College for Older Adults
Spring 2018

How Much Fun Would You Like to Have?
If you are 50 or better, with a curious mind and an interest in learning just for the joy of it, you are invited to join like-minded members of the College for Older Adults at the Reynolds Homestead. Enrichment courses ranging from fitness to history, art, writing, and wellness are offered in six week terms—in the spring and the fall. Classes are scheduled mornings and afternoons with lunch time sandwiched in between. (Mostly) Volunteer instructors prepare and teach the courses. COA is committed to providing its members with a wide variety of stimulating classes, lectures, workshops, and complementary activities in a creative and inclusive learning community.

As a member of COA at the Reynolds Homestead, you’ll be able to choose from an extensive selection of classes that range from fitness and health-related topics to arts and crafts—and everything in between! There is No homework, no tests, and no entrance requirements—except a love for learning and a desire to be active and have fun.

We always end each COA session with a luncheon to celebrate and talk about new programming for the coming year; this is always a highlight of the session.

**MEMBERSHIP**

The membership fee for the Spring session of COA is only $40 and that enables you to enjoy a selection of over 30 classes and events. Some classes, especially art classes and trips, may have additional supply fees, but we try to keep those as low as possible. Each day we provide snacks and refreshments, and our friendly hostesses and staff look forward to meeting new members, greeting familiar faces, and learning and growing with you! We do offer a reduced rate for those who only want to participate in the hiking and walking classes; for those the membership fee is $30.

Some classes are limited in size and fill up early, so do not delay in getting your registration form in as soon as possible.

**CLASS LOCATIONS**

Most classes, except hiking and walking and any trips planned, are held at the Reynolds Homestead in the Community Enrichment Center. Classes are coded as U (Upstairs in the main room), D (Downstairs in the art room, or C (Classroom downstairs). Most arts and crafts classes are held at the new Creative Arts Center in Stuart (334 Patrick Avenue, next door to Pet ProVisions). Those classes will be coded CAC. If you have any questions, please ask a staff member or the day’s hostess, and always check the schedule to confirm where the class is held. Feel free to bring a bag lunch to enjoy inside or outside at our picnic tables between classes.
**General Information**

**SPECIAL ASSISTANCE**

If you need special accommodations to participate in COA, please call our office at 276-694-7181 and ask to speak with Lisa Martin. We will make every effort to assist you as needed.

**IMPORTANT DATES**

- **March 22**—Registration Begins. Mail in, drop-off and phone registrations are taken.
- **April 20**—Registration Closes. After this date, membership will be accepted at a $10 surcharge if space allows.
- **April 23**—Classes Begin!
- **May 31**—Last Day of Classes.
- **June 1**—End of Term Luncheon.

**PHYSICAL ACTIVITY WAIVERS**

We do require a Physical Activity Waiver to be on file for each participant in a fitness, hiking or walking class. These classes are marked with an asterisk (*). A new form must be filed each year, so everyone must complete an activity waiver in the spring. **NOTE:** This does NOT require a doctor’s visit or signature; you are simply assuming the risk of taking the class. If you have any qualms about taking a fitness class, please check with your doctor first.

**Bus Waivers**

For any activity that you take Homestead-provided transportation, you must turn in a waiver and provide an Emergency Contact. All bus/van drivers are Reynolds Homestead employees and have clear driving records.

**REGISTRATION**

Because many of the art and craft classes have limited space, please register early. You will be notified if you are put on a waiting list—in that case the instructor will be consulted and either see if more students can be added, or if another class can be scheduled. If a class is canceled due to low enrollment, or if we are unable to move you from the waiting list, your fee will be refunded to you.

Please submit your completed registration form no later than Friday, April 20 along with Physical Liability and Bus Waivers if needed.

If you have any questions about the classes, or would like to register a guest, please contact Lisa Martin at 276-694-7181.

**FOOD ALLERGIES**

We do provide refreshments, and some classes may be serving food; if you have any food allergies or sensitivities, please make a note on your registration form so we can be sure to provide for you.

**WANT TO HOST/HOSTESS?**

Though we do try to keep our costs low for COA, we also have opportunities for those who might need assistance paying fees. Hosts/hostesses to take care of refreshments (purchased by the Homestead) can have membership fees waived. See Lisa for more information.
Class Schedule

MONDAYS

YOGA
9:30—10:30 a.m. (U)
Sarah Wray, Instructor
Sarah completed her 200-hr Registered Yoga Teacher training in June 2016 under Melody White and since has opened a local yoga studio, Circles Around the Sun Yoga in August 2016. She believes yoga is for everyone and every body. You’ll often hear her telling students “If you can breathe, you can do yoga.” Join us for a gentle, multi-leveled yoga class that will explore various aspects of yoga including asanas (postures), breathwork and light meditation. Variations of each pose will be offered to fit the needs of each individual student. No prior experience is necessary.

