How much fun do you want to have? If you are 50 or better and have an interest in health, fitness, lifelong learning, and friendships, open this book now!

College for Older Adults

Fall Term 2018

Class Schedule & Registration Forms

REYNOLDS HOMESTEAD
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

August 15—Registration Begins. Mail in, drop-off and phone registrations are taken.

September 14—Registration Closes. After this date, membership will be accepted at a $10 surcharge if space allows.

September 17—Classes Begin!

October 26—Last Day of Classes.

October 31—End of Term Luncheon. Costume contest!!!!!!!

PHYSICAL ACTIVITY & BUS 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 (*). 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. If you turned in a physical waiver for Spring COA, you do not have to do one this fall.

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.

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.

GUEST POLICY

All guests for hikes, walks and classes must be pre-approved, and all class fees paid before attending. A person may take two classes as a guest or join COA to enjoy more. Guest fees are noted where applicable.

SPECIAL PRE-COA TRIP!

Monday, September 10 - Buffalo Creek Farm and Historic Germanton. The owners of Buffalo Creek Farm only host visitors on Mondays, so we’ve added this trip as a “bonus” activity. We’ll head down to Germanton to visit the farm, where they will talk “goats and cheese.” You may know them from their great products at the Farmer’s Market in Stuart. Then we’ll pop over to King for lunch at the King Kitchen, then back to Germanton for a walking tour of this interesting historic area. Germanton was established in 1790 and is the oldest community in Stokes County. The settlers of the Germanton area were primarily Lutheran, originally from areas in what is today Germany, and they settled the area for non-religious purposes. Early Stokes county settlers were the result of land incentives by the State in 1790 given as a reward to those Germanic people who had fought for Independence. The use of the German as a mother tongue died out by the 1850s. Lunch (on your own) is $8-$12 and the trip fee is $8.00.
Monday

Tai Chi*
9:30-10:30  Sharon Mason, Instructor

Start your week with an invigorating and graceful form of exercise that can help reduce stress and help with a variety of health conditions. Often described as “meditation in motion,” tai chi is a self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. Wear loose-fitting, comfortable clothing and practice either barefoot or with soft-soled shoes. Guest fee: $5

Eat Fat, Get Thin
11:00-12:30 Lisa Martin, Instructor

Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious super-foods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to EAT FAT, GET THIN, and achieve optimum wellness along the way. We’ll explore the concepts espoused in the book and try delicious new recipes from the book as well. $15 meal charge, covers all six meals!

Memoir Writing
1:00-2:30  Beth Almond Ford, Instructor

Whether you are an experienced writer or new to getting thoughts on paper, Beth’s class is a wonderful opportunity to explore the stories that you have to tell. Beth returns once again to offer the tools and encouragement for participants to put their life’s stories on paper. This class focuses on the stories that shaped one’s life - be it through neighbors, church, family, jobs, loves, pets, school and so much more! Participants share their writings with each other in an open and friendly way - a taste of oral storytelling so popular in our Appalachian Mountain culture. Class is limited to 12 people.
Tuesday

Move It or Lose It!*  
9:30-10:30  Janice Pendleton, Instructor

Janice’s class is designed to keep you moving and using your body. She combines upbeat music, pool noodles, hand weights – and who knows what else! – in a moderate movement sequence. Improve your flexibility, agility, balance and strength, but all the while working at your own pace and ability. You’ll be singing along to the music and keeping your body moving! Guest fee: $5

Tuesday Topics
11:00-12:30 (mostly) Various Speakers

Tuesdays are going to be a lot of fun this time as we have a variety of fun and interesting local and regional topics. Not just history, but nature as well, plus a storytelling workshop thrown in for even more fun!

