

Summer 2017



STAUNTON

PARKS & RECREATION



**Colonial Williamsburg • Co-Ed Soccer • Free Yoga in the Park
Woodworking 101 • Intro to Paper Making • Camp Staunton**

Staunton Parks & Recreation

Irene Givens Administrative Building
Montgomery Hall Park
1000 Montgomery Ave, Staunton, VA 24401
540.332.3945 • staunton.va.us/recreation

Director of Parks and Recreation, Christopher J. Tuttle,
tuttlecj@ci.staunton.va.us
Superintendent of Parks, Steve DeVenny,
devennysd@ci.staunton.va.us

Recreation Commission Members:

- Brocky Nicely chairman
- Ken Bosserman ex-officio
- Travis Cason
- Amy Darby
- Mike Guertler
- Gerry Hamilton
- Michael Keatts
- Bruce Rupert

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Various photos throughout by Phocus Photography Services

Building Codes:

- MHP– Montgomery Hall Park
- MHPC– Montgomery Hall Park Conference Room
- MHPA– Montgomery Hall Park Activity Room
- GHPG– Gypsy Hill Park Gym
- GHPGC– Gypsy Hill Park Garden Center
- NSTC– Nelson Street Teen Center
- BTWCC– Booker T. Washington Community Center

See pg 34 for registration info.



Seeking Instructors

Staunton Parks and Rec is looking for responsible new program instructors with innovative and creative ideas. Whether you are an expert fencer, hiker, photographer, kayaker, dancer, candle maker, chef, musician, gardener, aerobics instructor, etc. we are open to any new program. Classes can be continuous (ex. 4 weeks) or a one time workshop. Earn money, do what you love, and help us continue a tradition of offering excellent recreation programs for the Staunton community. Please contact Steven Taetzsch by email at taetzschst@ci.staunton.va.us or call 332.3945.

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Childcare

Camp Staunton: The Imaginarium

An imaginarium refers to a place devoted to cultivating the imagination.
June 5 – July 28

What do parents value about our program:

"The activities, teachers, safe environment."

"The kids are always active."

"The variety of activities and the ability to play and be a kid in the summer."

"I know many staff, they are wonderful." "Friendliness of staff."

What children think of our camp:

"Camp Staunton Rocks!"

"I love the field trips."

"Lots of time to play."

"Being outside all day is cool."

We take great care in the hiring process by only interviewing **qualified and mature staff**. The majority of our employees have been with Staunton Parks and Recreation for over 10 years. Our **Park Setting** makes us unique from some of our counterparts who use institutional settings. We have acres of green space, state-of-the-art playgrounds, woods to hike, outdoor sport courts and fishing lakes. We value creativity and have researched the many ways play in the outdoors enhances creativity in children. **The Enrichment** and activities we provide are exceptional.

Choices and Interests: Your child will chose from many activities like creative writing, flag football, hiking, disc golf and cooking. We take **Field Trips** to various fun and exciting places, such as Boxerwood Gardens and Museums. Does your child need Exercise? Whether it is organized or unorganized play, there is no way around it. We play numerous recreational activities each day. **Age Matters!** It's all about the age and appropriate activities for each age group which includes field trips. We separate our three camps according to age. The Staunton Parks and Recreation summer camp program has been in operation for over 30 years. Our reputation precedes us, just ask any previous parent or camper about our summer playground program. Register for the entire 8 week program, or pre-register for certain weeks. **Program Fees:** \$620 pre-paid for 8 weeks, OR \$90 weekly. Registration begins Monday, February 1 at 8am at the Irene Givens Administration Building in Montgomery Hall Park.

Claire Richardson,
Recreation Manager
richardsonca@ci.staunton.va.us



HEART: Healthy Environmental Afterschool Recreation Time

The HEART afterschool program is a latchkey program that provides a home away from home to children of working parents. Concerns about safety and being home alone or under-supervised is a good reason to enroll your child in this program. We have little staff turnover from year to year giving us confidence that your child's caregiver is both qualified and trustworthy. We have known each member of our child care staff for at least five years and they have extensive training and experience. They understand that parents want their children to be kept safe and feel acceptance and belonging. Most of our staff are parents and grandparents themselves, which can be very reassuring given staff maturity is the common denominator when establishing security and trust in a caregiver relationship. The HEART program has quite a tradition with its roots beginning 30 years ago with the first pilot program at McSwain Elementary School. We have since branched out to each elementary school in Staunton and have developed a credible and professional reputation. This year we are continuing with our enrichment to enhance what is already provided by the Staunton City Schools bookmobile activities, contracted creation artist Sandra Carter and our favorite animated storytellers Brenda and Martha from the Staunton Public Library. Registration for Fall 2017 begins on June 1. *Afternoon HEART is \$135 per month. Morning HEART is \$34 per month, both together are \$155 per month. For any questions regarding the HEART program, please contact Claire Richardson at richardsonca@ci.staunton.va.us or 540.332.3945.*



Athletics

Pickleball Social Evenings

Enjoy the new pickleball courts in Montgomery Hall Park on Thursday nights in May. The courts will be held for doubles or mixed doubles play from 6-8pm.

Men's Softball Spring League

This slow-pitch softball league is open to teams consisting of players ages 16 and over. Games will be played at Montgomery Hall Park. Up to 20 players may be placed on the roster. Team to be placed in divisions based on ability. Price: \$350 per team. Register by April 12.

Co-ed Spring Softball League

Staunton's Friday night co-ed league is returning for another exciting year. League will begin May 5. Ball requirement is 12", .44 core, .375 for men, and any 11", .44 core ball for women. Only 3 women required on the field. Price: \$250 per team. Register by: April 28

Co-ed Adult Spring Outdoor Soccer League

League is open to players ages 16 and over to participate in 7 vs 7 soccer. Games will be played at the Montgomery Hall Park Soccer Complex on Tuesdays and Sundays starting on June 1. Rosters are limited to 20 players with any combination of male/ female players. Jerseys will be provided. Price: \$380 per team. Register by: May 25



Men's Fall Softball League

This league will have a minimum of 10 games and two divisions for a six week season beginning late August. Price: \$250 per team. Register by August 11.

Co-ed Frostbite Softball

This league will begin in September and run six weeks with a minimum of 10 games. Only 3 women required on the field. Price: \$250 per team. Register by August 11.

Men's Flag Football

7 on 7 screen flag football. League will begin on September 11. For more information and rules, contact the Recreation Department. Price: \$400 per team. Register by August 25.

Fall Instructional Youth Baseball

Instructional Baseball is sponsored by Staunton Parks and Recreation for youth ages 6-12 (as of May 1, 2017). Six year olds must have played one year of t-ball. There will be an approximate 12 game schedule with no playoffs. Signups begin June 1; no late registrations will be permitted. Price: \$25 per child. Register by: June 30.

Staunton Youth Football League (SYFL) and Cheerleading Signups

Football and Cheerleading sign-ups are for boys and girls ages 8-13 (age is determined by October 1, 2017). Cost of the program is \$65
Gypsy Hill Park Football Stadium from 10am-12pm
May 6, 13, 20 and June 3
Shelburne Middle School from 5:30-7pm
Tuesday, May 30 and Wednesday, May 31



Aquatics



All aquatic class dates, times and prices and any updates will be announced on our website: www.staunton.va.us/recreation and Facebook page: [www.facebook.com/ StauntonRecreationParks](https://www.facebook.com/StauntonRecreationParks) or call the Recreation office at 540.332-3945.

Montgomery Hall Park Pool Hours & Admission

Dates of Operation:

May 27-August 6, August 12 & 13, 19 & 20
Monday-Saturday: 11am-6pm
Sunday: 1pm-6pm

Admission:

2 years and younger: FREE
3 years and older: \$2
Pool Pass: 20 Visits \$30
Pool Party Rentals: \$150, 3 hour minimum + \$50/
guard, 15 or less: 1 guard, 15 or more: 2 guards

Gypsy Hill Park Pool Hours & Admission

Dates of Operation:

May 27-August 6, August 12 & 13, 19 & 20
Monday-Saturday: 11am-6pm
Sunday: 1pm-6pm

Adult Lap Swim:

Wednesdays & Saturdays 9am-11am and Sundays
11am-1pm.
Adult Lap Swim Admission: \$1

Admission:

2 years and younger: FREE
3 years and older: \$3
Pool Pass: 20 Visits \$50
Pool Party Rentals: \$200, 3 hour minimum + \$50/
guard, 15 or less: 1 guard, 15 or more: 2 guards

Personal Development

Basic Guidelines for Grant Writing

Interested in learning a new skill-set that contributes great value to great causes? Learning the basics of grant writing can help you to do just that! This course takes the participant through a series of steps from understanding how to read and respond to a grant application, learning what makes a grant reviewable by the funder, cultivating potential funders, developing a grant package, writing tips, and developing working relationships with funders whether support is received or rejected. Instructor: Zanetta S. Ford-Byrd of Ford-Byrd Consulting, LLC. #100 GHPGC, 9am-12pm, June 10. Price: \$25. Register by: June 2

Ducks in a Row

The best gift you can leave your loved ones is an organized estate at your journey's end. Learn how to address important matters that can save you and your family lots of time, money, and extra work. Prior planning can also save family from discord and disagreements. This course includes options for preparing a will, organizing family memorabilia, burial/cremation preferences, distribution of belongings, financial planning, and much more! Price includes book, planner, and instruction. Instructor: Mary Ann Stripling. #101 MHPC, 6:30pm-8:30pm, three Wednesday evenings beginning July 12. Price: \$50. Register by: July 5

Firearm Safety Class

This is a five-hour course for safe gun handling that is conducted in the classroom only. Students are taught NRA's three rules for safe gun handling, primary causes of firearms accidents, firearm parts, how to load & unload certain action types, ammunition components, cleaning, care, safe storage of firearms and ammunition and the benefits of becoming an active participant in the shooting sports. Students will receive the NRA Home Firearm Safety handbook, NRA Gun Safety Rules brochure, Basic Firearm Training Program brochure and Course Completion Certificate. This class will meet requirements for the Virginia Concealed Carry Permit. Instructor: Jim Wood of Double A Tactical. Classes held at Nuckols Gun Works, 1301 Barterbrook Rd. Staunton. Price: \$85. Call the rec office at 540.332.3945 for more information and to register for upcoming classes.

