College for Older Adults
Spring 2020

How Much Fun Would You Like to Have?
Everyone must turn in a waiver to participate in a fitness class or a bus trip. Last year's forms are now expired.

REGISTRATION
Because many of the trips and 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.
CANCELATION POLICY

Fees for classes canceled at least 7 days in advance will be refunded; credit will be applied for classes canceled up to 48 hours before. Cancelations within 48 hours and no-shows forfeit any fees paid.

MIND AND BODY MONDAYS

9:30 - 10:15  
Move It or Lose It*  
Janice Pendleton, Instructor

Move It or Lose It returns with gentle to moderate stretching, toning and movement to music. Exercises taken from the book, Arthritis: What Exercises Work, by Dava Sobel and Arthur C. Klein, and other sources are used to create an exercise routine suitable for people with arthritis, and for those who want a fun, active routine that isn’t too strenuous, perfect for COA members! Participants will need light weights, no more than 3lbs. are recommended. No floor exercise will be included. Instructors: Janice Pendleton, with Susan Tabor assisting.

10:30 - 11:15  
Neurobics: Keep Your Brain Alive!  
Susan Tabor, Instructor

Part 2 of Mind and Body Monday focuses on preventing memory loss and increasing mental fitness as we age. There will be some physical exercises that correlate to Move It or Lose It. Brain Gym physical exercises will prepare participants for the neurobic exercises that increase mental fitness, taken from the book Keep Your Brain Alive by Lawrence Katz and Manning Rubin. Memory game activities are also included, as well as suggestions for food choices to aid in keeping your brain alive. No special equipment is required. Instructors: Susan Tabor, with Janice Pendleton assisting.

11:30 - 12:30  
Meditation with Tones  
Sean Barker, Instructor

Our favorite meditation leader, Sean Barker returns to round out Mind and Body Monday, Part 3.

“Sound is a very powerful tool that influences nearly every aspect of our being, including health, wellness, and mental rest.” This class will explore the strategic application of sound to enhance and sustain the meditative state of mind. We will
utilize recorded sound and live instrumental performance in this exploration. We will also explore vocal toning – the ancient practice of using our voices, and the movement of air and sound vibration through the body to enhance blood flow, reduce inflammation, and support mental clarity and the meditative state. A great class for beginners and returning meditation students alike!

1:00 – 3:00
Afternoon Fun and Games
Various Instructors

Follow up your morning of mind and body workouts with afternoon activities to enjoy with each other. Maybe you’ll learn to play a new game or learn a new skill that you didn’t know you could do! Note: weather could affect afternoon events, so check emails to see if schedule changes have been made.

April 13 – Croquet

The game of croquet is a tradition of backyard recreation in America, as well as a sport that can be enjoyed by young and old alike. Whether you are a novice who plays the occasional friendly game or a determined competitor who gives opponents no quarter, you’ll enjoy an afternoon on the Homestead lawn.

April 20 – Beginning Kayaking, Lake Paddle* Betty Kirkpatrick, Instructor

For those who are new to kayaking, a couple of hours at Fairy Stone Lake with Betty Kirkpatrick will have you ready to enjoy this pastime. For those who do not have kayaks, there will be some available for a $5 fee, payable to Betty. Please indicate on your registration if you need to rent a kayak. Requires an Activity Waiver to participate.

April 27 – Learn to Juggle!
Mark Donnell, Instructor

In this workshop, taught by professional clown Mark Donnell, you’ll learn the skills to become a juggler. Start with balancing simple objects, moving to hat manipulation, all the way to three ball juggling. Amaze your friends and family with this new skill!
May 4 - Pickleball*

Despite its funny name, Pickleball is one of the fastest growing sports in America and is catching on worldwide. It’s played by millions of people of all ages and skill levels. Pickleball is best described as a combination of badminton, ping-pong and tennis. You can play indoors or outdoors on a badminton-sized court with a net similar to a tennis net. Players use a paddle that is reminiscent of ping-pong paddles, but is bigger and usually made of more advanced materials. The ball used is very similar to a plastic whiffle ball with holes covering the surface. Pickleball can be played as singles or doubles, just like tennis. Pickleball is truly a game for all ages, shapes and skill levels. The rules are simple enough for kids to easily pick up and many people develop a passion for the sport after just a couple games. Because of the smaller court size and light ball, the game is incredibly popular among seniors looking for a low-impact form of exercise. Requires an activity waiver to participate.