Tuesday, September 18 – “Living with Coyotes.”  Park Ranger Danny Martin and his wife Susan Martin will present a discussion about the life and habits of the coyote. A mounted coyote, a coyote pelt, and a coyote skull will be on display for all to examine. See interesting photographs of coyotes in many different situations as they carry out their daily activities, and also hear recorded sounds made by the coyote. Learn ways to avoid conflicts with coyotes around your home, and also learn how coyotes contribute to and have a valuable place in nature. 11:00-12:30

Tuesday, September 25 – “Sarah Stanley Grimké.”  Sarah is best known as the mother of poet and playwright Angelina Weld Grimké and wife of journalist and diplomat Archibald Grimké. She was a white northerner who in 1879 married a former slave from South Carolina and had a daughter born in 1880, but abandoned them both to pursue a career as a writer of metaphysical lessons. The presentation will focus on the reasons for the failure of Sarah’s marriage and the long-term consequences. The historical detective “whodunit” tale leads not to a romantic rival but to a would-be spiritual leader who gained an unhealthy control over Sarah’s thoughts and feelings and ultimately destroyed the marriage. Paul Johnson, Speaker. 11:00-12:30
Tuesday, October 2 - “Black Bears in Virginia.” Danny and Susan Martin are back this week with a presentation on one of our beloved and now-ubiquitous animals. Of the three bear species (black, brown, and polar bears) in North America, only the black bear lives in Virginia. Shy and secretive, the sighting of a bear is a rare treat for most Virginians; however, bears are found throughout much of the Commonwealth, and encounters between bears and people are increasing. The discussion will be followed by a short film depicting black bears in their natural habitat. Learn that black bears are powerful swimmers, swift runners, and strong climbers. They are very intelligent and the film shows them in action in their native habitat. Several instructional aids will be used during the presentation, including a bear hide, skull, claws, and local photographs. 11:00-12:30

Tuesday, October 9 - “Introduction to Storytelling.” Terri Ingalls, professional storyteller, actress, writer and director from Mount Airy, NC, is offering a real treat for COA members. This workshop will assist participants in recognizing the difference in stories for the eyes and stories for the ears. We will discuss basic stage presence, vocalization, timing, and connecting with the audience. Whether the participants want to tell their stories around the dinner table, at a family gathering, or in a more formal setting, this workshop will give them the skills, comfort, and confidence to do so. 11:00-3:00 (bag lunch provided). Limited to 12 participants.

Tuesday, October 16 - “Beavers: Nature’s Engineers.” Beavers cut hundreds of trees annually, are powerful swimmers, and can stay underwater for up to 15 minutes! Beavers are Virginia’s largest rodent, and a short, beautifully-filmed movie will show them in action. Adult beavers normally weigh 40 to 50 pounds, but exceptionally large animals may weigh up to 80 pounds. They are one of only a few wild animals capable of significantly altering a habitat to suit their needs. Beavers spend considerable time building and meticulously maintaining dams. Danny and Susan Martin, Speakers. 11:00-12:30
Tuesday, October 23 - “Lost Communities: Goinstown, NC.” Filmmaker Julie Williams Dixon, director and writer of “Melungeon Voices” will speak on the history of Goinstown, NC. Goinstown’s history appears to begin in the 1770s with families (chiefly Gibsons and Goinses) moving in from what is usually called the "Flat River settlement" in what is now northern Durham Co. (then Orange Co.). This was a small fragment of that former settlement, most of whose members ultimately wound up in east Tennessee and became the "Melungeons." Watch her highly-acclaimed documentary and learn more about the community. 11:00-12:30

Fun in the Afternoon!

Enjoy your Tuesday afternoons with some fun art and nature!

Tuesday, September 18 - “Jewelry: Making an Illusion Necklace.”

Pat Coleman, our favorite jewelry instructor, will help you create a floating necklace and matching earrings. Learn the use of crimp beads and crimp covers, and design two beautiful pieces to take home. All supplies are provided, though students who have beads they would like to use are welcome to bring them. **Art supply fee: $10** Class is limited to 10 students. Creative Arts Center, 1:30-3:30.

Guest fee: $20.

Tuesday, September 25 - “A Tour of Hahn Horticulture Garden.” Grab a bag lunch and board the Reynolds Homestead bus for a trip to Virginia Tech for a fall tour of the Hahn Horticulture Garden, which encompasses nearly six acres of teaching and display gardens. The garden features perennial borders, water gardens, shade gardens, a meadow garden, and the Peggy Lee Hahn Garden Pavilion (and plants, of course. Lots of plants.) **$5 tour only; $10 tour and lunch.** We’ll leave the Homestead promptly at 12:30, arriving on
campus at 2:00 for the tour. Enjoy lunch on the way. Bring your own if you prefer. Guest fee: $10/$20.