Youth



The Toddler Time Art Classroom

A creative space for children and their caregivers to explore art together. The classroom is in the basement of the Nelson Street Center. Children will have access to a variety of materials in different stations and projects. Summer hours are Thursday mornings 9:30am - 11:30am, May - June and Saturday June 10 from 10am - 12pm. The cost is \$3/child.

Toddler Time Art Classroom - Grand Opening pARTy

Bring your children and help us create a mural for the classroom. The event is FREE! Classroom is located in the basement of the Nelson Street Teen Center. 10am-1pm on Saturday, May 13.

The Explorers Club

Are you ready for new activities and adventures with your kiddos? Join us once a month as we explore new places in and around Staunton, such as the hiking trails at Montgomery Hall Park, visiting the Staunton Fire Station and local farms. Parent/guardian must remain present with children. Ages 5 and under. Trips held 10am-noon on the third Friday of the month. Price: \$10 membership fee (includes an Explorers Club t-shirt). There may be an additional fee per trip estimated at \$5; however most trips will not have an extra cost. For more information, please call the Parks and Recreation office at 540.332.3945

EXPLORERS



Mommy and Me Handprint Plates

Create lasting memories and enjoy creating art at the same time. Join us in making different themed ceramic dinner plates using your child's hands and/or feet. Everything is non-toxic and washable. Class for parent and child. Instructor: Rebecca Razul of The Crafty Fox Box. MHPK, 6pm-7pm, third Wednesday of the month May-Aug. Price: \$34.

#102 Safari: May 17. Register by: May 15

#103 Dinosaur Madness: June 21.

Register by: June 16

#104 Beach Fun: this class is outdoors by the Gypsy Hill Park Bandstand, July 19.

Register by: July 14

#105 Blue Bird of Happiness: August 16. Register by: August 11

Chess for Kids

Learn to play and improve your skills in a game that has existed for more than 1500 years! A game that has been played by Kings, Presidents, and Czars. Participants will learn the rules of chess, chess strategy, history, and tournament play. Improve problem solving and reasoning skills. Chess players are taught to play their best game and understand that one learns more from losing a game than winning. "Chess is a sea in which a gnat may drink and an elephant may bathe". Ages 5-18.

Instructor: George Gruner.

#106 June: 2pm-4pm, Monday and Tuesday beginning June 5. Monthly commitment. Price: \$50. Register by: May 26.

#107 July: 2hr sessions twice a week. Day/time TBD (days chosen to accommodate the maximum number of those interested). Weekly commitment. Price: \$15/wk. Register by: One week prior. Call 332.3945 for more information.

RC6

In Partnership with Staunton Makerspace. This innovative STEM workshop provides participants with the tools, products (w/complete electronic package), instructions and coaching to enable participants to build their very own Remote Controlled (RC) aircraft. Learn the basic function of each part and how they team up to influence the flight. Practice your takeoffs and landings on the classroom flight simulator to get ready to "safely" pilot your new aircraft. This program provides a unique hands-on experience of "how to" build, fly and maintain your very own creation. Feel free to stop by the makerspace and see the RC6 planes. Instructor: Nelson Patterson. Classes held at Staunton Makerspace located at 17 N Central Ave, Staunton. Price: \$225. Please call 540.332.3945 for more information.





Active Youth

Stretch and Grow- Pre-K Fitness Classes

These fitness classes are specifically designed for children ages 2-5 yrs. Each class covers the basics of exercise: warm-up, endurance, resistance, stretching, and cool-down. Classes will incorporate the use of equipment (hula-hoops, parachute, noodles, bean bags, etc.) and music. Activities include obstacle courses, relay races, cardio, endurance training, agility, and sports drills. Instructors are youth fitness certified. Ages 2-5. #108 NSC, 9:30am-10:00am, six Fridays beginning June 23. Price: \$39. Register by: June 14

(SAQ) Speed, Agility, and Quickness- Athletic Training for Youth

In this 6 week off-season strength and conditioning program, youth athletes will perform fun drills designed to discretely train and improve performance. Participants will utilize multi-joint exercises, plyometrics, and field drills focusing on speed, agility, and quickness helping to improve balance, coordination, and muscular endurance. Desired outcomes also include an improved neuromuscular system which creates quicker response times, as well as efficient movements aiming to reduce potential injuries. Instructor: Certified Personal Trainer Christopher Wright. MHP lower field, twice a week for six weeks, June 14-July 20, Wednesdays and Thursdays this summer. Price: \$135. #109 Ages 13+, 8:30am-10am
#110 Ages 9-12, 10:15am-11:45am
#111 Ages 6-8, 12pm-1pm

Beginning Cheerleading

The Stretch-n-Grow cheerleading program is designed to teach the fundamental skills needed for cheerleading routines. In this beginner's class, learn cheerleading skills like arm motions, jumps, and fun cheers. We will also emphasize the importance of regular exercise as a lifetime habit, and teach stretching and exercises to increase flexibility. Each child will receive a set of pom-poms and a routine booklet during the first class. Children should be dressed appropriately for exercise. Instructor: Stephanie Taylor. NSC, six Tuesdays beginning July 11. Price: \$45. Register by: June 30

#112 Part A 5:30pm-6pm, for ages 3.5 to 4
#113 Part B 6:10pm-6:40pm, for ages 5 to 9

Cheerleading 2

This cheer class is aimed towards girls who have had a brief introduction to cheer, and some previous experience with cheer moves. However, this will still be geared towards overall beginners. We will have a brief review of basic cheer components and then focus on learning a couple of cheers, as well as 1-2 cheer dances to go along with music. Pom-poms and booklets will be provided. Please dress appropriately for activity. Ages 8-12. Instructor: Stephanie Taylor. #114 NSC, 6:50pm-7:35pm, six Tuesdays beginning July 11. Price: \$55. Register by: June 30



Outdoor



Community Garden Interest group

We are looking for folks interested in developing a community garden this summer at the North West end of town. Christ United Methodist Church on Churchville Ave has an open, sunny patch of land available for cultivating and developing into a neighborhood vegetable garden. Tools and water source will be available on location. Interested? Please join us at one of the interest group meetings on May 10 at 10am or 6:30pm. Meetings will take place at the Irene Givens Admin building conference room at Montgomery Hall Park. For more information, call parks and rec: 540.332.3945.

Gypsy Hill Park Traipse

Traipse has launched a tour in Gypsy Hill Park! Get out and explore the beautiful sights and amenities the park has to offer. Come along with friends and family to discover things you never knew about Gypsy Hill and solve puzzles in a place where community gathers. If you're not already acquainted with Traipse, here's the lowdown: the free app takes you on an adventure that is half historic tour and half scavenger hunt. You can Traipse anytime, with whomever you want, in historic business districts like Downtown Staunton along with other locations of interest. The app even provides discounts at select local businesses when you complete the challenges at those spots. And if you already know Traipse, check us out again to see what is new and improved!

Treemendous Tree Hunt

Spend an afternoon this summer identifying some of the trees in Staunton Parks with the Treemendous Tree Hunt. You can print a copy of the tree hunt from the Staunton Parks and Recreation website or pick up a copy from the administrative offices at Montgomery Hall Park. Use our new tree labels around the playgrounds to locate these magnificent trees. Tree hunts located in both Montgomery Hall and Gypsy Hill parks.

Edible Gourmet Mushroom Cultivation Workshop

In this workshop discover easy, low-cost methods for growing delicious gourmet mushrooms such as shiitake, garden giant, and oyster. Learn how to inoculate logs and wood chip beds so that you can harvest mushrooms right from your garden year after year! Rain or shine! Class held at AMI Urban Farm on the campus of Virginia School for the Deaf and the Blind. 113 New Hope Rd. Staunton, VA. #115 10am-1pm, May 27. Price: \$20. Register by: May 24

Traipse Gypsy Hill Geocache

Coordinates: N 38° 09.589 W 079° 04.867

Events

Scotts Major League Baseball Pitch, Hit & Run (PHR)

Wednesday, May 3 at Jerry May Field, Gypsy Hill Park
Join more than 500,000 boys and girls (ages 7-14) during this exciting baseball skills competition that provides the opportunity to showcase your pitching, hitting and running abilities. PHR participants can advance through four levels of competition, including Local and Sectional competitions, Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game. Come out to the local competition! **FREE onsite registration from 5:30-6pm.** (No metal cleats allowed for the competition.)

23rd Annual Youth Fishing Derby

Saturday, May 6 from 8am-11am at Lake Tams in Gypsy Hill Park.
Open to youth 4-15 years of age. Prizes awarded in various categories. **FREE on-site registration begins at 7:30am.**

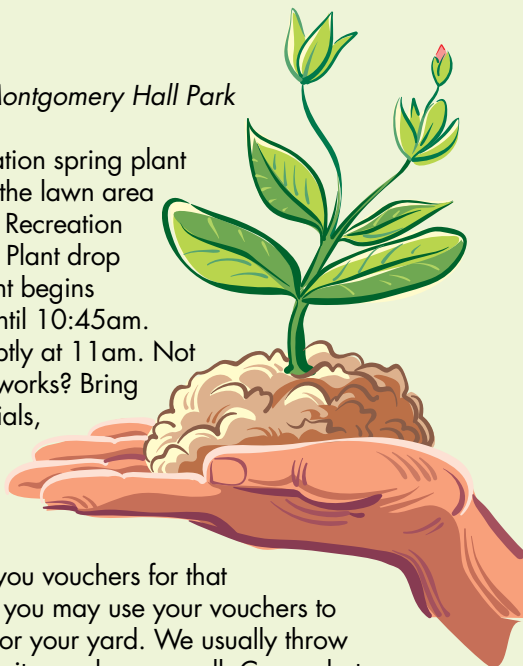
8th Annual Sgt. Tom Larner 5k/10k

Saturday, May 6 at 7:30am
This year's race will benefit the Makenzie Larner scholarship fund. Race starts and ends in the Mill Street Lot in Downtown Staunton. For more info: <https://www.facebook.com/TomLarnerMemorial/>

Spring Plant Swap

Saturday, May 13 at Montgomery Hall Park Admin Building

Staunton Parks & Recreation spring plant swap will be located at the lawn area behind the Irene Givens Recreation Administration building. Plant drop off & voucher assignment begins at 9am and continues until 10:45am. Swapping begins promptly at 11am. Not sure how a plant swap works? Bring in your annuals, perennials, small shrubs or trees, houseplants, garden kitch, garden books. Parks staff will assign a value to them and give you vouchers for that value. When we begin, you may use your vouchers to "purchase" new plants for your yard. We usually throw in a few things from the city gardens as well. Come chat with your fellow gardeners! No registration fee, enjoy complimentary coffee & snacks as well as door prizes. For more information, contact Matthew Sensabaugh at 540.332.3945.



