

Activity Guide
Fall 2018



STAUNTON^T

PARKS & RECREATION

Youth in the kitchen
U12 and U15 co-ed futsal leagues
Make your own video game
Illuminate 5K
Aikido
Winterfest at Kings Dominion
Youth Flag Football

Staunton Parks & Recreation

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



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See pg. 30 for registration info.



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Program Facilities

Gypsy Hill Park

Address: 600 Churchville Ave Staunton, VA 24401

Garden Center



Gymnasium



Montgomery Hall Park

1000 Montgomery Ave, Staunton, VA 24401

Irene Givens Admin- Recreation Office



Activity Room



Conference Room



Kitchen



Nelson Street Center

900 Nelson St, Staunton VA 24401



Main Room



Basement



Booker T. Washington Community Center

1114 W Johnson St, Staunton, VA 24401



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
NSC- Nelson Street Center
BTWCC- Booker T. Washington Community Center

Before and Afterschool Childcare

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 many 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 the program with contracted creation artist Sandra Carter and our favorite animated storytellers Karen and Martha from the Staunton Public Library. Now taking registrations for Fall 2018. *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 Steven Taetzsch at taetzschst@ci.staunton.va.us or 540.332.3945.*



Toddler/Pre-k

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 every month except December. #1100, 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



Toddler/Pre-K Open Gym

As the weather cools down and the snow begins to fall we find ourselves cooped up with not many options to run and play. Join us Wednesday mornings at the Gypsy Hill Park Gymnasium. We will have balls, toys, and games available for little ones, as well as plenty of open space for running and being silly. Parent / guardian must remain present with their children. Ages 5 and under. GHPG, 9:30am-11:30am, Wednesdays November through March. Price: \$3/child each visit. *Please note: this program will be unavailable on the fourth Wednesday of every month

Pre-K Multi-Sport Development

Get your preschooler engaged in sports! This class will offer help to develop your child's skills getting them ready for organized sports including baseball, soccer and basketball. This class will be a 4-week session on Tuesdays or Thursdays. Limited space (six per day) available. GHPG, 10:30am-12pm. Price: \$25. Register by: September 25. Ages: 3-5
#1300-1 Four Tuesdays beginning October 2
#1300-2 Four Thursdays beginning October 4

Creative Movement

Let's get moving together! This class is designed for young tots who like to dance. Children will learn to count to music, develop motor skills, improve coordination, and discover rhythm. The instructor will lead students to use their bodies and imagination to convey ideas, emotions, and images in a structured setting but will also include a free-style portion of class. Participants are introduced to teamwork: making new friends, taking turns, using listening skills, and following directions all in an easy, fun, group activity. Please bring water. Please wear comfortable clothing that allows students to move freely. Parent/Guardians may participate. Ages: 2-4. Instructor: Maggie Mairena of MagMa Wellness. NSC, 10am-10:30am, Tuesdays. Price: \$30/6-wk session. Drop-in Price: \$8/class
#1301-1 Six Class Session beginning September 18
#1301-2 Six Class Session beginning November 6

Introduction to Dance

This class is designed to give children a wonderful foundation in dance education and introduce them to the basics of several subjects: Ballet, Jazz and Hip Hop. This is the perfect class for children who are still developing their coordination but have a clear love of movement through music. Children will learn to count to music, focus their energy, discover rhythm, and grasp dance vocabulary. The instructor will provide both structured and free-style lessons, allowing students to learn proper technique while exploring creativity. Please bring water. Please wear comfortable clothing that allows students to move freely. Age: 3-5 years. Instructor: Maggie Mairena of MagMa Wellness. NSC, 11am-noon, Tuesdays. Price: \$30/6 wk. session. Drop-in Price: \$8/class. Ages 3-5
#1302-1 Six Class Session beginning September 18
#1302-2 Six Class Session beginning November 6





Musikgarten

"Children are naturally drawn to music. By engaging our children in music classes we are not only giving them a leg-up on their musical development but on all other educational pursuits as well. And since Musikgarten involves the whole family, there are positive social implications as well. As we sing, bounce, rock, dance, and play instruments together we are laying the foundation necessary for success in music, and you will delight in the endless energy of your children as they develop in this wonderful, musical environment! "

– www.musikgarten.org

Family Music for Babies

Designed for parents and their babies to take together, these weekly classes help you learn how to play musically with your baby. Each class features bouncing and rocking songs, wiggle and peek-a-boo games, and other fun activities for the two (or more) of you. When you go home, you can continue the fun with a superb CD recorded by a fine children's choir and outstanding instrumentalists. Using your parent guidebook along with rhythm sticks, a Musikgarten rattle, and colorful scarf will give you both hours of enjoyment. We spend our 30 minute class singing, chanting, moving, dancing, listening, and playing simple instruments. All activities bridge the natural connection between music and movement for coordination, body awareness and control. #1303 NSC, 2:30pm-3pm, ten Tuesdays beginning October 2. Price: \$120 (an additional \$35 materials fee is due on the first day of class). Register by: September 26. Ages: Birth-18 mos.

Family Music for Toddlers

These weekly classes are action-packed for toddlers; full of energy, often on the move, always exploring and learning and their parents. Together you'll sing, chant, move, dance, listen, and play simple instruments, all activities that bridge the natural connection between music and movement through four wonder-filled semesters including Dance With Me, Sing With Me, Play With Me, and Clap With Me. Each lesson features movement activities for coordination, body awareness and control, exploration of space, and instruments such as rhythm sticks, jingles, rattles, drums, and resonator bars. NSC. Price: \$120 (an additional \$35 materials fee is due on the first day of class). Ages: 16 mos.-3.5 years.

#1304-1 3:15pm-3:45pm, ten Tuesdays beginning October 2. Register by: September 26
#1304-2 11am-11:30am, ten Thursdays beginning October 4. Register by: September 28

Cycle of Seasons for Pre-schoolers

The Cycle of Seasons curriculum celebrates preschooler's growing independence and love of the outdoors with activities involving the four seasons. Developed to build attention and self-expression, activities include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement and storytelling. The Cycle of Seasons nurtures a growing child's ability to use language and participate in dramatic play within a musical context. Fun family packets including wonderful music CDs are included for use at home to increase family involvement in the learning process. #1305 NSC, 4pm-4:45pm, ten Tuesdays beginning October 2. Price: \$180 (an additional \$35 materials fee is due on the first day of class). Register by: September 26. Ages: 3-5 years

About the instructor: Molly Murphy

Molly opened "Queen City Music Studios: a school of music for learning by ear" in 2016 and has had a passion for making music her whole life. In her Staunton studio, she offers private lessons for kids and adults in voice, beginner guitar & piano; after-school Making Music with Friends classes for elementary and middle school aged kids. Molly also teaches the elective music classes at Staunton Montessori School. And at Front Porch in Charlottesville. She is an active performing musician in The Judy Chops and The Marvelous Murphy Sisters.



Youth and Teen Enrichment

Dance like a Pop Star! (Youth)

Calling all kids who want to stop simply watching their favorite music videos and start dancing along. Channel your inner pop star with this high-energy dance class based on Jazz, Hip Hop, and the choreography seen in pop music videos. This class is great for dancers of all levels, including self-proclaimed non-dancers. Effective instruction will have every move demonstrated, taught step-by-step, and simplified for students to follow. No formal training or dance experience is necessary to embrace the upbeat music of such pop sensations as Katy Perry, Bruno Mars, and Beyoncé. This class provides an atmosphere of inspiration and is free of judgement. Make new friends, and do something that makes you feel good. Please bring water. Dance attire is not required, but comfortable clothing that allows students to move freely is mandatory. Instructor: Maggie Mairena of MagMa Wellness. NSC, 6:45pm-7:45pm, Tuesdays. Price: \$30/6 wk. session. Drop-in Price: \$8/class. Ages 5-18
#1306-1 Six Class Session beginning September 18
#1306-2 Six Class Session beginning November 6

Survival 101

Have you always wanted to know how to survive in the wilderness? Now you can! Topics will include mapping, using a compass, making trail mix, building a fire, conditioning, hiking, making a basic first aid kit, trust exercises, making water filters, supplies, knots, splints, identifying useful and poisonous plants, and leave no trace. Participants as a result of this class will be equipped to enjoy the outdoors successfully. Instructor: Katrina Broughman. #1307 MHPA, 4:30pm-6pm, five Wednesdays beginning September 26. Price: \$39. Register by: September 21. Ages 7-17





Beginner Chess, Checkers, and Go

Students will learn the rules of chess, basic strategy, and develop a love of the game. Instructor will also cover the games of Checkers and Go. Instructor George Gruner is a former elementary education teacher with over 30 years of working with young children.

