



November 2016

**From Executive Director Stu Mills:
Feel the Frenzy... and Feed the Family!**



The first Saturday in November is *always* frenetic here at the Rock, and we've outdone ourselves this year!

The market tents have come down in Nellysford, which means that on Saturday November 5, our auditorium will be filled with the wares of our local farmers, cooks and crafters from 9 until noon, marking the opening of our 10th Indoor Market season! But first, get fueled for the shopping experience with a heaping plate of pancakes & eggs, bacon, sausage & grits at the Pancake Breakfast from 8:30 - 10:30. Then be sure to follow your market shopping with a visit to the Treasure Chest, which is showcasing its Bag and Boutique sale plus a huge 3-for-1 sale on books this month.

Catch the football games (or a nap, perhaps), before returning to the Rock at 5:30 PM for the artists' reception for Carol Martin and Sandra Bryson, who are exhibiting their stunning watercolors in the auditorium this month, and then maybe wander down to Trager Brothers to catch yet another exhibit reception - this one for photography artist Rich Tarbell, featuring his dazzling "Moonlight Silhouettes."

Whew - what a day!

And what a *night* it's going to be on Saturday the 12th, when **Julia & Co.** make their triumphant return to our stage to headline *Rockfish Nights!* If you weren't here, I'm sure you heard about last year's party, when Broadway's favorite "Dreamgirl" rocked the house and kept us dancing until late into the night! She's back by popular demand, so be sure to get your tickets now while they're still available. Prices are the same as last year for dinner & the show, and tickets for the performance only are also available. Get your tickets online by clicking below, or visit the office or at the Treasure Chest. **Don't delay—Ticket sales will close on Monday, November 7!**

Buy Rockfish Nights Tickets Here!

And, of course, Rockfish nights officially kicks off our Annual Fund and Membership Drive, so please keep your eyes on your inbox for news about this year's major fundraising effort for our operating expenses. We are a living, breathing organism, and like all living things we need the nourishment of your membership contributions to stay healthy. Being a member of our family is the most important thing *you* can do to sustain what *we* do, and it is the surest way you can demonstrate your Commitment to Community.

As always, thank you for your commitment!



Saturday, November 5: Pancake Breakfast



Join us for our community Pancake Breakfast—buttermilk pancakes, *real* blueberry pancakes, bacon, sausage, grits, scrambled eggs, OJ, TBC coffee, and good company. Then go find a great deal at the Treasure Chest! Breakfast is served from 8:30am-10:30am, and the Treasure Chest opens at 9am.

The Pancake Breakfast is a wonderful community event, made even more wonderful by the fact that it is run entirely by volunteers. Many thanks to [The Well of Nelson](#), who has been providing us with a small core group of volunteers who make sure the breakfast goes off without a hitch. However, we always need a few extra pairs of hands in addition to the amazing crew from the Well. If you can help, please contact us!

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Classes, Events & More!

HOW COMMUNITY HAPPENS

- ◆ Volunteer for a work-day, volunteer for a Super Saturday event, take a class—be a regular at The Rock!
- ◆ Donate to a Fundraising Campaign—be here in spirit even when you can't be here in person.
- ◆ Become a Member—and let your voice be heard.
- ◆ Spread the Word—networking brings people together. If you like what we're doing here, tell someone about it.
- ◆ Give Us Feedback—whether it's praise, a suggestion, or a complaint, we want to know. Help us shape a better community for you.

Beginning Saturday, November 5: 10th Annual Winter Market Season



The 10th Annual Winter Market season begins on Saturday, November 5! Indoor Community Markets feature local produce, meats, cheeses, jams, baked goods, plants, greenery, art and crafts. The markets run **9:00am-noon** on the first Saturday of the month and each market coincides with RVCC's Pancake Breakfast and the Treasure Chest Bag Day.



2016—2017 Indoor Market Schedule

November 5, December 3, February 4, March 4, & April 1.

Live Music by Victor Cabas—Rockfish Gap—Sue Harlow—Oh Wow Boy—The Blazing Saddle Tramps

PLUS—we're making plans for a special German "Christkindmarkt" on December 17!