National Bike to Work Day

May is National Bike Month, and Staunton encourages you to join in celebration.

May 19th is National Bike to Work Day! The City of Staunton is celebrating the event by hosting a bike and pedestrian commuter breakfast in Downtown Staunton. Stop by for coffee, breakfast, music and other free services including general bike maintenance. The Annual Bike & Walk to Work Day Celebration will take place from 7:30 AM – 9:30 AM at the Wharf Parking Lot in downtown Staunton. We want to see you on Facebook and Instagram too. Use hashtags #stauntonbikeday or #stauntonwalkday with a photo of your commute, or a selfie!

13th

Annual



Senior Fishing Derby

Saturday, May 20 from 8am-11am at Lake Tams in Gypsy Hill Park.
Open to all adults 50+ years of age. **FREE on-site registration begins at 7:30am.**

Children's Farmers Market at Staunton Jams

Saturday, May 20 from 1pm-5pm
Join us at the Spring Staunton Jams! Staunton Parks and Recreation will be providing an interactive Children's Farmers Market of sorts while the adults enjoy the musical entertainment. Children will enjoy a gardening experience, paint with vegetables, and "sell" their goods at the market. Staunton Jams will be rockin' from 12noon to 10pm. **FREE EVENT.** For more information about the Children's Market, call 540.332.3945. For information about Staunton Jams, call: 540.885.9988.

Gypsy Food Truck Roundup

2nd Saturday of the month in June, July and August at Gypsy Hill Park from 12pm-5pm.

This monthly event will feature local food trucks, music, games and activities for children. Admission is free and open to the public, simply pay for your own food. Please bring a blanket or a lawn chair to each event, which will happen rain or shine. Please stay tuned to our Facebook page for updates and food truck additions.

*In conjunction with this special event held by the city, food trucks will be permitted in the park only on these days and only if registered with Staunton Parks & Recreation. Interested food truck vendors, please call 540.332.3945.

Family Night Out

Friday, July 14 from 6pm-9pm. Children and families enjoy free activities through the District at Downtown businesses on Beverley Street and in the Wharf. Celebrate the Summer with crafts, giveaways, wagon rides, games and more! For more information visit www.stauntondowntown.org

3rd Annual Illuminate 5K/ 80's Throwback Race

Saturday, July 22 at 9pm in Gypsy Hill Park
Light up the night as you run/walk the course originating in Gypsy Hill Park and finishing at the Gypsy Hill Bandstand with an 80's dance party- Illumination Vibration. DJ will be spinning your favorite 80's jams and plenty of LED lights and lasers to light up the sky until 10:45pm. Prizes awarded for the race winners and for creativity of attire. Race participants will receive a t-shirt and special LED bracelet. Glow accessories available for purchase (while supplies last.) Put together your best outfit and come have a great time, last year was a blast! Register early to save \$5 and we can have your shirt size reserved. Race entry: \$20 per person till July 1, day of race entry fee: \$25pp.

Juneteenth Celebration at Montgomery Hall Park

The Staunton-Augusta County African American Heritage Museum (SACAAHM) in conjunction with the Staunton NAACP will host the first annual Juneteenth Celebration at Montgomery Hall Park on June 10, 2017 from 8am to 8pm.

Juneteenth is the oldest known celebration of the ending of slavery. Dating back to 1865, this historical date commemorates June 19 when Union soldiers led by General Gordon Grainger arrived in Galveston, Texas to announce that the Civil War had ended and that all slaves were free. This was two and a half years after President Lincoln had issued the Emancipation Proclamation.

Juneteenth celebrates African American freedom and a respect for all cultures and their history.

This event will have a variety of activities for everyone to include: a children's activity area, health walk/run around MHP, live entertainment, food, vendors, music, information booths, voter registration, raffles, health screenings, fun, fellowship, and networking.

For more information, please contact Sheila Ahmadi sahmadi13@icloud.com or call 540.255.4452.

Photo submitted by Larry Vickers.



Then and Now

Find Your Inner Child!

This spread features THEN and NOW photos of local citizens playing in our parks. We hope this inspires you to find your inner child and remember that play is not only important for children, but also for adults. Play brings joy and relaxation. It also improves memory and enhances brain function. Remember to play!



Left: The Whitfield family enjoy a family outing on Easter Sunday, 1956.
Right: John Whitfield and Mayor Carolyn Dull today.

Old photos of Gypsy Hill Park submitted by local citizens.



George Whitfield and Carolyn Whitfield, 1953.
Submitted by Mayor Carolyn Dull.



Marjorie, George and Carolyn Whitfield, 1953.
Submitted by Mayor Carolyn Dull.



Teresa Wimer Losh in front of the deer pen, late 1960s.



Anne Golladay in a swing, 1950.



Joyce Balsley in front of the bear cage, late 1940s.



Right: Andrew Richardson at the Youth Fishing Derby, 1998.
Left: Andrew Richardson today.



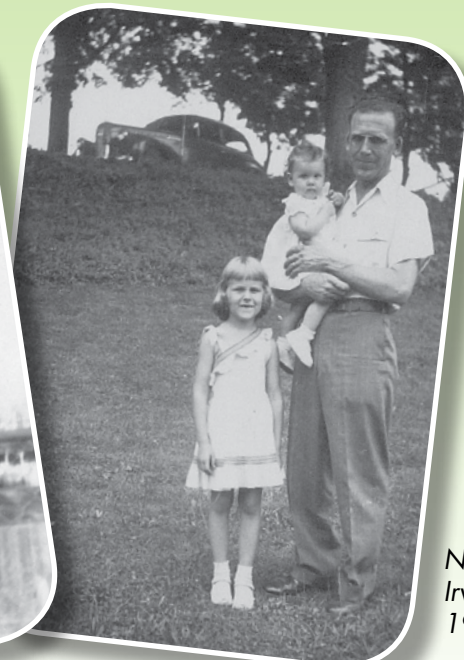
Left: Michelle Wentz and Leslie Hayes, 1978.
Right: Michelle Wentz and Dr. Leslie Hayes today.



Left: Erin Botkin playing Kiwanis Baseball, 1993.
Right: Erin Botkin today.



Irvin Golladay at the duck pond, 1930s.



Naomi, Anne, and Irvin Golladay, late 1940s/early 1950s.

Summer Bandstand Entertainment



The Stonewall Brigade Band

8pm, Mondays

- June 5** Opening Concert of the Season
- June 12** Flag Day Concert
- June 19** Musical Portraits of America
- June 26** Old Fashioned Concert in the Park
- July 3** America's Birthday Celebration concert 8 pm in Football Stadium parking lot stage.
- July 4** Performance at the Bandstand during the 4th of July Parade
- July 10** 20th Century Band Favorites
- July 17** Kids' Concert in the Park — cartoon themes, Disney favorites, movie themes
- July 24** Marches, Blues, Jazz, and Broadway
- July 31** A Tuneful Potpourri
- August 7** British Band Classics One (Holst and Grainger)
- August 14** British Band Classics Two (Vaughan Williams and Welsh Folksongs)
- August 21** British Band Classics Three (Holst plus some light concert favorites)



15th Annual Praise in the Park 7pm, Tuesdays July 11 through August 29. Free gospel concerts hosted by Linden Heights Baptist Church. Concessions available for purchase.

August 8 Teen Night: free pizza, drinks, giveaways.
7pm Rise; 8pm Covenant

View full lineup: <http://www.lindenheightsbaptistchurch.org>

Wednesday Night Bluegrass 7pm, Wednesdays. Rain or shine! Hosted by Staunton Parks and Recreation. For more information: www.staunton.va.us/recreation

- July 5** 7pm Page County Ramblers
8pm Little Roy and Lizzy Show
- July 12** 7pm Open
8pm Open
- July 19** 7pm Harmony Hill
8pm Goldwing Express
- July 26** 7pm TBA
8pm Charlie Fraizer and Virginia Ramblers
- August 2** 7pm TBA
8pm Larry Stephenson Band
- August 9** 7pm TBA
8pm Donnie Mason and in the Tradition
- August 16** 7pm TBA
8pm TBA
- August 23** 7pm Westwind Bluegrass Band
8pm Big Country Bluegrass

Jazz in the Park 7pm-9pm, Thursdays. Rain or Shine! Bring a lawn chair or blanket, concessions available. For more information, call Lew or Lisa Morrison 540.337.6944

- July 6** Just Jazzin' Big Band: a variety from the golden age of swing through contemporary
- July 13** Tom Artwick Quartet: Lexington based sax/flutist and his veteran group of accomplished players.
- July 20** ZuZu's Hot Five: stomps, rambles, lowdown blues, pop ballads..prohibition era jazz at its best
- July 27** Quatro Na Bossa: super tasty Authentic Brazilian jazz featuring volcalist Laura Ann Singh
- August 3** Black Betty: the blues pinup beckons the sounds of Dinah Washington and Ruth Brown.
- August 10** The Jazz Infusion: D.C. area 6 piece jazz, rock, funk, fusion...they're hot!!
- August 17** Dave Braham Organ Trio: Newark, NJ Hammond organ master featuring guitar wizard Vince Lewis.
- August 24** S.P.L.A.A.T. Quartet: Top local band together for 28 years doing jazz standards you'll recognize.
- August 31** John D'earth Quintet: classic jazz & compositions by its leader; his own vision of straight-ahead.