Ages 5-8. MHPA, 4pm-5pm, Price: \$26

#1104-6 six Thursdays beginning September 20. Register by: September 14

#1104-7 six Thursdays beginning November 8. Register by: November 2

Advanced Chess, Checkers, and Go

Gain an in-depth understanding of the games played by Kings, Presidents, Czars, Emperors, and children of all ages. Improve your play by learning basic and advanced strategy, and instruction tailored to meet individual level of play. Ages 8-18 or younger if the student has completed a previous chess class or with the permission of the instructor. Instructor George Gruner is a former elementary education teacher with over 30 years of working with young children. MHPA, 4pm-5:30pm. Price: \$39.

#1204-1 six Tuesdays beginning September 18. Register by: September 14

#1204-2 six Tuesdays beginning November 6. Register by: November 2

U.S. Presidents Club

Students will (in time) visit the Presidential sites of each of the eight presidents born in Virginia. The first site will be our own Woodrow Wilson Library and Museum in Staunton. The students will receive a guided tour of the Manse (birth home) and the museum. The morning will end with a scavenger hunt and a Wilson trivia contest with prizes! The tours will be provided by instructor George Gruner, a Woodrow Wilson interpreter and former educator. #1203 9am-11:30am, December 1. Price: \$15 (fee includes admission to the museum). Register by: November 23

Athletics

Pickleball Social Evenings

Come enjoy the new pickleball courts in Montgomery Hall Park on Thursday nights, 6-8PM the courts will be held for doubles or mixed doubles play.

Men's Fall Softball League

This will be a league with a minimum of 10 games and two divisions for a six-week season beginning late August. All roster forms and payment should be submitted by August 24th. *Fee is \$250 per team.*

Co-ed Frostbite Softball

This league will begin in September and run six weeks with a minimum of 10 games. All rosters and payment should be submitted by August 24th. *Fee is \$250 per team. Only three girls required on the field.*

Men's Flag Football

7 on 7 screen Flag Football sign up deadline will be September 5th at the Recreation department. All team rosters and payment must be submitted by the deadline and the league will begin on September 9th. *For more information and rules contact the Recreation Department. Fee is \$400 per team.*

Co-ed Indoor Futsal League

This league is open to anyone 16 years and up. Games will be 5 vs. 5 and will take place on Tuesday and Thursday evenings in Gypsy Hill Park Gym. Rosters are limited to 10 players. *Price: \$35/player, min 8 players. Register by: October 19*



Youth Sports Leagues

U12 Co-ed Youth Futsal League

This league is open to anyone 12 and under as of 10/15/18. Games will be 5 vs. 5 and will take place on Friday evenings in Gypsy Hill Park Gym. Players will sign up individually and placed on a team. Price: \$30/player. Volunteer coaches are welcomed! Register by: October 11. League play begins October 19

U15 Co-ed Youth Futsal League

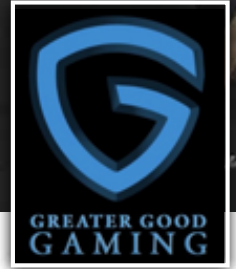
This league is open to anyone 15 and under as of 10/15/18. Games will be 5 vs. 5 and will take place on Wednesday evenings in Gypsy Hill Park Gym. Players will sign up individually and placed on a team. Price: \$30/player. Volunteer coaches are welcomed! Register by: October 11. League play begins October 17

Youth Flag Football League Boys & Girls 5-8 years old

This league is open to anyone ages 5-8 as of 10/1/18. NFL FLAG, powered by USA Football, the NFL's official youth flag football program, offers boys and girls ages 5 - 8 the fun and excitement of fast-paced football in a non-contact environment. Kids not only have a blast practicing and playing the game, but they learn valuable lessons in sportsmanship, teamwork, discipline and commitment — traits that will follow them throughout every aspect of their lives. Games will take place on Sunday afternoons in Gypsy Hill Park at Moxie field. Players will sign up individually and placed on a team. Price: \$80/player. Six-week season, price includes jersey & belt. Register by: September 26



Greater Good Gaming



RPG Maker

Hey Gamers! Have you ever dreamt about creating your own video game? Your chance is here, as each student will make a story-rich, Role Playing Adventure video game using RPG Maker Software in this educational, exciting eight-week course that will allow you to use your imagination to create the game of your dreams. Instructors: Tony Robertson and Brandon Jones of Greater Good Gaming. #1313 NSC, 6:30pm-8:30pm, eight Thursday's beginning September 27. Price: \$120. Register by: September 21. Ages 11-15

Rocket League

Think soccer, but instead of playing with your feet, you play by controlling a rocket-powered race car! Similar to traditional sports, through proper guidance and coaching, students will develop skills such as sportsmanship, strategic thinking, teambuilding, communication, determination and problem solving skills. Rocket League, a popular eSport video game will help build your child's social skills through competitive gaming, while having a great time and meeting friends. Instructors: Tony Robertson and Colin Clark of Greater Goods Gaming. #1314 NSC, 2pm-3pm, eight Sunday's beginning September 30. Price: \$120. Register by: September 24. Ages 11-15

Heroes of the Storm

Heroes of the Storm is a popular eSport video game. It consists of two teams of five players battling over control of a play field. The game is won when the opposing team's fort is destroyed. Similar to traditional sports, through proper guidance and coaching, students will develop skills such as sportsmanship, strategic thinking, teambuilding, communication, determination and problem solving skills. Instructors: Tony Robertson and Colin Clark of Greater Goods Gaming. #1315 NSC, 3:30pm-5:30pm, eight Sunday's beginning September 30. Price: \$180. Register by: September 24. Ages 13-18

Understanding Gaming: For Parents

Designed for parents who are struggling to understand their child's relationship to gaming, this course will teach parents the science behind the positive side to gaming. You will learn tips and tricks to bond with your child over their gaming experiences, how to detect and prevent the darker side of gaming, including your child's potential addiction or increased aggression. Instructor: Greater Good Gaming. NSC, Price: \$20. Register by: September 18. Age: Adult

Please choose from the following class times:

#1316-1 Thursday September 20, 7:30pm-8:30pm

#1316-2 Sunday September 23, 3pm-4pm

#1316-3 Sunday September 23, 4pm-5pm



Youth in the Kitchen

Core Cooking Course for Homeschool Teens

This course is designed to prepare teens for a lifetime of healthy eating and cooking. Lay the foundation for healthy eating by educating and empowering students in this four-week course. Learn about basic kitchen safety, creating a healthy balanced plate, how to substitute ingredients to make meals healthier and so much more! Each class will feature time dedicated to nutrition education, cooking, cleanup and also some hands on activities. Instructor: Terri Campbell. #1308 MHPK, 10am-12pm, four Thursdays beginning October 18. Price: \$94 (All Cost Included). Register by: October 12. Ages 12-18

Low Sugar Halloween Party

Come fly with us as we make some ghoulishly delicious good foods! You will go batty over this fun and exciting No Sugar Halloween Cooking Class. Sugar on food labels are often disguised under different names. We will unmask these spooky culprits and learn how to recognize added sugars. Instructor: Terri Campbell of Campbell Cooking Creations. #1309 MHPK, 6pm-7:30pm, October 24. Price: \$18. Register by: October 17. Ages 5-12