SECRET HISTORIES
11:00-12:00 (U)
Various Speakers
There are always secret histories that are not published, but rather kept alive through storytelling and backroom whispers. Join us for this class that explores some of the secret history in the region. We’ll learn about a mysterious North Carolina man who assumed several identities and lived some very interesting lives, the Quaker community, the geological history of the area and more! A complete schedule will be available at the first class.

CURRENT TRENDS IN NUTRITION
12:15—1:15 p.m. (U)
Lisa Martin, Instructor
In this class, we’ll explore current trends in nutrition, their pros and cons, resources for those who want to learn more, and of course, we’ll eat! Topics addressed include Meatless Mondays, Keto Diets, Uses for Turmeric, Plant Waters, Buddha Bowls, and more! $15 food fee for the series.

Be sure to make note if you have a food allergy!
THE YEARS THAT SHAPED US: THE ROARING 20s!
1:30—3:00 p.m.
Beth Almond Ford, Instructor

What about those 20s?! Not the Roaring 1920s, but YOUR 20s! What a time of growth and change, moving from adolescence into adulthood. Writing the stories from your life can be scary and funny and powerful. Sharing those tales with others can be intimidating and illuminating. We laugh, and sometimes we have tears, but we are always ready to come back and do it again. Your skills at writing are not as important as your willingness to dig deep into your memory banks and get the words on paper. Beth will jog your recollections and the other students will affirm your efforts. For example, a typical question in class might be: “Write about your 21st birthday – where were you and with whom did you spend that day of days?!” Beth, a graduate of Allegheny College in Meadville, Pennsylvania, has studied writing at the University of Vermont, as well as Union Seminary in New York City. Please join her as she offers this popular class once again at the Reynolds Homestead College for Older Adults.

MEDITATION FOR WELLNESS
11:00-12:30 noon (U)
Instructor: Sean Barker

This course is a hybrid, with each 90-minute session featuring approximately 45 minutes of wellness-related lectures with presentations, and 45 minutes of applied guided meditation. Each class will cover a topic in wellness, including: sleep, hydration, diet, exercise, supplements & herbs, and mental health. Handouts, worksheets, and optional homework assignments will augment and reinforce the respective lessons. Guided meditations will feature binaural beats, isochronic tones, imagery, mantras, and hypnotherapy designed to amplify the mind’s capacity to achieve the student’s specific wellness goals. A compact disk and a blog will be available to supplement the course and aid in long-term maintenance of the student’s focus on wellness.

TUESDAYS

MOVE IT OR LOSE IT 2*
10:00-10:45 a.m. (U)
Instructor Janice Pendleton

This class will provide a little bit of everything: weightlifting/isometrics, stretching, chair exercise, dancing. There will be no floor exercise this time. Bring weights, no more than 3 lbs., and a towel. We will move, groove, sweat a little, and have fun, because life is a party!

TUESDAY AFTERNOON SPECIALS

You’ll have time to grab a quick bite and head to Stuart at our new Creative Arts Center located at 334 Patrick Avenue for some fantastic art classes or stay at the Homestead for other sessions.
HEALING OILS OF THE BIBLE
Tuesday, April 24, 1:00-3:00 p.m. (U)
LeeAnn Seeley, Instructor

Frankincense and Myrrh were more than just symbolic gifts to the baby Jesus, they were considered cure-alls by people for centuries. Join LeeAnn Seeley as she takes you on a journey through the oils mentioned in the Bible, and how they are used. Her class is based on both science and scripture. Guest fee: $10

ALL ABOUT LAVENDER
Tuesday, May 8
1:30-3:00 p.m. (CAC)
Debbie Brown, Instructor

Lavender is a fragrant aromatic, a relaxing herb, and it can be used in baking, lotion making, gourmet cooking, tea making, tinctures and much more. Lavender has a long history of use in natural remedies and as a natural scent and perfume. Its calming scent makes it soothing to the respiratory system and it is often suggested to be diffused to calm coughs and colds. Its natural antibacterial properties may also make it useful in protecting against airborne viruses and bacteria when diffused. Learn more about this multipurpose herb and why you need it in your life. Hosted by Debbie Brown of Joy Lavender Farm. Guest fee: $10

BARN QUILT SQUARES I
Tuesday, May 1
1:30-3:30 p.m. (CAC)
Lisa Martin, Instructor

Barn quilts were the brainchild of Donna Sue Groves of Ohio. She had an idea: pretty up an old barn for her mother Nina Maxine, a celebrated quilter, by hanging a wooden square painted to look like a traditional quilt block. In 2003 she hung her first quilt, and a new tradition was born. We'll make a 12” x 12” canvas of the 8-Pointed Star, a simple pattern for starting off. Learn to measure and block out your squares and begin a masterpiece! The patterns will become progressively more complicated. $10 material fee; $20 guest fee.