May 11 - Make Up Day

If we have any weather-related changes to the schedule, this day will be a make up.

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. Line dancing helps to increase muscle tone and coordination, lowers the risk of coronary heart disease, improves cholesterol levels, strengthens bones, reduces blood pressure, keeps you mentally fit and helps you manage your weight. Even more exciting, the New England Journal of Medicine conducted a 21-year study and found that dance alone can lower the risk of Alzheimer’s disease and other forms of dementia. Guest fee: $5.00

Tuesday Talks 11:00-12:30 Various Instructors

April 14, “History of the Dan River”
T. and Lindley Butler, Speakers

Find a wealth of colonial-era history on the banks of the Dan River and among the surrounding lands in Southside Virginia and Piedmont North Carolina. English settlers began pushing inland in the early 1700s. The communities of the Dan River Basin took
their current shapes in the 18th century, around the time the 13 colonies began to assert their independence from Great Britain. The boundary line between North Carolina and Virginia was drawn by William Byrd II during a surveying expedition in the 1720s. You can find a historical marker in Henry County near Ridgeway that reads, “William Byrd Pitched His Camp, November, 1728, While Determining The Virginia-North Carolina Boundary Line.” Learn more about this fascinating river that crosses the Virginia-Carolina line 8 times as it journeys eastward 214 miles before joining the Roanoke River.

April 28, “Infamous Characters, Notorious Villains”  
Heather Andolina, Speaker

When my grandmother was diagnosed with a rare blood disorder, we began to research deeper into our family history and uncovered an unique genetic past. I learned that I am a decedent of a mysterious group of people known as Melungeons. I, along with my brothers, film and travel all over the east coast in search of answers to the haunting history of the Melungeon people. Learn more about what we’ve discovered in this presentation.

April 21, “Decluttering and Downsizing”  
Priscilla Casey, AARP

You can’t take it with you! Having too much stuff can impede people from relocating or getting health care into their homes. This fun, interactive presentation explores why “stuff” is so important for some people, and teaches you practical, easy-to-follow tips on downsizing and decluttering. Cleaning out your house while you can is a gift and inheritance you can leave your children. Learn how to get started.

April 5, “Spring Barn Quilts” 11:00-1:00  
Terri Leviner, Instructor

Brighten up a window, your porch, your mailbox or even your living room with one of our beautiful spring barn quilts. Choose from among 5 designs which will be prepared for you, then paint them as you wish for a beautiful addition to your home. Class is limited to 15 people. $10 supply fee; $20 guest fee.
May 19, “Introduction to Hobby Drones”
Dan Swafford, Virginia Tech
Have you always wanted to fly your own drone? This talk and demonstration will introduce you to the world of hobby drones. We’ll cover FAA rules, how and where to buy a drone, and how to get your drone ready to fly. Weather permitting, you will be able to test-drive your drone-flying skills outside. Feel free to bring your own drone if you have one.

Creative Tuesdays! 1:30 - until
April 14, Dot Mandala Class (Beginning Mandala Painting)
Michelle Bell, Instructor
In this beginner’s class, students will create a seasonal dot mandala design on a 6 x 6-in canvas. You’ll learn dotting techniques, types of tools, the various paints that can be used, and the proper way to mix paints. Cost of the class includes all supplies needed to complete your very own dot mandala. Creative Arts Center. Fee: $10.00. Guest Fee: $15.00. Class is limited to 15 participants.

