College for Older Adults
Spring 2019

How Much Fun Would You Like to Have?
What Is COA?

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 5—Registration Begins. Mail in, drop-off and phone registrations are taken.
April 12—Registration Closes. After this date, membership will be accepted at a $10 surcharge if space allows.
April 15—Classes Begin!
May 24—Last Day of Classes.
May 29—End of Term Brunch

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.
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.
Everyone must turn in an activity waiver to participate in a fitness class or a bus trip. Last year's forms are now expired.

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.

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.
rhyme, rhythm, onomatopoeia, allusion, and synecdoche will be refreshed alongside poetic styles and conventions to include sonnets, odes, free verse, and stream-of-consciousness. Six emergent topical themes will structure the course: (1) Alchemy, or Re-Purposing Pain; (2) Quandary, or Self-Interrogation; (3) Abstraction, or Self-Allowance; (4) Prophecy, or Self-Creation; (5) Mirroring, or Communion among Selves; and (6) Inspiration, or Soul Revelation. Essays on poetry, examples of poetic works from great poets, original works by the instructor, in-class discussions, group activities, and individual homework assignments will be utilized to empower the student to grow in the art of poetic self-expression. Guest fee: $25.00

“Anybody who has survived his childhood has enough information about life to last him the rest of his days.”
— Flannery O’Connor

Even if you have previously participated in one of Beth Almond Ford’s classes (or not), this course will help the blossoming writer take the tales of their pasts and bring alive those recollections. No writing experience is required, but a desire to experiment with writing styles and to share writings within the class is encouraged. A goal for this class will be for each student to finish up with a collection of at least a dozen memories that helped make one’s life unique. Teacher critiques and basic writing skills will be offered in the spirit of encouragement and support. This is an especially fun class for those who feel they ‘cannot write well enough’ - yet know they have some stories to tell! Class size will be limited to 15 students and early registration is recommended. Guest fee: $25.00

### Class Schedule

**Mondays**

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<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
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<tr>
<td>9:30 – 10:30</td>
<td>Meditation for Wholeness</td>
<td>Sean Barker, Instructor</td>
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<td>This toned-down meditation class will focus on deep relaxation and the exploration of the concept of Wholeness. Many of us walk around in fractured, reduced, halved, or diminished forms. How do we learn to bring the entirety of our being into every moment? We will explore ways in which we compartmentalize aspects of ourselves through polarities such as private/public, masculine/feminine, self/other, inside/outside, light/dark, and higher/lower. Through the guiding light of inter-being, we will learn practical methods of re-integration to empower us toward greater degrees of persistent peace through continuous authenticity. Guest fee: $5.00</td>
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<td>1:00-2:30</td>
<td>Memoir Writing: Stories from Your Life</td>
<td>Beth Almond Ford, Instructor</td>
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<td>11:00-12:30</td>
<td>Poetry as Self-Revelation</td>
<td>Sean Barker, Instructor</td>
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<td>This is a poetry writing class that focuses on channeling the art of creative verse towards the ends of authentic self-expression and the deepening of self-knowledge and self-understanding. Traditional poetic devices and techniques such as metaphor, simile,</td>
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consider to protect themselves and their families for the future.

Ranger Anthony will provide a history of the Civilian Conservation Corps, outlining the events leading up to the Great Depression, and the legacy of the program today.

Nancy Bell, a Snow Creek resident and former journalist, has just released "Philpott Stories," a book about the 'hidden' history of Philpott Lake and the dam construction. It features the history before and after the dam was constructed, describing what life was like as told by residents before the dam was constructed and the lake formed. "Originally, it was simply a history book, but the more I talked to people—the memory keepers—the more the book became about them and their family memories," she said. The book contains a series of photos of construction of the dam starting in the late 1940s and early 1950s. Many old family photos are used along with drawings and maps. People reached out to her with memorabilia in response to small ads she ran in Franklin, Henry and Patrick Counties.