BARN QUILT SQUARES II
Tuesday, May 15
1:30-3:30 (CAC)
Lisa Martin, Instructor

Building on the skills learned in the last class, we'll progress to a more difficult pattern, the Double Aster. $10 material fee; $20 guest fee.
CROCHETING GRANNY SQUARES
Tuesday, May 22, 2:00-4:00 p.m. (CAC)
Lisa Martin, Instructor

The granny square is the classic crochet motif, and it is often one of the first things that a person masters as they begin learning how to crochet. But there are plenty of people who start by learning crochet rows and don’t yet know how to crochet the granny square even if they have been crocheting for years. Wherever you are in your crochet journey, these instructions will help you learn how to crochet the classic granny square. Several yarns will be provided for you to choose from and a crochet hook is included as well. $5 fee; $10 guest fee.

All participants should wear layered clothing appropriate for the day’s weather and good hiking shoes or boots; also bring a backpack with water and snacks, and a walking stick. We generally do not cancel hikes due to weather unless the situation is dangerous (i.e. storms or high winds).

Please observe our guest policy—the guest fee is $5.00 per hike, but the same person may be a guest only twice. If your guest would like to hike more than that, then he or she should join COA to participate.

Driving / meeting arrangements are e-mailed out to participants on Mondays, so please be sure to check your e-mail!

The schedule is as follows:

April 18—Cascades
Cascades Preserves – 2 miles, natural surface. Located in Guilford County, NC; 7359 Goodwill Church Road, Kernersville, NC; parking area is across from the entrance to trails. The preserve’s 130 acres of forest are home to a loop trail of just over two miles, on which several small waterfalls can be found as tributaries of Belew’s Creek run through the preserve. The trail is natural surface and narrow but well-trodden.

From Stuart: Follow VA-8S/NC8S into North Carolina and turn left at its intersection with NC-89. Take 89 to Walnut Cove where you turn left on NC-65. After you pass the Belew’s Lake public access on the right, the next right turn will be Kernersville Road. Follow Kernersville across US158/Piney Grove Road. At two miles, turn left on Freeman Road (at a church.) Follow Freeman/Goodwill Church Road until you see the parking area for the preserve on the left, about one mile past the county line. Total distance is just over 40 miles and estimated driving time is one hour.

Hiking
8:30 a.m. until finished
Wayne Kirkpatrick, Leader

Spring means wildflowers a-bloom and crisp morning air. As always, Wayne has put together a great line up of hikes. Meet at the Stuart Walmart at 8:30 a.m. to carpool for a departure no later than 9:00, or meet at the designated site. Register for each hike individually, and you can alternate between walks and hikes each week.

Please note: Hikes begin April 18.

WEDNESDAYS
April 25—Hanging Rock

Hanging Rock State Park – Vade Mecum trails – 2 miles - Palisades Trail is marked with blue triangles. It begins at the intersection near the Pony Truss bridge. Follow the blue triangles past the Palisades rock formation along the creek. A spur trail then branches off and will take you to the Vade Mecum Spring House. The spur trail ends past the spring house near the old rock spillway that impounded Diamond Lake. Follow the spur back to the main trail, which goes in front of an old outdoor amphitheater and loops around back to the trailhead near the Pony Truss bridge. This trail is 0.25 miles in length one-way and is considered Easy.

May 2—Pilot Mountain State Park

Pilot Mountain State Park – Bean Shoals Canal and Horne Creek Trail – up to 4 miles, low moderate – This trail is a breathtaking journey on the Yadkin River section of Pilot Mountain State Park. This moderate 4 -4.5 mile hike will grant you beautiful views of the Yadkin River as it passes by just feet away, a nice stroll near Horne Creek, and a fascinating walk down a rail road track. There is a picnic site midway through the hike, so be sure to pack something tasty to eat. Access to the trail head is down a gravel road with three shallow creeks.