For more info, contact Donna Kincaid at mountainvision@earthlink.net.

Saturday, November 5: Carol Martin and Sandra Bryson Artists' Reception



Watercolors by Carol Martin and Sandra Bryson

Please join us for an Artists' Reception and Exhibit Opening!
Saturday, November 5, 5:30—7:00pm. Refreshments will be served.
The exhibit will be on display through November.



Sunday, November 6: Property Rights Revival



Nelson County's first ever Property Rights Revival will be happening at RVCC on Sunday, Nov. 6 and Friends of Nelson wants you to be a part of it!

**On the RVCC fields—Gates open at 1pm, Revival begins at 2pm.
Dynamic speakers—Music—Eats—Inspiring testimonies—Games for kids!**

Imagine the scene- a huge white tent in a large field, informative and inspirational speakers, "testimony" from property owners and community members, bluegrass music, food trucks ... all of us unified in the knowledge that our communities are not sacrifice zones! Henry Howell III, an eminent domain attorney, will be the emcee for the event. Chap Petersen, a Virginia State Senator with a strong interest in property rights, is also a confirmed speaker.

Friends of Nelson hopes to fire people up through this event to recognize that "We the People" have the constitutionally-protected right to protect our property, resources, and communities from profit-driven harm. FON believes that property owners have the power to effectively expose the human cost of fracked gas infrastructure projects and the fundamental hypocrisy underlying FERC's decision-making process, as well as the ability to raise public and community awareness for our cause - to stop the Atlantic Coast Pipeline.

Come out for a fun, energizing, and inspirational day standing with our friends, neighbors--both close-by and far-reaching—while reviving the spirit of our Constitution and celebrating our rights as citizens protecting our present and future. Family friendly! Come join us under the Big Tent! **For more info, visit www.friendsofnelson.com or email friendsofnelson@gmail.com.**



Nov. 10 & 17: "The Future of Energy" Film Screening

Tired of doom and gloom? Come see a heart-warming and optimistic report on the revolution that has already started: clean energy is alive and well throughout the USA. The 64-minute DVD "The Future of Energy" will be shown, free of charge, in Rockfish University on **November 10 at 7pm and November 17 at noon** (bring your lunch, or get it at Claudia's!) Each showing will be followed by a 15-minute discussion.

The Future of Energy journeys across America to shine a light on the communities and individuals who are at the forefront of the clean energy revolution, taking practical steps to transition from fossil fuels to renewable power.

Solar, wind and water could power the planet by the year 2050, substantially reducing carbon emissions. What's needed is the social and political willpower to make changes on a large scale. **For more info, visit www.thefutureofenergy.org.**

Thursday, November 10: Oasis of Song

Oasis of Song: A Community Singing Circle

7:00--8:30 PM, in the Dining Room. Sliding scale donation: \$5-10. What's an Oasis of Song? It's an inclusive and uplifting vocal community. We gather for the purpose of mutual inspiration and enjoyment. Join us in singing a lively mix of folk, gospel and world music. All songs will be taught by ear. All voices are welcome: If you can talk you can sing! The singing will be facilitated by Cleo Keller and Craig Green. Partners both in life and song, Cleo and Craig are longtime community singing facilitators. Cleo and Craig aim to convene a series of community sings at RVCC in the coming months. If you'd like to participate but can't make this date, let them know so you can receive updates about future sings. If you have questions about this event, call or email: (434) 361-0154 or seedsofharmony@gmail.com.

ROCKFISH NIGHTS



Get ready for the return of Julia Nixon—Broadway's favorite "Dreamgirl!"

Saturday Nov. 12, 6—10pm

A beloved fixture in the Washington, D.C. music scene for twenty years, Julia Nixon is a neo-soul power-house. Her tremendous vocal power has inspired comparisons with such artists as Aretha Franklin, Oleta Adams and Tina Turner. Julia also has performed in "Smokey Joe's Café" (touring company), and, in August, 2006, finished a triumphant and moving performance as the lead in Tony Kushner and Jeanine Tesori's "Caroline, or Change" at Studio Theatre in Washington D.C., winning her the Helen Hayes Award. Nixon's other credits include performances on Broadway, at Radio City Music Hall, the White House, Lincoln and Kennedy Centers, international radio, television, and performance associations with Stevie Wonder, Aretha Franklin, Kenny G., Bruce Willis, and Richard Pryor.