**Tuesday, October 2 - “Making the Most of Your Digital Camera.”** Professional Photographer Ricky Dawson is back with a great class designed to help you learn more about how to get the best photos from your digital camera. Learn how to use lighting to get better photos, how to take great portraits, and more. Each person who takes the class will be allowed one FREE entry into the inaugural Nancy Susan Reynolds Memorial Photography Show in November!

**Tuesday, October 16 - “Decorate a Halloween Pumpkin.”** Join us at the Creative Arts Center for some cider and fall treats and create your own special pumpkin for Halloween. We’ll provide the pumpkin, cutting tools, tons of decorating ideas and materials, and you can just have at it. Should be fun and festive, and there’s a special prize for the pumpkin voted the best! 1:30-3:30

*Art supply fee: $5. Guest fee: $10*

**Tuesday, October 23 - “Fall Stick Wreath.”** This is a fun project that can either be decorated for fall / Thanksgiving, or spray painted black for a cool Halloween wreath. The different textures and elements in the wreath make it eye-catching and interesting. Be the envy of your neighborhood! Each person should bring 60-75 straight(ish) sticks from 4” to 8” – start gathering now and vary up the different types and lengths. Be sure and scrape off any dried bark. All other supplies will be provided. At the Creative Arts Center 1:30-4:00.  

*Art supply fee: $10  
Guest fee: $20*
Wednesday

Walking through the County Seats* - This fall Paul Johnson has a great line up of walks through local county seats - seeing things you may not have noticed before! Each week before the walk information about where and what time to meet will be provided. Carpooling is encouraged! Guest fee: $5

Wednesday, September 19 - Stuart. The Mayo River Trail is our outdoor destination for a leisurely out and back walk along the former Danville and Western railway. We will proceed uptown for lunch followed by a visit to the Patrick County Historical Museum. This will be a joint walk/hike with both groups.

Wednesday, September 26 - Martinsville. We will meet at the Visitor Center located at New College Institute, and visit the Fayette Area Historical Initiative and the Henry County Historical Society Museum in the 1840 courthouse. A walking tour through the Martinsville Historic District will provide information by local architectural experts. After lunch at an Uptown eatery we will proceed to a visit to the Piedmont Arts Association on nearby Starling Avenue.

Wednesday, October 3 - Hillsville. The Beaver Dam Creek Wildlife and Birding Trail in Hillsville offers an out and back stroll along a meandering stream through a scenic valley on the east side of town. After lunch in Hillsville, we will visit the Carroll County Historical Society Museum in the former county courthouse. It includes a wealth of information on county history including the infamous shootings of 1912.

Wednesday, October 10 - Floyd. Along the Blue Ridge Parkway, the Rocky Knob Recreation Area combines great scenic vistas and easy walks that make a perfect fall outing. After a walk to the
Rocky Knob overlook and along part of the Black Ridge Trail, we will proceed to Floyd for lunch followed by a walk along the historic Main Street to visit noted homes on the town walking tour.

**Wednesday, October 17 - Winston-Salem.** Winston-Salem, seat of Forsyth County, includes several historic walking options but none is more of a trip back in time than Old Salem. We will walk throughout the historic district, dine and visit Moravian themed shops, and walk a portion of the trail along Salem Creek.

**Wednesday, October 24 - Wentworth.** Last year a rainstorm prevented our walk on the Chinqua-Penn Trail, which is nationally recognized for its design and historic significance. Home of Jeff and Betsy Penn, Chinqua-Penn included several quaint outbuildings that are now part of the property owned by NC State University that includes the trail. Following lunch in Wentworth, we will have the option of a visit to the Museum and Archives in Rockingham County.

**Hiking Some Old Favorites* -** Wayne has dug back into our archives to unearth some of our old favorites from the first year of COA. All are great hikes and what fun it will be to see how each may have changed over the last 8 years. Each week before the hike information about where and what time to meet will be provided. Generally, the group meets at 8:30 at Walmart and departs from there, with another meeting site at the hiking destination. Carpooling is encouraged! Guest fee: $5
Wednesday, September 19 - Stuart. The Mayo River Trail is our outdoor destination for a leisurely out and back walk along the former Danville and Western railway. We will proceed uptown for lunch followed by a visit to the Patrick County Historical Museum. This will be a joint walk/hike with both groups.

