College for Older Adults
Fall 2019

How Much Fun Would You Like to Have?
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 12—Registration Closes. After this date, membership will be accepted at a $10 surcharge if space allows.
September 13—Classes Begin!
October 25—Last Day of Classes.
October 30—End of Term Luncheon

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.

If you turned in an activity waiver for the Spring term, you do not have to fill out a new one for the fall. If you did not participate in the Spring term, you MUST fill out an activity waiver to participate.

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. NOTE: You may not reserve a guest space for any scheduled trips until the week of the trip, if space is available.

What Is COA?
College for Older Adults
Fall 2019 Schedule of Classes
September 13 - October 25

Mondays
(Bring Lunch if you’re staying the day!)

Move It or Lose It!*
9:45 - 10:30
Janice Pendleton, Instructor

Enjoy a great exercise class geared for those who can't do intense workouts. The exercises are approved for arthritis sufferers, and are designed to keep you moving and flexible. Please bring hand weights (1-3 lbs.) and a mat or towel.

Guided Imagery Meditation
11:00-12:00
Sean Barker, Instructor

For those who struggle with achieving the deep sense of calm that accompanies a dedicated practice of meditation, guided imagery can be a helpful avenue to help us “get there.” This simplified, no-frills meditation class will be a welcome refresher to those who are experienced meditation students, as well as a gentle, accessible entre for new students. Come join us as we achieve greater peace of mind and wellness together, using guided imagery as our conduit!

Poetry as Self-Revelation
12:30-2:00
Sean Barker, Instructor

This is a poetry writing class that focuses on channeling the art of creative verse toward the ends of authentic self-expression and the deepening of self-knowledge and self-understanding. Traditional poetic devices and techniques such as metaphor, simile, 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) Memory, or, Self-Reflection; (2) Prophecy, or, Self-Creation; (3) Abstraction, or, Self-Allowance; (4) Alchemy, or, Self-Healing; (5) Mirroring, Part 1: Projection and Analysis; and (6) Mirroring, Part 2: Messaging and Regality. 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.

Tuesdays

Line Dancing for Fitness
9:30-10:30
Don Richardson, Instructor

Our fun and favorite dance instructor is back on Tuesdays with his lively Line Dancing class. Line Dancing is a unique form of exercise because it provides the heart-healthy benefits of aerobic exercise...
lived in Scott County and had a large family on property where he planted hillsides with samples taken from the Holy Land. He built a replica of Solomon's Temple in logs, assembled a group of followers called the Little Band, wrote a now-lost book of spirit revelations, and died around the Civil War. No one can find the temple or the book which makes the whole story really an extreme "lost community" episode.

Tuesday Topic
11:00-12:30

Enjoy a range of topics from history to health to issues for seniors and beyond!

**Tuesday, September 17:** "Edgar Cayce and Madame Blavalsky" by Paul Johnson

Edgar Cayce (1877-1945) was a Virginia Beach psychic whose “readings” echoed the teachings of the Russian author Helena Blavalsky (1831-1891). Paul has written a scholarly book about both and will show an excerpt from a 2008 TV documentary about Blavalsky in which he appeared. He will also talk about Cayce and his family connections to him in Virginia Beach. Paul’s talks are always fascinating glimpses into seldom-seen history, so don’t miss it!

**Tuesday, September 14:** "Abijah Alley"
by Nancy Schoonmaker.

Nancy is the author of a monography on a very eccentric and mysterious Virginian, and the only modern author to have written about him. Abijah Alley lived in Scott County and had a large family on property where he planted hillsides with samples taken from the Holy Land. He built a replica of Solomon’s Temple in logs, assembled a group of followers called the Little Band, wrote a now-lost book of spirit revelations, and died around the Civil War. No one can find the temple or the book which makes the whole story really an extreme “lost community” episode.