Class Schedule

TUESDAYS

9:30 - 10:30
Line Dancing*
Don Richardson, Instructor
Get your Tuesday pumping with Line Dancing, a unique form of exercise because it provides the heart-healthy benefits of aerobic exercise while also allowing you to engage in a fun social activity. Don hales from Walnut Cove, North Carolina, and will be teaching a variety of dances to all types of music. You've been wanting to dance again, so now's your chance! Guest fee: $5.00

Tuesday Talks  11:00-12:30
Various Instructors

April 16, "Estate Planning"
Robert Haley, Attorney-at-Law
Estate planning means much more than just preparing a Last Will & Testament or tax planning for the disposition of your assets upon your death! Any complete Estate Plan should include a will, along with a Health Care Power of Attorney (which names an agent and an alternative agent responsible for medical decision-making) and a Durable Financial Power of Attorney, naming an agent (and an alternate) responsible for asset and financial management if one is unable to do things for oneself. A Living Will, or other Advance Medical Directive, gives instructions concerning the type of care one wishes to receive or avoid in the event of a terminal illness. This seminar covers the basics that anyone should

April 30, "Tales of Philpott"
Nancy Bell, Author
Nancy Bell, a Snow Creek resident and former journalist, has just released "Philpott Stories," a book about the 'hidden' history of Philpott Lake and the dam construction. It features the history before and after the dam was constructed, describing what life was like as told by residents before the dam was constructed and the lake formed. "Originally, it was simply a history book, but the more I talked to people—the memory keepers—the more the book became about them and their family memories," she said. The book contains a series of photos of construction of the dam starting in the late 1940s and early 1950s. Many old family photos are used along with drawings and maps. People reached out to her with memorabilia in response to small ads she ran in Franklin, Henry and Patrick Counties.
May 7, “Beavers: Nature’s Engineers”
Danny and Susan Martin
Park Ranger Danny Marin and wife Susan (a former Ranger) will present this discussion about the habits and life of the beaver. 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. There are only a few wild animals capable of significantly altering a habitat to suit their needs. Beavers spend considerable time building and meticulously maintaining dams.

May 21, “The Lost Communities of Virginia”
Elizabeth Gilboy
Virginia’s back roads and rural areas are dotted with traces of once-thriving communities. General stores, train depots, schools, churches, banks, and post offices provide intriguing details of a way of life now gone. The buildings may be empty or repurposed today, the existing community may be struggling to survive or rebuilding itself in a new and different way, but the story behind each community’s original development is an interesting and important footnote to the development of Virginia and the United States.

Lost Communities of Virginia documents thirty small communities from throughout the Commonwealth that have lost their original industry, transportation mode, or way of life. Using contemporary photographs, historical information, maps, and excerpts of interviews with longtime residents of these communities, the book documents the present conditions, recalls past boom times, and explains the role of each community in regional settlement.

Creative Tuesdays! 1:30-3:30 (generally)
April 16 “An Apple A Day”: Folk Medicine in Plant-based Foods Undergo a History of Makeovers
Iset Anuakan, Instructor
Don’t miss this opportunity to learn more about natural health, which will include food samples and a juice bar to enjoy. Dr. Anuakan will do a presentation sur-
veying the folklore around health, natural foods, and generational changes in eating habits as technology consumes new habits, particularly with the young. In today’s world of fast food diets, empty calorie or fattening sweets appear to have become staples of the American diet. Using poetry, folk tales, and photos, Professor Anuakan probes why the public seems to struggle with eating healthy. Presentation includes samplings of familiar foods that have a history of healing benefits in folklore. There will be a written quiz for the audience, and small prizes will be awarded to those who know their folk history! Fee: $15.00. Guest Fee: $30.00

April 23, “Plant Pounding”  
Linda Park & JoAnn Lawson, Instructors  
Yes, this is a thing! You know the idea is intriguing – hammering flowers onto cloth or paper sounds like a great way to get out some frustration. This craft offers so many creative opportunities and can be done by anyone – if you can hammer a nail, you can be an artist! Make lasting and beautiful botanical impressions with little more than a hammer, watercolor paper, and plant materials. This is a craft that is mysterious, yet simple; it is also fail proof and, at the same time, challenging. After practicing with various plants and flowers, each person will design and create three 5 x 7 frameable pieces, and up to 5 note cards. All supplies are provided. Class is held at the Creative Arts Center in Stuart. Limited to 15 people. $5.00 supply fee. Guest fee: $10.00