Wednesday, September 26 - Pilot Mountain State Park - Jomeokee Trail.

A moderate trail with rock steps, Jomeokee crosses the gap to the Big Pinnacle, then makes a loop around the base and merges into the same trail, to return across the gap. There are rare and interesting plants along this trail, as well as the tall, impressive cliff. Bring your cameras, this one is ripe for great photos!

Wednesday, October 3 - Hanging Rock State Park - Moore’s Wall. The last time we did this it poured rain and we hiked up a “river” to the fog-clad wall, a day Lisa will never forget. Hopefully the weather will be much better this time, as the trail takes the group to the highest point in Hanging Rock State Park with great views as a reward for this strenuous 4.7 mile loop.
Wednesday, October 10 - Floyd - Buffalo Mountain Natural Area Preserve. Who doesn’t love a hike up “the buffalo”?

Buffalo Mountain is one of the most significant natural areas in Virginia, supporting an amazing 13 rare plant occurrences, three rare animals and six significant natural communities. The combination of high-elevation (3,971 feet), wind-exposed rocky openings at the summit, and magnesium rich soils make it unlike any place else in the Commonwealth.

Wednesday, October 17 - Blue Ridge Parkway - Smart View Loop Trail. Offering excellent views of the Virginia Piedmont, this 2.7 mile moderate loop is a great place to birdwatch and photograph some beautiful mountain vistas. There are a few ups and downs on the trail, but nothing too steep or difficult.

Wednesday, October 24 - Rock Castle Gorge Fire Road Trail. This 4.5-mile trail follows a gated fire road alongside Rock Castle Creek. The term “Rock Castle” comes from the hexagonal shape of quartzite crystals found in the hollows, resembling castle towers. Shuttles will be provided for hikers.
Thursday

Gentle Yoga*  
9:30-10:30  Deana Clark, Instructor

Deana brings her own special touch to Yoga this fall with a gentle yoga designed to bring you peace and tranquility, while stretching your body and your mind. It’s perfect for tired or sore muscles, and ideal for beginners, seniors or those seeking slow and mindful practice to balance out the bustle. Guest fee: $5

Soup and the Sermon on the Mount  
11:00-12:30  David Schill, Instructor (Lisa Martin, Souper)

Retired Methodist pastor David Schill will lead a 6-week discussion of the Sermon on the Mount and what it means to the faith-based community. Sayings from the Sermon on the Mount have become part of our everyday language, but it may be one of the least understood parts of Jesus’s teachings. How does a person live an intentional Christian life in today’s society? How can we be a better community of believers? David will feed your soul and Lisa will feed your belly with a weekly homemade soup. This should be a great discussion. **$15 for lunch all 6 weeks.**

Thursday Afternoons in the Kitchen

We’re always looking for new ways to spice up our meals - or new ideas for meals - or even just new tastes for our palates. Join one of our Thursday afternoon classes to learn more about expanding your culinary boundaries.
Thursday, September 20: “Learn to Make Pasta at Home.” Many of us, when planning an Italian meal, grab a packet of dried pasta from the supermarket shelf without thinking. As consumer preferences change, there is a growing popularity for making pasta and other staple foods at home in order to exactly control the ingredients used. And it is a simple fact that homemade pasta tastes so much better than store-bought. Join Denise Platz in an afternoon lesson on how to make your own pasta at home, and what tools and utensils you need (hint: you don’t have to buy an expensive pasta maker!). Each person will make about a pound of pasta to take home for dinner. Think how good all of that homemade pasta will taste as the weather is cooling off! 1:00 – 3:00. **Ingredient fee: $15.00** Guest fee: $25

Thursday, September 27: “Pairing Herbs, Spices and Foods.” Many of us have dozens of spice jars in our cabinets and really don’t know how to use them unless we have a recipe that calls for them. But learning to use spices effectively can really help in cutting down unwanted additives and calories – such as butter, salt and (bad) fats. Learn (and taste) what flavors go well together; try some new combinations you may not have thought of before – and hopefully, walk away from the class with some confidence to “wing it” with your spices and create your own masterpieces. 1:00-3:00. **Ingredient fee: $5.00** Guest fee: $10

Thursday, October 4: “The Low-Down on Vinegar.” Love it or hate it, vinegar is a healthy and tangy way to delight the palate and create quick and simple salad dressings and side dishes for your table. Each person will take home a flavored vinegar they have created, plus a homemade salad dressing as well (including really cute bottles!). Explore (and taste) the differences in types of vinegars (champagne, fig, balsamic, rice….and more) and learn how to pair vinegars with meals for a taste experience. Creative Arts Center. **Ingredient fee: $10.00**
Fridays on the Road

We’re back on the road again this fall with some great trips lined up! Special thanks to Janice Woods for helping pull these together. Please register for each individually.