Julia & Company rocked the Rock last year, and kept everyone dancing all night long! Join us again this year for dinner, dancing, and the Silent Auction!

Dinner by Vito's Italian Grille: Chicken Piccata or vegetarian lasagne, ziti, salad and bread, vegetarian and regular antipasto, bruschetta, and tiramisu.

Ticket sales close on November 7, so [Get your tickets at rockfishcc.org](http://rockfishcc.org), in the RVCC Office, or at the Treasure Chest right away!

Dinner, Dancing, & Auction: \$45/members, \$50/non-members. (Doors open at 5:30pm.)

Concert Only: \$20 (no admission before 8pm.)

Monday, 11/14: Friends of Nelson Public Meeting

7pm, in the RVCC Auditorium.



Join Friends of Nelson for a presentation by Thomas Linzey, Executive Director of the Community Environmental Legal Defense Fund (CELDF). Thomas will be speaking about the subject of Community Rights, a major focus of the work of

CELDF. Thomas is the author of *Be the Change: How to Get What You Want in Your Community*. CELDF has assisted many communities in numerous states to fend off the efforts of corporations who have wanted to bring fracking, pipelines, factory farms, water privatization, and other destructive activities to communities.

For more information, visit www.friendsofnelson.com.

Tuesday, November 15: JABA Medicare Counseling

Free Medicare Open Enrollment Insurance Counseling: 9:30am—2:30pm, by appointment only, in the Auditorium.

People on Medicare, who have a prescription plan, have the opportunity to look at their plan and see if they want to continue with the same plan or change it for 2017. They can do this during Open Enrollment which is between Oct. 15th and Dec. 7th.

JABA is a non-profit that provides this free service to help you. Our Insurance Counseling office is part of the SHIP network (State Health Insurance Assistance Program) and a VICAP office (Virginia Insurance Counseling and Assistance Program). We have no connection with any insurance company or brokerage.

The Washington Post reports that 87% of Medicare Part D recipients have the wrong prescription insurance plan for them. That means they may be paying too much for their insurance or their drugs. It could also mean that their insurance plan doesn't cover some of their prescriptions at all. We at JABA (Jefferson Area Board for Aging) can help people get the right insurance plan for them. Last fall, we helped 1150 people during Open Enrollment and we saved those people over \$500,000.00 on their prescriptions and prescription insurance plans. That is a significant amount of money for people who are on a fixed income.

We can help you or your loved ones check their Medicare Part D plan or Medicare Advantage plan to see if they have the best insurance plan for them in 2017.

Please call JABA at 434-817-5248 to schedule an appointment at RVCC, or to ask if the mobile unit is going to be near you. Or you can make an appointment to see one of our insurance counselors at the Charlottesville office Monday through Friday between October 15th and December 7th.

ARTISANS & STUDIOS

[Digital Relab LLC](#)

[Claudia Gibson Catering](#)

[Susan Gorman:
Derby Vixen](#)

[Sallie Justice:
Life Coaching](#)

[David Lipscomb:
Virginia Rock Shop](#)

[K Robins Designs:
Symbolic Jewelry](#)

[Nancy Lauler Art Studio](#)

[Chris Lowthert
New Health Consultant](#)

[Rockfish River Gallery](#)

[Kelly Whalen
Core Fitness Synergy](#)

[Trager Brothers Coffee](#)

[Tammy Huffman:
Full Circle Salon](#)

[Elizabeth Martin:
Zero Balancing](#)

[Stephanie Murray:
Ula Tortilla](#)

[Colin Winter
Woodrow Wilson National
Fellowship Foundation](#)

Thursdays, 11/17 & 12/8: Health Insurance Marketplace Assistance



The Blue Ridge Medical Center offers free Health Insurance Marketplace assistance of Thursdays, Nov. 17 and December 8, from 4:00—7:00pm, in Rockfish University.

