



From Executive Director Stu Mills:

Our very own Dream Team

As I reach Medicare eligibility, there isn't much that awes me anymore—but I've been just dumbstruck the last two weekends.

Along with the Building Goodness Foundation, which has taken on our Pavilion Project as yet another local charitable effort, we put out the call for help to erect the new picnic shelter. And the *Pavilion Dream Team* showed up - tool belts strapped on and ready to roll!

I'll let the pictures tell the story. All I can say is that the 20 or so of you who wielded the tools, and all of you who fed them a feast, are our heroes. You've helped make our park the place to party for the rest of our days. We can't thank you enough!

I'd say a whole lot more here, but Sara says I need to keep it short this month - we're packed to the gills with news!

You're an awesome team - Thanks for making the dream come true!

Stu

Just one last thought:

BUY YOUR
RAFFLE TICKETS!



PHOTO BY CHARLIE HICKOX



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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, May 7: 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.





Saturday, May 7: Relay for Life Car Wash

Relay for Life Car Wash at RVCC!

The Nelson County High School Relay For Life team is working to raise money for the American Cancer Society through a pay-what-you-will car wash. This event will take place on Saturday, May 7, 8:30am—10:30am, during the RVCC Pancake Breakfast. All donations are 100% tax-deductible and will help to provide free information and services to cancer patients and caregivers. Come out to clean up your ride while supporting this worthy cause. The Nelson Relay For Life event will be held at the Nelson County High School track on Saturday, June 4, from 1 p.m. to 1 a.m. Come out to show your support!

Sat., 5/7: 1st Saturday Raffle at Rockfish River Gallery



The Rockfish River Gallery's First Saturday raffle and \$75.00 gift certificate giveaways have been quite fun and successful, and the First Saturday in May will be terrific!

The Gallery will give away another \$75 gift certificate to the 9th purchasing customer, and will raffle off a very limited solid gold pendant from [K Robins Designs](#). The winner may pick one of two offerings: either Friendship Knot or Gaia, with a gold chain included. The pendants and chains retail for over \$300, and may be viewed in the gallery. Tickets will be on sale at the Gallery during the first week of May, and the drawing will be at 4PM on May 7th.



For more information about K Robins, [check out the article in Central Virginia Magazine!](#)

The Gallery is expanding into the anteroom, and renovations have begun. After the work is done, the gallery will offer a larger selection of crafts and two-dimensional work. They are also expanding the local authors' and musicians' book and CD collections. A listening station has been provided if you would like to hear any of the CD's that say "play me."

Please Note—if you are having trouble with Tigers wanting in your home, then the Gallery has the protection you require. A small dragon sits on the counter and is said to protect you from these wily and unwelcomed beautiful beasts. The magical fairies that fly around the gallery, and marshmallow shooters (for even greater security) are also available.



Friday, May 13: "Out of the Fire" Film Screening and Exhibit



Out of the Fire is a heartwarming film about art-making, chance-taking, and the importance of following your dreams. Join potter Kevin Crowe, his apprentice Krista Loomans, and their dedicated crew as they complete a four day, high-temperature wood-kiln firing of approximately 2000 clay pots. In this firing, six months worth of Kevin's work—and income—are at stake. Stoking wood into the kiln every 10 minutes for four days straight, the teams work in shifts to achieve unique surfaces

on their pots, surfaces enhanced by fire marks and melted wood ash. But this inspiring film is not just about making pots. It is also about a way of life, following your heart, and forging an individual life path. The film celebrates the drive to create, the importance of community, and the roles of risk-taking, authenticity, and focus in creating a fulfilling life.

Kevin produces wood-fired functional stoneware with strong Asian and English roots at his Tye River pottery studio. His work ranges from 4" tea bowls to 48" vases. Kevin's pots are fired in a 450 cubic foot, 3-chamber combination anagama and noborigama kiln. Firings last several days, consuming 8 cords of wood and firing up to 2000 pots. The kiln is fired twice a year when the moon is right and it's not soccer season.

Out of the Fire was produced and directed by Courtenay Singer. The film has been invited to screen at 17 film festivals, and received a Bronze Remi Award from WorldFest Houston.