April 30, “Accordion Photo Album”  
Sarah Wray, Instructor  
Create a beautiful accordion album to showcase your favorite pictures. Whether created as a gift or to cherish some of your most memorable moments, this album is decorative and fun to create and display! Participants will be craft a photo display that can accommodate up to 10 individual 4x6 photos. Feel welcome to bring your photos with you or add them later. Students are invited to bring any specific adornments they would like to add to their creations. Materials fee: $5.00. Guest fee: $10.00.

May 7 & 14, “Storytelling through Collage”  
Lora Mahaffey, Instructor  
Have fun and tell a story by creating a light-hearted collage with words and whimsical images. You’ll be using hard board, acrylic paints, fabrics, glaze, matte medium, collage images, knick knacks and other ephemera to create a unique piece that tells a story specific to you. You know Lora will have lots of great ideas and items to work with. Come back on the 14th to finish up your project. All supplies are provided. Class is held at the Creative Arts Center in Stuart. Limited to 15 people. $10.00 supply fee. Guest fee: $20.00
May 21, “Spring Barn Quilts”
Terri Leviner, Instructor
Choose among 4 spring flower designs to create a beautiful 12” x 12” barn quilt, suitable for display inside or outside. Terri will lead the group through the techniques of painting straight lines and getting the colors to “pop” off the board. Boards are provided pre-drawn and with a base coat applied. Choose which design you would like to do and indicate it on your registration form. All supplies are provided. Class is held at the Creative Arts Center in Stuart. Limited to 15 people. $10.00 supply fee. Guest fee: $20.00

WEDNESDAYS

Hiking with Wayne Kirkpatrick*
Hikers will gather at 8:30 in the upper end of the Stuart Walmart parking lot (near the STOP sign). Each week you will also be e-mailed an alternate meeting site, in case that would be closer for you. We encourage carpooling as much as possible. Wear appropriate clothing for the weather conditions for the day, and always bring snacks, water and lunch. We rarely cancel hikes unless the weather is dangerous. Please provide a cell phone number so we can contact you in the event of a late change. Guest fee: $5.00

April 24: Buffalo Mountain – Floyd County
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.
On the treeless summit, strong winds and boreal climate support subalpine vegetation including threetoothed cinquefoil (Sibbaldia tridentata) and Rocky Mountain woodsia. The upper south slopes support grassy, prairie-like openings composed of wildflowers and native warm-season grasses more typical of the Midwest than to Virginia. Wet, magnesium-rich seeps at the base of the mountain support globally rare grasses and wildflowers such as bog bluegrass (Poa paludigena) and large-leaved grass-of-parnassus (Parnassia grandifolia).
Buffalo Mountain is also the only known location in the world for a mealybug called Puto kosztarabi. 1 mile, low moderate. http://www.dcr.virginia.gov/state-parks/document/data/trail-guide-fairystone.pdf. There is a parking fee at Fairy Stone for each vehicle.

April 17: Little Mountain Trail and Falls – Fairy Stone State Park
This trail climbs a steep incline to two overlooks near the halfway point. The trail meanders beside a small stream that cascades into Little Mountain Falls as the trail takes a sudden 20-foot drop. 3.3 miles,
May 1: Gravely Nature Preserve
The 75-acre Richard Gravely Nature Preserve is a beautiful spot to spend an afternoon or an entire day. With outstanding views of the Smith River and a variety of forest types, some reminiscent of higher elevations, this area has a wide array of wildlife to make this a great spot for viewing. This area is also known for its diverse collection of wildflowers, ferns and mushrooms. Trillium, bloodroot, and wild orchids are prolific on various portions of the Preserve. The north facing slopes have a diverse array of ferns, including Christmas, lady, walking, maidenhair, and others. One of the interpretive stops explains the wide variety of plants that occur on the property. In addition, history buffs will find this area contains the Burgess family cemetery, two century-old tobacco barns, and the history of the Burgess Plantation that once covered most of this area. 2 miles, low moderate