Uninsured? Open Enrollment is Nov 1, 2016 – Jan 31, 2017. Free in-person assistance with a certified counselor is available to learn about 2017 health insurance options. Most people qualify for savings and it's easy to apply! We can also answer questions about the tax penalty and exemptions from the penalty. Enroll by December 15 for coverage beginning January 1. For more information, call (434) 263-4000 or visit brmedical.org/insurance.

Monday, November 21: Nelson County Community Orchestra Concert



The NCCO invites you to attend their fall concert on Monday, November 21, at 7:00pm in the RVCC Auditorium.

NCCO, under the direction of guest conductor Rick LaRue, will play an enhanced encore performance of an eclectic movie theme and jazz journey through France, Ireland, Italy, and America's the New World ending on Holst's Jupiter. This time featuring local jazz professions Joe Tucker on vibraphone, Bob Bowen on bass, and Stephan LaRue on drums... and young students from NCCO's 'Music Magic' Youth String

Education Program.

The concert is free—but donations are always welcome! For more information, contact Ellen Neal: info@nelsoncco.org or 434-263-4745.

Thursday, December 1: Social Security Counseling



UNIVERSITY OF VIRGINIA
COMMUNITY
CREDIT UNION

Make a Social Call!

6:00pm, in Rockfish University. Free seminar. Let's talk about Social Security and your future. Did you know that you don't have to take your Social Security retirement benefits at age 62? Or even when you stop working? You can defer your Social Security retirement benefits until you're 70. And there are good reasons why you may want to

do exactly that. Now more than ever, it's important for you to know how to get the most from your Social Security. Join Bret Kerns for a discussion, and learn how to make the right calls when it comes to Social Security and your retirement. Presented by UVA Community Credit Union of Nellysford, VA.

Light refreshments will be provided. Please RSVP to Carter Hall by 11/21/2016 at 1-434-964-2001 ext 3074, and feel free to bring a guest.

Bret Kerns has been helping people plan for retirement for over 20 years. Prior to joining Member Wealth Management he was a financial advisor with Northwestern Mutual. Bret's goal is to strengthen our community by helping people make sound financial decisions that will help them protect and secure income that will last their lifetime.



Volunteer at RVCC—We Need Your Help!

As we head into the fall, we'll be talking a lot about our Annual Fund and Membership Drive, which focuses primarily on raising much-needed operating funds for our Community Center. Operating support is crucial to keeping this place running, and to all those who contribute so generously each year, we thank you.

And yet it is also crucial to recognize that money is not the only kind of operating support required to keep our Community Center alive—we also desperately need physical assistance. We have amazing volunteers on our Board of Directors and on our Art, Music, Development, Finance, and Building & Grounds Committees. Some of them are here so much that people mistake them for paid help! But there is still so much that needs to be done—we have only two part-time employees in the office, and we are not enough to stay on top of all that needs to be done around here.

If you've ever wandered through the building or around the grounds and thought, "Hmm...I wonder why that door hasn't been painted?" Or if you wonder why that trash can hasn't been dumped...why that flower garden needs to be weeded...or any other task, large or small, there's a pretty good chance it's because we don't have enough help to stay on top of this stuff.

We take a lot of pride in this place, but the truth is that we just can't do it all. The more we grow, the harder it is to keep up. And so we hope that you'll take some pride in it too. Please help us care for the Community Center that has become an anchor in the lives of so many people around here.

Here's what we need help with this month:

Volunteers needed for the Pancake Breakfast on November 5—Pull weeds and trim branches to keep the Mallory Creek Walking Trail clear—Strip and repaint the exterior doors near Claudia's kitchen—Pick up trash around the playground, skate ramp, and basketball court—And, of course, the Treasure Chest Thrift Store always needs help!

Please get in touch if you're willing to help. 434-361-0100, rockfishcc@gmail.com, or stop in and see us at the Treasure Chest or in the Office.

Rockfish River Gallery: New Artists and Extended Hours!



Abbey Noelle, a pencil portrait artist, will be showing her work at the gallery and accepting commissions for photo-based pet portraits. Come and see the remarkable illustrative talent of this 21-year-old artist.

