how to get representation without any out-of-pocket costs, etc. Please tell your neighbors and friends! For more information, visit www.friendsofnelson.com.

June 15: Business Council Roundtable

9—11am, in the Auditorium. We know how challenging it can be to run a successful business in Nelson. That's why we started the RVCC Business Council in 2014 - to provide opportunities for education, networking, promotion, mentoring, collaboration, affordable advertising, influence and recognition for local businesses—and to provide an opportunity to join with others locally to identify and help solve the issues that challenge the prosperity of free enterprise here in Nelson.

One of those issues is the very growth of economic activity in the Rockfish Valley: how it is regulated; how it affects our infrastructure; and how it impacts our rural way of life. That is why the Business Council, in cooperation with Nelson 151, is hosting a **Business Roundtable on Wednesday, June 15**. This Roundtable will bring together business leaders throughout the County to inform the "Rockfish Valley Area Plan," currently under development by the Nelson County Department of Planning and Zoning. We hope you'll join us as we develop recommendations for future development in the Valley from the point of view of the businesses that are its economic engine.

Participation is free, and the Roundtable is open to all business owners in Nelson County. Please reserve your seat at the table by contacting us at rockfishcc@gmail.com or 434-361-0100, or sign up online at rockfishvalleycommunitycenter.memberlodge.com/RVCC-Business-Council.

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](#)

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



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OUR
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SYSTEM

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[to learn](#)
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Friday, 6/17: Coffee House Music w/The Free Radicals



All Honkytonk, all the time! The Free Radicals play country music the way it was meant to be played: no tight jeans, no orchestral background music, just great melodies, virtuoso instrumentals, three chords, and the truth. The "Rads" play a lot of music from the forties and fifties, but don't shy from more contemporary songs as long as they're good ones. They promise to get your feet moving and maybe even get you singing along.

The show starts at 7:30/\$7 cover, in the Rockfish Lounge. Refreshments available.



Saturday, 6/18: Kickin' It In the Rockfish with Hitkicker 99.7

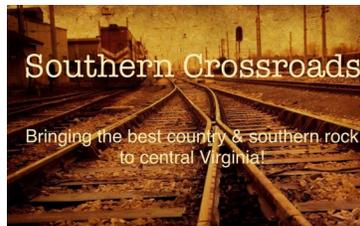
Join us for a country music festival hosted by HitKicker 99.7!

Live Music by:

Tara Mills & Jimmy Stelling



Southern Crossroads



Nick Pollock



Food and brews by Blue Mountain Brewery, Blue Toad Cider, No Butts About It! BBQ, and Kirt's Homemade Ice Cream.

Plus—Fun and festivities for all ages—with Knockerball Charlottesville, Craft Vendors, Games of Corn Hole, and more! Start a pickup game of basketball, kickball or soccer, skate the half-pipe, and turn the kids loose on the playground!

Saturday, June 18, 4pm—9pm

\$8 advance GA, \$10 GA at the gate

\$25 VIP—includes one beverage ticket, one meal ticket, and access to the VIP tent

[Click Here for Advance Tickets](#)

Volunteers needed—all volunteers get free admission to the event!

For vendor info, please contact Corey Cummings at 434-987-6467.

Huge Thanks to our Sponsors: Blue Mountain Brewery, Blue Toad Hard Cider, Kirt's Homemade Ice Cream, GovSmart, Knockerball Charlottesville, tellAplay Entertainment, The Crafty Fox, and Jenny Pritchett Crafts.



Thursday, June 23: Solarize Nelson Workshop

6:00—8:00pm, in the Auditorium. Join us for an informative workshop to learn about solar energy technology and today's opportunities to turn solar into savings. We'll introduce you to the Solarize Nelson campaign which was created to provide you with great prices on a superior solar installation from quality contractors. The campaign is open to residents and businesses in the County of Nelson through June 30. This workshop will help you determine whether solar panels are a smart choice for your home or business and provide information on equipment, potential cost savings, tax incentives, and special financing. Presented by the non-profit Local Energy Alliance Program (LEAP) with help from local solar installation experts. Please RSVP by calling us at 434-282-2390 or email us at info@solarizeva.org.

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Tuesday, June 28: Rockfish Valley Area Plan Community Open House

6:30—8:30pm, in the RVCC Auditorium. Many studies have been done over the past decade concerning the rapid growth of the Rockfish Valley in Northwestern & Central Nelson County. The county's Economic Development Authority and Tourism Office, in conjunction with the Nelson Building Department, is seeking input on the future of development, tourism, agriculture and infrastructure, roads, and more in the Rockfish Valley.