Friday, September 21 - Brooks Mill Winery, Wirtz, VA – We always enjoy our winery trips, and this one has a unique spin – fruit wines! Blackberry, blueberry, pear, cherry, peach and plum! Sounds quite delicious. Brooks Mill Winery is a small farm fruit winery operated by H.T. and Rhonda Page in Franklin County Virginia. They have been making fruit wine as a hobby for over twelve years. With encouragement and support from friends and family, in December of 2008, this hobby became a business reality. We’ll depart in the Homestead bus at 9:30 a.m. with a pickup up at the Food Lion in Bassett Forks if needed. After our tour and tasting, we’ll head back into Rocky Mount for lunch at the famous Ippy’s, which offers affordable, delectable dining. Lunch entrees range from $8-$11. Lunch is on your own, trip fee: $8.00. Guest fee: $15

Friday, September 28 - Christiansburg Institute - Montgomery Museum & Lewis Miller Art Center. Christiansburg Institute began after the Civil War with a mission to educate freed slaves. The school was founded by Captain Charles S. Schaeffer, a Union soldier and Baptist minister from Philadelphia. Working for the Freedmen’s Bureau, Schaeffer came to Christiansburg in 1866 and started teaching twelve former slaves in a rented house. By 1869, the Hill School, as it
was called, had grown to include over two hundred students. We’ll arrive at the Center around 10:30 a.m. and tour (on your own) this very important local landmark which has been newly restored. We’ll pick up boxed lunches from the Mockingbird Café and enjoy lunch on the grounds (or inside if raining). Departure from Homestead at 9:00, with stops along the way as needed (Stuart, Woolwine, Floyd). **Trip fee: $15, includes lunch.** Guest fee: $20

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**Friday, October 5 - DRIVE! Iconic American Cars and Motorcycles at the Taubman Museum of Art.** Experience 23 legendary vehicles that define the height of American auto ingenuity. The vehicles featured in the exhibition span over a half-century from 1912-1965 and include celebrity-owned roadsters and motorcycles. Don’t miss your chance to see these rare vehicles gathered together for the first and only time ever! The COA group will get a special guided tour of the exhibition, and then we’ll journey across the street to the historic City Market Building for lunch at the Wall Street Tavern, an all-American grill with lunch entrees (salads, sandwiches & burgers) ranging from $8-$15. Depart from the Homestead at 9:15 with a pick up at Bassett Forks Food Lion if needed. Lunch is on your own; **trip fee: $15.00** (Cost of museum tour). **Guest fee: $20**

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**Friday, October 12 – Tour and Tasting at Mountain Valley Brewing, Axton, VA.** You won’t find these craft beers in the grocery or wine shop because they are not bottled and sold. Family-owned, only fresh hops from their own hops farm and local ingredients are used. We’ll depart the Reynolds Homestead on the bus at 2:15 – the taproom is opening up early at 3:00 just for us. After a tour and tasting, we’ll grab dinner from a local food truck and head back when everyone is ready. **Trip fee: $5**, tasting fee ($8.75) and dinner are on your own. **Guest fee: $10**
Friday, October 19 - Dorothea Lange on Exhibition at Reynolda House. Always known for its excellently curated exhibitions, Reynolda House is offering this fall a wonderful collection of photographer Dorothea. Highlighting this exhibition are oversized exhibition prints of her seminal images from the Great Depression, including Migrant Mother, Nipomo, California from 1936—an emblematic picture that came to personify pride and resilience in the face of abject poverty in 1930s America. Lange’s photographs will be supplemented by photographs by other notable social documentarians of the era, including Walker Evans, Ben Shahn, Russell Lee, and Mike Disfarmer. After a guided tour, we’ll pop over to Reynolda Village for lunch (on your own), then you may spend the afternoon exploring the house and gardens at your leisure. This will be a lovely day of art and history! **Trip fee: $20** (guided tour, house, and transportation) **Guest fee: $25**