April 21 & April 23, Polymer Clay Mosaics
Lora Mahaffey, Instructor
Make a beautiful, colorful polymer clay mosaic inset in a 6 x 6-inch frame. We’ll use buttons, beads, charms and iridescent paints – and, of course, polymer clay! If you have any trinkets or decorative items you’d like to bring to add to your masterpiece, please do! Limited to 10 participants.

April 28, “Fundamentals of French Decorative Matboards”
Karen Sigmon, Instructor
Explore the art of decorating matboards and take your artwork and photographs to a new level. The class will begin with some history and examples, and then students will learn to draw French lines, add sponged panels, pastel panels and other decorative elements to pre-cut mats. Traditionally done for botanical prints, French mats can create effects for wedding and graduation photos, or any special artwork you have. Creative Arts Center. $5.00 material fee. Guest fee: $10.00
May 5 and May 7, “Beginning Rug Hooking”  
Becki Turner and Anita Bailey

Join our favorite hookers and learn the basics of rag rug hooking so you can create your own beautiful 12” x 12” rug or placemat. Each participant will receive a rug hooking kit, which includes all materials needed to complete your project. You’ll have so much fun learning a new skill that you can then continue on your own. Limited to 8 participants. Supply fee: $10. Guest fee: $20.

May 12 and May 19, “Mug Workshop”  
Norma Bozenmayer, Instructor

This fun workshop is a hand building course using slabs of clay to build functional tableware – cups, perfect for coffee, tea or any other beverage. Students will make 2 mugs that will be finished with glaze and can be picked up a couple of weeks after the workshop. $10 supply fee. Guest fee: $15

WEDNESDAYS
Hiking with Wayne Kirkpatrick*

Hikers will gather at 8:30 in the upper end of the Stu-
April 22: Fisher Peak Trail, Blue Ridge Music Center, Galax

Fisher Peak Loop Trail is a 2.9 mile lightly trafficked loop trail located near Galax, Virginia that features a river and is rated as moderate. The trail is primarily used for hiking and walking and is accessible year-round. Dogs are also able to use this trail but must be kept on leash. The trail winds up the side of Fisher Peak through a variety of vegetation. At the lower elevation the trail follows a stream through mixed pine and hardwoods. Higher up, the blooms of azaleas, mountain laurel and Catawba rhododendron provide a spectacular display in May. They give way to a diverse second growth forest of oak, poplar, maple and sourwood trees. Look for abundant signs of animal life. [https://www.alltrails.com/trail/us/virginia/fisher-peak-loop-trail](https://www.alltrails.com/trail/us/virginia/fisher-peak-loop-trail)

May 6: Buffalo Mountain Preserve, Floyd

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

April 29: Devil's Den Nature Preserve, Fancy Gap

The Devil's Den Nature Preserve is a unique 250 acre tract containing an abundance of cultural and natural resources. The preserve is situated on the eastern edge of the Blue Ridge Escarpment overlooking the North Carolina Piedmont. Several trails cross the property, including one that follows the former road bed of the Good Spur Road - a historic route in the 18th and 19th centuries. The Robert S. Harris Farmstead, a 1880s dwelling, is undergoing renovation as a future site exhibit. Rocks, some 40-50 ft. in height, mark the entrance to the Devil's Den - a spectacular geological feature that can be visited. The cave had a role in local history in association with the 1912 Carroll County Courthouse Shooting and was a major tourist attraction in the 1920s. [https://www.virginia.org/listings/OutdoorsAndSports/DevilsDenNaturePreserve](https://www.virginia.org/listings/OutdoorsAndSports/DevilsDenNaturePreserve)
May 13: Waid Park - Franklin County