You are invited to join the Rockfish Valley Area Plan (RVAP) process and make your voice heard regarding important community issues in the Rockfish Valley! Please consider actively participating in the RVAP project by: completing and submitting the public survey and/or other public participation materials; and attending the upcoming public meeting on June 28th. This meeting is an opportunity for members of the public to learn more about the planning project, and to share your questions, concerns, and opinions. The open house will include a short presentation from the project team, which will be delivered once at 6:45 and again at 7:30. Each presentation will be followed by Q&A sessions with staff from Nelson County and TJPDC

All members of the public are invited to participate in the Rockfish Valley Area Plan by taking the online Public Survey ([Click on this link](#)) or by completing a paper copy of the public survey. A paper copy of the survey can be obtained [here](#) from the county's website, or in the RVCC foyer.

For more information about the RVAP, visit <http://www.nelsoncounty-va.gov/departments/planning-zoning/rockfish-valley-area-plan/>.



Saturday, July 2: 2nd Annual 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. As it is 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 SK8 Nelson Festival!



Devils Backbone Brewing Company presents the 2nd Annual SK8 Nelson Festival

Featuring the MinPin Memorial Skate Jam—Games of Skate—Best Trick Contest

4:00—9:00pm, just \$5/carload

Live Music by

Shagwuf—Orme Storm—John Howard

Food and beverages by

Devils Backbone—Cardinal Point Winery—Trager Brothers Coffee—Blue Toad Hard Cider

Sponsored by:

Freestyle—Action For All—Blue Ridge Life—Upper Level Screen Printing

Skate Jam Sessions begin at 4pm, Game of Skate and Best Trick Contest 6—8pm

Live Music begins at 5pm

Can't come to the event?

[Click Here to make a tax-deductible donation to SK8 Nelson!](#)



CARDINAL POINT
vineyard & winery



Saturday, July 9: Nelson County Relay for Life 5k Color Fun Run/Walk



The Nelson "We Are Family" Relay Team will host a 5k Color Fun Run/Walk at RVCC on Saturday, May 21. The Fun Run/Walk will follow the Mallory Creek Walking Trail and the RVCC grounds. This event is a fundraiser for the **Nelson County Relay For Life**. The fun run/walk will not be timed. This is an event to enjoy with your friends, family, team, group, a time to share laughs, smiles, and stay on a path of getting healthy while helping those fighting cancer to be able to celebrate more birthdays! At each color station along the way, you will get showered in color! The color is FDA approved, biodegradable, and eco-friendly, safe for children and adults. Please note: Color does wash out of MOST

fabrics. NO Pets allowed.

Sign-ins begin at 7:30am, and the Fun Run/Walk begins at 8:30am. Entry fee: \$35 for 18 & over / \$30 for under 18. Awards will be given for: Best dressed female over 18, Best dressed male over 18, Best dressed female under 18, Best dressed male under 18, and Best dressed group.

For more information, contact Amanda Mays at mandabean01@yahoo.com or 434-238-6743, or Heather Ramsey at 434-987-1529.

More Summer Parties!

Tuesday, July 26: No Plaid Required: An Evening of Bagpipe Music

7:00pm. Free—donations encouraged. Bring a blanket or pull up a chair, and enjoy the festive sounds of Albemarle Pipes and Drums, a traditional Scottish and British Isles-style pipe and drum corps. Proceeds benefit Wintergreen Performing Arts and RVCC.

Saturday, July 30: Beach Blast 2016!



A joint fundraiser for the Nelson County Community Fund and RVCC! 4—9pm, \$10/adult, \$5/ages 11—18, kids under 11 get in free!

Music by **Soul Transit**—Charlottesville's party powerhouse is coming to RVCC and they want you to boogie!



Food & Brews by Blue Mountain Brewery—A showcase of area nonprofits funded by the Nelson County Community Fund—Plus a Dunk Tank, Face Painting, and more! Turn the kids loose on the playground or start a pickup game of basketball, soccer, or kickball.

Saturday, September 17: 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! Music by the Jon Spear Band, the Carol McAvooy Project, Willie DE, and more. Food and beverages by Blue Mountain Brewery, 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 at 434-361-0103 if you can help.



"Best of the Chest" Monthly Silent Auction:

*Framed Phillip G. Arnest Print—"Silent Departure"
Print #39/340, signed by the artist*

Retail Value: \$100. Opening bid: \$25

Treasure Chest Hours

Tues.—Fri.:

10am—4pm

Saturdays:

9am—3pm

Volunteers & Donations always welcome!

ON SALE NOW:

75% OFF

*All Winter
Clothing & Outerwear!*

FATHER'S DAY

SPECIAL:

*\$0.50 Ties
in the Man Cave!*

BLACKBOARD SPECIALS!