Friday, October 26 - Spooky Friday: Simpson Funeral Museum, Chatham. What better way to prepare for Halloween than to visit a funeral museum! Located in Chatham, the museum will take us on a journey through time, beginning with Ancient Egypt’s mumification process of the Pharaohs to today’s modern burial practices. The museum has antique hearses and coffins, presidential caskets, an embalming room and much more! Mr. Bill Simpson, founder, will lead us on a guided tour of a museum that celebrates the one profession that never runs out of customers! Next, we’ll pop over to the Chatham Public House for a unique and delicious lunch – entrees range from $5-$9 and their reviews are outstanding. For a special treat, we’ll head down to the Chatham Train Station, a restored abandoned depot which houses a Veteran’s History Museum and a historical society museum. Train enthusiasts will find a viewing platform adjacent to the depot that affords elevated viewing of a north south mainline of the Norfolk-Southern Railway that carries traffic between Lynchburg, Virginia and Danville, Virginia. Lunch is on your own; **trip fee: $6. Guest fee: $10**
## COLLEGE FOR OLDER ADULTS

**FallTerm 2018**  
Membership and Class Enrollment

Name ________________________________

Address ________________________________

City ___________________________ State ________ Zip ________

Telephone ___________________________ 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:

### Mondays

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Class Title</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>9:30-10:30 a.m.</td>
<td>Sept. 17-Oct. 22</td>
<td>Tai Chi</td>
<td>Mason</td>
<td>RH - U</td>
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<tr>
<td>11:00-12:30 p.m.</td>
<td>Sept. 17-Oct. 22</td>
<td>Eat Fat, Get Thin</td>
<td>Martin</td>
<td>RH - U</td>
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<td>1:00-2:30 p.m.</td>
<td>Sept. 17-Oct. 22</td>
<td>Memoir Writing</td>
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### Tuesdays

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<tr>
<th>Time</th>
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<th>Class Title</th>
<th>Instructor</th>
<th>Location</th>
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<tr>
<td>10:00-11:00 a.m.</td>
<td>Sept. 18-Oct. 23</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>Sept. 18</td>
<td>Living with Coyotes</td>
<td>Martins</td>
<td>RH - U</td>
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<tr>
<td>11:00-12:30 p.m.</td>
<td>September 25</td>
<td>Sarah Stanley Grinnke</td>
<td>Johnson</td>
<td>RH - U</td>
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<tr>
<td>11:00-12:30 p.m.</td>
<td>October 2</td>
<td>Black Bears in Virginia</td>
<td>Martins</td>
<td>RH - U</td>
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<tr>
<td>11:00-12:30 p.m.</td>
<td>October 9</td>
<td>Introduction to Storytelling</td>
<td>Ingalls</td>
<td>RH - U</td>
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<td>11:00-12:30 p.m.</td>
<td>October 16</td>
<td>Beavers: Nature’s Engineers</td>
<td>Martins</td>
<td>RH - U</td>
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<td>11:00-12:30 p.m.</td>
<td>October 23</td>
<td>Lost Communities: Goinstown</td>
<td>Dixon</td>
<td>RH - U</td>
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<td>1:30-3:30 p.m.</td>
<td>September 18</td>
<td>Jewelry: Illusion Necklace</td>
<td>Coleman</td>
<td>CAC</td>
<td>$10</td>
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<tr>
<td>12:30-4:00 p.m.</td>
<td>September 25</td>
<td>Tour of Hahn Horticulture Garden</td>
<td>Martin</td>
<td>VT</td>
<td>$5/$10</td>
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<tr>
<td>1:30-3:30 p.m.</td>
<td>October 2</td>
<td>Making Most of Digital Camera</td>
<td>Dawson</td>
<td>RH-U</td>
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<tr>
<td>1:30-3:30 p.m.</td>
<td>October 16</td>
<td>Decorate a Halloween Pumpkin</td>
<td>Martin</td>
<td>CAC</td>
<td>$5</td>
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<tr>
<td>1:30-4:00 p.m.</td>
<td>October 23</td>
<td>Fall Stick Wreath</td>
<td>Martin</td>
<td>CAC</td>
<td>$10</td>
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### Wednesday Hikes