Family Night Flix Hosted by Staunton Parks and Recreation, Family Flix is an adaptation of the popular Friday Nite Flix series from years past. All movies will be family oriented and held on Friday nights. Movies will be shown at the Gypsy Hill Park bandstand. Concessions will be available for purchase. All movies start at dusk usually between 8:30pm and 9:15pm. Weather cancellation line: 540.332.3947

- June 2** Finding Dory
- June 16** Sing
- June 30** Zootopia
- July 21** Sixteen Candles (part of 80's weekend)
- August 4** The Jungle Book



Trips



Wohlfahrt Haus- "Million Dollar Quartet"

Wohlfahrt Haus Dinner Theatre is a state-of-the-art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. While seated in comfortable-lounge style chairs, you will be served a four course meal prepared by the in-house chef and then sit back and relax and enjoy Broadway caliber musical productions. The featured presentation is "Million Dollar Quartet" The new smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Don't miss the greatest jam session ever! #116 Wednesday, August 23. Depart GHPG at 8:45am; return around 7pm. Price: \$59 (includes transportation, lunch, and the show). Register by: June 2

A Wohlfahrt Haus Christmas

Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. This original production is stuffed with all the Christmas songs you know and love, as well as dazzling dance numbers and beautiful costumes! This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition! This show sells out extremely early. Get your tickets today! #117 Wednesday, December 6. Depart GHPG at 8:45am; return around 7pm. Price: \$62 (includes transportation, lunch, and the show). Now taking registrations.

Let's Go Shopping: Hagerstown Premium Outlets®

Hagerstown Premium Outlets® is a village style shopping center. Enjoy savings of 25% to 65% every day at over 100 designer and name brand outlet stores including Banana Republic, Coach, Guess, Kate Spade New York, Tommy Hilfiger, Under Armour and more. #118 Tuesday May 23. Depart 8am, return around 7:30pm. Price: \$24 (Includes transportation only). Register by: ASAP.

Brewery Hop on the Brew Ridge Trail: Blue Mountain Brewery, Devils Backbone, Bold Rock, and Wild Wolf

Let's go brewery hopping! We will spend the day checking out some of Virginia's finest breweries. Enjoy craft beer; grab a bite to eat, and take-in the beautiful scenery. Ages: 21+. #119 Sunday, June 11. Depart GHPG parking lot at 10am; return around 5:30pm. Price: \$15 or \$25/couple (transportation only). Space limited. Register by: June 2.

Ziplining at Bryce

Unleash the Excitement of Soaring High Above the Blue Ridge Mountains! Criss-crossing the mountainside on 11 different lines, this zipline adventure cruises over chairlifts at over 80 feet off the ground. Try to enjoy the view as you fly by at almost 40mph. It takes almost 2 hours to complete the entire guided tour of the mountain and includes a ride on the chair lift to get to the top of the mountain. Ages: 8+. Weight limits: Must weigh a minimum of 70lbs and a maximum of 230lbs. Must be in good physical health and wear closed toe footwear. #120 Wednesday, June 21. Depart GHPG parking lot at 11:15am; return around 5pm. Price: \$59. Register by: June 7.

Caving at Butler Cave

Explore Butler Cave in Williamsville near Monterey. This will be a guided three hour exploration of one of Virginia's longest caves. Butler Cave was discovered in 1958 when a small crack under a ledge of limestone was dug open. Spectacular discoveries followed as miles of natural underground tunnels and chambers were found. Butler Cave is currently maintained by the Butler Cave Conservation Society. Participants must be fairly physically fit, this is a "wild cave" and you will be on hands and knees in some sections. Participants need to bring: 3 sources of light (no flashlights but a strap light for arm or helmet), boots, helmet, long sleeves and pants or coverall suit, gloves, trash bag, and shorts or change of clothes (because you will get dirty). Limited space! #121 Wednesday, June 28. Depart GHPG at 8am; return around 3pm. Bring lunch. Price: \$15. Register by: June 14

Explore Colonial Williamsburg

Colonial Williamsburg is the only place that takes you back in time to the dawn of America. This isn't just a place where things once happened. We're the place where the idea of our country is being born; the place where the ideals we stand for as Americans are being defined. Explore 18th century trade shops, city sites like the courthouse, Wythe and Geddy houses and gardens. Tour the Governor's palace and capitol and learn how government and politics worked in the 18th century. See art museums and enjoy the many restaurants that Williamsburg has to offer. Ages: 6+. Monday July 17. Depart GHPG at 7am; return around 10pm. Register by: June 30
#122 Adults 13+. Price: \$69 (Includes transportation and single day ticket)
#123 Youth 6-12. Price: \$49 (Includes transportation and single day ticket)

Redskins Training Camp

Want to see your favorite Redskins players up close? Interested in finding out how the new rookies and free agents are progressing? Come with us to the Redskins training camp in Richmond. Wear your favorite Redskins gear and bring a marker because you just might get an autograph. Pack your own lunch or feel free to grab lunch at many of the food vendors or restaurants in the area. #124 Wednesday, August 2. Depart GHPG at 7:30am; return around 7pm. Price: \$19 (includes transportation & water). Register by: July 21

Roanoke: Mall, Burlington Coat Factory, and Downtown

Let's head south to Roanoke for the day. Trip takers will have the option of going shopping or exploring downtown Roanoke. We will stop at Valley View Mall and Burlington Coat Factory for the shoppers and then continue downtown for those who want to check out the museums, city market, and dining options in the downtown district. We will run a shuttle between all places. #125 Tuesday, August 15. Depart GHPG at 8:30am; return around 7:30pm. Price: \$24 (Includes transportation only). Register by: August 4

Hollywood Casino at Charles Town Races

Take a trip to the Casino in West Virginia and try your luck! #126 Saturday, August 19. Depart GHPG parking lot at 10am; return around 10pm. Price: \$24 (Includes transportation only). Register by: August 4

Swannanoa Palace

Major James Dooley, an executive with the Chesapeake and Ohio Railroad Company, completed construction of the \$2 million Swannanoa in 1912. Dooley, who owned the Maymont estate in Richmond, built this 52-room marble palace as a token of love for his wife, Sally May. More than 300 artisans were hired to create the palace as a replica of the Villa de Medici in Rome. They used the highest quality materials available. Visitors today can still see the depth of James and Sally May's relationship in places like the 4,000 piece Tiffany stained-glass window and a domed ceiling bearing the likeness of Mrs. Dooley. The name Swannanoa comes from Mrs. Dooley's fondness for swans, which she liked because they choose their mates for a lifetime. #127 Sunday, August 27. Depart GHPG at 12pm; return around 4:30pm. Price: \$18. Register by: August 16

Vegas Baby! 2018 Las Vegas, NV

Fly to Las Vegas on April 11 to enjoy 5 days and 4 nights of nonstop excitement on the world's most famous strip! Take in a show, go see the Grand Canyon, play some desert golf, or gamble 24 hours a day- you choose what you would like to do once we arrive in Vegas. Includes: Roundtrip airfare and hotel accommodations at Excalibur Hotel and Casino. Price: \$625 per person based on double occupancy. Reserve your spot with \$300 deposit with balance due by March 14.



Fitness & Wellbeing

Gypsy Hill Walking Club

This club is sponsored by Denos Subway on North Augusta Street

Did you know that one lap around Gypsy Hill Park equals 1.3 miles and takes around 30 minutes to complete? The American Heart Association recommends that adults get 150 minutes or more of moderate-intensity physical activity each week. That means five laps per week around Gypsy Hill Park will help you meet that recommendation. As a walking club member your miles are recorded weekly and can be viewed online at the Gypsy Hill Walking Club webpage located on the Staunton City website. For 2017 our sponsor, Subway on North Augusta Street, has provided us with weekly \$10 gift cards to help us stay energized and eat fresh! Club members who reach the weekly lap goal are entered into the drawing for that week's \$10 gift card. All ages welcome. #128 Price: \$10 annual club membership (includes walking club shirt). Club currently meets Friday mornings at 9am in Gypsy Hill Park at the bandstand. No obligation to come Friday mornings. Recorded miles do not have to take place in Gypsy Hill Park. If you would like to establish an evening/weekend "group walk" please email Steven Taetzsch at taetzschst@ci.staunton.va.us



Walk with a Doc

This free walking program is for everyone interested in taking steps for a healthier lifestyle.

What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer! Join us on the second Saturday of each month this summer at 8:30am in Gypsy Hill Park for an hour-long walk led by a local physician. Kick-off date is April 8 at the Bandstand. Participants will receive a free pedometer and t-shirt!



Morning Warm-ups with Jolene

This class is great for seniors with tired muscles and as a follow-up for physical therapy. Bring hand weights, exercise mats, and resistance bands. Learn chair exercises, healthy eating, and diet tips. Men and women invited! Jolene has been offering her classes with our department for more than 25 years! Ages 50+. Instructor: Jolene Dewey. Bessie Weller Gymnasium, 9am-10am Tuesdays & Thursdays. Price: \$32 per 12 classes. Ongoing class

Feldenkrais' Awareness through Movement®

These lessons use slow, gentle movements and directed attention to improve your ability to move with less pain, increased stability, and greater confidence. Learn to move more efficiently and gracefully by honing your neuromuscular habits and finding new options for movement. We'll apply each lesson to everyday routines, skills and activities, so that you can use the principles of the Feldenkrais Method immediately and build on what you learn week by week. No prior experience necessary. Bring a smooth mat or blanket to lie on and wear comfortable clothing. Instructor: Cynthia Dunafon. #129 NSTC, 1:30pm-2:30pm, eight Wednesdays beginning July 12. Price: \$40 for full session or \$8 drop-in fee. May join whenever, \$5/class if purchasing 4 or more classes.

Aikido

Aikido is the gentle martial art of harmonious movement. Learn to redirect aggression through circular movements designed to destabilize an attacker or restrict an attacker's movements in a way that protects the defender as well as the aggressor. Increase mental and physical flexibility through a series of partner exercises designed more than 80 years ago by Morihei Ueshiba, the founder of Aikido. His students brought the art to America and passed it on to many students in Aikido dojo (martial arts studios). Aikido will increase range of motion in the joints, improve hand eye coordination, and increase wellbeing through breathing exercises. Instructor James Jacenich has studied the art for more than 30 years. Ages 7+. GHPGC, 8am-9am Mondays and 6:30pm-7:30pm Thursdays. Ongoing class

Class option 1: Attend class one time per week
Price: \$48/month

Class option 2: Attend class twice per week
Price: \$58/month

Taiji & Qigong - What's That All About, Anyway?