May 8: Bottom Creek Gorge – Montgomery County
Flanking Bottom Creek Gorge are forests of mixed hardwoods (tulip poplar, maple, oak, hickory) and upland meadows. Bottom Creek Gorge also contains virgin hemlocks and hundreds of wildflowers. About 3.5 miles, low moderate
https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/bottom-creek-gorge/

May 15: Falls Ridge Preserve – Montgomery County
Part of a steep, rugged ridge that rises from the valley of the North Fork of the Roanoke River, Falls Ridge Preserve boasts a spring-fed travertine waterfall approximately 80 feet in height. Salem Fault runs through the preserve, dividing it into two different rock types – Precambrian limestone and shale/sandstone. The corresponding difference in soil types generates a diversity of vegetation, particularly wildflowers and smaller flora. The rocks in the travertine falls watershed grew steadily, as minerals and lime dissolved in the water precipitate upon them. Over thousands of years, the build-up of calcium carbonate steepened the stream's gradient and slowly created both the waterfall and one of the largest-known exposed travertine deposits. 4 miles, high moderate
https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/falls-ridge-preserve/

May 22: Cooke's Wall – Hanging Rock State Park
Starting at the picnic and swimming area at Hanging Rock Lake, the trail climbs steadily to Wolf Gap at 0.5 miles. At Wolf Gap, the trail has a junction with the Wolf Rock Trail which joins in from the left. The trail follows the ridgeline and has a junction with the Magnolia Springs Trail at 1.1 miles. The next landmark is House Rock, a large flat rock outcropping with good views to the south at 1.3 miles. The trail then continues its climb up to Cook's Wall all coming to a dead end at the Cook's Wall Overlook at the end of the trail. 4.4 miles total, out and back trail, moderate
https://www.hikingproject.com/trail/7013382/cooks-wall-trail
Walking with Paul Johnson*

The walking group is doing a combination of town and historical walks with joining the hikers for shorter hikes at the same sites. Each week Paul will provide information about where to meet to carpool, as well as where to meet the group at the site. Wear appropriate clothing for the weather conditions for the day, and always bring snacks, water and lunch. We rarely cancel hikes because Paul always has a back-up plan for an indoors event. Please provide a cell phone number so we can contact you in the event of a late change. Guest fee: $5.00

April 17, Fairy Stone Beach Trail – Fairy Stone State Park
Fairy Stone State Park, the largest of Virginia's six original state parks, is home to its namesake “fairy stones.” These rare mineral crosses and the park's scenic beauty, rich history and ample recreational opportunities make it a local and regional favorite. The 4,639 acres that make up the park were donated by Junius B. Fishburn, former owner of the Roanoke Times, in 1933. The Civilian Conservation Corps originally built the park, its lake and many structures still in use there. Lake Shore Trail is a 2 mile lightly trafficked out and back trail that features beautiful wild flowers and is good for all skill levels. The trail offers a number of activity options and dogs are also able to use this trail but must be kept on leash. There is a parking charge per vehicle at Fairy Stone State Park.

April 24 – The Town of Kernersville, NC
According to local tradition, around the year 1756, an Irishman named Caleb Story was awarded a land grant from the Royal Colony of Carolina for 400 acres of beautiful, rolling wood that would eventually come to be known as Kernersville. According to the official Moravian diaries of this time period, we know that Dobson's Tavern was the first stopover place on the long journey between settlements of Salem and Bethlehem, Pennsylvania. According to George Washington's diary, he stopped at Dobson's Tavern to have breakfast on June 2, 1791. The President was on his Southern tour and was spending time in Salem before visiting the Battleground of Guilford. Kernersville is home to the Cienen Botanical Gardens as well as the Kernersville history museum and multiple restaurants. Our walk will include all these sites as we explore the historic center of the city.

