



**We Are the Rock.
This Is How We Roll.**

January 2017

All The News From RVCC

From Executive Director Stu Mills:

So, here I am again in January, trying to figure out a gentle way to let some of you know that your 2017 commitments to RVCC are still, ummm, “awaiting fulfillment...”

As I have for five years now, I promise you that this will be the last you will read about our 2017 “Commitment to Community” Annual Fund and Membership Drive in the newsletter this year. And as I do every year, I booted up the database this afternoon to take a peek at where we are in the Drive as of the beginning of the year.

I have some good news and some not-so-good news.

The not-so-good news is that we’re pretty far behind last year in Basic membership enrollments for 2017 – down 50 members, or around 20% behind last year, in fact. That means that a little more than half of last year’s Basic membership hasn’t renewed yet, and that hurts a bit because our Basic members are our backbone. If a membership upgrade isn’t in the cards for you this year, we’d still love to welcome you back to the flock as a Basic member. So if you haven’t joined or renewed, please click the link below while you’re thinking of it – you’ll get all kinds of perks, and the comfort of knowing you’ve made an important commitment to your community.

So, what about the good news?

Well... Sustaining memberships are holding their own, and are in fact a little bit ahead of last year in numbers. That’s very encouraging, and we’d love to welcome more of you, because we really need the extra operating revenue to meet our budget goals this year. Did you know that you can be a Sustaining member for a commitment of as little as \$10/month, and enjoy extra membership benefits, including being welcomed as a member of our Donor Circle?

Also very encouraging for all of us here is that we’re seeing a whole lot of new members this year, and the return of many of our friends from years past who have not renewed the past year or two. To all of you, “Welcome!” And “Welcome Back!”

But, saving the best for last, we’ve had just an amazing surge in Rock Star membership for 2017! We’re 14 Rock Stars ahead of where we were in January of 2016, representing an almost 50% increase in revenue for this membership category alone. And best of all, we’re welcoming many new members to this, our most generous group of contributors this year. We can’t tell you how much we appreciate the extraordinary commitment you’ve made to the Rock, and how much we look forward to seeing you all at our Donor Circle events this year. You truly are “Rock Stars!”

We should all be committed... to community, that is! 2017 is going to be another amazing year here, and at whatever level, we hope you’ll share it with us a member. Thank you so much!

Stu

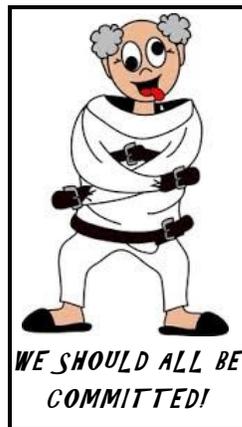
[Click Here To Commit To Community!](#)

Saturday, January 7: Pancake Breakfast



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

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



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HOW COMMUNITY HAPPENS

- ◆ Volunteer for a work-day or an 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.

COMMITMENT TO UNITY

RVCC's Annual Fund & Membership Drive

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 the Green Initiative, Hoop Dreams, SK8 Nelson, or the Blue Mountain 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.

Did you know?

- ◆ RVCC receives NO government funding, from Nelson County or otherwise.
- ◆ Membership dues currently make up less than 10% of our total revenues, and *LESS THAN 10%* of Rockfish Valley residents are members of their own community center!
- ◆ Your support actually keeps the lights on, the boiler burning, and our desks manned.
- ◆ Your membership and other donations to RVCC are tax-deductible.

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 to learn about membership options, payment plans, benefits, and discounts. We're looking forward to an incredible 2017, and 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!

Jan. 11 & 13: "The Future of Energy" Film Screening



Ready for some good news in the new year? Come see a heart-warming and optimistic report on the revolution that has already started: clean energy is alive and well throughout the USA. The 64-minute dvd "The Future of Energy" will be shown, free of charge, in the Rock U. room on Wednesday, January 11 at 1pm and Friday, January 13 at 6:30pm.

The Future of Energy journeys across America to shine a light on the communities and individuals who are at the forefront of the clean energy revolution, taking practical steps to transition from fossil fuels to renewable power.

Solar, wind and water could power the planet by the year 2050, according to experts in the film, substantially reducing carbon emissions. What's needed is the social and political willpower to make changes on a large scale.

Presented by the Pipeline Education Group. **For more info about the film, visit www.thefutureofenergy.org.**

Thurs., 1/12: Health Insurance Marketplace Assistance



The Blue Ridge Medical Center will offer free Health Insurance Marketplace assistance on Thursday, January 12, from 4:00—7:00pm, in Rockfish University.