The smooth, controlled movements in these Chinese exercises promote improved posture, strength & flexibility, as well as reduce stress. Why not come check them out? What could you lose....it's free! Comfortable loose clothing & soft flexible shoes recommended. #130 GHPGC, 11am-12:30pm, August 12. Price: Free

Full Body Fitness

Are you looking for a workout that is exciting and fun? Want to meet new people with similar fitness goals and challenge yourself to become a better you? Full Body Fitness (FBF) offers that and more. This group class is a great way to reach your weight loss goals and get in shape in a supportive environment. Learn breathing techniques and how to properly work each muscle in order to see faster results. Optional: bring 3, 5, 10 pound weights and a weight mat for floor exercises. Instructor: Shunda Smith. NSTC, 9am-9:30am, Tuesdays and Thursdays beginning May 9. Price: \$30 for 6 classes. Drop-in Price: \$7. *Please call ahead to make sure the session is taking place that day.

Zumba®

Zumba will give you a total workout, combining all elements of fitness for any age group. This class will target cardio, muscle conditioning, balance, and flexibility. Incorporates a combination of fast and slow music with dance moves from hip-hop to salsa. Wear comfortable workout clothes, supportive footwear, bring towel and bottle of water. Ages 10+. Instructor: Shunda Smith. NSC, 6pm-6:55pm Mondays, and 10am-10:55am Fridays, beginning May 8. Price: \$30 for 6 classes. Drop-in Price: \$7. *Please call ahead to make sure the session is taking place that day.

The YOGA 5. All yoga classes with Staunton Parks and Recreation are priced the same and participants can purchase a bundle of four or more classes for \$5/class. Participants may attend any yoga class offering with bundle purchase. *Free Yoga in Park excluded.

Vinyasa Yoga

A flowing style yoga class, linking yoga poses together to bring balance and harmony as we move our bodies with our breath. This type of yoga flow features cardiovascular conditioning, flexibility, strength, and relaxation. Leave with an overall feeling of wellbeing and relaxation. Multilevel class, please wear comfortable clothes, bring a yoga mat & water. Start any time! Instructor: Maggie Mairena. MHPA, 6pm-7pm, Mondays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.

Hatha Yoga Basics and Beyond

Explore yoga fundamentals in this safe, welcoming environment. Suited for individuals new to yoga as well as those with existing practices who wish to deepen their knowledge and understanding or simply move at a more moderate pace. Bring your own mat, blanket or large towel, and wear clothes you can move freely in. Instructor: Maggie Mairena. MHPA, 6pm-7pm, Wednesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.

Free Yoga In the Park

Join us for complimentary yoga classes offered to the community! Feel inspired under the sun as you enjoy the view, fresh air, and the great outdoors. The 60-minute, all-levels yoga practice will provide a unique opportunity for some authentic sun salutations while being surrounded by nature. Wear comfortable clothing and sunscreen. Bring water, a towel, and a yoga mat if possible. Extra supplies will be available, but quantities are limited. Families are welcome but we kindly ask that all children remain with a parent or guardian. Cancellations due to rain will be announced via the Parks and Recreation Facebook page by 9am on the day of the class.

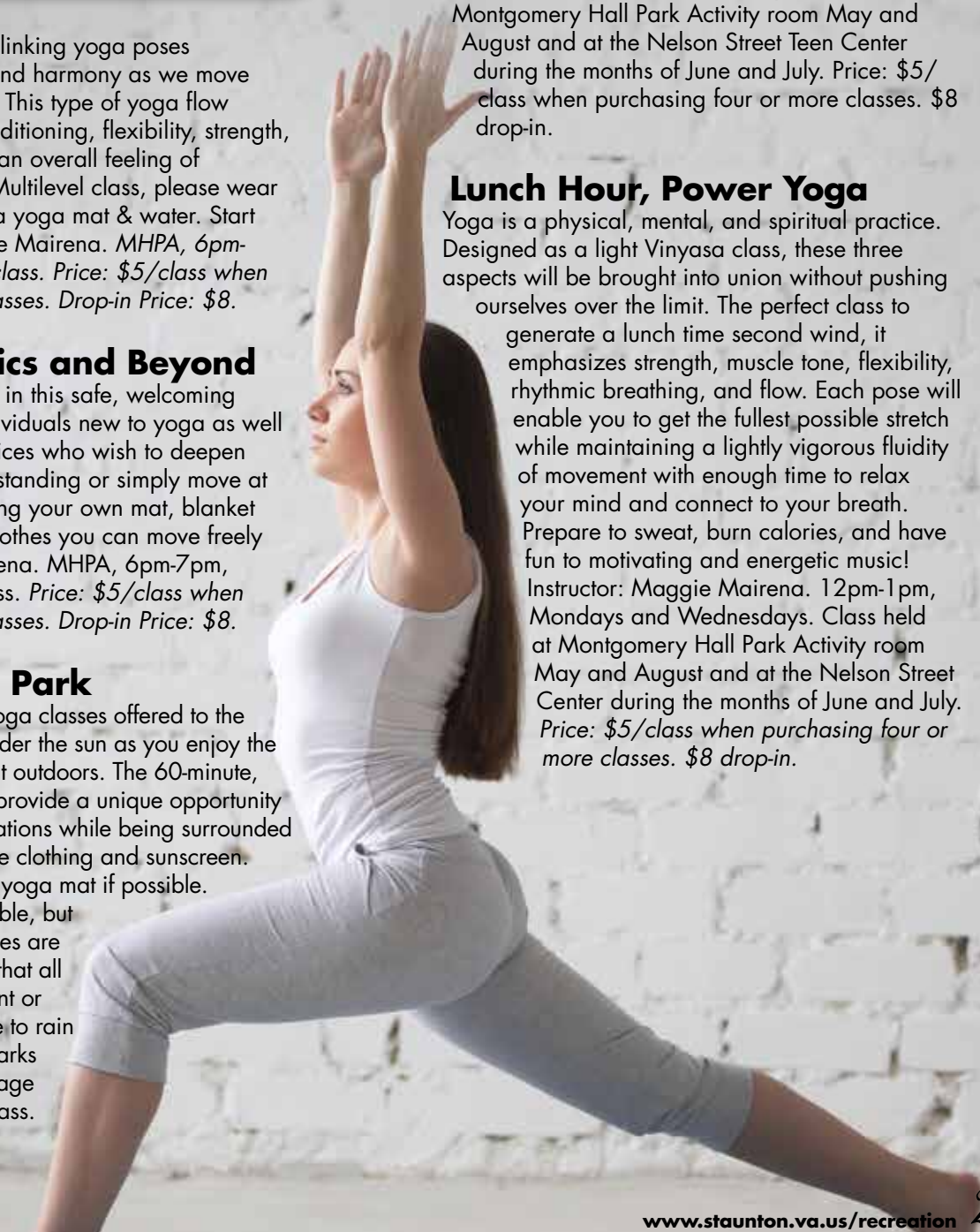
Classes will be held from 10am-11am at beautiful Gypsy Hill Park, right on the lawn (weather permitting), and all levels are welcome. Free yoga will be offered every second Saturday of the month during May-August. We will meet at the outdoor fitness gym, please arrive 15 minutes early to sign a liability waiver and place your mat.

Yoga for Every Body

Designed for those looking for a comfortable starting place in order to grow and nurture their yoga practice. Whether you are a beginner, nursing an injury, or have restricted movement due to age, ailment, weight, etc. this is the class for you. No experience required. Modifications are offered for all levels. This slower paced yoga class focuses on basic Hatha techniques and pranayama breathing. All ages, levels, and body types welcome! Instructor: Maggie Mairena. 10am-11am, Mondays and Wednesdays. Class held at Montgomery Hall Park Activity room May and August and at the Nelson Street Teen Center during the months of June and July. Price: \$5/class when purchasing four or more classes. \$8 drop-in.

Lunch Hour, Power Yoga

Yoga is a physical, mental, and spiritual practice. Designed as a light Vinyasa class, these three aspects will be brought into union without pushing ourselves over the limit. The perfect class to generate a lunch time second wind, it emphasizes strength, muscle tone, flexibility, rhythmic breathing, and flow. Each pose will enable you to get the fullest possible stretch while maintaining a lightly vigorous fluidity of movement with enough time to relax your mind and connect to your breath. Prepare to sweat, burn calories, and have fun to motivating and energetic music! Instructor: Maggie Mairena. 12pm-1pm, Mondays and Wednesdays. Class held at Montgomery Hall Park Activity room May and August and at the Nelson Street Center during the months of June and July. Price: \$5/class when purchasing four or more classes. \$8 drop-in.





Staunton for Stauntonians

Wright's Dairy Rite

ABOUT: Wright's Dairy-Rite was founded in March of 1952 by Forester and Alka Wright. The business was then only a small frozen custard store, similar to the popular Dairy Queen stores of the time. By the mid 1950's, the Wrights had begun to offer limited hot food items and had enlarged their building. By the end of the 50's, Dairy Rite had been transformed into a full menu Drive-In restaurant. Dairy Rite was a popular hangout for children of the 1950's and 1960's and continued to grow and expand. It has been voted one of the top 10 original Drive-In Restaurants in the Nation.

EVENT: "Cruise-in 2017" Check out hundreds of antique cars at the annual cruise-in on the Sunday before Memorial Day and the Sunday before Labor Day, May 28 and Sept 3. Event is in the afternoon from 2pm-5pm.

Staunton Braves

ABOUT: The Staunton Braves were founded in 1915. They are a collegiate summer baseball team and play in the southern division of the Valley Baseball League (VBL). The VBL is funded in part by a grant from Major League Baseball and is a member of the National Alliance of College Summer Baseball, a national affiliation of 12 collegiate summer leagues. The Staunton Braves have won the pennant in 1993-95, 1997- 2000, 2003, 2009, and 2015, ranking as high as the 7th best team in the country during the 2015 regular season. They were league champions in 1995, 1996, and 1999. They are the hometown team and have provided high level quality baseball to Stauntonians for many years.

EVENT: Home opener is June 2; the Braves kick off their season with the Harrisonburg Turks, 7:30pm at Moxie Field in Staunton's Gypsy Hill Park. A summer night Braves game is about as Staunton as it gets.