Directions: From Virginia, head towards U.S. 52 (future I-74 corridor) and take exit 129 toward Pinnacle. Turn right onto Perch Road and travel for 3.1 miles before turning slight right onto Hauser Road. Stay on Hauser Road for 3.1 more miles. Turn left and follow the Yadkin River Park Trail road to the end can Pool Trail is marked with white hexagons. It begins near the Welcome Center and loops around, ending on the roadbed between Tise Hall (the Rec Hall) and the Winston-Salem cabin. It is 0.5 miles in length and is considered Moderate. This trail passes the Pelican Pool formation on the creek, a scenic spot featured on historic postcards from the resort. This trail has three shallow creek crossings which do not have bridges. Hikers must be prepared to rock hop or walk through the stream.

Wiggly Grit Trail is marked with red squares. It begins just past the Pony Truss bridge and ends after 0.6 miles one-way. This Easy trail meanders beside the stony-bottomed Vade Mecum Creek. A flexible sandstone (Itacolumite) from this area was locally referred to as “Wiggly Grit.”

May 9—Iron Ore Belt Trail

Iron Ore Belt Trail – The access offers a 0.75-mile roadway with bike lanes that leads to a trailhead with toilet facilities and parking for 29 vehicles. The 3.2-mile Great Blue Heron Trail, built by the park’s staff, loops through varied wildlife habitats and plant communities on property that includes headwaters of the Haw River.

6068 N. Church Street
Greensboro, NC 2745
GPS 36.237177 -79.785287

Directions: From the Walmart Supercenter at 19265 Jeb Stuart Hwy, Stuart, VA 24171, Turn right onto US-58 E, 19 min (18.3 mi), Continue on Horsepasture Price Rd to Price, 11 min (8.0 mi), Continue on US Hwy 220 S. Take US-158 E to Church St Extx. in New Bethel, 29 min (28.0 mi), Continue on Church St Ext. Drive to N Church St in Guilford County, 3 min (2.7 mi), turn left at 6068 N Church St, Greensboro, NC 27455

May 16—Booker T. Washington

Booker T. Washington National Monument commemorates the birthplace of America’s most prominent African American educator and orator of the late nineteenth and early twentieth
WALKING ALONG THE RIVER*
8:30 a.m. until we stop
Paul Johnson, Leader

For those who want to get out and see the sights without a strenuous hike, our walking classes are just for you. This year our theme is “River Walks.” Afterwards, enjoy a visit to a local museum or have lunch on your own (or with your walking friends). A fun day to get out and enjoy. You are welcome to bring a picnic lunch or make plans with friends to visit a local restaurant afterwards.

Please note: Walks begin April 18.

Register for each walk individually, and you may alternate between walks and hikes each week, if you like. Our walkers have a really good time, and meeting places and times will be e-mailed each week.

All participants should wear layered clothing appropriate for the day’s weather and good hiking shoes or boots; also bring a backpack with water and snacks, and a walking stick.

Please observe our guest policy—the guest fee is $5.00 per hike, but the same person may be a guest only twice. If your guest would like to hike more than that, then he or she should join COA to participate.

Driving/meeting arrangements are e-mailed out to participants on Mondays, so please be sure to check your e-mail!

The schedule is as follows:

April 18—Eden, NC

founded in 1967 as the consolidation of three older towns of Leaksville, Spray, and Draper, Eden is a city of two rivers-- the Dan and the Smith. We will visit the Eden Historical Museum in the Leaks...
Philpott Dam. Now the river provides only safe recreation and beautiful water views. The riverside walking trail is called the Lauren Mountain Trail which allows for either a short out-and-back walk along the river or a loop over the mountain and back down. After the walk and a lunch break at nearby Papa’s Pizza, we have the option of a visit to the Bassett Historical Center which has a wealth of information on local families and communities.

April 25—Danville, VA

Our destination for this visit is a combined tour of the Holbrook-Ross and Old West End historic districts led by Danville Historical Society’s Joyce Wilburn. Holbrook Street is home to most of the significant buildings in both districts, other than those in Millionaire’s Row on Main Street which we visited with Joyce last spring. North of Main Street, the Holbrook-Ross neighborhood was home to African American professional and business leaders, most of whose homes are still standing and well preserved, as well as Danville’s oldest cemetery. South of Main, the Old West End is a preservationist’s Mecca of beautiful nineteenth century homes.

May 2—Elkin, NC

Containing an “exceptionally good collection of 19th and early 20th-c. Architecture fora town of its size” (according to A Guide to the Historic Architecture of Western North Carolina), Elkin is located at the confluence of the Elkin and Yadkin rivers and has walking trails along both waterways. Founded in 1889, it grew rapidly during the 1890s and has an intact business district dating mostly to the turn of the century. Our walk will include both the historic downtown and the river front.

May 9—Bassett, VA

Built along both sides of the Smith River, Bassett was frequently flooded before construction of
THURSDAYS ARE ART DAYS!