Uninsured? Open Enrollment runs through Jan 31, 2017. Free in-person assistance with a certified counselor is available to learn about 2017 health insurance options. Most people qualify for savings and it's easy to apply! We can also answer questions about the tax penalty and exemptions from the penalty. **For more information, call (434) 263-4000 or visit brmedical.org/insurance.**

Sunday, January 15: Grand Squares of Nelson Community Dance



On Sunday, January 15, 2017 from 4—6PM, come to RVCC and enjoy square dancing with the Grand Squares of Nelson! A live caller will walk you through the steps. Everyone is welcome - adults, teenagers, children, couples, solos. Just come and experience what some believe should be the national dance. The local square dance club Grand Squares of Nelson is hosting this event and will be providing refreshments. There is no fee; however a goodwill donation or food donation for the Food Pantry would be appreciated. No experience is necessary, so come out and enjoy the friendship and comradery of dancing!

For more info about Grand Squares of Nelson, visit sites.google.com/site/grandsqsfnelson.

ARTISANS & STUDIOS

Peter Agelasto & Richard Averitt

[Digital Relab LLC](#)

Anne & Dan Buteau

[Old Orchard Farm](#)

[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](#)

Kelly Whalen

[Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

Tammy Huffman:

[Full Circle Salon](#)

Elizabeth Martin:

[Zero Balancing](#)

Colin Winter

[Woodrow Wilson National Fellowship Foundation](#)

Fri., 1/20: Coffee House Music Series—Michael Clem & Thomas Gunn



Charlottesville friends **Michael Clem & Thomas Gunn** have had a Mutual Admiration Society dating back to 2009. When NoVA-transplant Clem saw London-born/Berklee-educated Gunn perform in a Live Arts production of "Hank Williams: Lost Highway," an immediate musical kinship was formed. The two began meeting regularly on Tuesday mornings to run songs by one another and exchange ideas. Eventually they would share stages in The Michael Clem Trio (along with Rusty Speidel) and with the Batesville rock institution The Pollocks. In more recent years, the two occasionally retreat back to their duo format, delighting wineries & vineyards throughout Albemarle County with their warm brand of Americana. With two solo albums, each, between them,

this evening promises to be fine intimate showcase of their vast catalogue of originals and thoughtful covers. **The show starts at 7:30pm/\$7 cover, in the Rockfish Lounge. Refreshments available. Listen at michaelclem.com.**



Sat., Feb. 4: 10th Annual Winter Market Season Continues

The 10th Annual Winter Market season continues on Saturday, February 4! 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 Boutique Bag Day.



2017 Indoor Market Schedule

February 4—w/Sue Harlow; March 4—w/Oh Wow Boy; April 1—w/The Blazing Saddle Tramps

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

Sun., February 5: Debbie Grainger & Rose Jowdy Exhibit & Reception

Artist Reception & Exhibit Opening: Sunday, February 5, 4:30—6:00pm, in the RVCC Auditorium.



Debbie Grainger: "I was born and raised in Montana and have always enjoyed pine trees, mountains and snow, the sun, moon and stars and the big blue sky. After teaching for a few years, I worked in Guam and then Hawaii as a CPA, and learned about the power and beauty of the ocean and lushness of the tropics. After moving to Virginia and working as an RN, I met my husband David Lipscomb (of the Va Rock Shop at RVCC.) My painting began in January 2011, when—instead of making a New Year's resolution I wouldn't keep—I decided I wanted to paint. I took an Intro to Painting class at PVCC and got hooked. I have spent the last 6 years learning to express myself through various media of acrylics, charcoal, ink and pastels. Come and enjoy seeing my journey of creation."



Rose Marie Jowdy: "I have a great appreciation for the great outdoors, art and life in general. Like nature, art is somehow a part of me. I capture photographs and paint because it is my way of conveying what I see in nature and interpret my relationship with the landscape, and its affect on me. I am influenced and inspired by the works of Ansel Adams, Wolf Kahn, John Stockwell, Cezanne, Derain, Turner, Whistler and nature, itself. I am interested in unconfined, wide open, vast spaces. Spaces where I can see the horizon, feel the sun, smell the dirt after a cool rain, feel the damp grass on my bare feet and breathe in fresh air. This photographic journey is a labor of love to share with you my love of nature and abandoned old structures that have contributed to shape my extremely grateful life."

The exhibit will be on display for the month of February.