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<th>Time</th>
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<th>Trail Name</th>
<th>Instructor</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>September 19</td>
<td>Stuart - Mayo River Trail</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>September 26</td>
<td>Pilot Mountain: Jomeokee Trail</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>October 3</td>
<td>Hanging Rock: Moore’s Wall</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>October 10</td>
<td>Buffalo Mountain Nature Preserve</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>October 17</td>
<td>Smart View Loop Trail</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>October 24</td>
<td>Rock Castle Gorge Fire Road Trail</td>
<td>Kirkpatrick</td>
<td>Wal-Mart</td>
<td>---</td>
</tr>
</tbody>
</table>
## Wednesday Walks

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 19</td>
<td>Stuart - Mayo River Trail</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>September 26</td>
<td>Martinsville</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>October 3</td>
<td>Hillside</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>October 10</td>
<td>Rocky Knob/Floyd</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>October 17</td>
<td>Old Salem</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
<tr>
<td>October 24</td>
<td>Chinqua Penn Trail</td>
<td>Johnson</td>
<td>TBA</td>
</tr>
</tbody>
</table>

## Thursdays

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Activity</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:30 a.m.</td>
<td>Sept. 20 - Oct. 25</td>
<td>Gentle Yoga</td>
<td>Clark</td>
<td>RH - U</td>
</tr>
<tr>
<td>1:00-3:00 p.m.</td>
<td>Sept. 20 - Oct. 25</td>
<td>Learn to Make Pasta at Home</td>
<td>Platz</td>
<td>RH - U</td>
</tr>
<tr>
<td>1:00-3:00 p.m.</td>
<td>Sept. 27</td>
<td>Pairing Herbs, Spices and Foods</td>
<td>Martin</td>
<td>RH - U, $5</td>
</tr>
<tr>
<td>1:00-3:00 p.m.</td>
<td>Oct. 4</td>
<td>The Low-Down on Vinegar</td>
<td>Martin</td>
<td>CAC, $10</td>
</tr>
</tbody>
</table>

## Fridays

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Activity</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-3:30</td>
<td>Sept. 21</td>
<td>Brooks Mill Winery/ppy's</td>
<td>RH</td>
<td>$8</td>
</tr>
<tr>
<td>9:00-3:00</td>
<td>Sept. 28</td>
<td>Christiansburg Institute</td>
<td>RH</td>
<td>$15</td>
</tr>
<tr>
<td>9:15-3:30</td>
<td>Oct. 5</td>
<td>DRIVE! At the Taubman Museum</td>
<td>RH</td>
<td>$15</td>
</tr>
<tr>
<td>2:15-7:00 p.m.</td>
<td>Oct. 12</td>
<td>Mountain Valley Brewing</td>
<td>RH</td>
<td>$5</td>
</tr>
<tr>
<td>8:45 - 4:00</td>
<td>Oct. 19</td>
<td>Reynolds/Dorothea Lange</td>
<td>RH</td>
<td>$20</td>
</tr>
<tr>
<td>9:00-4:00</td>
<td>Oct. 26</td>
<td>Simpson Funeral Museum/Trains</td>
<td>RH</td>
<td>$6</td>
</tr>
</tbody>
</table>

## Special Classes

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-4:00</td>
<td>Sept. 10</td>
<td>Buffalo Creek / Historic Germanton</td>
<td>RH</td>
<td>$8</td>
</tr>
</tbody>
</table>

## COA Spring Luncheon

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 - 1:00 p.m.</td>
<td>Oct. 31</td>
<td>Fall Luncheon</td>
<td>Martin</td>
<td>RH - U</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/Ingredient Fees**: $________

**Trip Fees**: $________

**Early Bird Registration ($10 off August 16 Only)**: $________

**Lunch for Soup/Sermon 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.
VIRGINIA POLYTECHNIC INSTITUTE & STATE UNIVERSITY

RELEASE AND WAIVER OF LIABILITY / EMERGENCY MEDICAL AUTHORIZATION

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: ____________