Waid Recreation Park is a 220-acre facility located near Rocky Mountain in Franklin County, along the site of the Old Carolina Wagon Trail. The park is nestled near the Pigg River, which is home of the “Pigg River Ramble,” a three-day kayak/canoe race and festival. More than 400 acres of rolling terrain and creek crossings make this area great for beginners and more experienced hikers and bikers, as well as family events or picnics. [https://www.roanokeoutside.com/location/waid-recreation-park/](https://www.roanokeoutside.com/location/waid-recreation-park/)

May 20: Read Mountain Preserve - Roanoke County

Read Mountain is one of the County's largest passive recreation areas. Preserved by conservation easements with the Virginia Outdoors Foundation and the Blue Ridge Land Conservancy, most of the 243 acres are forested, preserving a natural environment the public can enjoy for generations. The park includes a 5 mile trail system with moderate to strenuous levels of difficulty. The main feature of the park is a 2 mile trail to Read Mountain's summit known as Buzzards Rock. The view from the top is one of the best in the Roanoke Valley. [https://www.roanokecountyparks.com/facilities/facility-details/Read-Mountain-Preserve-27](https://www.roanokecountyparks.com/facilities/facility-details/Read-Mountain-Preserve-27)

Walking with Paul Johnson*

The walking group is doing a combination of town and historical walks. Each week Paul will provide information about where to meet to carpool, as well as where to meet the group at the site. **Please check your e-mails before the walk.** 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. Generally the group gathers for lunch near the walking sites, though that is optional. You are also welcome to bring your lunch and have a lovely picnic afterward as well. Guest fee: $5.00

April 15 - Historic Martinsville - Henry County

Join Paul for the walking tour of the East Church Street – Starling Avenue Historic District in Martinsville, which will include Brown Street, Cleveland Avenue, Letcher Court, Market Street, and Scuffle Hill as well. Learn more about the city that once boasted the most millionaires per capita than another other city in the US. [http://landmarkhunter.com/186921-east-church-street-starling-avenue-historic/](http://landmarkhunter.com/186921-east-church-street-starling-avenue-historic/).

April 22 - The Secrets Inside - Historic Danville, VA

The Secrets Inside is a tour of Danville's magnificent Millionaires Row, a part of the Old West End Historic District. Paul will be adding some new side streets to the tour as well, as new restorations in Danville have opened up more sites to see. Host Joyce Wilbourn is a wealth of information and relates many stories about the homes and their former owners.

April 29 - Guilford Courthouse Battlefield - Greensboro, NC

Guilford Courthouse National Military Park is a Revolutionary War battlefield that commemorates the Battle of Guilford Courthouse between Maj. General Nathanael Greene's militia and Continental army versus Lord Charles Earl Cornwallis's British and Hessian army, on March 15, 1781. Whether you seek the footsteps of soldiers or enjoy a walk through the forest, the park offers a reflective space for you to ponder and explore this battle of the Southern Campaign of the American Revolution. [https://www.nps.gov/guco/planyourvisit/things2do.htm](https://www.nps.gov/guco/planyourvisit/things2do.htm)

May 6 - Historic Hillsville, Virginia

Beaver Dam Creek Walking Trail is a walking trail with spectacular outdoor nature scenery within the Town of Hillsville. It is situated along a creek embankment with views of open fields opposite the creek and the trail meanders through a peaceful canopy of hardwoods. The diversity of wildlife and
Plant life helped get the trail listed in the Virginia Birding and Wildlife Trail System. Wildflowers and butterflies add special character. The trail is open every day from sun up to sun down. The trail bed is lined with timbers and has a base of mulch. https://www.hillsville.com/recreation_pgs/beaver_walking.htm

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May 20 - Historic Bethabara - Winston-Salem, NC

Founded in 1753 by German-speaking Moravians, Bethabara was the first European settlement in the North Carolina piedmont. Today, Historic Bethabara Park preserves the history and heritage of the "Old Town." A National Historic Landmark and Local Historic District, the Park encompasses 183 acres of preserved wildlife, historic buildings and grounds, walking and birding trails, and protected wetlands. https://historicbethabara.org/about-us/