Fri., Feb. 17: Coffee House Music with Alex Caton & Dick Harrington



Alex Caton and Dick Harrington are friends who love old-time Appalachian music, love playing and singing together, and love sharing their music with others. Each of them moved to central Virginia to sweat for PhDs at UVa—Alex in anthropology, Dick in English. Once here, each of them latched onto old-time mountain music like Thom Jefferson to an Albemarle Pippin. Alex took up piano and violin at the age of 5, and music has been a constant in her life ever since. At 20, she stumbled on a precious secret: the traditional fiddle music of Appalachia and Ireland. She's dedicated her musical life to those two cousins, singing and playing fiddle, banjo, and guitar. As a boy in South Dakota, Dick learned folk songs from his playful Scots-Irish-American grandma. He took up guitar in the 1950s and has been singing and playing American roots music ever since. In Charlottesville, about 1976, the archaic fiddle-and-banjo music at the Prism Coffee House lured him to ditch other music strains for the traditional music of the Southern Appalachians. He took up the devil's instrument, the fiddle, at the late age of 36.

Separately, Alex and Dick have made numerous recordings with various musicians/bands and performed in numerous states and countries.

Alex and Dick are very excited about the upcoming evening of music and camaraderie at RVCC—always a sweet gathering place!

The show starts at 7:30pm, in the Rockfish Lounge. \$7 cover—refreshments available.

RVCC Welcomes Old Orchard Farm



RVCC is pleased to welcome Anne, Dan, and Elizabeth Buteau of Old Orchard Farm to our group of tenants. Old Orchard Farm has taken over the building we call the Concession Stand, behind Trager Brothers Coffee near the baseball field.

With Old Orchard Farm being on the opposite side of the county to most of their customers, the Buteaus needed a place to make their farm products conveniently accessible to those living in the Rockfish Valley area. The concession stand will be open Wednesdays from 9.30-11.30 and Saturdays from 10:00am—12 noon so you can come by to pick up Old Orchard Farm products such as pork, beef, lamb & more, plus other pre-ordered items such as eggs, baked goods and River Oak Farm chicken.

Please email info@oldorchardfarmva.com to sign up for the Old Orchard Farm mailing list, and you'll receive product updates, special offers, cow share availability, special event information, and any changes in opening hours. Old Orchard Farm is very excited to become part of the RVCC community and looks forward to seeing customers and friends in their new "farm space" in the Rockfish Valley.

Wishing you a happy and healthy 2017—*Anne, Dan and Elizabeth Buteau*

For more info, visit www.oldorchardfarmva.com,
Or call: 434-263-4946 (H) or 434-260-4701 (C).



Full Circle Salon—New Contact Info and Winter Specials!



The Full Circle Salon phone number has changed!

You can now reach Stylist Tammy Huffman at 434-529-7180.

Pinkyz n' Toez Winter Special!

Tired of Winter Drying?

Get a Crack Up Manicure—A spa mani with a paraffin treatment.

\$20, now through Jan. 31!

Contact Tracie at 540-910-3595.

Rockfish River Gallery News

The Rockfish River Gallery thanks all of you who patronized the gallery this holiday season!

The gallery will be closed for vacation and cleaning from January 6th through January 24th. The normal schedule will resume on Wednesday January 25th.

Thanks again!—*Kathy and the gallery participants.*

The Gallery hours are Wednesday through Saturday, 10 am to 4:30 pm.

For more information about the artists, visit www.rockfishrivergallery.com.

Antique Windows for Sale



Thanks to the Perry Foundation, the Community Foundation of the Central Blue Ridge, the Schaeneman Foundation, and the unbelievable fundraising efforts of our community, we have completed the first part of our Green Initiative campaign and we are now replacing the 80-year-old windows in the main part of the building with new, energy efficient windows. The first ten windows have been done, and in a couple of months we'll begin pulling out the rest of the old windows. We would love to find new homes for them instead of just hauling them off for disposal. Over 100 heart pine window sashes are available for \$20 each or 2/\$35. They measure approximately 48" x 52", with 6 panes of glass apiece. The outsides of the windows are finished in (peeling) paint, and the insides are either stained or painted. You may reserve your choice of windows according to color and condition—just stop by the RVCC office and we can help you pick out the windows you want. All proceeds from the sale of these antique windows will go back into the Green Initiative fundraising campaign. If you have any questions, please contact us at 434-361-0100 or rockfishcc@gmail.com.