May 1 – Gravely Nature Preserve – Ridgeway, VA
The 75-acre natural area lies along the Smith River in Ridgeway, Virginia and is nestled away just a short drive from Martinsville Speedway. It is part of the Smith River Trail System. This land is full of history, nature, and beauty. The Richard P. Gravely, Jr. Nature Preserve was once a plantation and tobacco farmland, but has been beautifully taken over by nature's regrowth process. Paul will lead the group through the less strenuous trail.

May 8 – The Town of Chatham, VA
Historic District
The Town of Chatham has served as the seat of Pittsylvania County since 1777, and as the commercial center for the surrounding rural region of tobacco-
rich Southside, Virginia. Chatham's history runs deep. In October 2001, the Town of Chatham was placed on the Virginia Landmarks Register and the National Register of Historical Places. There are 155 structures within the Historic District, a 95-acre area in the central downtown area of Chatham. There are several sites for us to visit including the former train station which is now a county history museum, an arts center, and the 1813 courthouse as well as many impressive residences along the main street of the town.

**May 15 - The Town of Rocky Mount, VA Historic District**

First settled in the mid-1700s, Rocky Mount had an iron works in full operation by the 17702. Iron production remained an important enterprise in the region through the mid-19th century and attracted suppliers of supporting goods and services to the area. The development of two railroad lines into Rocky Mount between 1880 and 1895 brought access to Lynchburg and Danville markets, as well as Norfolk and points west. Join Paul as you explore the historic district of one of our neighboring towns and learn more about the development of this Virginia Main Street Community. Our walking tour will include sites in the historic downtown including stops at the county public library and various other sites of interest including Celeste Park, the newest attraction in the town.

**May 22 - River Bluffs Trail - Hanging Rock State Park**

While the newest addition to the trail system at Hanging Rock State Park isn’t a long trail (1.3 miles), it does add an entirely new river experience for hikers. Branching off of the Indian Creek Trail, just a few hundred feet from the park's Dan River access, the trail makes a loop that features about a half-mile stretch along the river. (Turn right and you'll be at the Dan in less than five minutes.) The river section is especially scenic because of the rock bluffs that are visible on the opposite shore. It’s a rugged and picturesque area. Near the end of the trail’s river section, a rapids runs just beneath the cliffs. Take the side-trail here down to a sizable beach for a closer look at the rock face, the rapids and the colorful river rocks.

**THURSDAYS**

**9:30-10:30**

**Gentle Yoga**

*Deana Heath Clark, Instructor*

Deana brings her own special touch to Yoga this spring 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.
Wear comfortable clothing and bring a yoga mat. Guest fee: $5.00

11:00-12:30
Creation: Gift and Sacred Trust
David Schill, Instructor
This six-week course will be designed to give an overview of a major Judeo-Christian belief. Included in the Biblical perspective will be the creation stories: fall of humanity, role of humanity in ongoing creation, and special attention to the meaning of “dominion over creation.” The purpose of the class is to give students a perspective of the Creation from Biblical and Theological sources in light of modern ecological concerns. Each student will develop their own strategy for creation care and will turn their learning into reality. Every day for the Judeo-Christian world is Earth Day. If you would like a light, healthy lunch provided each day, the cost is $15 for the 6-week class. There is no charge just to take the class.

ECCLECTIC THURSDAY AFTERNOONS
1:30 until........

April 18, “Hula Hoop Weaving”
Norma Bozenmayer, Instructor
Students will twine a 24-inch circular rug from fabric of their choice on a hula hoop. The first session students will learn the techniques of twining on the hoop. Participants should bring old sheets, clothing or fabric to use. Bright colors are encouraged. Fabric should be cotton or a cotton-blend. Bring good fabric scissors if you have them. Rugs will be started during class and finished at home, then the second session (date to be announced as soon as everyone is ready) will demonstrate how to finish the rug. Class will be held at the Creative Arts Center, and is limited to 12 students. Materials fee: $5.00. Guest fee: $10.00

April 25, “Terra Cotta Wall Pockets”
Joyce Wray, Instructor
Celebrated potter Joyce Wray will lead this fun class in creating Terra Cotta Wall Pockets, which are perfect for displaying air plants, succulents, dried herbs or flowers, or for holding useful items like toothbrushes, pens, pencils or craft supplies. You will create at least 2 pockets from slaps of clay and each will result in a delightful look that is perfect with any décor. They can also be used outside as well, and develop a natural patina that looks great in any garden setting. Class will be held at the Creative Arts Center, and is limited to 12 students. Materials fee: $10.00. Guest fee: $20.00