**Tuesday, October 8:** "The Stokes County Mineral Springs and Hanging Rock State Park"
by Jason Anthony

In the late 19th and early 20th centuries, recreation was becoming an accessible pastime for more and more Americans. The mountains and mineral springs of Stokes County offered ample opportunities for outdoor activities, and resort hotels dotted

**Tuesday, October 1:** “Outsmart the Scammers” by Thomas Walker (Edward Jones).

Scams have gotten more sophisticated and they are prevalent on all forms of social media, phones, and the internet. Thomas will help attendees spot certain red flags of fraudulent activity. Educate yourself about fraud — no one is immune, and there are steps you can take to outsmart the scammers.

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the landscape where today only fields and forests remain. Come learn the fascinating and largely forgotten history of the Golden Age of Stokes County.


Managing healthcare after retirement can be exhausting. Thomas will be here to talk about all of the options that are available, including medical costs and options, and long term care. If you're concerned about your own healthcare after retirement, or you're managing the healthcare of someone else, don't miss this informative session.

Tuesday, October 22: “Journey to the Stars” by Corrie Ann Delgado.

Enjoy this presentation and discussion about Observation Astronomy which includes a “journey” from an earth perspective through our solar system and galaxy and ending with a breathtaking view of galaxies in the Super Virgo Cluster.

Tuesday Afternoons Are for Art!

Watercolor Pencil on Canvas
September 17, 1:30-4:00
Creative Arts Center
Karen Eggleston, Instructor

The multi-talented Karen Eggleston will teach the class to use watercolor pencils where you will create your own still-life canvas of a wine bottle and fruit. All materials will be provided and you will leave with a 12” x 12” canvas suitable for hanging in your home. Class fee: $15.00. Guest fee: $25.00

Denim Flowers Workshop
September 24, 1:30-4:00
Creative Arts Center
Anita Bailey, Instructor

Anita always has the most fun ideas for crafting classes, and her denim flowers are no exception. Participants will make flowers from denim and use them to decorate frames, clothing, jewelry, jars, lamps - anything their imaginations can dream up! A variety of materials will be provided. Please bring one clean denim item to donate back into the pool of supplies.
You may also bring items you would like to decorate, as well as any favorite embellishments or trims. Class fee: $10.00. Guest fee: $20.00. **Class is limited to 12 participants.**

### Halloween Barn Quilts
October 1, 1:30-4:00  
Creative Arts Center  
Terri Leviner, Instructor

Choose one of our fun Halloween designs to create your very own holiday 12” x 12” barn quilt to display during the spooky season! All paints and materials are provided, and boards will be prepped with your chosen design drawn on it. Barn quilts can be used inside or outside, as we will be painting them with exterior grade paints. You must choose your barn quilt design no later than September 20; otherwise, there will be extra boards for you to choose among. Class fee: $10.00. Guest fee: $20.00.

### Felt Flowers
October 8, 2:00-4:00  
Creative Arts Center  
Norma Bozenmayer, Instructor

Learn to use needle felt techniques to create a wearable pin! Class fee: $5.00. Guest fee: $10.00

### Candle Making
October 15, 1:30-4:00  
Creative Arts Center  
Andrea Morrison and Aileen Turner, Instructors

The group will melt and color wax to make charming candles for your home or to use as gifts. All supplies will be provided. Bring a smock or apron to wear to protect yourself from the hot wax drips! Class fee: $5.00. Guest fee: $10.00. **Class is limited to 12 participants.**

### Decorative Galaxy Glasses
October 22, 1:30-4:00  
Creative Arts Center  
Lisa Martin, Instructor

Each participant will create 4 glasses of your choice in a beautiful galaxy pattern. Please bring your own glasses (they’re $1.00 each at the Dollar Tree), but all other materials will be provided. Learn how to care...
for the enameled glasses so that they will last for a universe. Glasses will be painted at the Creative Arts Center, but baked and finished at home. Class fee: $5.00. Guest fee: $10.00

Wednesday Walks*
Paul Johnson, Leader

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 walks 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

Vade Mecum, Hanging Rock State Park
Wednesday, September 18

Enjoy the trails at Vade Mecum, an integral piece of the history of the Sauratown Mountains. Beginning in the mid 1800’s and lasting through the second decade of the 20th century, there were three major mineral Spring Resorts near Hanging Rock State Park. The last one standing is one of three hotels that were built at the Vade Mecum Resort. While Moore Springs Resort, and Piedmont Springs Resort are long gone, the 1902 hotel at Vade Mecum is still standing and is in remarkable condition! This is because it has been in continual use up until 2014, at which time the property was transferred to Hanging Rock State Park.