Treasure Chest Sales

The Treasure Chest is full of Holiday decorations, items and gifts. Stop in and shop, and stay tuned for in store specials!

EVERY DAY is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! 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.



On Sale Now:

50% off all Christmas & Holiday Items!

(May not be combined with any other discount—some restrictions apply.)

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

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!**

January Book Sales!

**50% OFF All Specially-
Priced Books (Even
Classics & Rare Books!)**

**OR—Buy One Regular-
ly-Priced Book, Get
TWO Books Free!**



Volunteer at RVCC—We Need Your Help!

At this time of year, you'll hear us talk a lot about our Annual Fund and Membership Drive, which focuses primarily on raising much-needed operating funds for our Community Center. Operating support is crucial to keeping this place running, and to all those who contribute so generously each year, we thank you. And yet it is also crucial to recognize that money is not the only kind of operating support required to keep our Community Center alive—we also desperately need physical assistance. We have amazing volunteers on our Board of

Directors and on our Art, Music, Development, Finance, and Building & Grounds Committees. But there is still so much that needs to be done—we have only two part-time employees in the office, and we are not enough to stay on top of all that needs to be done around here.

If you've ever wandered through the building or around the grounds and thought, "Hmm...I wonder why that door hasn't been painted?" Or if you wonder why that trash can hasn't been dumped...why that flower garden needs to be weeded...or any other task, large or small, there's a pretty good chance it's because we don't have enough help to stay on top of this stuff.

We take a lot of pride in this place, but the truth is that we just can't do it all. And so we hope that you'll take some pride in it too. Please help us care for the Community Center that has become an anchor in the lives of so many people around here.

Here's what we need help with this month:

- ◆ Volunteers are always needed for the Pancake Breakfast
- ◆ Help with outdoor events this spring, summer, and fall
- ◆ Trail maintenance to keep the Mallory Creek Walking Trail clear
- ◆ Strip and repaint the exterior doors near Claudia's kitchen
- ◆ Pick up trash around the playground, skate ramp, and basketball court
- ◆ And, of course, the Treasure Chest Thrift Store always needs help!

Please get in touch if you're willing to help. 434-361-0100, rockfishcc@gmail.com, or visit the Treasure Chest or the Office.

Classes & Workshops at RVCC

January 4: Getting Started at PVCC with Denise McClanahan

6:00pm—7:00pm, in Rockfish University. No charge. PVCC's Outreach Manager, Denise McClanahan will present the session and provide an introduction to PVCC's degree and certificate programs. Placement test materials and other information about resources to help students get started at the College will be available. For more information, please contact Denise at Dmclclanahan@pvcc.edu or [434-961-5275](tel:434-961-5275).

Saturday, March 4: Gokhale Method Workshop with Cheri Boeckmann

1:00pm, in Rockfish University. Free workshop. Does Your Back Still Hurt? Have you tried everything and your back, hip, neck or shoulder still hurts? The Gokhale Method uses Primal Posture™ and movement to help you re-establish your body's structural integrity and regain a pain-free life. No surgery, no medication, no equipment—change your everyday posture and eliminate pain! With Cheri Boeckmann PT.BS.Ed, of Lovington Physical Therapy. To sign up, go to GokhaleMethod.com.

German New Medicine Study Group

Thursdays, 6:30-7:30pm, in Room 3 (New Health Consultant). This free study group focuses on the teachings of the original medical discoveries of Dr. med. Ryke Geerd Hamer. Each week we will explore the fundamental principles of GNM and how we can apply them in our daily life. The class is hosted by Dr. Chris Lowthert, a 10 year practitioner and teacher of German New Medicine. For more information, please visit www.LearningGNM.com or call Dr. Chris at 540-255-0026.

Now Available at Rockfish University: The Great Courses

The Great Courses (TGC) is a series of college-level audio and video courses produced and distributed by The Teaching Company. The series differ from most online learning platforms in that they are produced for enrichment purposes only and offered without schedules, homework, exams, or certificates. Most series are developed for adult lifelong learners. Courses are not verbatim recordings of college lectures, but rather are developed by The Teaching Company in conjunction with the professor to fit the chosen medium.

RVCC is pleased to offer 60 CDs and 17 DVDs on various subjects, including history, sciences and mathematics, religion, and the arts. These Great Course offerings are available to RVCC members at no charge; simply contact us at 434-361-0100 or email rockfishcc@gmail.com to peruse the collection and check out the courses of your choice.

You may also review the available courses by visiting <http://rockfishvalleycommunitycenter.memberlodge.com/rocku>.