Wayne Profit: A consummate wood carver, Wayne Profit is 75 years old and nearly blind. Each of his walking sticks are one-of-a-kind; he uses varying types of wood and works with their unique properties, leaving each one looking much like the wood originally looked.

Amelia L. Williams' book *Walking Wildwood Trail; Poems and Photographs* has joined our growing collection of local books and extended local writings and books.

Gallery visitors are always welcome to come on in and sit at the reading and listening station, review the books, and listen to a sampling of the music we now sell.

Remember, the gallery is a wonderful place to purchase your holiday gifts, including a great assortment of cards. If you haven't been in or been in lately, check it out--you might be amazed. We now have 47 artists and artisans showing their work in our gallery, and we want you to know how much we appreciate your continued support.

The Gallery offers 10% off any gallery purchase to all RVCC employees, regular volunteers, tenants and their staff!

New Extended Hours! The Rockfish River Gallery is now open Wednesdays—Saturdays, 10am—4:30pm.

For more info, visit www.rockfishrivergallery.com.



Spread the Joy with Amazon Smile!

This holiday season—or any other season—the gifts you buy can keep on giving! RVCC is now a member of **Amazon Smile**, which means that 0.5% of any purchase made through Amazon Smile will be donated to our Community Center.

All you have to do, dear shopper, is sign in to Amazon through this link: <http://smile.amazon.com/ch/54-1995069>, and all your purchases will benefit the Rockfish Valley Community Center. Or, if you find your way to Amazon Smile through some other route, please be sure to designate us as your preferred charity.

Amazon Smile carries nearly all the same products and deals that you would ordinarily get through Amazon.com, and RVCC will benefit from every purchase you make, year-round. Please consider making this a part of your purchasing habits—it comes at no extra cost to you, but the cumulative rewards to RVCC can make a huge difference.



Treasure Chest Sales

EVERY DAY is Bag Day!

The Treasure Chest Thrift Store is bursting at the seams, and that means big savings for our customers! The Saturday Bag Sale is now EVERY DAY. Fill a bag of regularly-priced clothing, belts, shoes, purses and scarves for just \$10.00! And if that's not enough to get you in the store...

The First Saturday is Boutique Bag Day!

Our First Saturday Bag Day now features **20% off all specially priced clothing** in addition to the normal Bag Day Sale!

Don't forget—the Treasure Chest accepts consignment furniture!

For consignment terms and more information, please visit the [Treasure Chest page](#) on our website, or stop in and visit with us to find out how consignments work.

VOLUNTEERS NEEDED!

We are in need of some extra help at the Treasure Chest. If you can spare a few hours here and there to help us handle the amazing donations that are coming in every day, we'll give you **25% off** any purchase! Help is needed Tuesday through Saturday—please contact Kat Walsh at 434-361-0103 if you can help.

Treasure Chest Hours

Tues.—Fri.:

10am—4pm

Saturdays:

9am—3pm

Volunteers & Donations always welcome!

**BLACKBOARD
SPECIALS!**

**CHECK THE BOARD ON
YOUR WAY INTO THE
STORE FOR NEW SALES!**

**November Book Sales! 50% OFF All Specially-Priced Books (Even Classics & Rare Books!)
OR—Buy One Regularly-Priced Book, Get TWO Books Free! Books Make Great Gifts for the Holidays!**

RVCC members get 10% off every day at the Treasure Chest!

Classes & Workshops at RVCC

Beginning November 9: Snow Sports Instructor Training with Gifford Childs

Wednesdays November 9, 16, & 23, 6:00—8:00pm, in Rockfish University. Course fee: \$59. If you love to ski or snowboard and like working outdoors you should consider becoming a ski or snowboard instructor. This course will provide you with the skills and experience needed to teach and work at the Wintergreen Resort Snowsports School. In addition to the job training needed to become an instructor you will learn the basics needed to obtain certification through PSIA, Professional Ski Instructors of America or AASI, American Association of Snowboard Instructors. Classes listed will be followed by free on-snow training at Wintergreen in December and free certification clinics in January. This is a great opportunity for fun-loving people who want to work weekends and holidays, or for those wanting full time careers in the snowsports industry. To register for this class, visit the PVCC Workforce Services class page at https://pvcc.augusoft.net/index.cfm?method=ClassInfo.ClassInformation&int_class_id=6934&int_category_id=0&int_sub_category_id=0&int_catalog_id=0.