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

Rebecca brings years of yoga instruction and practice to our COA, and 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
telling of Jesus' life. If one reads Mark as if they are listening to a story teller, one would discover a rich account of the life death and resurrection of Jesus. Also, along with the life of Jesus, Mark tells the story of rather dull and unresponsive disciples. If we get into Mark’s story, we will find ourselves being pulled into the gospel account. Through his story Mark will have us to answer questions about ourselves. 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 16, Medicinal Teas from Your Yard
Norma Bozenmayer, Instructor

The class will identify edible wild herbs and plants in your yard and learn to make a medicinal, flavorful tea. Medicinal properties of herbs will be discussed. Class will be held at the Creative Arts Center, and is limited to 15 students. Materials fee: $5.00. Guest fee: $10.00

11:00-12:30
The Gospel of Mark
David Schill, Instructor
The Gospel of Mark is often dismissed as a simple
April 30, Introduction to Watercolors (3 sessions) Andrea Morrison, Instructor

Learn to turn basic watercolor techniques into exciting paintings with Andrea’s class. You will discover the joy of painting with watercolors. If you have always wanted to try watercolor, here is a great opportunity. Paints, brushes, and paper are included so you do not have the large start up expense of buying costly art supplies. Class will be held at the Creative Arts Center, and is limited to 12 students. Materials fee: $20.00. Guest fee: $40.00. Class continues on May 14 and May 21.

April 30, Pet Photography 101
Rick Dawson, Instructor

In this class you’ll learn to apply the concepts of portrait photography (with some unique differences) to our four-legged friends. You’ll get down to their level and learn to deal with some of the challenges of pet photography, while learning new ways to use your camera. Anyone who has a controllable dog or cat that you would like to bring for the class to use, please let Lisa Martin know. Class will be held downstairs at the Reynolds Homestead, and is limited to 10 participants. Guest fee: $20.00. Note: Class begins at 1:00.

FRIDAYS (Mostly on the Road)

Golf: A Game for Life - Gordon Trent Golf Course
Fridays, April 17 - May 22, 10:00-11:00 a.m.

Golf pro Dewey Hinnant invites those interested – including beginners – to come and enjoy a Game for Life! It is never too late to enjoy being outside on a beautiful golf course, exercising and having fun all at the same time. Join us for fellowship and fun! Gordon Trent Golf Club will provide a full range of golf swing and playing instruction. Come learn how to putt, chip, and drive the ball and HAVE FUN! Bring a friend or meet a new one. The course will provide practice balls. Golf clubs are also available, if you do not have your own. Class fee: $5.00, payable to Gordon Trent each day of class.
Plein air painting is about leaving the four walls of a studio behind and experiencing painting and drawing in the landscape. The practice goes back for centuries but was truly made into an art form by the French Impressionists. Their desire to paint light and its changing, ephemeral qualities, coupled with the creation of transportable paint tubes and the box easel—the precursor to the plein air easels of today—allowed artists the freedom to paint “en plein air,” which is the French expression for “in the open air.” This class is suitable for beginners as well as experienced painters, as Shubert will provide instruction throughout the class. All materials will be provided. Bring a bag lunch to enjoy. Painting will be done on the grounds of the Reynolds Homestead. Supply fee: $15.00. Guest fee: $25.00

April 24 - Hahn Horticultural Garden Spring Plant Sale and Tour of Massey Herbarium, Virginia Tech

The VT Horticulture Club Plant Sale at Hahn Garden is a student run plant sale. The money raised during this sale goes back into the club to help students with expenses for trips and other club activities as well as supply student scholarships. Shop the fantastic array of plants available and walk through the gardens. We’ll picnic in the garden for lunch and then head over the Massey Herbarium for a tour. The Massey Herbarium was founded in approximately 1927 and today has over 115,000 specimens of vascular plant, fungi, bryophytes, and lichens. It is the largest herbarium in Virginia and have long been a critical resource for understanding the southeastern USA flora. We will depart the Reynolds Homestead at 9:00 and plan to arrive back by 4:00. Trip fee: $15.00 (includes lunch). Guest fee: $25.00 (includes lunch). Trip is limited to 15 participants.