In addition to the film screening and discussion, there will be refreshments, food by Claudia Gibson Catering, an exhibit of Kevin's work, and a gallery open house with the Rockfish River Gallery, K Robins Designs, the Virginia Rock Shop, and Lauler Artworks. Doors open at 6pm for food and beverages; screening begins at 7pm.

Seating is limited, so please reserve a seat by emailing rockfishcc@gmail.com or call 434-361-0100.



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](#)



WINDOWS '16

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OPERATING
SYSTEM

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to learn
more](#)

Friday, 5/20: Coffee House Music w/The Olivarez Trio



Based in Charlottesville, Virginia, the Olivarez Trio (composed of Rick Olivarez, Dave Berzonsky and Jeff Cheers) create a vibrant acoustic blend of French Gypsy jazz styles mixed with eastern European folklore, waltzes, and early jazz improvisations, with a sampling of everything from Classical and Baroque themes to Beatles melodies. It's a new roots music that only the Olivarez Trio can provide. To listen, visit www.olivareztrio.com.

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

Coming Up Next:

Friday, June 17: The Free Radicals.

All Honkytonk, all the time!

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



Saturday, May 21: 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.



Monday, May 23: Nelson County Community Orchestra Concert

Celebrate summer with the NCCO by attending our end-of-year concert party on Monday, May 23, at 7 pm, in the RVCC Auditorium. Our program will feature guitarist John Kelly, winner of the 2015 Rapunzel's Song Writer's Contest, with an original orchestral arrangement of his award winning song, A Good One There. The orchestra will also perform a mix of classical, swing, and movie themes including Concerto in G Major by Vivaldi, Little Brown Jug by Eastburn, Colonel Bogey by Alford, Harry Potter and the Chamber of Secrets by Williams, and Beatles Medley by the Beatles! The orchestra is under the direction of Philip Clark. The concert is free and open to the public. Donations are welcome! For more info, call [434-946-7834](tel:434-946-7834), visit www.nelsoncco.org or email info@nelsoncco.org.

Saturday, May 28: Hoop Dreams Basketball Tournament



A FUNDRAISER FOR THE ROCKFISH VALLEY COMMUNITY CENTER BASKETBALL COURT

Get your teams together for the
Hoop Dreams 3-on-3 Basketball Tournament!

Saturday, May 28, 10am—4pm.

Trophies awarded in three age brackets. Plus—Hot Shot Contests, Raffle Prizes, Food & Beverages, and more.

And then, *Celebrate Rockfish!* will be the tournament "After Party!"

\$100/Team. Registrations due by May 15. Visit rockfishvalleycommunitycenter.memberlodge.com/Hoop-Dreams for team registration form and more information—or to donate to Hoop Dreams! Hoop Dreams Benefits the RVCC Basketball Court.

TIME TO HOOP IT UP!

MAKE A TAX-DEDUCTIBLE DONATION TO HOOP DREAMS!



Saturday, May 28: 3rd Annual Celebrate Rockfish!

CELEBRATE ROCKFISH! 50-50 CASH RAFFLE



\$5000 Grand Prize*—just \$25/ticket

**grand prize will be 50% of total ticket sales, up to \$5000 max. Full raffle details at www.rockfishcc.org.*

Winner drawn at the Celebrate Rockfish Event—Saturday, May 28, 5—9pm. Raffle drawing at 7:30pm



Music by the Bobby Midnight Band—The Bobby Midnight Band formed in 2014 in Charlottesville, Virginia. Blossoming from their decade-long partnership in regional favorite **Trees on Fire**, BMB's original three members (Rob Mezzanotte, Brian Wahl, and Paul Rosner) created their new project as a way to submerge themselves in shared roots—soul and rhythm & blues. The band added versatile keyboardist Nick Cardoni in late 2015.



Food by Paulie's Pig-Out and Claudia Gibson Catering

Local brews by Blue Mountain Brewery

Wine by Cardinal Point Winery

Games, Art Projects, & Family-Friendly Fun—No admission fee!