Thanksgiving Holiday Cooking

Thanksgiving meals can be laden with excessive unhealthy ingredients. But what if we can take the traditional holiday meal and turn it into a great tasting, nutrition-packed powerhouse sure to please your taste buds? Students will prepare 3-4 recipes and take home a packet of healthy Thanksgiving recipes to make at home. Instructor: Terri Campbell of Campbell Cooking Creations. #1310 MHPK, 6pm-7:30pm, November 14. Price: \$18. Register by: November 7. Ages 5-12

Holiday Gifts in a Jar

Made with love and ready for gift giving. This creative Food Gifts Cooking Class will satisfy both the student and those receiving these tasty gifts in a jar that students will create during class. Sample recipes: "Apple Pie Pancake Jars", "Have it Your Way Muffin Mix Jars", and "Pizza Pasta Jars". Instructor: Terri Campbell of Campbell Cooking Creations. #1311 MHPK, 6pm-7:30pm, December 12. Price: \$18. Register by: December 5. Ages 5-12

Dining with Picasso: Connecting Art and Cooking

In this four week art and cooking class, students will learn about the art of Pablo Picasso and do activities on cubism. Children will create a picture using cubist techniques. The first class will involve learning about Picasso and the art skills. The second will be painting their original art design on aprons. The third and fourth class will focus on cooking skills, using the Healthy Hands Program including creating healthy snacks Picasso's favorite egg dish. Learning is increased when children get their hands on art and food! Instructor: Kathleen Garcia. #1312, MHPK, 4pm-5:15pm, four Wednesdays beginning September 26. Price: \$60. Register by: September 19. Ages: 10+

Special Events



29th Annual African-American Heritage Festival

September 15 & 16, 12pm-6pm Saturday and 10am-6pm Sunday at the John Moxie parking lot, Gypsy Hill Park
The 30th Annual African-American Heritage Festival (AAHF) is an annual celebration of black culture and history. The festival includes live music, cultural dancing, entertainment, and a variety of foods and crafts from local and regional artisans. All events are FREE and fully handicapped accessible. This family friendly event features face painting, crafts, and fun activities for the kids as well as community resources and health screenings! Church services will be held on Sunday at 10am. Saturday's entertainment includes Groove Train, guaranteed to get you moving, and Back N Da Day, a music review of 1950's, 60's, and 70's soul and doo-wop. This free event takes place under tents and is handicap accessible! For more information: www.facebook.com/stauntonAAHF

4th Annual Illuminate 5K/ 80's Throwback Race

September 22, 8pm, Gypsy Hill Park
Get lit and get fit! 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 10:30pm. 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 until September 12, day of race entry fee: \$25pp.

Queen City Mischief and Magic

September 28-30, Downtown Staunton
Wizards and muggles from near and far descend upon Staunton, Virginia for the annual Queen City Mischief & Magic. With a touch of wizardry, the historic downtown is transformed into a magical village, offering themed shopping, dining and hands-on activities for all ages. Experiment with potions. Enjoy delicious wizard fare and libations. Try your hand at wild beast taming or wizard dueling. Visitors are greeted by Norberta the Dragon, where selfies and costumes are encouraged. Unlock the secrets of Staunton's bewitching historic downtown using our Mischief Map. Use Traipse, the free app, to explore our walkable downtown while solving puzzles designed to tickle every wizard's brain... and maybe find a few treasures along the way. Find out more online: <https://www.queencitymagic.com/blank-mpvle>

Select a Sport Day

October 20, 12pm-4pm at Gypsy Hill Park Gym
A perfect opportunity to get outside, spend time with the family, and try a sport that you wouldn't have previously. This free event will present a variety of different sports, including soccer, baseball, and basketball. Staunton Parks and Recreation will be offering this free event at Gypsy Hill Park. Events will take place at surrounding sports facilities near the Gypsy Hill Park Gym and Lake Tams parking lot. All ages welcome to this event!

Fall Plant Giveaway

Date: To be Determined!
Why? The day of the giveaway depends on the weather conditions. Usually the giveaway falls in the third week of October. Watch the Parks & Rec Facebook page and flyers around town announcing the date. We hope to announce the date by early October. Location: Gypsy Hill Park, at the far end of the large parking lot for the football stadium & Moxie field, near the entrance gates to Parks Maintenance Shop. What will be available: A mix of tropicals, Elephant Ears, fall garden mums, as well as a few perennials and assorted leftover plants. How it works: Arrive a bit early! Plants will be laid out by 4:15pm so you can preview what is available. We will distribute tickets, one per participant. After ticket distribution we will draw for plants beginning at 5pm. Plants will be distributed in lots as winners are drawn. This will spread the plants to as many participants as possible. This event is open to everyone. Not everything the city flower beds is available- we stock plants & bulbs to propagate from. Questions- Contact Matthew Sensabaugh, Horticulturist at 540.332.3706 ext 4174.



Downtown Trick or Treat and Costume Contest

Saturday, October 27, 10am-12pm, Downtown Staunton

Staunton Downtown Development Association (SDDA), the Staunton Parks & Recreation department and the Children's Art Network invite children and families to visit the Wharf! Receive a list of participating shops and businesses that will be providing trick or treat goodies to children in costume. Enter the free Parks and Recreation costume contest at Sunspots Pavilion for your chance to win SDDA gift cards and bragging rights. We will choose the first, second, and third place winners and YOU get to choose the grand prize winner, which is People's Choice. All photos will be posted on the Staunton Parks and Recreation's Facebook page. The costume with the most likes will win the People's Choice award and the costume contest too! www.facebook.com/StauntonRecreationParks
Info: 332.3867 or www.stauntondowntown.org



Field of Deer

The display of decorative holiday deer (part of the Celebration of Holiday Lights) is placed inside the fence at the Gypsy Hill Park Pool in honor of someone living, in memory of a loved one, or "just because". Registration forms can be downloaded online at www.celebrationoflights.org and click on "Field of Deer Application Form". There is no fee for displaying deer; however, if you wish to purchase a plaque for the "Honor Board" with your loved one's name, there is a onetime charge of \$10/name. Plaque can be reused the following year. Purchasing a plaque is not mandatory. Deer will be placed randomly in the pool area at the discretion of the committee. New this year will be volunteer help from local Boy Scout Troop 30. *For more information, please contact Dave Rochford at 540.588.6171 or email daverochford@vaumc.org*

Celebration of Holiday Lights

November 19 - January 1, 2019 from 5pm-11pm, Gypsy Hill Park

Since 2005, Celebration of Holiday Lights has continued to glow and grow in Gypsy Hill Park. Over 50 brightly colored holiday scenes have been uniquely created by individuals, families, organizations, businesses and churches from Staunton, Waynesboro, Augusta County and surrounding areas. Power is only available in certain areas so as we continue to grow, fewer spaces are available. The committee invites all interested individuals, groups, churches or businesses to join the 2018 event by placing a display that will be enjoyed by over 30,000 visiting the park. Registration for each display space is just \$25. You must have a 2'x3' sign, identifying the name of your family, individual, organization, business or church. *For more info on having a display in the park, please contact Angel Cooper 540.886.8660 or angelcooper@hotmail.com or Douglas Carter 540.337.3404. Applications available online at celebrationoflights.org*

Caroling in the Park

December 15, 4pm-6pm, Gypsy Hill Park Bandstand

Listen to the carols of Christmas that bring us the joy and spirit of the season! Join us at the Gypsy Hill Park Bandstand for this fun seasonal event and help support the Valley Mission. Brave the winter elements and listen to local choirs including the Harrisonburg Harmonizers and Staunton Choral Society as they spread Christmas cheer. Bring the children out for FREE hot chocolate, cookies, and photo with Santa! There will be a cozy bonfire, wagon rides, and please bring donated items for the Valley Mission. *Check out the mission's website for a list of needed items at valleymission.net.*