Historic Bethania
Wednesday, September 25

Bethania was established in 1759 as a self-sufficient farming community which allowed both Moravian and non-Moravian settlers. It offers a living and working town that is also devoted to preserving its history. A National Historic Landmark, the town of Bethania is the only known existing Germanic-type Linear Agriculture village in the South. Historic Bethania offers a chance to explore the restored 1790s Wolff-Moser House, 1894 Alpha Chapel and enjoy a walk on the 1.5-mile Black Walnut Trail. Take a leisurely walk down Main Street, and see the carefully preserved and restored stores and private homes.

Historic Downtown Galax
Wednesday, October 2

Downtown Galax is lined with historic buildings, award-winning restaurants, uncommon shops and chic boutiques, inspiring art galleries, and over 43,000 square feet of antique showroom space.
charm of the downtown area resonates every Friday with live performances that showcase our region’s musical legacy at the Historic Rex Theater. Quaint and friendly, Galax is home to Chestnut Creek School of the Arts, where residents and visitors can take a weekend class to explore a new art or hone their craft with a multi-week advanced course, learning from accomplished regional and national masters. What a fun walking tour!

**Byrd’s Ledge, Mayo River State Park**  
*Wednesday, October 9*

Envisioned as a riverine park along the Mayo River corridor from Virginia to the Town of Mayodan, Mayo River State park is under development, but offers basic state park amenities on the 400-acre site of the former Mayo Park, a historic and prized community gathering place. The centerpiece of the park is a restored pavilion-style picnic shelter designed by renowned architect Antonin Raymond. This is flanked by picnic grounds, small fishing ponds and a growing network of hiking trails. Walkers will journey to Byrd’s Ledge and back.

**Grassy Hill Nature Preserve (short loop)**  
*Wednesday, October 16*

Grassy Hill is a prominent landmark on the west side of the Town of Rocky Mount. The site is characterized by rocky slopes forested with hardwood species and scattered patches of Virginia pine. Shallow, basic, heavy-clay soils predominate and outcrops of magnesium-rich bedrock are common. These unusual soil and rock substrates provide habitat for rare woodland communities. Several rare plants grow in small grassy openings near the hill’s summit. As suggested by its name, there is evidence that this community type once dominated much of Grassy Hill. For example, open-grown oaks with low spreading crowns are found amidst younger, closely spaced trees. Fire scars on some trees indicate that fire may have played an important role in keeping Grassy Hill open. With the advent of effective wildfire suppression during the twentieth century, the open, grassy woodlands slowly transformed into forest and dense woodlands with a continuous canopy.

**Mount Airy Greenway**  
*Wednesday, October 23*

Mount Airy’s Ararat River Greenway Trail runs from Riverside Park, through the HB Rowe Environmental Park, to Tharrington Park near the elementary school. The 2.2 mile long (one way) paved path offers residents of, and visitors to, Mount Airy the ability to exercise in a natural setting. The Ararat River Greenway Trail has several picnic shelters and benches found along the trail, restrooms located at Riverside and HB Rowe parks, canoe and kayak put-ins/take-outs at each of the three parks, and TRACK Trail Adventures to help connect visitors with the resource. Whether by foot, bike, canoe or kayak, visitors will enjoy the sights and sounds found along the greenway during their visit.
Wednesday Hikes*
Wayne Kirkpatrick, Leader