Raffle tickets available at the RVCC Office, the Treasure Chest Thrift Store, & at rockfishcc.org. You need not be present to win!

[CLICK HERE TO BUY YOUR RAFFLE TICKETS!](#)



Got any old CDs or DVDs lying around? Please consider donating them for a community art project at Celebrate Rockfish!

Coming in June: Nancy Maxson and Susan Holland Exhibit

Watercolors by Nancy Maxson & Portraits by Susan Holland—on display for the month of 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. You might know me by the cards and calendars and haiku books that I love to make for a few shops in the Valley. 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.) We only have quilt shows every 2 years, so please join us for this

event. 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.

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



Local food, beer, crafts, & more! Music by **Lord Nelson, Tara Mills & Jimmy Stelling**, and others. 4pm—9pm, \$10 GA or \$25 VIP. Volunteers needed—all volunteers get free admission to the event. For vendor info, please contact Corey Cummings at 434-987-6467.

More Summer Parties!

Saturday July 2: 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. 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 Save SK8 Nelson Festival, which features live music, food, skating competitions, games of skate, and more.

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!

A joint fundraiser for the Nelson County Community Fund and RVCC—featuring a dance band, local food and beverages, and more! More info TBA.

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! 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 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: \$35

Treasure Chest Hours

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

**Volunteers & Donations
always welcome!**

**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



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.

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. 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.

Kelsey Cowger is a recovering university professor turned full-time dog person. She is a Certified Pet Dog Trainer (CPDT-KA) and a graduate of the Karen Pryor Academy (KPA-CTP). Her experience as a teacher makes her a great coach for people as well as dogs, and she really enjoys training both ends of the leash! Kelsey has significant experience in sheltering and rescue (both as a professional and as a volunteer): prior to joining Team Unruly, she worked with dogs at Best Friends Animal Sanctuary in Kanab, UT (the nation's largest no-kill animal sanctuary). She loves working with 'issue dogs' and dogs who had a less-than-perfect start in life.

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

Thursdays May 12—June 16, 6:00—7:30pm, in Room 14. 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.

Sarah Stevens is a Certified Nose Work Instructor (CNWI). She fell in love with the sport when her older dog, who has several behavioral issues, started training in 2010. After seeing how much confidence he gained and how absolutely FUN it was for him, Sarah knew she wanted to help spread this fantastic sport by teaching other people how to do it too. Sarah has been training pet dogs since 2009, but since early 2015, she has focused her professional training career entirely on sport dog training (with an emphasis on K9 Nose Work®). See more of what Sarah does at www.noseydogtraining.com.

Wednesday, May 25: Kirtan with Carol

6:30—7:45pm, in the Dining Room. \$10. Heart opening call and response sanskrit chanting. All you need is provided - no great singing voice necessary. For more info, contact Carol Quigless at 540-649-7055.

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 Lauler

“Faces of Nelson County”—Saturday, May 7. Nancy Lauler holds a monthly portrait session of interesting people who live in Nelson County on the first Saturday of every month in the Nancy Lauler Art Studio, Rm. 12. The May model is artist and woodworker William “Joe” Gaines. 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 greatcirclegigong@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!

Mondays, 7:00-8:30pm 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. Bring your instrument. String, woodwind, brass and percussion players needed. Call (434) 946-7834 or email info@nelsoncco.org. Summer Music Jams also coming up starting June 6th – so stay tuned!

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: Tae Kwon Do

Mondays & Thursdays, 6:30pm, in the Auditorium. 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; some come for the aerobic aspect achieved through simulated combat; others come for the self-defense gained by mastering the art. **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. **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, 6:30pm-7:30pm: Hatha Yoga with Nyeela Hueholt, CYT. This all-levels class will focus on correct alignment, breathing, and the use of props to maximize postures safely. \$10/class. Walk-ins are welcome, but sign-ups are preferred. To sign up, contact Nyeela at nhueholt@gmail.com or 434-964-8565.

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.

OUR TEAM

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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.

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

- Personal & Small Group Training
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The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920

434-361-0100

www.rockfishcc.org | rockfishcc@gmail.com

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Volunteers and members needed!

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