January 4: Getting Started at PVCC with Denise McClanahan

6:00pm—7:00pm, in Rockfish University. No charge. PVCC's Outreach Manager, Denise McClanahan will present the session and provide an introduction to PVCC's degree and certificate programs. Placement test materials and other information about resources to help students get started at the College will be available. Denise will also be available at RVCC on December 3 to provide information, giveaways, and a free drawing for a PVCC bookstore gift card. For more information, please contact Denise at Dmclanahan@pvcc.edu or [434-961-5275](tel:434-961-5275).

German New Medicine Study Group

Thursdays, 6:30-7:30pm, in Room 3 (New Health Consultant). This free study group focuses on the teachings of the original medical discoveries of Dr. med. Ryke Geerd Hamer. Each week we will explore the fundamental principles of GNM and how we can apply them in our daily life. The class is hosted by Dr. Chris Lowthert, a 10 year practitioner and teacher of German New Medicine. For more information, please visit www.LearningGNM.com or call Dr. Chris at 540-255-0026.

Now Available at Rockfish University: The Great Courses

The Great Courses (TGC) is a series of college-level audio and video courses produced and distributed by The Teaching Company. The series differ from most online learning platforms in that they are produced for enrichment purposes only and offered without schedules, homework, exams, or certificates. Most series are developed for adult lifelong learners. Courses are not verbatim recordings of college lectures, but rather are developed by The Teaching Company in conjunction with the professor to fit the chosen medium.

RVCC is pleased to offer 60 CDs and 17 DVDs on various subjects, including history, sciences and mathematics, religion, and the arts. These Great Course offerings are available to RVCC members at no charge; simply contact us at 434-361-0100 or email rockfishcc@gmail.com to peruse the collection and check out the courses of your choice.



- Personal & Small Group Training
- Core Group Fitness Classes
- Core Fusion (Power Pilates, Core Conditioning, Strength & Yoga) & MORE!

Core Fitness Synergy offers all of the above, plus Semi & Small Group Training; Sport-specific training (Golf, Runners, tough mudders & more!); Flexibility, balance & stretch training; Injury prevention mechanics training; Private & semi private Yoga, Pilates & core training; and "E" Training.

Three Core Fitness Synergy Promotions for the Month of November!

- For new clients: Buy any CFS package and get the next month's package for FREE! (Must be the same package).
- For current clients: bring a friend to sign up for one month's package, and your package for the following month will be 50% off!
- For private sessions with Kelly: Buy 3, get 2 free!

Coming in December: "FIT-mas" Holiday Fitness Challenge!

Core Fitness Synergy's **FREE** "FIT-mas" Challenge is a 25 day fitness challenge leading up to Christmas Day, followed by 12 days of FIT-mas starting the day of Christmas and ending on January 5th. Overall, it will be a 5 week fitness challenge. Participants will receive daily challenges and a calendar of challenges, including workouts, healthy eating challenges, and meditation challenges. **Registration deadline: December 1.**

Contact Kelly at whalenkm@vcu.edu or 804-814-9794 for more class information and registration.

More info about Core Fitness Synergy: corefitsynergy.com.

For a full schedule of events, workshops and classes, visit www.rockfishcc.org.

Ongoing Classes & Events

Claudia Gibson Catering



Wednesday—Friday, 8am—3:00pm.

Claudia Gibson Catering serves breakfast and lunch Wednesdays—Fridays at RVCC. Pastries, cookies, and muffins are also available, plus soups and frozen dinner entrees. **Contact Claudia:** claudiacatering@gmail.com or 434-760-4182.