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

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

Concession Stand Available for Rent

**MAKE YOUR
PASSION
YOUR
PAYCHECK**

We received some bittersweet news last month. ULA Tortilla has been using the building that used to be a concession stand to produce organic corn tortillas since the spring of 2014, and in the past two years, their business has grown so much that they need a much larger facility. We're so glad that ULA Tortilla has taken off, and we're also very sorry to see them go.

The concession stand will be available for rent soon, and was VDACS approved for ULA Tortilla's use. It could also possibly be used as a small studio or workspace of some kind. The building features a main room, a storage room, and two bathrooms with separate entrances.

If you have an idea for a startup that might work in this space, or if you like the idea of having a studio that is at once a part of everything that goes on here at RVCC and yet still very private, please contact us at rockfishcc@gmail.com.

News from the Rockfish River Gallery



*Time and Tide
Wait for None*

This Saturday, June 4, the raffle will go on! The gallery will be raffling Rita Harder Johnson's watercolor painting entitled "Time and Tide Wait for None", valued at \$300. Tickets are on sale at the Gallery now.

A gift Certificate for \$75.00 will be awarded to the 10th customer to purchase anything other than raffle tickets.

New this month: New stained glass and blown glass—New jewelry, prints, and cards by Patty Siehien—Books by new photographer Wayne Drumheller.

The Rockfish River Gallery is open Wednesdays—Saturdays 10am—4pm, and Sundays 12—4pm. For more info, visit www.rockfishrivergallery.com.

Classes & Workshops at RVCC

Beginning Tuesday, May 10: Family Dog I—with Kelsey Cowger

Tuesdays May 10—June 14, 6:15—7:15pm, in Room 14. \$120. Do you have a new dog in your life? Does your current dog need a little brush-up on his manners? This class might be perfect for you! In this class, we'll cover the basics--sit, down, stay, etc.--but we'll also work on other important life skills like relaxation and focus. We'll emphasize teaching *you* how to teach your dog new things so you'll be prepared for life outside of class! *Note: This class will be taught using a clicker. You can either bring your own, or we'll sell you one for \$3 the first night of class. Visit www.teamunrulytraining.com for more info. To enroll, please email hi@teamunrulytraining.com. This class will have a cap of six students.

Beginning Thursday, May 12: K9 Nose Work®—with Sarah Stevens

Thursdays May 12—June 16, 6:00—7:30pm, in Room 14. \$150. Nose Work is a sport modeled after professional detection work that will develop your dog's natural scenting ability through their love of food or toys. Whether you are looking for a great rainy day activity or would love to compete for titles, this class will help your dog discover their newest favorite game. Visit www.teamunrulytraining.com for more information. To enroll, please email hi@teamunrulytraining.com. This class will have a cap of eight students.

Beginning Thursday, June 2: 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.

Saturdays June 11 and 25: Create Your Home Herbal Apothecary—with Phoebe Haupt and April Erskin

11:00am - 1:00pm both days, in the Dining Room. Cost: Individual \$35/day, Families \$50/day. (Materials included.) Are you interested in herbal healing but not sure where to begin? Join us for two Saturdays as we help you create a basic home apothecary to meet your family's wellness needs. Saturday, June 11: Teas and Tinctures. Saturday, June 25: Salves, Skincare, and Summer Essentials. **Together we will:** craft tea blends tailored to each member of your family; create herbal tinctures to support digestion and the immune system; blend salves for skin ailments and learn natural ways to promote healthy skin; craft Insect repellent and other summer essentials; and learn to blend herbal remedies for common ailments. For parents, children, families, and individuals. Everyone is welcome! This class is hands-on! You will leave with samples you've created plus handouts and instructions. **Registration Deadline:** Monday, June 6th. For more info or to register: (434)882-2029, ancientwisdom2015@gmail.com, or www.themedicinelady.com.

Phoebe Haupt and April Erskin are both teachers/facilitators with more than thirty years of combined experience working with students of all ages in language, dance, movement, story, nature studies, environmental education, empowerment and leadership programs. Both are lifelong students of the natural world and currently study herbalism at Sacred Plant Traditions in Charlottesville.

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”—Saturday, June 4. 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 nancylauler@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 nancylauler@yahoo.com for more information and to sign up each week for the class. (See also the “Faces of Nelson” listing on page 5.)

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.**



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.

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! **Summer Music Jams start June 6 thru August at 7:15 p.m.** Contact Ellen Neal for more information, info@nelsoncco.org or 434-263-4745.

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.**

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 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 & 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 7)*

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.

Tuesdays, 5:30—6:45: All Levels Yoga with Kate Zuckerman, beginning Tuesday, June 7. \$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 to register.

Fridays, 9:30am: Intro to Yoga with Agnes F. Schrider, PT. 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.

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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.

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