America's Birthday Celebration

ABOUT: The fourth of July celebration at Gypsy Hill Park is one that many families, from all over, enjoy each summer. This fun multi-day celebration is brought to you by America's Birthday Celebration (ABC). ABC is a 501 (C) 3 Non-profit organization and relies on donations from local businesses and citizens to be able to provide for a family oriented celebration.

EVENT: America's Birthday Celebration's mission is to bring our community together to celebrate our nation's birth in a small town, family oriented atmosphere with traditional activities which includes: a vesper service, parade, games, crafts, exhibits, food, and local and nationally known entertainment. For more information about the celebration or interested in helping out check out their website: www.stauntonjulyfourth.com Or email: info@stauntonjulyfourth.com

Black Dog Bikes

ABOUT: Black Dog Bikes has been in business in its current downtown Staunton location for ten years, offering bicycles, accessories, and bicycle repairs. They stock bicycles in all categories: Kids bicycles, family, cruiser, hybrid, road bikes, and mountain bikes and will do repairs on all makes or models. 121 South Lewis St. 540.887.8700, Owner/Manager James Burris.

EVENT: 2017 Montgomery Hall Park Mountain Bike Races. Montgomery Hall has five miles of beautiful single-track trails that Black Dog Bikes helped build and maintain over the years. Each race brings out as many as 50 - 60 riders who enjoy the trails with flowy turns, short climbs and fast sections. 2017 races are on June 18, July 16, and August 27.

Staunton Lanes

ABOUT: Staunton Lanes is family owned and has been in operation since the early 1960's. They are proud to offer a fun, clean environment for those who love to bowl. Bowling leagues and clubs available as well as birthday party and event packages.

EVENT: "Kids Bowl Free" this summer from May 1st - September 30th, kids 18 and under, can bowl 2 FREE games every day (does not include \$3 shoe rental). To sign-up for this program go to Staunton Lanes website or call them at 540.885.1655.

Make Cool Things.

In partnership with Staunton Makerspace



A Makerspace is a community run space where people can gather to create, collaborate and learn. The Staunton Makerspace has grown to support collaboration across boundaries of science and art, technology and craft, to invent novel objects and works of art. The Staunton Makerspace is located at 17 N Central Ave, Downtown Staunton.

3D Printing with TinkerCad: Make It & Take It

In this 3D printing course, participants will learn to design, edit, and print in free Tinkercad software. The first half of the course will focus on a general overview of 3D printing and a classroom introduction to Tinkercad, and the second half will invite participants to design their own 3D object with expert assistance provided as students develop their Tinkercad skills. We encourage (though don't require) participants to bring a laptop. 3D printed designs are limited to two square inches and are available to pick up the day after class. All levels of experience are welcome. Open to ages 7 and up, although children should be accompanied by an adult. Instructor: Andy Wiseman. Andy learned many of his Makerspace skills while building a fully operational (rolling, spinning, and speaking) Star Wars R2D2 replica. #131 class held at Staunton Makerspace, 6pm-8:30pm, June 29. Price: \$50. Register by: June 26

Woodworking 101: Make Your Own Coat Rack

This skills-focused course is designed to provide an introduction to both hand and power tool techniques for basic woodworking. Attendees will construct a coat rack to take home with them upon completion. Enjoy the making process, be proud of your creation, plus get comfortable on woodworking equipment. This course is designed to be accessible to the novice but also fun for those with moderate woodworking experience. All levels of experience are welcome. Open to ages 8 and up, although children should be accompanied by an adult. Instructor: Rick Hubbard. Rick is a long-time woodworker and donor of many of the makerspaces woodworking tools. He teaches "Make It & Take It" makerspace workshops, introducing students to new equipment and helping them begin their woodworking journeys from skill acquisition, to design, construction, finishing and more. #132 class held at Staunton Makerspace, 10am-2pm, June 17. Price: \$60. Register by: June 14

Introduction to CNC Routers: Making a Wooden Inlay

This skill building course will introduce you to a CNC routing machine, a software-controlled carving tool that can be used to make precise inlays, 3D carvings, and more. Focusing on Easel, a simple and free software program that makes cutting very straight forward, we'll cover the basics needed to use this computer-controlled router to carve projects in plastic and wood. Together, we will design and cut a custom inlay for a jewelry box. We will cover many of the basics applicable to all CNC-based machines. We recommend, but do not require, that you bring a laptop. All levels of experience are welcome. Open to ages 7 and up, although children should be accompanied by an adult. Instructor: Dan Funk. Dan is an entrepreneur, computer programmer, website designer, and co-founder of the Staunton Makerspace. #133 class held at Staunton Makerspace, 6:30pm-8:30pm, July 13. Price: \$55. Register by: July 10

Introduction to Laser Cutting

This skills-focused Laser Cutting course is designed to take attendees from novice to laser-ready for designing and making laser cut projects. You'll leave with open-source software for designing, editing, and "printing" laser-cut items, along with your own laser-cut sample project to take home. Laser cut designs are limited to a 5" by 5" design in wood or plexiglass (with both etching and cutting capabilities) and are available to pick up the day after class. We encourage but (don't require!) you to bring your own laptop. All levels of experience are welcome. Open to ages 7 and up, although children should be accompanied by an adult. Instructor: Andy Wiseman. Andy teaches many "Make It & Take It" makerspace workshops, introducing students to new equipment and helping them begin their own journeys to prototyping, constructing, innovating and more. #134 class held at Staunton Makerspace, 6pm-8:30pm, August 10. Price: \$50. Register by: August 7

Music & Art

First and Third Friday Jam

Grab your instrument and join us at Montgomery Hall Park on the first Friday of the month and Rooster Art and Coffee in downtown Staunton on the third Friday of the month. Play with others in the community in this nonthreatening, informal setting. This is designed for folks who often find themselves playing at home, alone, or those who have not had the confidence to play in front of or with others. If you like to play but have not picked up your instrument in a while, are rusty or still learning (as we all are) then come check this out. Bring your own acoustic instrument. Facilitator: Dianne Byrer. 7pm-8:30pm, first and third Friday of the month. Price: Free

Intro to Modern Western Square Dance

Square Dancing is fun and friendship set to music! This intro class will give participants a taste of an American form of dance that has its roots in Europe. Think of it as ethnic aerobics. If you can walk, you can square dance. No partner required. Comfortable shoes recommended. Ongoing Class. Age 14+. Facilitator: Joe Kelley. GHPGC, 7pm-9pm, Wednesdays beginning May 17. Price: \$2/evening. For details, call Joe Kelley 540.292.7925

Surface Design: Do you love color and texture?

If so, this class is for you! Using the heritage skill of felt making we will create a beautiful piece of fabric while learning the principles of surface design. The end result can be used as a table covering or trivet. Beautiful and practical. Easy and Fun!! An incredible assortment of colorful wool of various breeds will be provided as well as all the supplies. Instructor: Lisa Jacenich of Artful Gifts. Class is held at Artful Gifts LLC located in the Historic Wharf District at 6 Byers St., Staunton. Price: \$55.

#135 6pm-8pm, June 1. Register by: May 26

#136 6pm-8pm, July 13. Register by: July 7

#137 1pm-3pm, August 12. Register by: August 8

Introduction to Paper Making: Let's play!

This ancient skill is brought into the modern day! We will utilize recycled materials as well as plant materials. You will learn how to create the pulp, embed designs and add inclusions like flowers, threads, and silk. All materials provided no experience necessary. Instructor: Lisa Jacenich of Artful Gifts. Class is held at Artful Gifts LLC located in the Historic Wharf District at 6 Byers St., Staunton. 1pm-3pm. Price: \$55. Register by: One week prior
#138 June 17, #139 June 18, #140 July 22, #141 July 23

Pottery Painting in Gypsy Hill Park

Enjoy TWO relaxing past times in the beautiful outdoors, live music and art in the park! The Crafty Fox will be offering ceramic painting during two outdoor concerts this summer. All supplies will be included and every completed project is food safe and completely useful. Examples of ceramics are: dinner plate, coffee mug, spoon rest, and bowl. All you need to bring is your creativity! Ages: 18+. Instructor: Rebecca Razul of The Crafty Fox Box. GHP Bandstand. Price: range from \$8-\$30/piece.

#142 7:30pm-9pm, June 19 during The Stonewall Brigade Band. Register by: June 14

#143 6:30pm-8pm, July 19 during Wednesday Night Bluegrass. Register by: July 14

#144 6:30pm-8pm, August 24 during Jazz in the Park. Register by: August 21



Health & Self

Bone Health: It's Not Just About Calcium

What else is in the soup recipe to help with bone health? If you don't support your bones throughout the nutrition lifecycle then your bones won't support you. It is the scaffolding of life. This discussion is about what the other ingredients in the soup recipe are for bone health. Penelope will discuss needs and demonstrate how to make bone broth. Recipes shared and participants will taste types of bone broth; one of the elixirs of life. Please bring your own ceramic mug for tastings and bottle of water. Instructor: Penelope Ferguson MS RD. #145 MHPK, 6:30pm-8:30pm, July 25. Price: \$15. Register by: July 17

Massage Basics

Learn simple massage techniques you will be able to use with family and friends as well as self-massage. Help loosen parts of the body and alleviate issues like headaches, insomnia, tension, stress, and more. Wear comfortable clothing. Instructor: Stephanie Dunlap, CMT with 16 years of professional experience. #146 MHPA, 6:30pm-7:30pm, two Tuesdays, June 13 and June 20. Price: \$25. Register by: June 5

Sick and Tired of Being Sick and Tired

Have you been dragging that ball and chain around for too long? Are you suffering from symptoms such as these: lack of energy, foggy thinking, not enjoying life, stress, mood swings, digestive concerns, weight gain or loss, depression, chronic pain, or many others? It is possible to live a life of energy, vitality and vigor. Learn about some of the hidden causes of these symptoms and discover natural ways to restore, maintain and enhance your health while reducing stress. Instructor: Don E. Wetsel, MA, LAc, BCTMB. #147 Staunton Library, 7pm-8:30pm, May 17. Price: Free

GERD, Heartburn, Irritable Bowel and other Digestive Disorders

Do you love to eat, but also dread it? Digestive problems often become uncomfortable, painful facts of life for many of us. What most don't know is that there are additional hidden far-reaching concerns, which over time will significantly decrease your health, well-being and even your life span. (Digestive problems mean nutritional deficiencies and poor nutrition equals poor health.) Learn common causes of many digestive problems as well as safe and natural ways of preventing and eliminating them while restoring your overall health and improving your longevity. Instructor: Don E. Wetsel, MA, LAc, BCTMB. #148 MHPC, 7pm-8:30pm, August 30. Price: Free



Golf

Gypsy Hill Golf Course

This course is an 18-hole, par 71, public golf course located in Gypsy Hill Park, just off Churchville Avenue (Route 250 West). The Course is open to the public year-round. Facilities include a golf pavilion, a fully-stocked pro shop, cart rentals, professional lessons, golf programming and clinics and a full tournament schedule. *Yardages are – blue tees = 5,899; white tees = 5,587; red tees = 4,436*

History of Original 9 holes

Gypsy Hill Golf Course was established in 1919 as a nine-hole golf course. The second nine holes were added in 1968. Though the course is one of the oldest in the Shenandoah Valley, Gypsy Hill Golf Course has 3 of the original 1919 holes still in play. The Course is a Par 71 and is located within the friendly confines of Gypsy Hill Park. The course is open to the public year-round- weather permitting. Gypsy Hill Golf Course is a challenging layout with slightly undulating greens and lots of elevated changes. The facilities include an exclusive rentable golf pavilion, stocked pro shop, as well as clinics and individual lessons. Gypsy Hill also has a very active Senior membership.