Ongoing—Art Classes with Nancy Lauler

“Faces of Nelson County”—Usually held on First Saturdays. **Upcoming Session: Saturday November 12, 1—4pm, in the Nancy Lauler Art Studio (Rm 12.)** Nancy Lauler holds a monthly portrait session of interesting people who live in Nelson County. You can draw or paint a face, figure (clothed!) of someone in our interesting county. A \$10 donation is requested from any artist who chooses to attend, to help cover costs of the model and room. Easels, chairs and tables are available. Bring your own medium with a drop cloth/old sheet for paint. If you live in Nelson County and would like to model, we would love to have you pose for us! The pay is \$15 per hour for 3 hours. Please contact nancylauler@yahoo.com for more information and sign up.

Open Studio classes: Tuesdays, 1-4pm. Work in your media of choice, bring your own materials. All levels welcome--Nancy will instruct everyone individually. \$10 for groups of 5-8, \$15 for groups 3-4. Email nancylauler@yahoo.com for details, or to be added to the email list.

Ongoing—Qigong & Taiji classes with Brian Wright

Mondays, 2:00pm—3:00pm in the Yoga Studio, and 6:30--7:30pm, in Room 5 (Rock U). \$10 per class. Qigong (chee-gong) and Taiji (often spelled as tai chi) are two ancient Chinese arts, which together create a holistic system of moving meditation. When practiced with regularity, these systems can help significantly in the healing process, and will also promote longevity, increased physical and emotional balance, bring strength and tone to the muscles and joints, and bolster mental clarity. The two disciplines together create an unrivaled health and wellness discipline for people of all ages. Please wear comfortable loose fitting clothes and footwear, and be prepared to relax and have fun!! **For more info or to sign up, contact Brian at 434-826-1733 or greatcirclegigong@gmail.com.**

Ongoing: Girl Scout Brownie/Junior Troop meetings



Wednesdays, 4—6pm, in the Dining Room. A new Nelson County Girl Scout Brownie/Junior Troop is looking for members! 70% of women in Congress and 53% of female business owners are former Girl Scouts. Come discover the fun, friendship, and power of girls working together with Nelson County's Troop 8111, currently accepting 3rd-5th grade girls. Email elise.lauterbach@gmail.com for more information.

Ongoing: Healing Through Awareness Meditation

Wednesdays, 5:30—6:30pm, in Room 3 (New Health Consultant). This free weekly guided meditation practice is a compassionate and effective meditation for healing emotional pain. Please arrive a few minutes early to settle in. **Any questions? Call Chris at 540-255-0026.**



Ongoing: New Health Consulting with Christopher Lowthert

Chris Lowthert, D.C. of New Health Consultant (located in Room 3) is an experienced local chiropractor offering gentle and holistic support for your natural health needs. He specializes in German New Medicine and Active Release Technique.

Call or email today to schedule your appointment: (540) 255-0026 or DrChris@LearningGNM.com.

Ongoing: Arthritis Foundation Exercise Class with Linda Hobson

Tuesdays and Thursdays, 9:00am—10:00am, In Room 14. Fee: \$12/drop-in, or 10 classes for \$100. If you would like to try the class out, the first one is free! Linda Hobson is a certified instructor for the Arthritis Foundation Exercise Program. This program was designed by the Arthritis Foundation to relieve pain and stiffness caused by arthritis and many other conditions. The class focuses on building muscle and core strength as well as endurance, balance and relaxation. **To sign up or get more information, contact Linda at lrhobson@hotmail.com or 540-456-6812.**

Life Coaching w/Sallie Justice. *Hot-Topic Coaching* to address a specific issue...your “hot topic.” *Coaching Series* to make major changes in your life. *Coaching Courses:* Group coaching with specific focus. *Private Life Coaching Sessions* to help you clarify your goals and make reaching them not only possible, but probable. **Contact Sallie: 434-962-3794 or salliejusticecoaching@gmail.com.**

INSTRUCTORS & LEADERS

Yoga

[Sara Agelasto](#)
[Martina Compton](#)
[Sandra Pleasants](#)
[Brian Webb](#)
[Karen Walker-Cooke](#)
[Agnes Schrider](#)
[Tonya Ridings](#)
[Kate Zuckerman](#)

Fitness & Personal Training

[Kelly Whalen](#)
[Karen Walker-Cooke](#)

Arthritis Foundation Exercise

[Linda Hobson](#)

Life Coaching

[Sallie Justice](#)

QiGong & Taiji

[Brian Wright](#)

Ongoing Classes *(continued from page 7)*

Yoga Classes



Our fully-equipped Yoga Studio offers a variety of classes throughout the week, taught by qualified and knowledgeable instructors. No matter what your fitness or experience level may be, there is a class that will work for you. If you are interested in teaching a Yoga class, please contact the RVCC Office at 434-361-0100 or rockfishcc@gmail.com for more information.