Art/Photography

Upcycling 101

Let's get creative! Have you ever wanted to make something out of trash, but weren't sure how? In this interactive, hands-on class, we will create a variety of upcycled art. Bring your own materials or have the instructor provide them. Possible creations include, but are not limited to: pencil holders, phone holders, bottle cap earrings, junk jewelry, and more. Instructor: Katrina Broughman. #1318 GHPGC, 5pm-7pm, October 16. Price: \$15. Register by: October 9. Ages 7-17

Beginner Stained Glass

Learn the beautiful art of stained glass this fall! In these workshops you will learn the basics of stained glass construction: pattern designs, glass cutting, fitting, copper foiling, soldering techniques & finishing details. Tools provided. Instructor: Lisa Morrison of L&L Custom Picture Framing and Stained Glass Supply. #1206-1, class held at L&L Stained Glass Supply at 1728 West Beverley Street in Staunton, 3pm-5pm, four Fridays beginning October 19. Price: \$89 (includes class materials & instruction). Register by: October 12

Basic Photography

Begin your journey in reaching your photography goals. Learn about equipment, terminology, basic composition and lighting, shooting, editing and putting it all together in this six-week, in-depth photography course. Class instruction provided by Keith Humphries of Focal Pointz Photography. #1161-3 MHPA, 6:30pm-8pm, six Mondays beginning October 1. Price: \$44, Space limited. Register by: September 24

Advanced Photography

Take your basic knowledge to the next level. Start with a quick review and then dive into more detail with manual and RAW shots, lighting, conditions, and a variety of subject types. Six-week course to teach you how to take that perfect shot. Class instruction provided by Keith Humphries of Focal Pointz Photography. #1162-3 MHPC, 6:30pm-8pm, six Tuesdays beginning October 2. Price: \$44, Space limited. Register by: September 25

Paint 4FUN with Diane: Walk in the Garden

Paint a beautiful lady walking through a garden path of flowers. This is 11 x 14 canvas using water mix oils. Beginners to advanced painters welcome with instructional step-by-step guidance to complete this beautiful piece. Bring lunch and a drink. Instructor: Diane Ricketson of Paint4FUN. #1205-3 GHPGC, 10am-3:30pm, September 29. Price: \$54 (Includes instructor fees, canvas and paints). Register by: September 21. Ages 14+/Adult



Time Outside

Beekeeping

The symbiotic relationship between pollinating insects and flowers is an amazingly complex evolutionary adaptation. Working with honeybees is a fascinating experience that will enlighten your perception of bees, flowers, the weather, and the environment in which you live. Join us for information packed sessions about the honeybee and how to start keeping bees sustainably. Leave this class with a basic understanding of beekeeping and enough to know how to begin keeping bees successfully with minimum expense. Topics will include: apiary site selection, hive types, hive construction, honeybee biology, physiology, behavior; disease identification, prevention and treatment; queen rearing, swarms, hive extraction from buildings, beeswax and honey collection, and more. All registered students will receive a free 98 page "Beekeeping Basics" booklet published by the Pennsylvania State College of Agricultural Sciences Department and a free one year membership to the Shenandoah Valley Beekeepers Association (SVBA), both compliments of the SVBA. Instructor: Bill Theiss. #1113-2 MHPA, 6:30pm-8:30pm, two consecutive Tuesdays and Wednesdays October 2, 3, 9, and 10. Price: \$39. Register by: September 27

Put Your Garden to Bed

A healthy spring garden begins with a strong plan in the fall. Join us on the AMI Farm at Augusta Health to learn hands-on strategies for putting your garden to bed this winter...and how you can jump-start next year's growth! Students will gather at the AMI Farm at Augusta Health to learn our team's method of putting gardens to rest through the cool season; including composting and sheet mulching, as well as, a discussion of cover-cropping and season extension techniques. Students will help prepare one of the farm's beds for winter using the techniques described, and will have the opportunity to pose any garden questions they may have. Join instructor Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. Ages: Parents and children 12+. #1219 AMI Farm at Augusta Health, 5:30pm-6:30pm, October 9. Price: Free. Please call 540.332.3945 to register

Trapping in Virginia

A class for outdoorsmen and women, and homesteaders. Come out to this free class and learn about trapping in our area. Discover the different types of animals that live here locally. Learn safety, trapping equipment, and tracking techniques. Instructor: Donnie Wheeler an Augusta County native and trapper with 55 years of experience. #1345 MHPA, 6pm-8pm, October 12. Price: Free. Please call 540.332.3945 to register

Virginia Boating Safety Education Course

This course will enable you to become a safe boater who: boats safely, respects other boaters, obeys and understands boating laws. Topics include: boating operations, safe boating practices, and navigation signs. This course is recommended for ages 13+ who want to learn more about the fundamentals of safe and responsible boating. All operators (regardless of age) of PWCs (personal watercraft such as jet skis, Sea Doo's, and Wave Runners) and operators (regardless of age) of motorboats with a motor of 10 horsepower or greater will be required to have a boating safety education course completion card on board when operating a PWC or motorboat. Instructors: Ronald and Nenita Cromer. #1346 GHPGC, 9am-3pm, October 27. Price: FREE. Call the Rec office at 540.332.3945 for registration information

Personal Development



Learn American Sign Language

This course teaches the basic communication skills in American Sign Language. There will be many hands-on activities and games, discussions, vocabulary development, and conversational skills. Any individual who has had basic or no experience at all may benefit from this course. A fun opportunity to learn a new language in a stress free environment outside of a classroom! Instructor: Amy Tussing. #1123-4 MHPA, 6pm-7:30pm, eight Thursdays beginning September 27. Price: \$84. Register by: September 20

Google Drive 101

Not quite sure how to use Google Drive? Now you can learn fast! Join us for a session on everything from Google Docs to Google Sheets to Google Drive and everything in between. In this interactive, exploratory course you will learn to use Google Drive to make your online experiences more productive. Instructor: Katrina Broughman. #1319 MHPC, 6pm-8pm, October 1. Price: \$12. Register by: September 25



eBay: How to Become a Top Seller

Introductory course on how to sell effectively on eBay. Learn how buying and selling have changed over the past decade and how to protect your buyer/seller account from scammers and negative feedback. This class will provide tips on reaching top seller status, maximizing profits, how to utilize smart phone buyers, and taking good digital photos of your products. Make extra income from home and at your own pace. Participants are encouraged to bring their own laptops or smartphones to class. Instructor: Allen Ortiz. #1128 MHPC, 6pm-8pm, November 8. Price: \$18. Register by: November 1. Ages: 18+

Green Audits: Water, Trash, Energy...Oh My!

Learn how to conserve and save money on water and electric bills, and how to reduce your waste consumption through this interactive audit training. Participants will conduct audits on where water, energy and waste consumption could be reduced and then apply it to their own lives. Instructor: Katrina Broughman. #1320 MHPC, 5pm-7pm, four Thursdays beginning September 27. Price: \$39. Register by: September 21



Vive La France!?

Calling all francophones! Let's meet for French conversation, food, art, movies, literature, music, etc. Make new friends while improving your pronunciation, increasing your vocabulary, and having fun. All ages and levels are welcome. À bientôt! Instructor: Maggie Mairena of MagMa Wellness. #1321 NSC, 5:30pm-6:30pm, Class Meets Every other Tuesday beginning September 18. Six Class session. Price: \$35

Hola Amigos!