MAKE A BUTTON TREE
Thursday, April 26
2:00—4:00 P.M. (CAC)
Lisa Martin, Instructor

Bring spring to your walls with this fun project. I’ll show you how to make this beautiful button tree so you can make one for your own home. All materials are provided, but feel free to bring your own special buttons to use.
$12.75 supply fee; $25.00 guest fee.

PAUL AND HIS RELATIONSHIPS with WOMEN
11:30—12:30 p.m. (U)
David Schill, Instructor

The relationship between Paul the Apostle and Women is an important element in the theological debate about Christianity and women because Paul was the first writer to give ecclesiastical directives about the role of women in the Church. Join retired minister David Schill in a discussion of one of the controversial topics today. As a bonus, for those who choose, each class will offer a different salad lunch each day. $10 fee for lunches.

HUMMINGBIRD FEEDER
Thursday, May 3
1:00—4:00 P.M. (D)
Julie Walters Steele, Instructor

Make a Hummingbird feeder to attract some feathered friends. In this class we’ll recycle some glass bottles into decorative and functional hummingbird feeders. $7.00 material fee; $15.00 guest fee.
BIRD CAGE SUCCULENTS
Thursday, May 31
2:00—4:00 P.M. (CAC)
Lisa Martin, Instructor

Transform a Bird Cage into a stunning Succulent Planter for your garden! Succulents require so little maintenance and you don’t need to have a green thumb to keep them alive, which is what makes them such a popular plant. Hang your Bird Cage Planter on a porch or from a tree. They are minimal maintenance, drought tolerant and also known to be exceptionally robust. Material fee includes all supplies + 6 succulents per person. Additional plants are $2 each, or you may purchase and bring your own (they are usually $3-$4 at Walmart or Lowes). Cages are ivory and black; if you want to spray paint them a different color, bring your paint along. $15 fee, $30 guest fee.

BASKET MAKING
Thursday, May 24
2:00—4:00 P.M. (CAC)
Kim Clayton, Instructor

Kim Clayton will be back with another great basket class. Photo to follow when sheishes the basket! $15 material fee; $30 guest fee.

DISH FLOWERS
Thursday, May 10
2:00—4:00 P.M. (CAC)
Rebecca Adcock, Instructor

Have fun re-purposing old dishes with our favorite “found art” artist. These dish flower will be gorgeous in your garden or yard. If you have some old dishes you would like to use, please bring them or you can purchase from Rebecca. Time to hit the Goodwill stores and yard sales! $5.00 supply fee; $10.00 guest fee.
FRIDAYS ON THE ROAD

Our Friday classes this term get us out to some fun events and places to see. We always have a great time on the road, so don’t miss this opportunity to join us on some fun field trips!

MAKE ART AT THE TAUBMAN
Friday, April 27, 9:00-4:00 p.m.

Let’s go to the Taubman Museum of Art in Roanoke and spend the afternoon making gorgeous art! We’ll leave at 9:00 and have a late breakfast at Scrambled, a fast-casual breakfast restaurant in the Historic Market Building in downtown Roanoke. Then we’ll head over to the Taubman for Guerilla Embroidery: Flower Power. In this class, we’ll be learning how to create various forms of flora using ribbon and yarn on a background of tulle.

Think embroidery isn’t for you? Think again! You need no experience and there are no rules. Instructor, Katrina King, will help you come up with a design and will teach you the stitches needed to create your own daisies, posies, and more!

$25 includes transportation and all embroidery supplies. Lunch is on your own.
Limited to 6 participants.

HORNE CREEK LIVING HISTORICAL FARM
Tour and Picnic Lunch
Friday, May 4, 9:00-3:00 p.m.

Once the Hauser family farm, Horne Creek enables visitors to experience farm life in North Carolina’s northwestern Piedmont circa 1900. The site features the family’s original farm house, a tobacco curing barn, a corn crib, adjacent fields under cultivation, and even a heritage apple orchard. Through programs ranging from old fashioned ice cream socials to an annual corn shucking frolic, Horne Creek Living Historical Farm provides a unique opportunity to learn about our rural past. We’ll explore the historic site and enjoy a picnic lunch on the grounds. $8 for transportation and lunch. Guest fee: $16. We’ll depart the Homestead on the bus at 9:00 a.m. (with pickups along the way) and head down to Pilot Mountain for this unique look into farm living 100 years ago.

TOMAHAWK MILL WINERY
Tour, Tasting, Picnic Lunch
Friday, May 11, 9:00-3:00 p.m.