Yoga w/Sandra Pleasants, certified Iyengar teacher and ERYT500: Mondays, 9:15—10:45am: (all levels), \$15/class; Mondays 6—7:30pm: Advanced Iyengar, \$15/class; Tuesdays, 10—11:15am: Gentle Iyengar, \$12/class. Contact Sandra at 434-361-2262 or sandra.pleasants@gmail.com to register.

Integrative Yoga with Agnes F. Schrider, physical therapist and certified yoga instructor. Mondays, 8:00am—9:00am and Wednesdays, 8:30—10:00am. Agnes integrates her training in physical therapy and anatomy, mindfulness and wellness for a safe and fun class. All level students are welcome. Private Yoga individual and group sessions also available, by appointment. Contact Agnes: ag@yogahealthworks.com. For class schedules, fees, changes in schedule due to holidays, inclement weather etc) and to read Agnes's blog for wellness tips. visit www.agsyogaworks.com.

Tuesdays, 5:30—6:45: All Levels Yoga with Kate Zuckerman.

\$12/class. Kate's teaching incorporates the philosophy of yoga and emphasizes presence, peace, and poise in each pose. Students will hold postures for a period of time in order to learn more about themselves and the pose. Her class is appropriate for all levels. No therapeutics, please. Contact Kate at k.hallahan@gmail.com.

Wednesdays, 6:00pm: Multi-level w/Martina Compton. Contact martinac1959@gmail.com to register.

Thursdays, 6:30pm: Men's Yoga w/Brian Webb. 434-361-9218 or brianpwebb@me.com to register.

Fridays, 9:00am: Intro to Yoga with Agnes F. Schrider, PT. This class is for folks who have never had Yoga before and want to give it a try. It is also for individuals who have difficulty getting down on the floor and for those who wish to improve their balance. Contact: ag@yogahealthworks.com or visit www.agsyogaworks.com.

Private Yoga Sessions: Have you wanted to try yoga but do not know where to begin? Can't find a yoga class that fits in with your busy schedule? Try a personalized Yoga and Wellness Class with Certified Iyengar Yoga instructor Sara Agelasto. For more info, please contact sara@iHanuman.com or 434-825-5983.

OUR TEAM

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Treasure Chest

Manager

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RVCC's Annual Fund & Membership Drive

It's that time of year again! Our Annual Fund and Membership Drive is the time of year when we ask our community to become members, to renew their membership, or to consider making an annual contribution to help support the Rock. Unlike the targeted project fundraisers such as the Green Initiative, Hoop Dreams, SK8 Nelson, or the Pavilion Project, our Annual Fund and Membership Drive is one of the few fundraising options we have for raising the money needed to provide operating support and keep this organization running on a daily basis. Your support actually keeps the lights on, the boiler burning, and our desks manned.

But it's not just about what membership can do for RVCC—it's also about how becoming a member can benefit YOU. Clicking the link below will take you to our membership website page, where you can read about membership options, payment plans, benefits, and discounts. We're looking forward to an incredible 2017, and we hope you'll be a part of it all!

[CLICK HERE TO JOIN OR RENEW YOUR RVCC MEMBERSHIP](#)

...or visit the RVCC Office to learn more!



The Rockfish Valley Community Center

190 Rockfish School Ln, Afton 22920

434-361-0100 | www.rockfishcc.org | rockfishcc@gmail.com

Treasure Chest: 434-361-0103

Volunteers and new members are always welcome!

We invite you to join us at the Rockfish Valley Community Center...Where Community Happens!

For more information about businesses, activities and events at RVCC, visit www.rockfishcc.org.

To receive this newsletter by email, please visit the "Join Our Mailing List" tab on the website.