Do you enjoy the Spanish language and culture? If so, come join us in speaking Spanish and connect with new friends. Expand your vocabulary, improve your use of grammar, and perfect your Spanish through a fun and laid-back approach. We will participate in structured lesson plans, as well as casual interactions where we simply chat, enjoy authentic food/recipes, and listen to music. If you would like to learn Spanish, improve upon the Spanish you already know, or simply practice your Spanish so as not to lose it, then vamonos! All ages and levels welcome. Instructor: Maggie Mairena of MagMa Wellness. #1322 NSC, 5:30pm-6:30pm, Class Meets Every other Tuesday beginning September 25. Six class session. Price: \$35

Board Members Have Questions, We've Got Answers

The success of every nonprofit board depends on the collaboration and melding of ideas of board members. Integrity, competence, insight, dedication and effectiveness are vital to the successful operation of the organization. Join us and learn the science and art of effective boardsmanship. Instructor: Barbara Roadcap #1323 MHPC, 8:30am-12:30pm, October 18. Price: \$24. Register by: October 11

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 on the first Thursday of the month from 6pm-11pm, and first Saturday of the month from 12pm-5pm at Nuckols Gun Works, 1301 Barterbrook Rd. Staunton. A women's only class is scheduled for December 30, 1pm-6pm. Price: \$85

Fitness and 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. All ages welcome. #1001-2 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 Ken Jacobsen at jacobsenkl@ci.staunton.va.us

Feldenkrais' Awareness Through Movement®

Feldenkrais believed that changing our detrimental muscular habits was not a matter of simple correction. Rather, change was a matter of learning more about what we know best - our own patterns of movement - and then finding ways to perform new patterns. Awareness Through Movement® lessons follow this principle, helping you explore your own musculoskeletal system in order to find what movements are familiar (how you position your head when you get out of a chair, for instance), what is not familiar (a different head position or slight shift in the pelvis) and, most important, the capacity to perceive the difference between them. Re-discover the joy of finding new possibilities in each action - whether you're standing up to perform a ballet or just walking across the room. Feldenkrais lessons involve gentle, sequential movements and directed attention. No stretching, no strain! No prior experience necessary. Join at any time. Bring a smooth mat or blanket to lie on and wear comfortable clothing. Instructor: Cynthia Dunafon. #1136-5 MHPA, 1:30pm-2:45pm, ten Tuesdays beginning October 9. Price: \$60/10 week session. Drop-in Price: \$8

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. #1324 GHPG, 9am-10am, Tuesdays & Thursdays. Price: \$32 per 12 classes. Ongoing class



Therapeutic Qi Gong

Devised in the 1950s, this is a series of 24 simple positions. Performed in repetitions, qigong movements help enhance posture, balance, strength and flexibility. No previous experience necessary. Flexible shoes and comfortable clothes recommended. Instructor: Karen Becker. #1138-4 GHPGC, 4pm-4:45pm, eight Wednesdays beginning September 26; option to continue. Price: \$60/8 week session. Drop-in price: \$12

Sun Style Taiji

The Sun Style of Taiji (Tai Chi) is characterized by natural, upright, and relaxed postures, easily flowing from one to another. Taiji has been shown to be effective in dealing with hypertension, stress, balance and postural issues, nervous system disorders, and Parkinson's disease. No previous experience necessary. Flexible shoes and comfortable clothes recommended. About the instructor: Karen Becker has been practicing Taiji and Qigong for 13 years, teaching for five years. #1137-4 GHPGC, 3pm-3:45pm, eight Wednesdays beginning September 26; option to continue. Price: \$60/8 week session. Drop-in price: \$12

Iaido

Iaido is a form of Japanese fencing where the focus is on drawing from the saya (sheath) and striking/cutting with the sword. Two types of swords will be used: an iaito (dull training blade) or a bokuto (wooden sword). Instructor: John Smitka. #1326 GHPGC, 6pm-7pm, Wednesdays beginning September 26 (1st class is FREE). Price: \$50/month. Register by: September 24. Student can take both Kendo and Iaido for reduced rate of \$85/month.

Kendo

Kendo is a modern form of Japanese fencing. It comes from the sword arts of ancient Japan, and is the modern incarnation of a centuries-long evolution. Kendo is more than just learning to fence, it is also about proper discipline and spirit. We use two types of swords, a bokken (wooden sword) or a shinai (bamboo sword). Instructor: John Smitka. #1325 GHPGC, 7pm-9pm, Wednesdays beginning September 26 (1st class is FREE). Price: \$50/month. Register by: September 24. Student can take both Kendo and Iaido for reduced rate of \$85/month.



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. 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 14+. GHPGC, 8am-9am Mondays and 6pm-7:30pm Thursdays. Ongoing class #1200-11 Class option 1: Attend class one time per week. Price: \$48/month #1200-12 Class option 2: Attend class twice per week. Price: \$58/month





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. Instructor: Maggie Mairena of MagMa Wellness. NSC, 6pm-7pm, Monday evening. Price: \$30/6 week session. Drop-in Price: \$8
#1327-1 Six Class Session beginning September 17
#1327-2 Six Class Session beginning November 5

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 of MagMa Wellness. NSC, 6pm-7pm, Wednesday evening. Price: \$30/6 week session. Drop-in Price: \$8
#1328-1 Six Class Session beginning September 19
#1328-2 Six Class Session beginning November 7

Family Yoga

There are numerous benefits to practicing yoga and they are the same for everyone, at any age. A few of these benefits are: increased strength, body awareness, expanded flexibility, stress management, improved concentration, and added confidence. This class is designed for adults and children alike so that the whole family can participate together. Participants will enjoy gentle stretching and breathing techniques while moving through various postures. Please wear comfortable clothes, bring water, and don't forget your yoga mat. Extras will be available, but are limited. Adults are charged for attendance, but children who are accompanied by an adult may attend for free. Limit 2 children per adult. Children who participate are the responsibility of their adult caregiver in attendance. Children 10-17 years of age may be dropped-off and attend without an adult, but will be charged for attendance if no adult is present. Instructor: Maggie Mairena of MagMa Wellness. NSC, 9am-9:45am, Saturdays. Price: \$30/6 week session. Drop-in Price: \$8
#1329-1 Six Class Session beginning September 22
#1329-2 Six Class Session beginning November 10

Power Yoga

Yoga is a physical, mental, and spiritual practice. Designed as an intense Vinyasa class, these three aspects will be brought into union to generate a midday second wind. This practice emphasizes core strength, muscle tone, flexibility, rhythmic breathing, and stamina. Prepare to sweat, burn calories, and have fun to motivating and energetic music! Instructor: Maggie Mairena of MagMa Wellness. NSC, 11:30am-12:30pm, Saturdays. Price: \$30/6 week session. Drop-in Price: \$8
#1330-1 Six Class Session beginning September 22
#1330-2 Six Class Session beginning November 10

Yoga for EveryBody

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. Learn basic Hatha techniques and pranayama breathing. All ages, levels, and body types welcome! Instructor: Maggie Mairena of MagMa Wellness. NSC, 10am-11am, Participants may attend once per week on a Monday, Wednesday, or Saturday. Price: \$30/6 week session. Drop-in Price: \$8
#1331-1 Six week Session beginning September 17
#1331-2 Six week Session beginning November 5

Anything Goes - Afternoon Yoga

This class will be whatever the attendees would like it to be, depending on who is present on any given day. Perhaps one day we have a chair yoga session, and on another day we try a gentle Hatha flow class? Participants will have a variety of styles to choose from that contribute to overall wellbeing, better breathing, centered mindfulness, and improved body awareness. No experience required. All ages, levels, and body types welcome. Instructor: Maggie Mairena of MagMa Wellness. NSC, 12pm-1pm, Participants may attend once per week on a Monday or Wednesday. Price: \$30/6 week session. Drop-in Price: \$8
#1332-1 Six week Sessions beginning September 17
#1332-2 Six Class Sessions beginning November 5



Music and Dance

First Friday Jam

Grab your instrument and join us at Montgomery Hall Park on the first Friday of the month. Play with others in the community in this non-threatening, 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. *MHPA, 7pm-8:30pm, first Friday of the month. Price: Free*