In 1888, a few miles from Chatham, Virginia, James Anderson opened his Tomahawk Creek grist mill
SPECIAL CLASSES

THE ART OF COLLAGE
Monday, May 7, Wednesday, May 9
Monday, May 14, Wednesday, May 16
1:30-3:00 p.m. (CAC)
Ursula Allen, Instructor

Enjoy this journey with mixed media artist Ursula Allen as you explore collage as an art form. You'll learn the secrets behind creating a compelling composition and how to use diverse materials to create a powerful statement.

Learn more about visual balance, the importance of color, the relationship between sizes and shapes, and bringing the whole work together in a visually coherent and interesting way.

The first day will explore these concepts as you choose your materials and begin drafting a layout. On the second day, you'll work to assemble it into a unique and interesting work of art. Ursula will have materials on hand for you to use, but if you have any interesting papers, photos, or images you would like to use, please bring them. $10 supply fee; $25 guest fee.

SPEND A DAY IN MAYBERRY
Friday, May 18 9:00—4:00 P.M.

First we visit the reconstructed Mayberry set for a tour and info about the show. Then, we'll travel to Main Street for lunch at Snappy Lunch - the pork chop sandwich is famous! with some time to browse along the wonderful shops on Main Street. Finally, we'll travel over to the Mayberry Distillery for a tour of their unique method of producing moonshine, followed by a tasting for those who wish to try it. Tasting fee is $10, payable to the distillery at the time of the tasting. You cannot miss the tour of this really neat place, and there is no charge for the tour. You do not have to do a tasting. Trip fee: $5; guest fee $15.

LET’S PLAY GOLF!
Fridays, April 27—May 25
10:00-12:00, Gordon Trent Golf Club

Join Trent’s Golf Pro Dewey Hinnant for a short 20-30 minute golf lesson, followed by 5 holes of Captain’s Choice Golf. $10 per session, payable to Gordon Trent at the time of class.

COA LUNCHEON
Friday, June 1, 9:00-4:00 p.m. 11:30—1:30

Join us for our most fun tradition of a concluding luncheon for COA. We'll get a chance to share our thoughts about the session and brain-storm ideas for the Fall term.
COLLEGE FOR OLDER ADULTS
Spring Term 2018
Membership and Class Enrollment

Name

Address

City ___________________________ State ______ Zip ______

TelephoneNumber ___________________________ E-mail ___________________________

Emergency Contact ___________________________ Telephone ___________________________

Cell Phone # (Hikers must provide a cell phone) ___________________________

I am 50 or older ___________________________ (signature) Today’s Date ___________________________

Please check ______ if a first-time member of COA.

Memberships are $40 or $30 for Hiking/Walking only: This fee must be submitted with registration form in order to be enrolled. All persons aged 50 and older are eligible for membership. You may enroll in as many classes as you like during the term of your membership. Some classes may be limited in size and will be enrolled on a first come-first served basis. Membership and registration confirmations will be sent prior to the first day of classes. Hiking and fitness classes require a liability waiver from participants. It is your responsibility to ensure that you may safely participate. A doctor’s release is NOT required. Your signature is sufficient. Please select the classes you wish to participate in from the list below:

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Time</th>
<th>Date</th>
<th>Class Title</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>☐ 9:30-10:30 a.m.</td>
<td>April 23-May 28</td>
<td>Yoga</td>
<td>Wray</td>
<td>RH - U</td>
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<tr>
<td>☐ 11:00-12:00 noon</td>
<td>April 23-May 28</td>
<td>Secret Histories</td>
<td>Various</td>
<td>RH - U</td>
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<td>☐ 12:15-1:15 p.m.</td>
<td>April 23-May 28</td>
<td>Current Trends in Nutrition</td>
<td>Martin</td>
<td>RH - U</td>
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<td>☐ 1:30-3:00 p.m.</td>
<td>April 23-May 28</td>
<td>Writing: The Roaring 20s</td>
<td>Ford</td>
<td>RH - U</td>
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<td>☐ 10:00-10:45 a.m.</td>
<td>April 24 - May 29</td>
<td>Move It or Lose It 2</td>
<td>Pendleton</td>
<td>RH - U</td>
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<tr>
<td>☐ 11:00-12:30 p.m.</td>
<td>April 24 - May 29</td>
<td>Meditation for Wellness</td>
<td>Barker</td>
<td>RH - U</td>
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<td>☐ 1:00-3:00 p.m.</td>
<td>April 24</td>
<td>Healing Oils of the Bible</td>
<td>Seeley</td>
<td>RH - U</td>
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<td>☐ 1:30-3:30 p.m.</td>
<td>May 1</td>
<td>Barn Quilt Squares I</td>
<td>Martin</td>
<td>CAC</td>
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<td>All about Lavender</td>
<td>Brown</td>
<td>CAC</td>
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<td>☐ 1:30-3:30 p.m.</td>
<td>May 15</td>
<td>Barn Quilt Squares II</td>
<td>Martin</td>
<td>CAC</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>☐ 2:00-4:00 p.m.</td>
<td>May 22</td>
<td>Crocheting Granny Squares</td>
<td>Martin</td>
<td>CAC</td>
<td>$5</td>
<td></td>
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<table>
<thead>
<tr>
<th>Wednesday Hikes</th>
<th>Time</th>
<th>Date</th>
<th>Class Title</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ 8:30 a.m. until</td>
<td>April 18</td>
<td>Cascades</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>☐ 8:30 a.m. until</td>
<td>April 25</td>
<td>Hanging Rock</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>☐ 8:30 a.m. until</td>
<td>May 2</td>
<td>Pilot Mountain</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>☐ 8:30 a.m. until</td>
<td>May 9</td>
<td>Iron Ore Belt Trail</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>☐ 8:30 a.m. until</td>
<td>May 16</td>
<td>Booker T. Washington</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>☐ 8:30 a.m. until</td>
<td>May 23</td>
<td>Stone Mountain</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
<td></td>
</tr>
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</table>
### COLLEGE FOR OLDER ADULTS, cont.