May 2, “Paper Flowers”
Lisa Martin, Instructor
Lisa will teach you how to create beautiful flowers that will never wilt and die. These are perfect decorations for parties, backdrops for weddings, and even individual flowers will look great anywhere in
shown how to turn the flash off and control the light to capture the details that are within the bloom of the flower. He will also teach you how to build a DIY reflector to add a softer light for the side view to remove the harsh shadows of the main light. You’ll be ready for the Nancy Susan Reynolds Photography Show this fall after learning all of these great tricks!

May 16, "PAINTING LARGE!!"  
Andrea Morrison & Norma Bozenmayer, Instructors
After being inspired by large abstract paintings at Piedmont Arts, Andrea and Norma devised this fun class using large pieces of cardboard and acrylic paints for a one-afternoon workshop. Students are invited to bring house painting size brushes (no smaller than 2 inches), and combs, knives or any cool items that might create textures. Wear appropriate clothing; as your creative juices get flowing, the paint might go flying! Class is limited to 15 participants, and will be held at the Creative Arts Center. All supplies are included in the $10.00 fee. Guest fee: $20.00.

May 9, “Digital Photography: Getting Great Close-Up Shots Using a Flashlight”  
Rick Dawson, Instructor
Everyone loves to photograph flowers, but sometimes getting the right shot can be difficult. Rick will teach you how to get great close-ups using a small flashlight and your camera on LIVE VIEW. He’ll demonstrate how you can view the detail that can be captured by using more light. Participants will be

May 23, “Smith River Float”  
Betty Kirkpatrick, Instructor
It’s time to get the COA back on the water! So join Betty for a fun afternoon floating down the Smith River. As the date gets closer, you will be apprised where and when to meet, as everything depends on the water quality. Please indicate on the registration form if you have your own kayak.
for creativity to flow! After our tour, we’ll head over to Beliveau Estate, a Winery, Bed and Breakfast and Lavender farm located between Blacksburg and Roanoke. There we’ll enjoy a tasting and lunch, and then take time to walk around and explore the grounds. The tasting fee is $10 (payable to the winery at the time), and lunches include gourmet pizzas, cheese plates, and soup and sandwich options. Lunch is on your own. $10.00 per person; guest fee $20.00.

April 26 – Historic Mount Airy, NC
One of the rainiest days in the history of rainy days greeted us on our last trip to Mayberry, but hopefully this one will be brighter as we explore some of the history of Mt. Airy. Settlement in the area goes back to the 18th century, but the oldest known remaining building in town is the William Alfred Moore house. The two-story frame house shows some influence from Greek Revival architecture. It was enlarged and

FRIDAYS ( Mostly on the Road)

Golf: A Game for Life – Gordon Trent Golf Course
Fridays, April 26-May 24, 9:30-10:30 a.m.
Golf pro Dewey Hinnant invites those interested – including beginners – to come out and enjoy a game that will stay with you for life. Gordon Trent will provide a full range of golf swing and playing instruction. Come learn how to putt, chip, drive the ball and HAVE FUN! Bring a friend or make a new one there. The course will provide practice balls and golf clubs for those who need them. $5.00 per week per lesson, payable directly to Gordon Trent. You can’t beat this deal!

April 19 – The Artful Lawyer Gallery and Beliveau Estate Winery
What better way to spend a Friday afternoon than heading to Blacksburg for a visit to a most unusual art gallery and then heading over to a magnificent estate for a wine tasting and lunch? We’ll depart the Homestead at 8:45 and head to Stuart with a pick up at BB&T (and along Route 8) to arrive at the Gallery at 10:30 where we will get a guided tour. The Artful Lawyer is a not-for-profit gallery which opened in 2012 and hosts art classes and exhibitions throughout the year. They are dedicated to providing space for creativity to flow! After our tour, we’ll head over to Beliveau Estate, a Winery, Bed and Breakfast and
remodeled slightly in the late 19th and 20th centuries. Perhaps most interesting is the hexagonal summerhouse or gazebo with walls and furniture made of laurel root, a rustic structure popular during the Victorian era but with few remaining original examples. The house was placed on the National Register of Historic Places in 1986 and was purchased by the Mount Airy Restoration Foundation in 1992. After a guided tour of the WAM house, we’ll pop over to Old North State Winery for lunch. Then, across the street to the Mount Airy Museum of Regional History for a guided tour of that fascinating facility. It represents an All-American story—typical of how communities grew up all across this great nation. The museum is dedicated to preserving and interpreting the natural, historic, and artistic heritage of the region.

The group will depart the Reynolds Homestead at 9:00, with a stop at Lowes Foods in Stuart to pick up any who would like to meet there. Trip fee: $15.00, includes transportation and tour fees. Lunch will be on your own. Guest fee: $25.00.

May 10 - Visit to Pacabella Farm and Homestead Creamery, Wirtz, VA

The story of Pacabella Farm’s origin is a sweet one, with the owner falling in love with two alpacas at a strawberry festival. Ten years later, the farm is a full-time business, with products from sweaters and scarves to lotions and soaps, all inspired by their alpacas. The group will tour the farm and have time to shop their beautiful store, before heading out to lunch at The Sea Captain, rated one of the best seafood restaurants in the area. Lunch plates start at $8.00 per person. Save some room, though, because then we’ll head over to Homestead Creamery for some local ice cream and shopping. The bus will leave the Homestead promptly at 9:00, with a stop at the Food Lion in Bassett Forks along the way. We should arrive back around 4:00 p.m. Lunch is on your own. Trip fee: $10.00; guest fee $20.00.

May 17 - Ciener Botanical Gardens, Kernersville, NC

Paul J. Ciener Botanical Garden is a source of community pride, tourism benefit, environmental education and horticultural splendor for the pleasure and enjoyment of citizens and visitors. It is intended to express the highest ideals of community values, civic space, learning, respect for nature and the rewards of

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Pouring medium with acrylic paints. The pouring medium binds to the paint and makes the paint flow better and keeps the colors separated longer. Each participant will create two canvases, one 8” x 10” and one 10” x 10” with Donna’s instruction. Get in on this very popular trend and create art for yourself or to give as a gift. All materials are included in the $20.00 fee. Dress to get messy! Guest fee: $35.00.

May 3 - Create a Pour Painting with Donna Rorrer, Instructor

The trend of Pour Painting and abstract painting in general means that it’s easy for you to create artwork like you are seeing in home decor stores and on Pinterest. There are many, many ways to create a recipe for Pour Painting. Basically, you need to mix a
nurturing plants and the environment. The aim of the garden is to achieve several specific purposes: education, passive recreation, and the cultivation, display, preservation and conservation of garden plants. It is to be a living classroom, civic gathering space, and a place of beauty. The group will have a guided tour of the gardens and time to explore on your own before walking just up the street to Mae’s Vintage Kitchen, which serves soups, salads, sandwiches, quiches, and teas in an historic home. Check out their menu on-line, it looks fabulous! Lunch plates starting at $8.00. The bus will depart from the Reynolds Homestead at 8:15 a.m. as our tour is scheduled to begin at 10:00 a.m. We will stop to pick up at Lowes Foods in Stuart on the way. Lunch is on your own. Trip fee: $10.00; guest fee: $20.00

May 24, A Visit to Nita’s Nook for a Day of Crafting, Claudville, VA

Find your own way to Anita Bailey’s for a day of vintage crafting. She’ll provide vintage jewelry, paper, frames, boxes, fabric, whatever your creative imagination would like! You are also welcome to bring a special item and enhance it. We’ll spend the day crafting! There is a $20.00 materials fee payable to Anita. Maximum number for the class is 9, so register early! 10:00 a.m. to 2:00 p.m. Bring a bag lunch.

Directions to Nita’s Nook will be sent to all registrants.
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