Ceilidh Dances

Come enjoy modern social dances of Scotland. Ceilidh (pronounced KAY-lee) dancing is easy to learn. If you can walk, skip, hop - you can do this. Dances are in a large circle, in couples, and in sets (groups of 4, 6, 8 people). There will be an introduction and walk through of every dance. Dances will include Gay Gordons, Canadian Barn Dance, Boston Two Step, Virginia Reel, St Bernard's Waltz, and many more. No partner needed but you are invited to bring a friend. Wear shoes with non-slip soles. Ages 12+ are welcome (16 and under with a parent). Instructor: Karen Becker. *NSC, 5pm-7pm. Price: \$5*

#1145-4 October 27, Halloween Dance

#1145-5 December 1, St. Andrews Day Dance

Ticknor's English Country Dance

Learn dances from the 17th & 18th centuries. All experience levels are welcome to attend! Wear low heel shoes. For details, call Becky McGovern at 540.886.9729. *GHPGC, 7:30pm-9pm, first and third Fridays beginning September 21 and continuing through December. Price: \$2/class*

Intro to Scottish Country Dance

Join the dance! Scottish Country dancing has been called "the most fun you can have on two feet," and is both the modern and historic social dance of Scotland (you needn't be Scottish to enjoy it!) This is a continuing class but beginners are welcome at any time, and encouraged to give it a try. No partner or previous experience necessary; soft-soled, flexible shoes are highly recommended. Age 14+. Instructor: Karen Becker. *GHPGC, 7pm-9pm, Mondays beginning September 10 through December 10. Drop-in price: \$5*
#1143-5 Singles Price: \$25/season
#1143-6 Couples Price: \$40/season

Dance like a Pop Star! (ADULT)

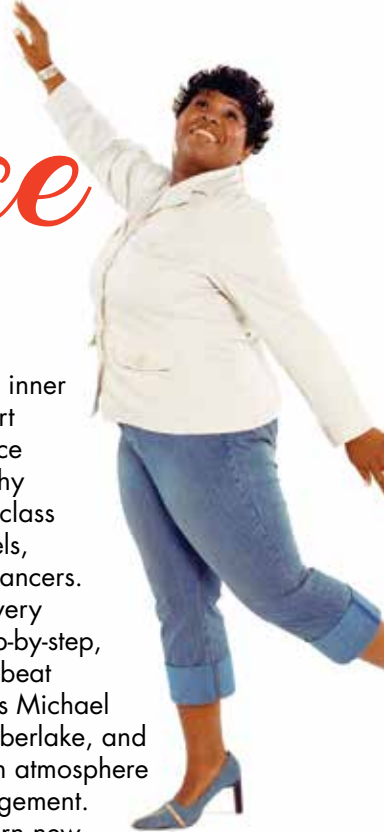
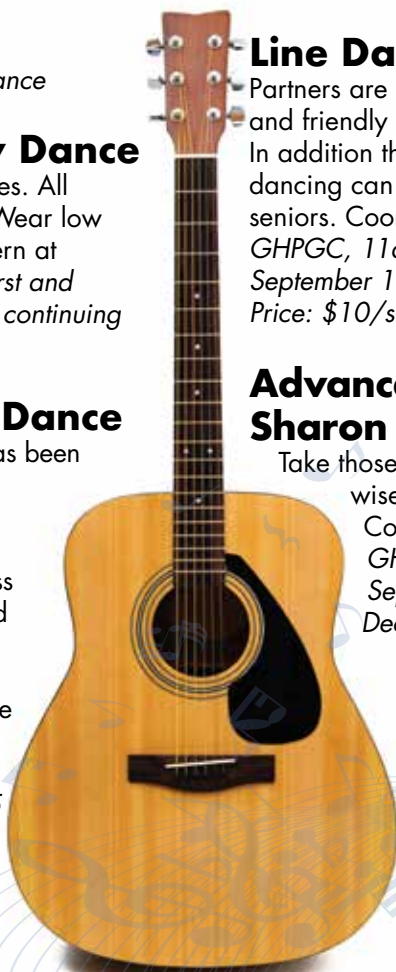
(YES, for Adults!) Channel your inner diva and get out of your comfort zone with this high-energy dance class based on the choreography seen in pop music videos. This class is perfect for dancers of all levels, including self-proclaimed non-dancers. Effective instruction will have every move demonstrated, taught step-by-step, and simplified. Embrace the upbeat music of such pop sensations as Michael Jackson, Lady Gaga, Justin Timberlake, and Beyoncé. This class provides an atmosphere of inspiration and is free of judgement. Students are encouraged to learn new, real dance moves while participating in a cardio activity that burns calories but doesn't feel like a workout. Come let your hair down, loosen-up, make new friends, and do something that makes you feel good. Instructor: Maggie Mairena of MagMa Wellness. *NSC, 8pm-9pm, Price: \$30. Drop-in Price: \$8*
#1317-1 Six Class Session beginning September 18
#1317-2 Six Class Session beginning November 6

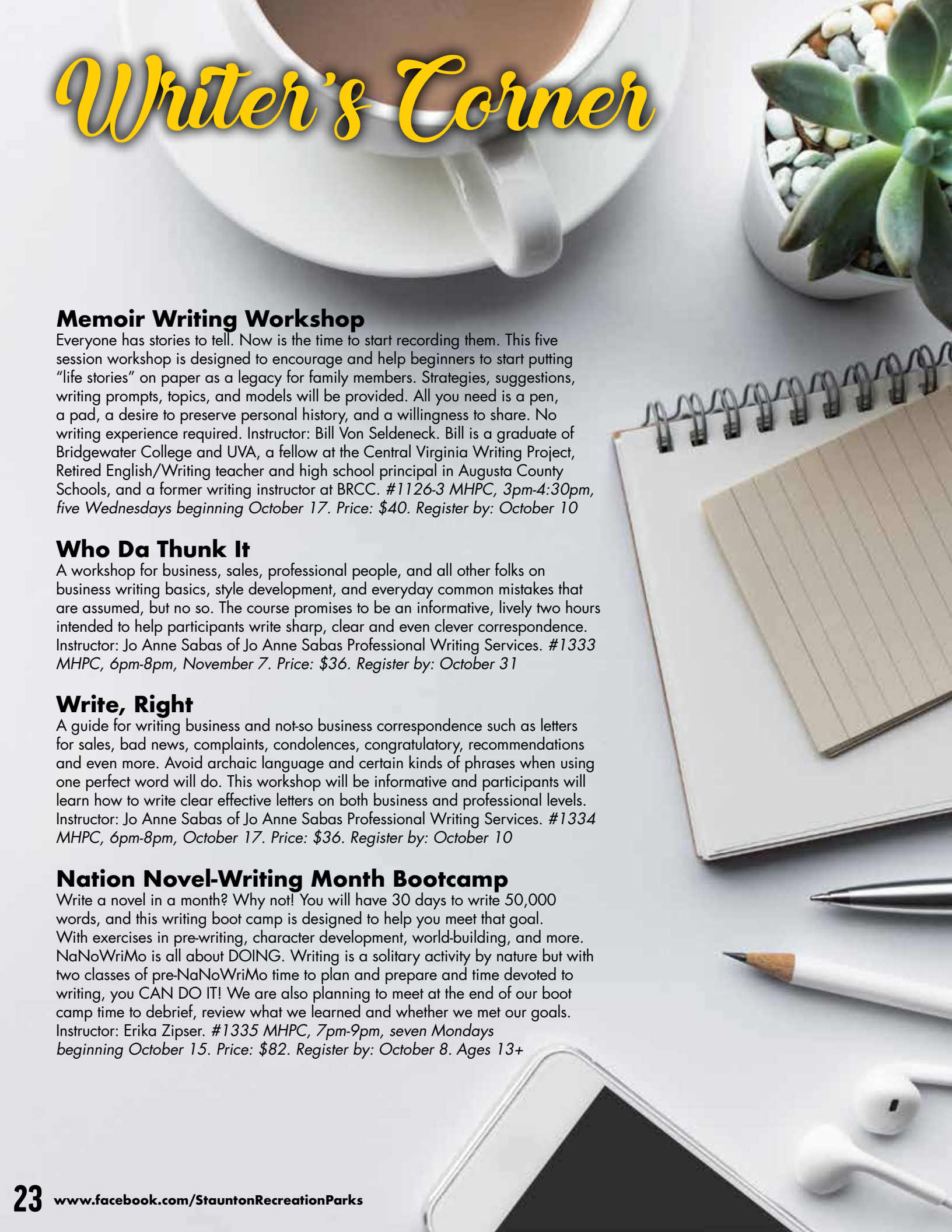
Line Dance with Sharon

Partners are not needed to join this informal, social and friendly dance group for adults 55 and wiser! In addition there is scientific evidence that frequent dancing can offer protection against dementia in seniors. Coordinator: Sharon Sturdivent, #1141 *GHPGC, 11am-12pm, Mondays beginning September 10 and continuing through December. Price: \$10/season*