The Head Golf Professional

Wes Allred is the Head Golf Professional on site and holds the course record. On Wednesday, August 13, 1997, he lowered the course record to 61. The 10-under-par performance featured 10 birdies and no bogeys, playing from the blue tees. The previous record of 63 was set in 1975 by N. L. Deaver, playing from the blue tees. Wes is a born and bred Stauntonian. Wes is also President of the Senior Golf Association. Lessons with the Golf Pro are available by appointment. *Rates are as follows: 1 hour - \$40, Seniors - \$30, Juniors - \$20*

Family Night

In 2017 we will be offering a Family Night at Gypsy Hill Golf Course on Fridays starting in June. Your whole family will be able to come out and play 6 or 9 holes for the affordable family rate of \$25. This opportunity provides the family with a great physical activity before heading to the Bandstand for the scheduled Family Night Flix movie. We encourage you to spend some quality time with your family in historic Gypsy Hill Park. Additionally, the Staunton Parks and Recreation Department will be planning Food Truck Sundays at the Golf Course. Stay tuned.

How does it work? Call to reserve your tee time which will be between 5pm and 6pm. Up to 5 people can play either 6 or 9 holes.

Family Night Dates:	Bandstand Flix Movie at 8:30pm:
June 2	<i>Finding Dory</i>
June 16	<i>Sing</i>
June 30	<i>Zootopia</i>
July 21	<i>Sixteen Candles</i> <i>(part of 80's weekend)</i>
August 4	<i>The Jungle Book</i>

Leagues

Gypsy Hill also hosts many golf leagues including Nibco and Staunton Eagles. Times and dates are still available for potential leagues.

Ashby Campbell Pavilion

The Ashby Campbell Golf Pavilion is onsite and is available for rent for all your corporate outings and family reunions.

Hosting Golf Teams

Gypsy Hill Golf Course is also the host of 3 local high school golf teams. Robert E. Lee High School, Riverheads High School and Grace Christian play their "home" games on the course.

Senior Organization

Gypsy Hill Golf Course has a very active Senior organization and participates in the Valley League Golf Association. They play home and away matches during the year. Courses they also play are Lakeview, Shenvallee, Bryce Resort and Cliffview. The President of the Senior Association is Donnie Dobbs. *To inquire about the Association, call Wes at 540.332.3949.*

"Gypsy Hill Gang"

The "gang" is our weekend group that plays every Saturday and Sunday. Guests and out-of-towners are welcome as we choose teams out of a hat and play. Rules are established the day of. *Tee Times: 9am: January - March, 8:30am: April, 8am: May-August, 8:30am: September and 9am, October-December. Call Wes at 540.332.3949.*

Specials

We are excited this year to offer specials on Wednesday throughout the year. Please call for our daily special.

Gypsy Hill Golf Course Membership Rates

Regular Membership: \$450, Senior Membership: \$400, Family: \$850, Junior (12-17 yrs): \$150, Youth (under 12): \$50, Husband and Wife: \$750, Regular Rate: \$25 for green fee & cart, Twilight Rate: \$20 (starting at 11am), Carts (Members): \$13, Carts (Non-Members): \$15

Hours

*Monday through Sunday 7:30am - 8pm
Weather Depending

March 11	Tough Pin	9am
May 6	Lee High Boosters 4 man CC	8:30am
June 10-11	Deaver 2 Man Team. Championship	8am and 1pm on Sunday
July 4		Closed
July 8-9	Leader Paper 2 Man Team. Championship	8am Saturday and Sunday
August 5-6	Men's Golf Association Club Championship	8am Saturday and Sunday
August 12	Middlebrook Fire 4 Man CC	8am
Sept 23-24	The Shootout 2 Man CC	8:30am Saturday and Sunday

NATURE RIDGE Natural Playground

**Support our 100% community funded natural playground!
Help us bring the complete vision to life.**

About:

The playground is an alternative type of play experience involving natural elements found in nature to create a coordinated playspace. Our playground features a dirt kitchen, elevated sandbox, musical chimes, a tracking panel, a gravel digging pit, stump steps, elevated zig zag, tunnel hill, a fairy house, and a pirate ship, with more to come.

Location:

Montgomery Hall Park behind Lancaster Softball Field near the main recreation office.

Sponsors: A Big Thank You!

Shenandoah Valley Kiwanis, Staunton Rotary, Rotary District 7570, BB&T Staunton branches, Dominos Pizza, NIBCO, Augusta Health, Modernboy Woodshop, Raw Learning, The Cami Campaign, Augusta Bird Club, Steven W. Browning DDS, Responsible House, Dupont Community Credit Union, Crunchy Moms of the Shenandoah Valley, People Places, Pygmalion School, Valley Pediatrics, Harrisonburg Costco, McDonough Toyota, Blue Ridge Lumber Co LLC, Staunton Lowes, Valley Building Supply, Staunton Machine Works, Made; For the People, By the People, Heather Underwood, Danielle David, Nick Faircloth, Herb Wiegler.

If you or your business would like to donate to the playground, please contact us at 332.3706 ext 4186.

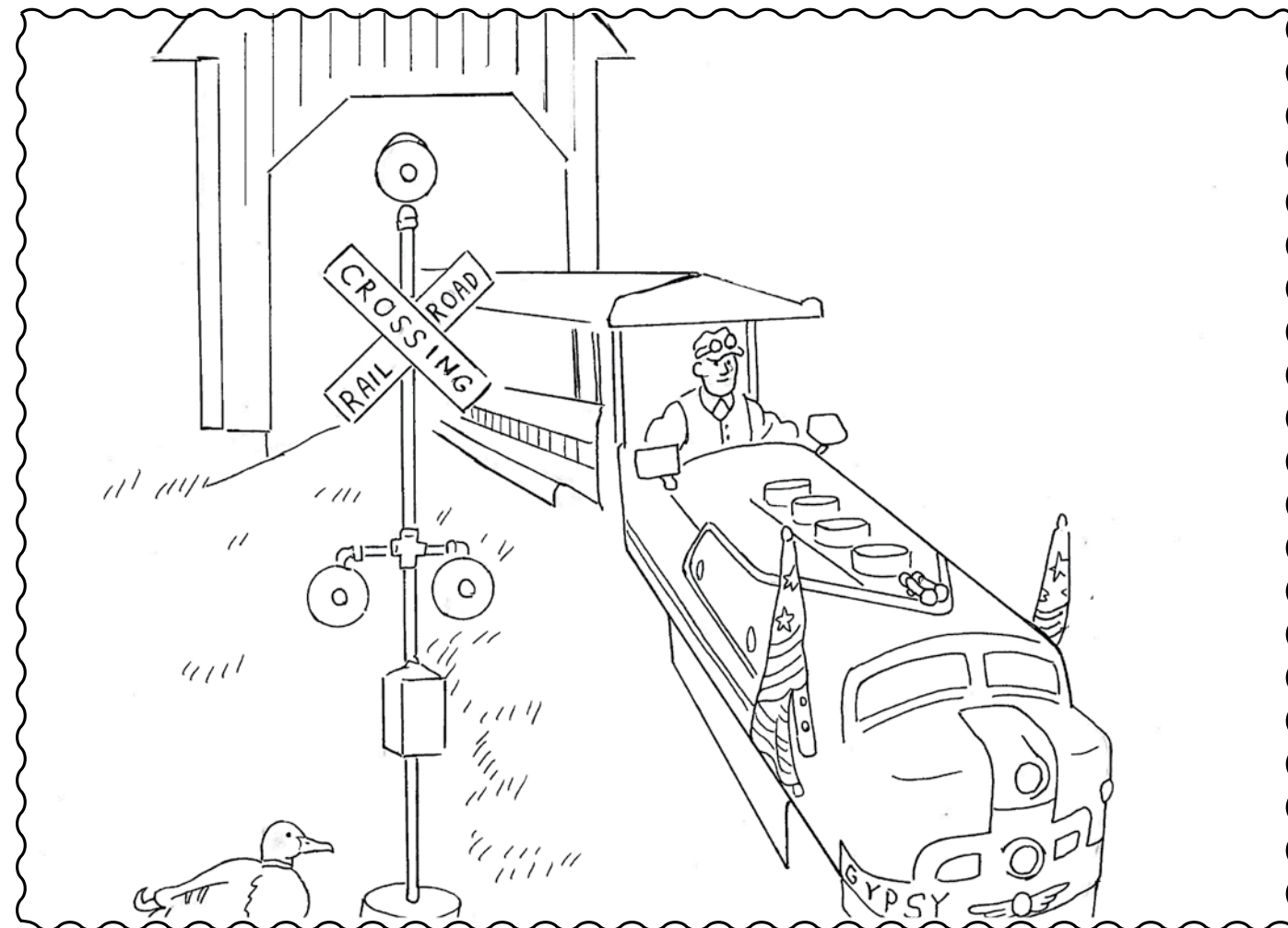


THESE SHIRTS WILL SOON BE FOR SALE AT THE
STORE MADE; IN DOWNTOWN STAUNTON.
PROCEEDS WILL GO TOWARD THE PLAYGROUND.