May 1 - Trip to Bedford: D-Day Memorial and the Bedford History Museum

On June 6th, 1944 United States soldiers, in one of the most pivotal battles of World War II, invaded the French coastline in order to propel German soldiers out of Western Europe and lead the way for victory against the tyrants of that era. Dedicated on June 6th, 2001 by President George W. Bush, the National D-Day Memorial was constructed in honor of those who died that day, fighting in one of the most significant battles in our nation’s history. The monument receives an average of 60,000 visitors a year and is a profound addition
to America’s War Memorials. We will receive a guided tour of the memorial and then depart for lunch (on your own) at Clamdiggers in Bedford. After lunch we’ll visit the Bedford Museum which showcases Bedford’s history, including early Native American life through the War Between the States, and further into the Twentieth Century. The Mission of the Bedford Museum and Genealogical Library is to develop and maintain files for genealogical and historical research as well as collecting, preserving, and interpreting objects of historical significance to the Town of Bedford and Bedford County, Virginia. If everyone has been good, we’ll make a quick stop at Homestead Creamery on the way home to enjoy some delicious locally-made ice cream! The group will depart the Reynolds Homestead at 8:00 a.m. and return around 4:30 p.m. Trip is limited to 15 participants. Trip fee: $15.00 (includes admission/tour). Guest fee: $25.00 (includes admission/tour).

May 8 – Historic Madison, NC and Autumn Creek Vineyards

We’ll start our day at the 1908 Madison Dry Goods Store, located at the site of the original Hotel Sterling and Penn Hardware Company. For those who like a chance to step back in time, the store offers a collection of antiques and collectibles, jams, jellies, pickles, honey, old-time candies and other local products. From there we’ll stroll over to the Mad Bean, a full service deli that provides artisan sandwiches, soups and salads, along with great coffee and other beverages. Lunch (on your own) should run about $10-12 per person. After enjoying the atmosphere of the Mad Bean, we’ll load up the bus and head to Autumn Creek Vineyards, where we’ll learn about their history and tour the grounds and vineyard. For those who wish, there is a wine-tasting available for $7.00 to taste six of their wines. If you want to do the wine tasting, please pay the $7 to Autumn Creek. We’ll depart the Reynolds Homestead at 9:30 a.m. and return at approximately 3:30 p.m. Trip fee: $10.00. Guest fee: $15.00.
COA will make its first visit to the Southeastern Center for Contemporary Art, which opened in 1956 as a non-profit visual arts organization in Winston-Salem, in response to a community and regional need for exhibition space devoted to work by local artists. After a guided tour of the galleries, the group will head over to River Birch Lodge for a “mountain casual dining” experience. Lunch is on your own, and should run $15 to $20. Following lunch will be a tour of Graylyn Estate, now a conference center, but once the home of Bowman Gray. Captains of the industry in the 1920s were leaving their grand homes in the city centers of America and heading for the nearby countryside to build even grander estates. In 1925, Nathalie Lyons Gray purchased eighty-seven acres of pasture land and cornfields from R.J. Reynolds, Inc. Nathalie and her husband, Bowman, set out to build the home of their dreams. With nearly 60 rooms and 46,000 square feet, Graylyn had emerged as one of the largest private homes in North Carolina. Remarkable interior styling and details are a hallmark of Graylyn. The group will depart from the Reynolds Homestead at 9:00 and should return at approximately 4:00. Trip fee: $10.00; Guest fee: $15.00.