Advanced Line Dance with Sharon

Take those next steps! Class geared for those 45 and wiser! Some line dance experience necessary. Coordinator: Sharon Sturdivent, #1142 *GHPGC, 11am-12pm, Thursdays beginning September 6 and continuing through December. Price: \$10/season*





Writer's Corner

Memoir Writing Workshop

Everyone has stories to tell. Now is the time to start recording them. This five session workshop is designed to encourage and help beginners to start putting "life stories" on paper as a legacy for family members. Strategies, suggestions, writing prompts, topics, and models will be provided. All you need is a pen, a pad, a desire to preserve personal history, and a willingness to share. No writing experience required. Instructor: Bill Von Seldeneck. Bill is a graduate of Bridgewater College and UVA, a fellow at the Central Virginia Writing Project, Retired English/Writing teacher and high school principal in Augusta County Schools, and a former writing instructor at BRCC. #1126-3 MHPC, 3pm-4:30pm, five Wednesdays beginning October 17. Price: \$40. Register by: October 10

Who Da Thunk It

A workshop for business, sales, professional people, and all other folks on business writing basics, style development, and everyday common mistakes that are assumed, but no so. The course promises to be an informative, lively two hours intended to help participants write sharp, clear and even clever correspondence. Instructor: Jo Anne Sabas of Jo Anne Sabas Professional Writing Services. #1333 MHPC, 6pm-8pm, November 7. Price: \$36. Register by: October 31

Write, Right

A guide for writing business and not-so business correspondence such as letters for sales, bad news, complaints, condolences, congratulatory, recommendations and even more. Avoid archaic language and certain kinds of phrases when using one perfect word will do. This workshop will be informative and participants will learn how to write clear effective letters on both business and professional levels. Instructor: Jo Anne Sabas of Jo Anne Sabas Professional Writing Services. #1334 MHPC, 6pm-8pm, October 17. Price: \$36. Register by: October 10

Nation Novel-Writing Month Bootcamp

Write a novel in a month? Why not! You will have 30 days to write 50,000 words, and this writing boot camp is designed to help you meet that goal. With exercises in pre-writing, character development, world-building, and more. NaNoWriMo is all about DOING. Writing is a solitary activity by nature but with two classes of pre-NaNoWriMo time to plan and prepare and time devoted to writing, you CAN DO IT! We are also planning to meet at the end of our boot camp time to debrief, review what we learned and whether we met our goals. Instructor: Erika Zipser. #1335 MHPC, 7pm-9pm, seven Mondays beginning October 15. Price: \$82. Register by: October 8. Ages 13+

Free Community Programming

The following classes in this section are FREE.
Please call the Staunton Parks & Recreation office
at 540.332.3945 to register.

Your Brain on Food

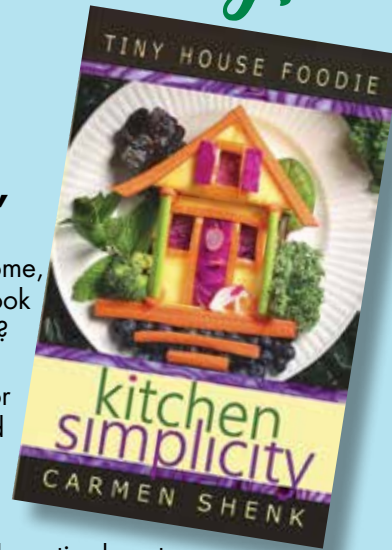
Did you know the colors red and yellow make us hungrier? If reading that got you dreaming of french fries, you're not alone. The way food is advertised, packaged, arranged, and labeled has the power to confuse and confound us, make us eat more, and even make us buy things our bodies don't want—and it hits children the hardest of all. Join us to learn the truth about food, and what you can do to take back the pantry for a healthier family. Instructor: Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. #1219 MHPC, 6pm-7pm, September 25. Ages: Parents and children 12+

First Time Homebuyers

Join us for an hour long seminar providing tips and insight into navigating the home buying process. This class is designed for those who have never bought a home or have not purchased in quite some time. Alan Stamp an experienced local realtor and Michelle Fix, local mortgage loan originator, as well as Susan Miller a local title agent will educate participants on how to find the right home and prepare for the purchase. Knowing what to expect and what the terms, fees, and costs mean allow buyers to feel confident when they begin this process. #1197 MHPC, 6pm-7pm, October 16

The Tiny House Foodie Presents: Pain, Pie, Poverty, & Purpose

Love the look of a cozy tiny home, but wonder if you could still cook and bake in the smaller space? Are you transitioning into a smaller home, RV, apartment or even a senior living center and trying to navigate the switch into a smaller space? Our instructor, Carmen Shenk, is an author, speaker, coach and a retired pastry chef/restaurant owner. Carmen will speak from her experience of living locally in a tiny house. Come hear Carmen's take on what it requires to cook and live in a tiny house without sacrificing flavor or contentment. Instructor: Carmen Shenk. #1336 MHPA, 6:30pm-7:30 pm, October 17



Cell Phones: Good Vibes or Not?

Are cell phones safe for the frequent use they are getting in our busy lives? Are there things you can do to lessen the effects of cell phone radiation? What cautions should we take with our cell phones? This informative, educational lesson will provide information on cell phones and the impact they may be having on our health. Practical advice will be shared and concerns addressed to make you an informed cell phone user. Instructor: Anne H. King. #1337 MHPC, 6:30pm-8:30pm, November 13

Home Composting

Join the farm staff at the Educational Urban Farm at VSDB for a workshop on home composting. By composting at home you can create compost for your garden, reduce landfill greenhouse gas emissions and more. Learn how to set up a composting system that is right for you, how to use it, and what to do with the finished compost. Instructors: Katrina Beitz. #1338 VSDB Educational Urban Farm, 11am-2pm, October 20



Trips



Tanger Outlets and National Harbor

Do you like Shopping? Do you like beautiful waterfront views and excitement? Come join us October 6 for a trip to the Tanger Outlets and National Harbor, Maryland. This trip will consist of shopping at the Tanger Outlets, finishing the day off exploring the beautiful waterfront at the National Harbor. Be sure to stop by the giant Capital Wheel! #1343 Saturday, October 6. Depart GHPG at 8am; return around 9pm. Price: \$25. Register by: September 28

National Zoo

Lions, Tigers, Bears.....Oh My! That is only the start of an exciting day at the National Zoo in Washington D.C. Amazing exhibits include the Giant Panda Habitat, the Elephant Outpost, the Great Apes exhibit and so much more! You are guaranteed a great day of visiting the animals and seeing all the National Zoo has to offer. #1339 Saturday, October 20. Depart GHPG at 8am; return around 6:30pm. Price: \$25 (Includes transportation, admission and tours are Free). Register by: October 12

Historic Lexington Carriage Ride

The Lexington Carriage Company offers an intriguing way to explore the rich history of this 19th century college town, slowed to the pace and rhythm of hoofbeats. During this fully narrated tour, your horse-drawn carriage will take you past many historic places of interest including: The Stonewall Jackson House, Lee Chapel, Washington and Lee University, Virginia Military Institute, The Lee House, Historic residential district, Stonewall Jackson Memorial Cemetery and Jackson's Tomb. #1342 Wednesday, October 24. Depart GHPG at 9:45am; return around 1pm. Price: \$36 (includes transportation and guided carriage ride tour). Register by: October 17