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

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

Core Fitness Synergy Promotions

- Buy 3 personal training sessions (\$65/session), get 2 free.
- Bring a NEW friend to class and to sign up for a package, and receive \$50 off their next month's membership. Visit corefitsynergy.com for more information.

Coming in January: Forever Fat Loss!

The Forever Fat Loss Program starts on Monday, January 2nd! This 6-week program runs on Mondays at 10:30am. The program includes workshops and lectures on the new science behind fat loss, the best foods to BURN FAT all day, when & what to eat to boost your fat burning machine, best exercises and program designs to help keep your metabolism HIGH, an accountability support system, and a personally designed exercise program to meet their individual needs. The cost is \$48 for 6 weeks. The first 5 people to register will receive the program for FREE. Bring a NEW friend and get 10% off, plus a FREE personal training stocking stuffer if you register by December 15th.

Contact Kelly at whalenkm@vcu.edu or 804-814-9794 for more class information and registration.

More info about Core Fitness Synergy: corefitsynergy.com.

Coming in February: Golf Fitness Class to improve mobility and strength for the spring!

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

Ongoing Classes & Events

Claudia Gibson Catering



Claudia will be **CLOSED** for breakfast & lunch January–February 2017. Claudia's Catering will be open by appointment and for catering events, and will re-open for breakfast and lunch in the first week of March.

Please call for frozen entrees, soups, or to make a special appointment.

Contact Claudia: claudiacatering@gmail.com or 434-760-4182.

Ongoing—Art Classes with Nancy Laufer

“Faces of Nelson County”—January 14, 1–4pm, in the Nancy Laufer Art Studio (Rm 12.) Nancy Laufer holds a monthly portrait session of interesting people who live in Nelson County. You can draw or paint a face, figure (clothed!) of someone in our interesting county. 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 a drop cloth/old sheet for paint. If you live in Nelson County and would like to model, we would love to have you pose for us! The pay is \$15 per hour for 3 hours. Please contact nancylaufer@yahoo.com for more information and sign up.

Open Studio classes resume in January 2017—contact Nancy for more info. Work in your media of choice, bring your own materials. All levels welcome--Nancy will instruct everyone individually. \$10 for groups of 5-8, \$15 for groups 3-4. Email nancylaufer@yahoo.com for details, or to be added to the email list.

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.



Ongoing: Girl Scout Brownie/Junior Troop meetings

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

Ongoing: Healing Through Awareness Meditation

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



Ongoing: New Health Consulting with Christopher Lowthert

Chris Lowthert, D.C. of New Health Consultant (located in Room 3) is an experienced local chiropractor offering gentle and holistic support for your natural health needs. He specializes in German New Medicine and Active Release Technique.

Call or email today to schedule your appointment: (540) 255-0026 or DrChris@LearningGNM.com.

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 salliejusticecoach-ing@gmail.com.

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)
[Martina Compton](#)
[Sandra Pleasants](#)
[Brian Webb](#)
[Agnes Schrider](#)
[Kate Zuckerman](#)

Fitness & Personal Training

[Kelly Whalen](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

QiGong & Taiji

[Brian Wright](#)

Yoga Classes



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors. No matter what your fitness or experience level may be, there is a class that will work for you. If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or rockfishcc@gmail.com for more information.

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

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: ag@yogahealthworks.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc.) and to read Agnes's blog for wellness tips. visit www.agsyogaworks.com.

Winter Yoga Immersion with Kate Zuckerman. Tuesdays, January 10—31, 5:45—7:15pm. Course Fee: \$100/series, \$75 if registered by 12/30. **Course Description:** We will cover the major categories of the yoga practice: standing postures, arm balances, inversions, twists, forward folds, and back-bends. We will emphasize alignment and awareness in the postures. Concepts of pranayama (breath work), meditation, and chanting will also be introduced. In addition to class time, Kate will provide written one-hour sequences for students to practice at home between classes. Students will leave the course with new techniques for approaching their yoga postures and concrete tools for home practice. **Prerequisites:** This course is appropriate for all levels, but a minimum of six months of yoga experience is recommended. Your time commitment will be 3.5 hours a week for 4 weeks (this includes 1.5 hours of class time as well as two one-hour yoga practice sessions outside of class). **To register, contact Kate at k.hallahan@gmail.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 or brianpwebb@me.com to register.

Fridays, 9:00am: 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 or visit www.agsyogaworks.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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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 new members are always welcome!

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

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

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