May 22, Art and Daylilies in Floyd, Virginia

It's always fun to spend the day in Floyd with its unique shops and eateries. The group will begin at the Floyd Center for the Arts, where we’ll get a guided tour of the exhibitions and learn more about what the Center does and see the artists on exhibition. The Center also has beautiful items for sale as well. After our tour, we’ll head over to Parkway Grille, a restaurant started by one of Patrick County’s own “youngsters.” Lunch is on your own and should run between $8 and $15. Following a delicious lunch, we’ll head out to Wildwood Farms, a beautiful daylily farm in Floyd that also has a terrific general store to visit as well. With over 600 varieties of daylilies, you can purchase something just perfect for your home garden. We’ll depart the Homestead at 9:00 and should return by 3:30. Trip fee: $5.00; Guest fee: $10.00.
**SPECIAL SATURDAYS**

**April 18, “Celebrate Spring” Festival at Seagrove Pottery**

Hop on the Homestead bus at 8:00 a.m. for a visit to Seagrove Pottery in North Carolina, home to over 50 shops and galleries around the town. The Celebration of Spring features more than 65 local potters hosting special events, tours, conducting demonstrations and selling their wares. We’ll head to Town Center where there will be approximately 10 shops and galleries that we can visit on foot, including Turn and Burn and Urari Crystal. We regroup for lunch at Fresh Cuts, a local deli and market, and then spend time on your own shopping and enjoying the festival. A 4:00 departure from Seagrove should have us back to the Reynolds Homestead around 5:30 p.m. Wear comfortable shoes and prepare to spend the day having fun! This trip is limited to 15 people. Trip fee: $15. Guest fee: $25.

**April 25, Create Your Plan for Aging in Place**

*9:30 - 12:30*  
Jerry and Ruth Ann Niles, Instructors

Like the majority of Americans, you may intend to live in your current home for as long as possible. Your decision to age in place may seem like an obvious and logical choice; yet, aging in place is more than just planning to stay in your home. Your decision to age in place should be a process that includes personal reflection, conversations with people important to you, intentional planning, and action. This workshop will explore the five essential aspects of an effective plan to age in place: housing, health and wellness, finances, transportation, and social relationships. Using a workbook you will identify the areas where you need to seek more information. Spouses/partners/adult children are encouraged to attend with you to facilitate the creation of a workable plan. Fee: $10 for the workbook, payable day of class.

**May 2, River Kayaking: DRBA First Saturday Outing**

*Time TBA*  
Betty Kirkpatrick, Instructor

Every first Saturday of every month, since 2002, the Dan River Basin Association has hosted a free public outing. This month’s paddle is on the Mayo River and Betty will lead experienced kayakers. If you do not have your own
kayak, one can be rented for the day. More details about where to meet, what time, etc., will be forthcoming. Please indicate on your form if you will need to rent a boat. Requires an activity waiver to participate.

May 9, Depolarizing from Within: Becoming a Better Angel in Your Own World
9:00 - Noon
Jamie McReynolds, Instructor

Much of today’s epidemic of toxic polarization is driven by how we talk with like-minded people about those on the other side. Too often we stereotype, dismiss, or ridicule our fellow citizens who support the other political party, its leaders, and its policies. Although political polarization in some form has always been around, it was less problematic when people interacted more outside their own silos. Nowadays, people on the other side have become not just strangers but enemies. How we talk among ourselves about them fuels fires that threaten our democracy.

What if we learn the discipline of non-polarizing attitudes and words about the political “Other” with whom we do share a national past and future?

This workshop will:

- Help you become more aware of your inner polarizer
- Help you learn ways to depolarize yourself so that you can disagree without demonizing, dismissing, or stereotyping the millions of people who differ from you politically
- Teach you skills for how to intervene in social conversations with like-minded people when those conversations veer into contempt and ridicule for people who hold other political views

Better Angels is a national nonprofit with a mission to depolarize America. Its leadership is half “red” and half “blue.” Learn more at www.better-angels.org.

Class is limited to 40.