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

Riverbluffs Trail, Hanging Rock State Park Wednesday, September 18

Since its creation as a 1930s Civilian Conservation Corps project, Hanging Rock State Park has offered the best of a traditional outdoor experience with 73-site campground, picnic grounds, stocked lake for swimming and canoe rentals and more than 20 miles of hiking trails that climb onto spectacular views and weave alongside clear streams and waterfalls. The Riverbluffs Trail is a short, family-friendly hike along the Dan River, originating at the access parking area. The Riverbluffs Trail takes you along a beautiful stretch of the Dan River with shoals, rapids, and exposed cliffs.

Dick & Willie Passage Rail Trail (Extension)
Wednesday, September 25

The group will travel from Prillaman Chemical to the Smith River Sports Complex. This newest section of the trail was completed in 2018 and is 2.5 miles long. The Dick & Willie Passage Rail Trail runs on a former Danville & Western Railroad corridor, which was acquired by Southern Railway in 1920 and ultimately abandoned by its successor, Norfolk Southern, in 2009. The original railroad was affectionately known as the "Dick & Willie" after its initials.

Poor Mountain Natural Area Preserve
Wednesday, October 2

In autumn, the forest slopes and ridgetops of Poor Mountain are brightened by the brilliant yellow foliage of piratebush. Poor Mountain Natural Area Preserve protects the world's largest population of this globally rare shrub, which is restricted to only a handful of sites in the mountains of Virginia, Tennessee, and North Carolina. The mountain is named for its impoverished soils weathered from metamorphosed sandstone bedrock. The ridgetop, 3,000 feet in elevation, is predominantly a xeric Table Mountain pine and oak woodland. Piratebush is a dominant understory shrub in this community along with huckleberry and blueberry. Piratebush is also found with mountain laurel in the hemlock ravines and mesic pine forests of the lower elevations. There are 4 miles of hiking trails to explore here; Wayne will provide more information.
This highly scenic, 4-mile round-trip trail meanders along a shaded mountain creek to a **69-foot waterfall** within Jefferson National Forest. Hike is low to moderate difficulty. Picnicking area is at the beginning of the trail. About 150,000 visitors a year visit the Cascades. Without question, Cascade Falls is one of the most beautiful waterfalls in Virginia and possibly on the entire East Coast. Little Stony Creek falls over a vertical cliff in several different streams. Several streams cascade a couple times on the way down while others fall the whole distance of the falls.

The 69 ft. falls crash into a large pool surrounded by two hundred foot cliff walls from which large ice formations hang in the winter. The scene is both breathtaking and peaceful as the falls combine both power and beauty. The falls are also fairly easy to view, with wooden stairs and platforms on one side of the pool allowing a visitor to get very close to the falls as well as allowing a photographer many different angles for photographs.

**Grassy Hill Natural Area Preserve (long loop)**

**Wednesday, October 16**

Grassy Hill is a prominent landmark on the west side of the Town of Rocky Mount. The site is characterized by rocky slopes forested with hardwood species and scattered patches of Virginia pine. Shallow, basic, heavy-clay soils predominate and outcrops of magnesium-rich bedrock are common. These unusual soil and rock substrates provide habitat for rare woodland communities. Several rare plants grow in small grassy openings near the hill's summit. As suggested by its name, there is evidence that this community type once dominated much of Grassy Hill. For example, open-grown oaks with low spreading crowns are found amidst younger, closely spaced trees. Fire scars on some trees indicate that fire may have played an important role in keeping Grassy Hill open. With the advent of effective wildfire suppression during the twentieth century, the open, grassy woodlands slowly transformed into forest and dense woodlands with a continuous canopy.

**Stone Mountain State Park**

**Wednesday, October 23**

The massive granite dome at Stone Mountain State Park keeps watch on park visitors enjoying nearly
Christians. Dave will be using the latter approach. When we hear the people of Revelation, we will hear the testimony of people who are losing their lives for their faith. When destruction comes how will we respond? Lunch for the 6 classes featuring a fall soup-of-the-day is optional; cost is $10.00 (for all 6 weeks).