Play Page

The next two brochures will include a special coloring page featuring an iconic image from one of our parks. This brochure illustration was created by Staunton artist Bryan Demory and features the Gypsy Express which has been in operation for over 50 years.



COLOR ME!





Information

Our Mission:

To provide a variety of quality leisure opportunities to the diverse population of Staunton for the purpose of improving Stauntonian's quality of life via well maintained historic parks housing superior facilities paired with innovative recreation programs, athletic leagues, trips, and outstanding child-minding programs.

Our Parks and Recreation Brochure

This publication is our way to directly connect with the citizens of Staunton and share our most current listing of recreational offerings. This includes enrichment programing, trips, special events, childcare, athletic leagues, Gypsy Hill Golf information, park and project updates.

Brochure Schedule:

BROCHURE CYCLE

Winter/Spring covers January-April

Summer covers May-August

Fall covers September-December

DISTRIBUTION DATES

Beginning of January

End of April

End of August

Ways to Register

Online, by mail or in person at 1000 Montgomery Hall Avenue, Staunton VA 24401

Online Registration *NEW*

Visit our new and improved city website to register for classes, trips, and leagues through our new software system. Individuals must create a customer profile on the portal which will allow for easy access and a simple, customer friendly experience!

Register by mail:

Send a completed registration form to:
Staunton Parks and Recreation
PO Box 58
Staunton, VA 24402-0058

Early Registration

Whether or not we can hold a class usually depends on the number of registered program participants we have by a certain deadline. Please register soon and early to avoid having to cancel a program or workshop.

Office Information:

1000 Montgomery Avenue
Staunton, VA 24401

Monday through Friday, 8am-5pm
Main office: 540.332.3945
Weather cancellation line: 540.332.3947
Fax: 540.332.3983
Park Maintenance: 540.332.3945
Gypsy Hill Golf Shop: 540.332.3949

Overnight Travel Policy

All trips are to be paid in full when signing up unless another specific option is available where a minimum of 50% deposit is required for each person. Once a payment is received from a patron they are considered to have an official spot on the trip if there is space available. All patrons understand that there is a no refund policy in effect unless the Recreation Department decides to cancel a trip. It is at the Recreation Department's discretion on the cancellation of trips and most will be done in a timely manner. In some extreme cases such as death or serious medical conditions a refund may be available to a patron of a trip minus any expenses the Recreation Department may incur. Name changing fees may occur on trips involving plane flights. In cases regarding deposits: if the balance isn't paid by the deadline, patron may lose full deposit and spot on the trip. Before registration form is complete, you will be required to sign (above check in lieu of signature) that you have read, understand and accept this addition to our registration process.

Program and Day Trip Refund Policy

In the case of a cancellation by Parks and Recreation staff, the refund will be issued in the form of a check through the City's Finance Department. Check will be mailed to the address on file. Please allow a minimum of 2-3 weeks for refunds by check.

No refunds or credits will be given for any program or activity sessions missed by the participant.

If adequate advance notice is provided, we will refund the full amount of the program less any non-recoverable expenses, as listed below. If there is a waiting list and we are able to fill your spot on a day-trip or in a program, you will receive a full refund.

General Program or One-Day Trip: Full refund prior to the registration deadline, less any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

If adequate advance notice prior to the registration deadline is not given, and your space cannot be filled, all fees are forfeited.

Inclusion Statement

It is the goal of Staunton Parks and Recreation to create an inclusive and welcoming environment for all individuals of all abilities who wish to participate in recreational activities and programs and experience the benefits and opportunities provided through the services offered by Staunton Parks and Recreation.

Staunton Parks and Recreation will accommodate any reasonable request to assist people with disabilities and special needs and support various learning styles. Individuals who require additional support are encouraged to complete the Accommodation Request Form two weeks in advance of the program or activity in which they plan to participate, to assist Parks and Recreation staff in its efforts to create a positive recreation experience for the participant. For questions, please call 540.332.3945. The Accommodation Request form can be found here: www.staunton.va.us/Accommodation.

Notice and Prohibition Against Discrimination

The City of Staunton is committed to equal opportunity and compliance otherwise with all nondiscrimination laws. The City of Staunton is an inclusive locality and environment.

The City of Staunton does not discriminate and prohibits unlawful discrimination and harassment against any person on the basis of race, creed, religion or religious belief, color, ethnicity, national origin, ancestry, age, sex or gender, sexual orientation, disability, military or veteran status or on any unlawful basis.

No qualified person on the basis of disability will, on the basis of disability, be denied the benefits of local government services, programs, or activities. If any person has a disability or otherwise needs special consideration, the City welcomes contact and will provide information and address special needs in compliance with the law.

Any unlawful discrimination should be reported immediately to any City-designated person and any City department director, or to the City Manager or designee, or to any member of the Staunton City Council. Such discrimination also may be reported to any state or federal agency which is responsible for compliance with nondiscrimination laws, such as the U.S. Justice Department, the Equal Employment Opportunity Commission, or any other federal or state agency with jurisdiction.

The City of Staunton also prohibits unlawful retaliation against any person who files a report or complaint about discrimination.

To contact the City Manager's office to report any unlawful discrimination or retaliation or to request special arrangements because of disability, please call 540.332.3814.



Registration

Online Registration

www.staunton.va.us/recreation

Mail-In Registration

NAME _____ Year You Were Born _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONEAM/PM _____ EMAIL _____

EMERGENCY CONTACT _____

Program/Class/Trip _____ Date/Time _____

\$ Price _____

Program/Class/Trip Total (Do not include materials fee) _____

Adults (Over 55) 10% Discount (excludes trip & special event prices) _____

Non-City Residents Fee add \$2.00 per program/class/trip per person _____

Total sent: _____

The following hold harmless agreement must be signed by all participants or in the case of a minor, his or her guardian.

WITNESSETH: WHEREAS, the undersigned in consideration of the permission granted to it by the City of Staunton to hold harmless the City of Staunton against and all liability, loss, damages, cost or expense which it may incur because of such action, agrees to indemnify and save harmless the said City of Staunton, VA, from any and all liability, loss, damage, cost or expense which the participant may hereafter incur, suffer or be required to pay by reason of said participation in the City of Staunton, VA. The undersigned agrees to pay the complete exoneration of said City, any claim made against the City of injury or damages to persons or property caused by said participation, and to further indemnify and hold harmless said City from any costs incurred with respect to the defense of any such claim. If said participant is a minor child under 18 years of age, the signature of a parent or legal guardian shall constitute the same indemnification as provided above. The Recreation Department may use photos taken during programs/classes/athletics/trips for advertising and marketing purposes, contact the Department if you do not want your image used.

SIGNATURE _____

Travel Policy

All trips are to be paid in full when signing up unless another specific option is available where a minimum of 50% deposit is required for each person. Once a payment is received from a patron they are considered to have an official spot on the trip if there is available space. All patrons understand that there is a no refund policy in effect unless the Recreation department decides to cancel a trip. It is at the Recreation department's discretion on the cancellation of trips and most will be done in a timely manner. In some extreme cases such as death or serious medical conditions a refund may be available to a patron of a trip minus any expense the Recreation department may incur. Name changing fees may occur on trips involving plane flights. In cases regarding deposits; if the balance isn't paid by the deadline, patron may lose full deposit and spot on the trip.

Before registration form is complete, you will be required to sign and date on the line below that you have read, understand and accept this addition to our registration process. If registering for a trip, please list EMERGENCY CONTACT (name, address and phone number):

SIGNATURE _____

Walk-in: Irene Givens Admin Building – Montgomery Hall Park

1000 Montgomery Ave – Staunton, VA 24401

Mail-in: Mail your completed registration form & check to:

Staunton Parks & Recreation Department – PO Box 58 – Staunton, VA 24402-0058

www.staunton.va.us/recreation – www.facebook.com/StauntonRecreationParks

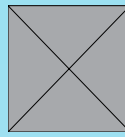


Did You Know?

The City of Stanton Fire and Rescue offers free smoke detectors to all city residents. Feel free to stop by one of the stations to pick-up a detector. If you are unable to stop by, please call 540.332.3884 to set up an appointment for our staff to come out and install one for you.

American Red Cross Blood Drive occurs on the fourth Wednesday of the month at the Gypsy Hill Park Gym from 12pm-6pm in May and August. There is a constant need for blood, and all blood types are desperately needed. Every two seconds, someone in America needs blood. The Red Cross could not meet the demands of this lifesaving mission without the generosity of volunteer blood donors and sponsors.

We have hosted a **Party Bridge Club** at Montgomery Hall for over 20 years! The club is for experienced bridge players interested in socializing while brushing up on their game. Not an instructional club. It can be found in the Montgomery Hall Conference room most Thursdays from 1pm-4pm and the cost is \$10 per brochure.



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Doghouse



Good Dog! Basic Manners and Obedience

Your dog CAN be a good dog! Training makes dogs happy, and will prevent or solve most every behavior problem. Learn to solve problems such as jumping, pulling on leash, housetraining, destructive chewing, etc... Let's improve your dog's communication skills using obedience commands for loose leash walking, sit, stay, down, come, leave it, drop it, and more. Training is the best gift for your new best friend! All ages, all breeds. Instructor: Michelle Carter of Leader of the Pack Dog Training. Training location provided upon registration. Price: \$125/4 class session.

#149 6:30pm-7:30pm, four Tuesdays beginning May 2.

Register by: ASAP

#150 6:30pm-7:30pm, four Thursdays beginning June 1.

Register by: May 26

#151 6:30pm-7:30pm, four Thursdays beginning July 6.

Register by: June 30

#152 6:30pm-7:30pm, four Tuesdays beginning August 1.

Register by: July 24

Natural Diet for Dogs

Would you like a healthier dog? Are you interested in giving your dog a longer life? This course will teach you how and what to feed your dog exactly what they are meant to eat- a RAW diet. Learn the pros of feeding what a wild dog survives and thrives on along with the cons of commercial processed dog food. Instructor: Stephanie Dunlap. #153 MHPA, 6:30pm-8pm, three Thursdays beginning August 17. Price: \$50. Register by: August 9