#### Wednesday Walks

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>April 18</td>
<td>Eden</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>April 25</td>
<td>Danville</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>May 2</td>
<td>Elkin</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>May 9</td>
<td>Bassett</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>May 16</td>
<td>Madison</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>May 23</td>
<td>Galax</td>
<td>Johnson</td>
<td>TBA</td>
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#### Thursdays

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Activity</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-11:00 a.m.</td>
<td>April 26-May 31</td>
<td>ZUMBA Gold &amp; Toning</td>
<td>Branch</td>
<td>RH-U</td>
<td>---</td>
</tr>
<tr>
<td>11:30-12:30 p.m.</td>
<td>April 26-May 31</td>
<td>Paul &amp; Women</td>
<td>Schill</td>
<td>RH-U</td>
<td>$10</td>
</tr>
<tr>
<td>2:00-4:00 p.m.</td>
<td>April 26</td>
<td>Make a Button Tree</td>
<td>Martin</td>
<td>CAC</td>
<td>$12.75</td>
</tr>
<tr>
<td>1:00-4:00 p.m.</td>
<td>May 3</td>
<td>Hummingbird Feeder</td>
<td>Steele</td>
<td>RH-D</td>
<td>$7</td>
</tr>
<tr>
<td>2:00-4:00 p.m.</td>
<td>May 10</td>
<td>Dish Flowers</td>
<td>Adcock</td>
<td>CAC</td>
<td>$5</td>
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<tr>
<td>2:00-4:00 p.m.</td>
<td>May 17</td>
<td>Basket Making</td>
<td>Clayton</td>
<td>CAC</td>
<td>$15</td>
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<tr>
<td>2:00-4:00 p.m.</td>
<td>May 24</td>
<td>Bird Cage Succulents</td>
<td>Martin</td>
<td>CAC</td>
<td>$15</td>
</tr>
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#### Fridays

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Activity</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-4:00 p.m.</td>
<td>April 27</td>
<td>Make Art at the Taubman</td>
<td></td>
<td>RH</td>
<td>$25</td>
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<tr>
<td>9:00-3:00 p.m.</td>
<td>May 4</td>
<td>Home Creek Living History Farm</td>
<td></td>
<td>RH</td>
<td>$8</td>
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<tr>
<td>9:00-3:00 p.m.</td>
<td>May 11</td>
<td>Tomahawk Mill Winery</td>
<td></td>
<td>RH</td>
<td>$8</td>
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<tr>
<td>9:00-4:00 p.m.</td>
<td>May 18</td>
<td>A Day in Mayberry</td>
<td></td>
<td>RH</td>
<td>$5</td>
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#### Special Classes

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Activity</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30-3:00 p.m.</td>
<td>May 7, 9, 14, 16</td>
<td>The Art of Collage</td>
<td>Allen</td>
<td>CAC</td>
<td>$10</td>
</tr>
<tr>
<td>10:00-noon</td>
<td>Fridays April 27-May 25</td>
<td>Let's Play Golf!</td>
<td>Hinnant</td>
<td>Gordon Trent</td>
<td>---</td>
</tr>
</tbody>
</table>

#### COA Spring Luncheon

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Event</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 - 1:00 p.m.</td>
<td>June 1</td>
<td>Spring Luncheon</td>
<td>Martin</td>
<td>RH-U</td>
<td>---</td>
</tr>
</tbody>
</table>

**Location:** RH-U = Main Hall upstairs; RH-D = art room downstairs; CAC = Creative Arts Center (334 Patrick Ave. Stuart)

**Please enter your registration fees below.**

**Membership (Full)**

$_____________________

**Membership (Hiking/Walking only)**

$_____________________

**Art/Materials Fees**

$_____________________

**Trip Fees**

$_____________________

**Lunch for Paul/Women Class**

$_____________________

**Nutrition Class Fee**

$_____________________

**Total Enclosed**

$_____________________

**Payment method:** [ ] Cash [ ] Check (Treasurer of VT) [ ] Credit Card (Fill in below)

**Name on Card**

__________________________________________

**Card Number**

__________________________________________

**Exp. Date**

__________________________________________

**Type of Card**

__________________________________________

**CVV**

__________________________________________

**Signature**

__________________________________________

**Mail registration to:** Reynolds Homestead, College for Older Adults, 463 Homestead Lane, Critz, VA 24082.
Activity Title: College for Older Adults

In consideration for being granted opportunity to participate in the above activity, I, for my child, myself, my executors, administrators, heirs and assigns, agree forever to RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Virginia Polytechnic Institute & State University ("Virginia Tech"), including Reynolds Homestead and the Commonwealth of Virginia, and their Board of Trustees, officers, employees, agents, contractors, or volunteers (collectively referred to as "Released Parties"), for any and all personal injuries, death, loss of or damage to property, or any other damages whatsoever resulting from my participation in the above activities (including any transportation to and from any such activities). This waiver does not apply to claims arising out of the sole negligence or willful misconduct of the Released Parties.

I fully understand that this activity may involve hazardous activities and risk of serious personal injury or death. I, on behalf of myself or my child, am participating voluntarily in these activities with the knowledge and appreciation of the dangers involved and I, on behalf of myself or my child, voluntarily agree to accept and assume all risks of personal injury, death or any other damages or losses to my person or property. In the event that any claim arising out of or related to personal injury, death or damage to me shall be filed against any Released Parties, I shall indemnify and hold harmless Released Parties from and against any and all such claims, including attorney’s fees incurred in defense of such claims. In the event of illness or injury arising out of my or my child’s participation in the above activity, I give my consent and authorization for (1) the administration of emergency first aid care and treatment at the scene of an emergency by employees of The University, or (2) the administration of any treatment deemed necessary by a licensed physician or dentist, and (3) the transfer to any hospital reasonably accessible. This authorization is not intended to cover major surgery unless the medical opinions of two licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performances of such surgery.

I UNDERSTAND AND AGREE THAT MY OR MY CHILD’S PARTICIPATION IN ANY AND ALL ACTIVITIES WITHIN THIS FACILITY AND/OR SPONSORED BY VIRGINIA TECH/REYNOLDS HOMESTEAD IS VOLUNTARY. I FURTHER UNDERSTAND AND AGREE THAT USE OF THIS FACILITY AND/OR PARTICIPATION IN ANY ACTIVITY SPONSORED BY THE UNIVERSITY IS AT MY OR MY CHILD’S OWN RISK AND THAT THE UNIVERSITY IS NOT RESPONSIBLE FOR ANY INCIDENTS, INJURIES OR LOSS OF PROPERTY THAT MAY OCCUR.

I HAVE CAREFULLY READ THIS ENTIRE RELEASE, WAIVER OF LIABILITY AND EMERGENCY MEDICAL AUTHORIZATION FORM AND I, FULLY UNDERSTAND ITS CONTENTS. I HAVE SIGNED THIS FORM OF MY OWN FREE WILL AND I AGREE TO BE LEGALLY BOUND BY IT.

I represent and certify that my true age is at least 18 years old. (If under age 18, please have parent complete and sign lower section.)

Participant's Name (Please Print): ________________________________

Participant's Signature: ________________________________ Date: ________________

EMERGENCY CONTACT INFORMATION:

Name (Please Print): ________________________________

Phone: ________________________________ Cell: ________________________________

In consideration of my child being permitted by Virginia Tech/Reynolds Homestead to use its facilities and/or participate in any activity offered, I, for my child, myself and our respective executors, heirs, assigns and administrators agree to the entirety of the release above. I represent and certify that my true age is at least 18 years old and that I have authority to execute this document on behalf of my child/guardian.

Child's Name: ________________________________ Child Date of birth ________________________________

Parent or Legal Guardian's Name: ________________________________

Parent or Legal Guardian's Signature: ________________________________ Date: ________________________________