**THURSDAYS**

**Yoga**
9:30-10:30
Rebecca Adcock, Instructor

**Memoir Writing: Stories from Your Life**
9:30-10:45
Beth Almond Ford, Instructor

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. Class size will be limited to 15 students and early registration is recommended.

**Reaching into Revelation**
11:00-12:30
(Soup-of-the-Day lunch option available)
Dave Schill, Instructor

The Book of Revelation is a mysterious writing that has perplexed peoples for centuries, frightening many who try to fathom its pages. There are two basic approaches to interpreting this book. First, is to read it as a road map to the future. The second is to read this material in the context of its time and hear the witness of first century and second century
Refuse to Be a Victim
September 26, October 3 and 10, 1:00-2:30
Susan Martin, Instructor
This is not a self-defense class in the traditional sense, but rather a great learning opportunity on how to keep yourself safe in many different situations. Learn how to make your home safer and how to do walk-around security checks. Find out safety tips to employ before and during a trip. Explore personal safety techniques to ensure you're always aware and safe no matter where you are. $10.00 per person, which includes a 75-page textbook to keep. Class is limited to 12 students.

Fall Sidekicks
October 17, 1:00-4:00
Surprise Guest Chef!

This will be so much fun! Participants will be divided into groups with simple finger food and side dish recipes to prepare and share with the group. Jazz up your fall table with some fun and easy foods that you may not have thought of. Instructions, samples and recipes for everyone. Get a head start on fall food prep with this class. Material fee: $8.00. Guest fee: $15.00.

Watercolor Painting on Yupo Paper
October 24, 1:30-4:00
Creative Arts Center
Andrea Morrison, Instructor

Join watercolor artist Andrea Morrison for this explorative class in painting on yupo paper. Learn to paint and print on this amazing paper that can do so many things. All supplies are provided for this experimental and playful class. No experience necessary. Class fee: $10.00. Guest fee: $20.00. Class is limited to 10 participants.
**Fridays on the Road!**

New this year is the need to purchase tickets for the Friday trips. Before registering for a trip, please check that there are tickets available. Some of our venues this year have limited the number of people we can bring. If, for some reason, you are unable to attend, then you can sell or give your ticket to someone else. During COA registration, we will not be taking guest reservations for trips; if, at the time of the trip, there is space available, you'll be able to purchase a seat for a guest. Please note on the registration form if you are planning to drive separately, and also if you want to be put on the list for a guest ticket.

All times listed are departure times from the Reynolds Homestead. Always, we will make convenient stops along the way and be happy to pick up anyone who wants to meet us. A full schedule will be published the Monday before the trip, so please provide an e-mail to receive that information.

Except for the Primland and Blue Ridge Farm Museum trips, all lunches are on your own for the day. We have provided restaurant information as well as a range of pricing for lunches so you can be prepared. Most places range in the $8 to $15 range for a full lunch.

**Primland: Lunch and Tour of the Lodge and Grounds**

*September 13, 10:15 until SOLD OUT*

Enjoy an insider’s look at the tranquil beauty of this exquisite Blue Ridge Mountain luxury resort.

We’ll arrive at 11:30 for a chef-prepared private luncheon at the Lodge, followed by a walking tour of this fantastic facility. Then, we’ll load onto a Sprinter and check out the cottages and other sites towards the south entrance. This is a special trip that most visitors never get to see. $25.00, includes lunch and gratuity. **This event is limited to 15 people. SOLD OUT**

**Blue Ridge Music Center**

*September 27, 8:15 until*

Janice Pendleton has planned a fantastic trip to the Blue Ridge Music Center near Galax, a state-of-the-art performing arts facility built to preserve and promote the historic music of Virginia and the Blue Ridge. We’ll arrive at 10:00 to be greeting by BRMC staff who will take us on a tour of the Roots of American Music Museum. Lunch (on your own) will be available on the grounds, and then we’ll settle in for a couple of hours of fantastic mid-day mountain music. Trip fee: $10.00.