Arundel Mills Shopping Mall/ Maryland LIVE Casino

Never been here? What are you waiting for? Arundel Mills is the largest Mall in Maryland with over 225 stores. But Arundel Mills offers so much more with great food options, MEDIEVAL TIMES dinner theatre, Dave and Busters game room, and on the same grounds is Maryland LIVE Casino. So whether you'd love to test your luck at the Casino, enjoy a day of shopping or just explore all Arundel Mills has to offer, this is the trip for you! #1340 Saturday, November 10. Depart GHPG at 7:30am; return around 8:30pm. Price \$25 (Includes transportation only). Register by October 26

Bizarre Bazaar® and Dinner at Olive Garden

This show has four exhibition buildings filled with fabulous unique gifts for everyone on your list! A beautiful holiday marketplace with 500 juried exclusive exhibitors and more than 100 new exhibitors only seen at The Bizarre Bazaar®. We will end our day of shopping with a nice dinner at the Olive Garden in Short Pump. #1150 Friday, November 30. Depart GHPG at 8am; return around 8pm. Price: \$30 (Includes transportation and admission). Register by: November 16





New in 2018 – Winterfest at Kings Dominion

Begin a new family holiday tradition by joining us in Kings Dominion's NEW winter extravaganza, Winterfest! Kings Dominion will be magically transformed into a winter wonderland full of enchantment and holiday cheer! Become immersed in the season's spirit with spectacular holiday lights and décor, world-class live entertainment, savory treats and fanciful experiences throughout the park. There will be over a million lights and sights to behold, sounds of the season in holiday shows and festive fun for all. #1341 Saturday, December 1. Depart GHPG at 3pm; return around Midnight. Pricing to be determined. Call for details



Potomac Mills Shopping

Christmas time shopping can be made easier when you join us for a trip to the bargain hunter's paradise at Potomac Mills. Potomac Mills features over 200 of the best names in retail! #1151-2 Tuesday, December 11. Depart GHPG at 7am; return around 8pm. Price: \$24 (includes transportation only). Register by: November 30

Vegas Baby!

2019 Las Vegas, NV Fly to Las Vegas on April 9 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 5



Outdoor/Indoor Adventures

Fall Foliage Hike

Come and enjoy a leisurely guided hike with the Wintergreen Nature Foundation. Walk among the crimson colors of fall on Wintergreen Mountain. We'll witness beautiful vistas of the Shenandoah Valley and bubbling mountain springs. Experience a beautiful section of the Appalachian Trail and take in spectacular western views. Pack a lunch and be sure not to forget your camera. This hike is rated moderate, wear sturdy shoes and bring water. Length is 5 miles. We will have time to visit the nature center and then wrap-up our adventure at Devil's Backbone Brewery for a little R&R. #1148-2 Friday, October 12. Depart GHPG at 9am; return around 6pm. Price: \$25. Register by: October 3

Indoor Climbing at Eastern Mennonite University

Explorers get ready to experience a unique climbing experience at Eastern Mennonites state-of-the art indoor climbing walls. Learn the skills to traverse the 42 foot climbing walls that will provide a great challenge for all. The site has five top rope lines and a low angle face that is perfect for beginners and children of all skills. #1344 Thursday, December 13. Depart GHPG around 5:15pm; return around 9:30pm. Price: \$20. Ages 10+

Photo by Warren Faught

Archery

Archery Club

This club is designed for youth to participate in a weekly archery program at Montgomery Hall Park. Students will learn archery basics and develop their knowledge and skills so that they are comfortable shooting bow and arrow, become familiar with archery equipment, and follow safety guidelines on the shooting range. This program is made possible by an equipment loan program through a grant received by the Virginia Department of Game and Inland Fisheries. Ages 8-16. Archery club participants must have previous archery instruction or have participated in the Intro to Archery workshop. Instructor: certified Staunton Parks and Rec staff. #1212-4 MHP, 4pm-5:15pm, four Mondays beginning September 24. Price: \$30

Introduction to Archery

Introduction to archery is a hands-on workshop for youth and adults that will provide basic knowledge of archery including archery equipment, shooting, and safety. Archery teaches patience, self-discipline, and hand eye coordination. Students will learn about each type of bow, safety on the archery range, proper shooting technique, and have time to practice with a recurve, compound, and cross bows. This program is made possible by an equipment loan program through a grant received by the Virginia Department of Game and Inland Fisheries. Instructor: Certified Staunton Parks and Rec staff. Ages 8+. #1112-9 MHP, 12pm-3pm, October 8. Price: \$20. Register by: October 3



Party Bridge Club

For experienced bridge players who are interested in socialization as well as brushing up on their game. Party on! Not an instructional club. MHPA, 1pm-4pm on Thursdays. Price: \$10/season

American Red Cross Blood Drive

Every 4th Wednesday noon-6pm at the Gypsy Hill Park Gym. November and December TBA



Staunton Downtown Development Association (SDDA) EVENTS

BeYOUtiful Night

Saturday, September 8, 2018
Ali & Co. Apothecary and Boutique
Get pampered while learning about simple ways to improve health, skin and hair and enjoy free treatments and goodies around Downtown.

Pumptoberfest

Saturday, October 13, 2018
WQSV 106.3 Community Radio
Support your local community radio station with music, beer, food and family fun at The Sunspots Pavilion.

Halloween Downtown

Saturday, October 27, 10am – Noon

Sparkles and Sweets

Friday, November 9, 6-9pm

Treasure Hunt Party

Saturday, November 10, 2018
TRAIPSE & WQSV 106.3 Community Radio
Join the Traipse Treasure Hunt! Six weeks of clues from WQSV and puzzles engaging local businesses. Wrap-Up Party at The Staunton Hub with cooperative play and prizes.

Window Decorating Contest

Friday, November 16

Gift Card GWP

Friday, November 23 – Sunday, December 9
Clocktower Convenience and Beverley Cigar Store

Small Business Saturday

Saturday, November 24

Cherish Every Christmas

Saturday, December 8, 2018
Cherish Every Moment
Feel good Christmas party with family activities and a tree lighting at 8pm.

Christmas Parade

Monday, November 26, 7pm
(Rain: Monday, December 3, 7pm)



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 programming, trips, special events, childcare, athletic leagues, Gypsy Hill Golf information, park and project updates.

Brochure Schedule:

BROCHURE CYCLE	DISTRIBUTION DATES
Winter/Spring covers January-April	Beginning of January
Summer covers May-August	End of April
Fall covers September-December	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! www.staunton.va.us/recreation

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 _____

EMERGENCYCONTACT _____

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):

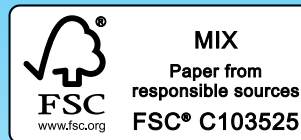
SIGNATURE _____

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



Doghouse



PRST STD
US POSTAGE PAID
STAUNTON, VA
PERMIT NO. 80
ECRWSS

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
#1139-9, 6:30pm-7:30pm, four Mondays beginning September 10. Register by: ASAP
#1139-10, 6:30pm-7:30pm, four Mondays beginning October 1. Register by: September 24
#1139-11, 6:30pm-7:30pm, four Mondays beginning November 5. Register by: October 29

POSTAL PATRON



Staunton Parks & Recreation

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

Letters from Santa

Imagine the excitement on your child's face upon receiving a personalized Letter from Santa! Lucky for area parents, grandparents or anyone who wishes to brighten a child's Christmas, Staunton Parks and Recreation has a direct hotline to the North Pole. We will gladly arrange for your child to receive a personalized Letter from Santa with details about your child's wish list "only Santa would know"! For more details on how to get your child to receive this memorable Holiday treasure, call the Recreation Department at 540.322.3945.