**Behind the Scenes at the Virginia Museum of Natural History**

*October 4, 9:00 until*

A cadre of scientists will be waiting to greet us for a special behind the scenes tour of the Virginia Museum of Natural History, the state’s natural history museum founded in 1984. The museum has several different award-winning publications, is affiliated with the Smithsonian Institution, and has more than
It’s always enjoyable to visit our “sister” estate in Winston-Salem! The “bungalow” built by R. J. Reynolds for his wife Katharine Smith Reynolds is a centerpiece of the W-S area. Designed as a self-sufficient estate, Katharine created a 60-room bungalow for her family, formal and informal gardens, a lake and other facilities for healthy recreation, a school, a model farm for demonstrating the most current farming and dairying practices, and a village to house workers. We’ll arrive at 10:00 for a guided tour of the home, then travel over to Milner’s American Southern for lunch, returning to the estate where you may explore the grounds and the exhibitions in the gallery. Lunch averages $8-$20 per person. Trip fee: $20.00. This event is limited to 15 people.

Blue Ridge Farm Museum: 1800 Farm Life Tour and Jack Tales Performance
October 11, 8:15 until

Travel back to the year 1800. A thirty-mile trip takes more than a day. John Adams is President, but few folks in the Blue Ridge Mountains have seen him or heard him speak. On the Farm Life Tour you’ll explore the folk skills that German and German-American settlers needed to create a successful farm and home life in the Blue Ridge backcountry at the turn of the nineteenth century. We’ll break for a picnic lunch (provided) on the grounds, and then enjoy a performance of Appalachian talks about the clever “Jack” of beanstalk fame. What a great day to be out and enjoy the fall. $15.00 includes lunch.

Black Dog Salvage
October 25, 8:00 until SOLD OUT

Since 2012 the incredible adventures of the Black Dog Salvage team have been aired on HGTV, DIY, Discovery, and Great American Country as the TV series Salvage Dawgs. From carefully extracting architectural elements from private homes and classic historical properties to disassembling old hospitals and crumbling mills, every show is a fast-paced and
fun treasure hunt. With a mission to reclaim, reuse and repurpose architectural salvage for a sustainable future. We will arrive at 10:00 for a tour of the showroom and learn about how it all began. Then we'll have a meet-and-greet with one of the stars of the show who can answer all of your questions. Following our visit, we'll head over to Roanoke's famous Montano's Restaurant for lunch on your own ($8-$20 per person). Trip fee: $20.00. This event is limited to 15 people.

SOLD OUT!

Other Friday Fun!

Medicines in Your Yard
September 20, 10:00-noon (Creative Arts Center)
Norma Bozenmayer, Instructor
We will discuss the “weeds” in your yard that can be used as medicine – what they’re good for, and how to use them. Then each person will make a medicinal oil and salve to take home for later use. Class fee: $5.00. This class is limited to 12 people.

Beginner Acrylic Painting: Landscapes
September 20, 1:00-4:00 (Creative Arts Center)
Charles Hill, Instructor
Charles will lead the class through the basics of brushwork, color mixing and composition as you complete a landscape. All materials will be provided. Class fee: $20.00. Class is limited to 12 students.

Meaningful Memorabilia: Make a Junk Journal
October 4, 10:00-2:00
Anita Bailey, Instructor
Head out to Nita’s Nook (4842 Hatcher’s Chapel Road, Claudville) for a day of meaningful memorabilia. The purpose of a junk journal is to utilize all of the “junk” you’ve collected – ticket stubs, paper dolls, patterns, material, programs, invitations, flyers, souvenirs, etc. Look online for ideas, and bring your “junk” to use. Anita will also have lots to choose from. Class fee: $10.00, payable to Anita on the day of the class. This class is limited to 9 people.
Notes: