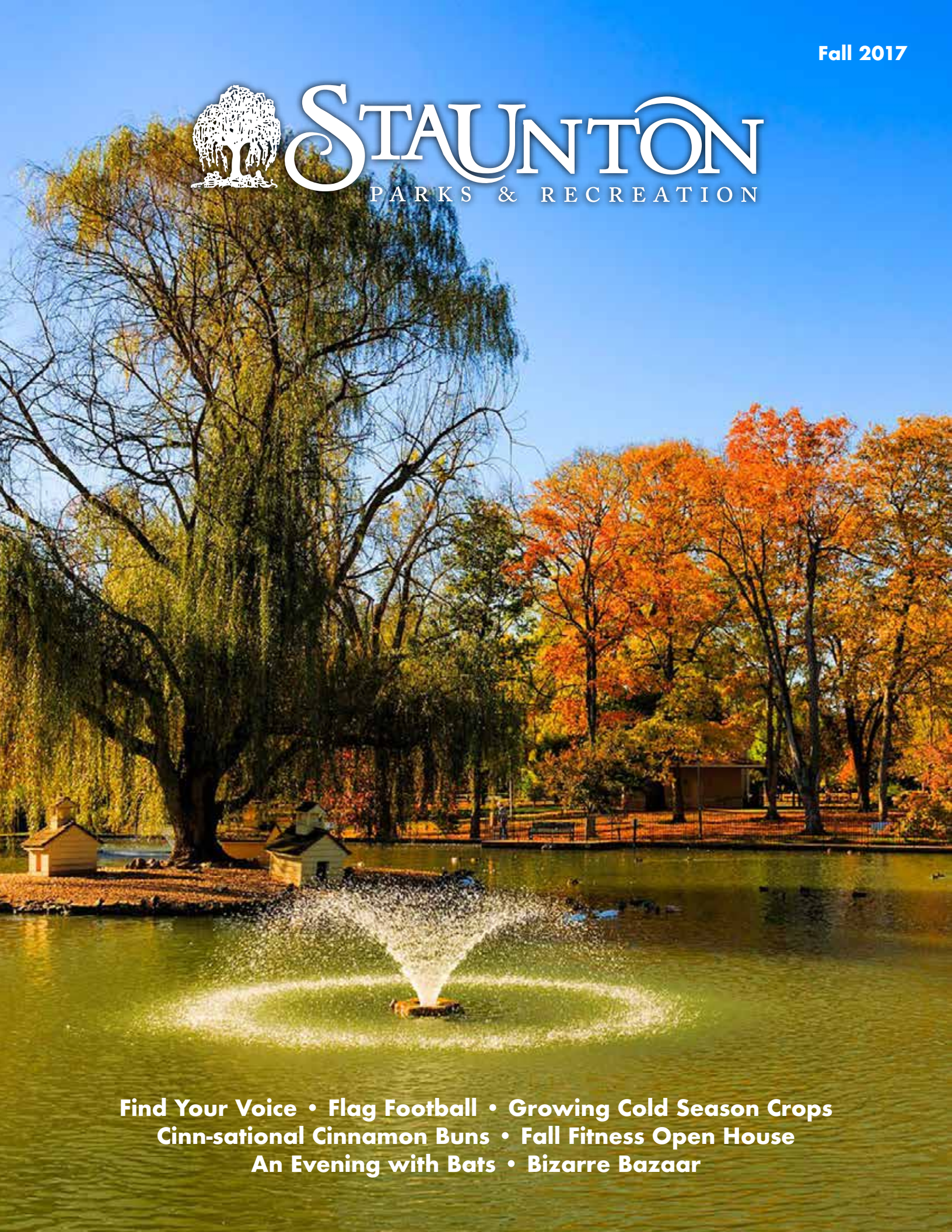


Fall 2017



STANTON

PARKS & RECREATION



**Find Your Voice • Flag Football • Growing Cold Season Crops
Cinn-sational Cinnamon Buns • Fall Fitness Open House
An Evening with Bats • Bizarre Bazaar**

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
Cover photo by Warren Faught

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

See pg 29 for registration info.

Seeking Instructors

We are 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 540.332.3945.



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BEFORE AND AFTER SCHOOL 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 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. Now taking registrations for Fall 2017. *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.*



TODDLER/PRE-K

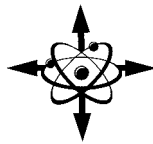
The Toddler Time Art Classroom

The Toddler Time Art Classroom is a creative space for children and their caregivers to explore art together. The classroom is located in the basement of the Nelson Street Center. Children will have access to a variety of art/craft materials, experience different play stations, and create weekly art projects. Classroom hours are Thursday mornings 9:30am-11:30am, and second Saturdays from 10am-12pm. The cost is \$3/child, parent/caregiver's are free. Program begins September 7.

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



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. #1101 NSC, 9:30am-10am, six Fridays beginning Sept 29. Price: \$39. Register by: September 22

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. GHGP, 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. Program begins November 1.

Wet Clay Handprint Ornaments

Make a truly one of a kind holiday ornament with your child's hand or footprint. The process is very simple: Sign up, choose your ornament design, and we do the rest including the artwork. These ornaments make wonderful gifts for loved ones. Instructor: Rebecca Razul of The Crafty Fox Box. #1102 MHPA, 5pm-6pm, December 15. Price: \$15/ornament. Register by: December 8



YOUTH AND TEENS



Find Your Voice

Calling all karaoke superstars! Take your singing out of the shower and onto the stage with soprano Angel Azzarra as she teaches students the insider's method of learning how to sing and perform onstage. This 4 week, 8 class course is targeted towards singing and performing for young aspiring musicians. Each week focuses on a different aspect of preparing a song, culminating in a final performance. Ages 8-14. Instructor: Angel Azzarra of Azzarra Studio for Voice & Piano. Angel works with the Heifetz Music Festival and prior to moving to Staunton taught at the Forbes Institute of Music and has a master's degree in voice from the Manhattan School of Music. #1103 NSC, 6:30pm-7:30pm, four Tuesdays and Thursdays beginning November 2 (skipping Thanksgiving). Price: \$139. Register by: October 24

Chess, Checkers, and GO After-school

Learn the rules and strategy of games that have been played for well over 1000 years. Games played by Kings, Presidents, Czars, Emperors, and kids of all ages. Improve problem solving and reasoning skills while enjoying games that have been played for centuries. Ages 6-18. Instructor: George Gruner. MHPA, 4pm-5:30pm. Price: \$40/session or \$8/class. Questions call George 540.712.7896. #1104-1 six Tuesdays Beginning September 19 #1104-2 six Tuesdays Beginning November 7

Holiday Crafting After-school, 7-10yr olds

Hey kids interested in arts & crafts projects for the holidays? Do you see snowmen in your future? Or angels and Christmas trees? Kids will take home something most weeks depending on project completion. Check out this fun after-school program this holiday season! Instructor: Kathy Beyer and George Gruner. #1105 NSC, 4pm-5:30pm, six Thursdays beginning October 26 (skipping Thanksgiving). Price: \$45. Register by: October 18



Holiday Crafting After-school, 11yr olds and up

Enhance your holidays with fun arts and crafts after-school. We will be making beaded snowflakes, a table centerpiece, and many other beautiful items. In addition you will complete the series making a stunning deco-mesh wreath. Let's get creative this holiday season! Instructor: Kathy Beyer and George Gruner. #1106 NSC, 6:30pm-8pm, six Thursdays beginning October 26 (skipping Thanksgiving). Price: \$59. Register by: October 18

Learn Sign Language: for Youth

This course teaches the basic communication skills in American Sign Language. Along with an array of vocabulary, you will also experience specific etiquettes of deaf culture, such as facial expressions and classifiers. Be able to develop an expressive language and improve on receptive abilities. Ages 6+. Instructor: Amy Tussing. #1107 NSC, 9:30am-11:30am, December 9. Price: \$15. Register by: December 4

Amazing Magic and Illusion

Have you ever wanted to be a magician? Do you like to entertain your friends and family? This is the class for you! Our Amazing Magic and Illusion Class will be a hands on interactive environment where you will learn some amazing "behind the scenes" magic and illusions. Each student will learn, create, and have a chance to perform the great magic that will be taught by Brian Bence. So, if you are an aspiring magician or just want to learn some cool magic basics, we hope you check it out! Price includes magic kit. All ages. #1108 MHPA, 6pm-7:30pm, four Tuesdays beginning November 7. Price: \$39. Register by: November 1



Trains and Model Railroading with George

Learn about trains that have traveled throughout Virginia for over 100 years. Students will experience, build, and take home structures built in O and HO scales. As part of the modeling experience students will visit model railroading layouts in various scales. The course kicks-off with a trip to the C&O Railway Heritage Center in Clifton Forge VA on Saturday November 4th then followed by three workshop days in the classroom. Parent participation is encouraged. Instructor: George Gruner, lifelong train enthusiast and modeler. *#1109 NSC, 1pm-4pm, three Saturdays November 18, December 2, and December 16. First class is a trip to the C&O Railway Heritage Center on November 4, depart GHP at 9am; return around 3pm. Price: \$95 (Parents welcome to attend trip for price of admission, space limited). Register by: October 25.*

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. Instructor: Nelson Patterson. Classes held at Staunton Makerspace. *Price: \$225. Please call 332.3945 for more information.*



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 Mondays beginning October 2. Price: \$45. Register by: September 27*

#1110-1 Part A, 5:30pm-6pm, for ages 3-5

#1110-2 Part B, 6:10pm-6:40pm, for ages 6-9

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 short review of basic cheer components and then focus on learning new 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. *#1111 NSC, 6:50pm-7:35pm, six Mondays beginning October 2. Price: \$55. Register by: September 27*

Introduction to Archery | Fall Break

Introduction to archery is a hands-on three hour workshop 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 7+. *MHP, Monday October 9. Register by: October 3*

#1112-1 Youth class, 9am-12pm. Price: \$25.

#1112-2 Parent/child class, 1pm-4pm. Price: \$45 (price includes both parent and child).

Keep an eye out this fall and winter for upcoming archery programs with Staunton Parks and Recreation!

ATHLETICS

Pickleball Social Evenings

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

Co-ed Frostbite Softball

This league begins in September and will run six weeks with a minimum of 10 games. Only 3 women required on the field. Price: \$250 per team. Roster and payment due by: August 25

Men's Flag Football

7 on 7 screen flag football. All team rosters must be submitted with payment. League will begin on September 10. Price: \$400. Register by: September 5

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. Register by: October 20

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 25

Youth Sports Contacts

Sport	Contact person	Association	Phone or email
*Football	Mike Guertler	SYFB	540.332.3930
*Basketball	Windsor Vaughn	YMCA	540.885.8089
*Golf	Wes Allred	Gypsy Hill	540.332.3949
*Baseball (4-12)	Debbie Gregory	Kiwanis	540.332.3945
	Ken Bosserman	Kiwanis	540.885.2014
*Babe Ruth Baseball (13-15)	Debbie Gregory	Staunton Recreation	540.332.3945
*Augusta Babe Ruth (13-18)	Dennis Cobb	Augusta Babe Ruth	540.886.0811
Tennis	Chad Reed	SWAT/AMC	540.932.5433
Swimming	Maria Wykes	Amberjax	maria@saymca.org
Wrestling	Terry Waters	MPW	540.294.1501
Soccer	Mark Yurish	SOCA	mark.yurish@socaspot.org

*denotes leagues sponsored or co-sponsored by Staunton Recreation Department

James Corbett
Recreation Manager
corbettjr@ci.staunton.va.us



TIME OUTSIDE



Photo by Carl Lambert



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 GHPGC, 6:30pm-8:30pm, two consecutive Tuesdays and Wednesdays October 3, 4, 10, and 11. Price: \$39. Register by: September 28

Growing Cold Season Crops

The summer might be coming to an end, but the growing season is not! Learn how to grow veggies that thrive in the fall! We'll be discussing and demonstrating what, when, and how to plant cold-season crops as well as techniques for over-wintering vegetables for an early spring harvest. Age: Adults. Class will take place at the AMI Urban Farm at VSDB, located at 113 New Hope Rd on the Virginia School for the Deaf and the Blind campus (near the soccer fields). #1114 10am-12:30pm, Saturday September 16. Price: \$20. Register by: ASAP

Seed-Saving Workshop

Learn how to save your own seeds! This hands-on workshop will demonstrate how to save seed from a variety of ornamental and edible plants. We will also be discussing how to store seeds and best practices for starting them in the spring. Age: Adults. Class will take place at the AMI Urban Farm at VSDB, located at 113 New Hope Rd on the Virginia School for the Deaf and the Blind campus (near the soccer fields). #1115 10am-12pm, Saturday October 7. Price: \$20. Register by: September 27

Putting Garden Beds to Rest

As the growing season comes to an end, it's important to take the time to tuck-in your garden beds for the winter! Learn how to properly prepare your garden for the cold months and the benefits of doing so. We'll discuss cleaning up beds, what to do for your soil, and winter mulching. Age: Adults. Class will take place at the AMI Urban Farm at VSDB, located at 113 New Hope Rd on the Virginia School for the Deaf and the Blind campus (near the soccer fields). #1116 10am-12:30pm, Saturday November 11. Price: \$20. Register by: November 1



SPECIAL EVENTS

Lil' Country at Staunton Jams

Saturday, September 2 from 1-5pm. Join us at Staunton Jams! Staunton Parks and Recreation will be offering a "Lil' bit of Country" for the "lil critters," while the adults enjoy a "Lil' bit of Rock-n-Roll" in downtown Staunton on Beverley Street. At Lil' Country, you'll find mini tractors, arts & crafts activities, farm activities and more. Staunton Jams will be rockin' from 12noon-10pm. **FREE EVENT.** For more information about Lil' Country call: 540.332.3945. For more information about Staunton Jams call 540.885.9988.

Fall Fitness Rush- Open House

Wednesday, September 20 from 2pm-4pm at Gypsy Hill Park Gym

Come out to the Gypsy Hill Park Gym on Wednesday September 20th for our Fall Fitness Rush. Visit with Staunton Parks and Recreation instructors and try out their wonderful classes for free! Yoga, Zumba®, taiji, qigong, senior fitness, and aikido will all be on display and waiting for you to participate. Now is the time to finally see what these classes are all about!

2:00pm open/visit with instructors

2:10pm-2:25pm taiji/qigong

2:30pm-2:45pm morning warm-ups w/Jolene

2:50pm-3:05pm Zumba

3:10pm-3:25pm yoga

3:30pm-3:45pm aikido

3:45pm-4:00pm visit with instructors

Fall Craft Market

Saturday, September 30 from 8am-2pm at Gypsy Hill Park Bandstand

Local crafters of all kinds will set up, show off, and sell their handy-work. If interested in participating in this event as a vendor please call Staunton Parks and Recreation for more information at 540.332.3945.

Take advantage of low vendor fees and a great location.

Road Bowling at the Frontier Culture Museum

Saturday October 7 from 8:30am-11:30am at Frontier Culture Museum

If you have enjoyed Irish Road Bowling through Staunton Parks and Recreation or you are interested to learn about a historic sport from the British Isles and North America be sure to check out Road Bowling at the Frontier Culture Museum on October 7th. The team fee of \$30 will include admission to the museum's Oktoberfest event on the same day. The Road Bowling competition will run from 8:00am-11:30am and Oktoberfest begins at 12:00pm. Team captains may register teams of three people aged 13 and up. Participating minors must have an adult accompanying them. The winners of the competition will receive championship t-shirts. If you wish to register a team or have questions call the Frontier Culture Museum at 540.332.7850.

Downtown Trick or Treat and Costume Contest

Saturday, October 28 from 10am-12pm

Staunton Downtown Development Association, 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

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



Family Nite Flix Indoor Edition: TROLLS

Saturday, October 14 at 6:30pm at the Gypsy Hill Park Gym

Come dressed as your favorite troll! Popcorn, snacks and drinks will be available for purchase. The movie is free, bring a fold out chair if you wish. After the Bergens invade Troll Village, Poppy, the happiest Troll ever born, and the curmudgeonly Branch set off on a journey to rescue her friends. Starring Justin Timberlake, James Corden, Zooey Deschanel, and Anna Kendrick.

Caroling in the Park

Saturday, December 16 from 4pm-6pm

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 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.

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. At 5pm 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 in the city flower beds is available- we hold back a stock plants & bulbs to propagate from. *Questions- Contact Matthew Sensabaugh, City Horticulturist at 540.332.3706 ext 4174.*

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 may be picked up at Staunton Parks & Recreation or 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. *For more information, please contact Joel Gregory Black at LivingStoneNaz.FieldofDeer@gmail.com*

Celebration of Holiday Lights

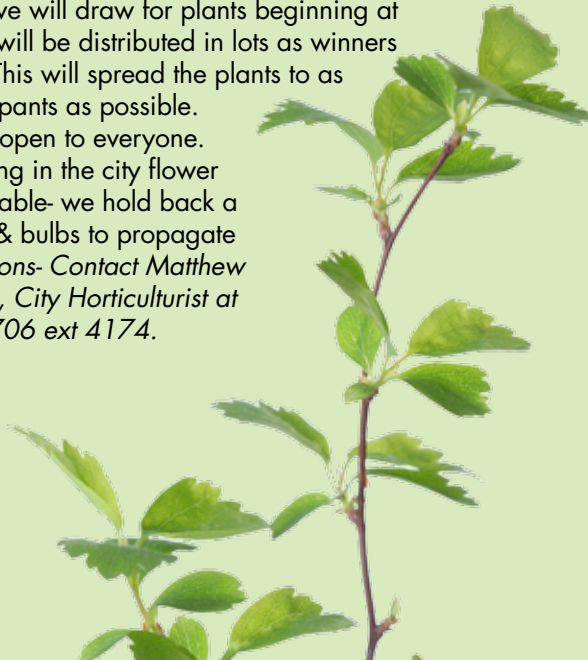
November 20 through January 1, 2018 from 5pm-11pm

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 2017 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*

Queen City Potter Party

September 22-24, Downtown Staunton

Wizards and muggles from near and far descend upon downtown Staunton for the annual Queen City Potter Party. With a touch of wizardry, the historic downtown is transformed into the village of Hogsmeade. Local businesses reinvent themselves offering Harry Potter themed shopping, dining and hands-on activities for all ages. "Potterheads" can experiment with potions, enjoy butter beer, watch a quidditch match or try their hand at wild beast taming. Visitors are greeted by Norberta the Dragon, where selfies and costumes are encouraged. Unlock the secrets of Diagon Alley using our Marauder's Map. Explore our walkable downtown, while taking on the task of Horcrux & Fantastic Beast Hunting using the free app, Traipse, which will help you find them all... and a few treasures along the way. For Harry Potter fans this entertaining and family-friendly festival is not to be missed! *For more info, visit: www.facebook.com/queencitypotterparty*



IN THE KITCHEN THIS SEASON

Cheese & Queso Fundido Dip

More tortilla chips please! That's right your friends and family will be asking for more to go along with your homemade queso dip this football season. In this hands-on class learn to make this delicious creamy cheese dip that goes great with any occasion especially the big game. No need for a cheese press. Bring an apron and your own container to take leftovers home. Instructor: Sharon Muniyak of Hobby Hill Farm. #1117 GHPGC, 10:30am-12:30pm, October 7. Price: \$36. Register by: September 29

Mozzarella and Ricotta Cheese Making

Do caprese salad, and fresh basil and tomatoes sound appealing? Learn to make your own fresh mozzarella and ricotta cheeses in a flash with this fun and interactive class! Enjoy the benefit of being able to make cheese free from preservatives. Be sure to wear old clothing and/or an apron since things can get messy. Please indicate upon registration if you have food allergies. Please bring your own fresh herbs and a container to take food home in. Ages: 14+. Instructor: Sharon Muniyak of Hobby Hill Farm. #1118 GHPGC, 1pm-3pm, October 7. Price: \$36. Register by: September 29

Shrubs and Vinegar

This is the hottest new "in" drink sensation – tasty and good for you. Shrubs are an intriguing blend of fruit, sugar, and vinegar created during the Colonial Era to preserve fruit long after harvest. Recipes and methods for making shrubs vary, but the result is always a delicious liquid that captures the essence of fresh fruit – to be enjoyed in any season. Think of a fruit based spritzer. Peaches with bourbon in December? Absolutely. Instructor: Sharon Muniyak of Hobby Hill Farm. #1119 MHPK, 6pm-8pm, October 16. Price: \$34. Register by: October 9



Make Your Own Bread for the Holidays

Light and airy, hot and fresh. Let us show you the secret to the best artisan bread you can master at home. Artisan Bread making at home has never been easier. Discover the secrets of our trade to making preservative free bread for pennies. Bring an apron. Instructor: Sharon Muniyak of Hobby Hill Farm. Ages: Adult. #1120 MHPK, 10:30am-12:30pm, November 4. Price: \$36. Register by: October 27

Cinn-Sational Cinnamon Buns

Don't you just love the smell of fresh-baked cinnamon buns? Learn how to make homemade cinnamon buns from scratch. Instructor Sharon Muniyak of Hobby Hill Farm will share her secrets for making these incredible cinnamon rolls with or without nuts, dried fruits, and cranberry orange for the holidays. You will also receive the recipe for the cream cheese icing. Bring an apron. #1121 MHPK, 1pm-3pm, November 4. Price: \$36. Register by: October 27

Meatless Mondays- Easy Ways to Incorporate a Vegetarian Diet Once a Week

A two hour cooking class on eating vegetarian one whole day once a week and the benefits of that choice. Quick healthy meals the whole family will enjoy with easy and tasty ingredients. Breakfast, lunch, and dinner to be prepared inspiring and encouraging this weekly routine. Instructor: Erin Etzel certified chef in vegetarian cuisine from the Natural Gourmet Institute in NYC. #1122 MHPK, 6pm-8pm, November 6. Price: \$22. Register by October 27



STAUNTON FOR STAUNTONIANS

Augusta Bird Club

About: Are you a casual backyard birdwatcher? ... a sometimes birder who wants to learn more? ... a birder with a life list? All are welcome at the Augusta Bird Club (ABC). We hold meetings from September to April at 7pm on the second Monday of each month at Covenant Presbyterian Church -Fellowship Hall, 2001 N Coalter St, Staunton, VA 24401. The Augusta Bird Club promotes birding, conservation and education. The ABC sponsors field trips, Breeding Bird Surveys, and two Christmas Bird Counts covering Staunton and Waynesboro. The ABC contributes to local, state and nation conservation programs and provides scholarships for local youth to attend Nature Camp. Get involved in birding! Check us out the Augusta Bird Club on the web: www.augustabirdclub.org or find us on Facebook (search for Augusta Bird Club).

Event: A highlight of the fall is the Rockfish Gap Hawk Watch. Volunteers monitor raptor migration from August 15 to November 30. The Hawk Watch is located just off Interstate 64 (exit 99) overlooking the intersection of US 250 and the Blue Ridge Parkway near the Tourist Information Center. www.rockfishgaphawkwatch.org



The Save Lucy Campaign

About: The Save Lucy Campaign is a bat conservation and education nonprofit organization based in Augusta County with a focus of raising awareness of white-nose syndrome and its devastating impact on North American bats.

Event: Enjoy a fall evening with bats! Migrating bats are making their way to caves or heading south for the winter. Local bats are preparing for winter by fattening up on abundant insects. Come out to Montgomery Hall Park on Friday, September 15, 7:30pm-8:30pm, to watch the bats fly and to eavesdrop on their ultrasonic calls with several types of bat detectors. President Leslie Sturges will share her expertise and equipment to shed light on our local nighttime flyers. Program recommended for ages 5+. We will meet in the parking lot behind the Irene Givens Admin Building.

Allegheny Mountain Institute – Urban Farm at VSDB

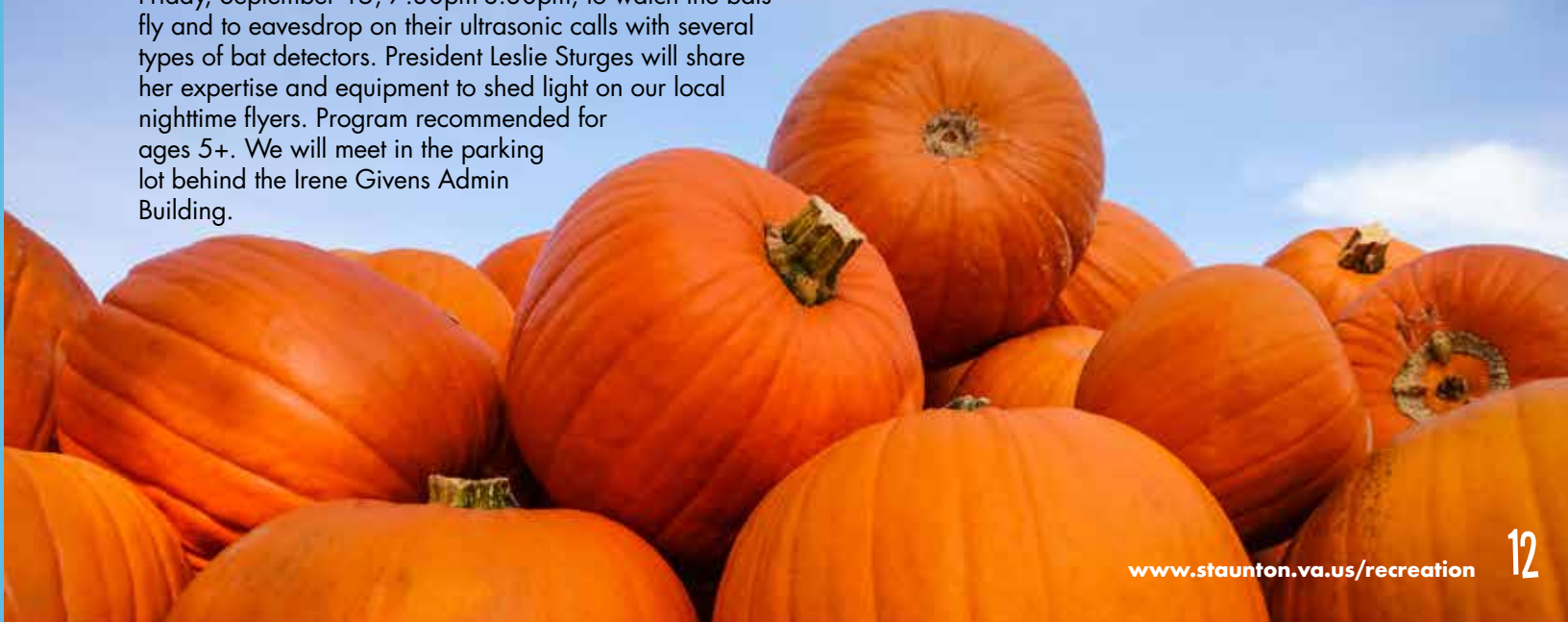
About: Allegheny Mountain Institute (AMI) is an educational non-profit organization with the mission to cultivate healthy communities through food and education. The AMI Urban Farm is located on the campus of Virginia School for the Deaf and the Blind in downtown Staunton. We provide fresh produce to local school cafeterias and teach students about food production, nutrition, and health. We also host free public workshops and events at our farm throughout the growing season.

Event: The AMI Urban Farm at VSDB will be holding a Pumpkin Festival on October 28, 2pm-5pm. We'll be selling pumpkins and offering a variety of arts, crafts, and games for the whole family to enjoy! Join us this fall for a fun-filled afternoon, just in time for Halloween!

Cool Breeze Farm

About: Farm located in Mount Sidney, Virginia. We believe in humanely raising animals and farming in a way that mimics nature, helping to heal the land at the same time. Using a permaculture design base, animals are rotationally grazed and we use a no-till, no-plow, no-irrigation gardening system. We do not use chemicals of any kind. Animals eat food we harvest from the farm or non-GMO grain from a local source. We currently raise pasture/forest grazed pork, free-range eggs, chemical free produce, and grass fed beef.

Event: The Cool Breeze Fall Fling is taking place October 28 and 29 from 1pm-5pm. It is a family event celebrating fall and our farm. We will have tractor rides, live music, a pig roast, craft beers, vendors, horse rides, & more! Free admission & parking.



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 MHPA, 6pm-7:30pm, eight Thursdays beginning October 5. Price: \$84. Register by: September 29

Advanced Sign Language

This class developed out of a demand for further education in learning sign language. This class is for those who have already taken our learn American Sign Language class or already have basic knowledge and practice. In this class you will build upon the basics to improve your vocabulary as well as overall understanding of sign language and deaf culture. Age 16+. Instructor: Amy Tussing. #1124 MHPC, 6pm-7:30pm, eight Mondays beginning October 9. Price: \$84. Register by: October 3

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. #1125 MHPA, 9am-12pm, December 2. Price: \$25. Register by: December 1

Steven Taetzsch
Recreation Specialist
taetzschst@ci.staunton.va.us

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 MHPC, 3pm-4:30pm, five Wednesdays beginning October 18. Price: \$40. Register by: October 11

Giants of Rhythm & Blues Music

Rhythm & Blues music arose in the 1940s and became the most popular form of African-American music in the 1950s. This class will focus on four seminal artists-Louis Jordan, Fats Domino, Ruth Brown, and the Soul Stirrers/Sam Cooke- and one musical style-Scat/Jive-that led to Doo-Wop. Their stories will be presented with original recordings. It is nearly impossible to fully appreciate music of the 1960s and beyond without understanding its roots. Participants should come away with a greater appreciation of R&B and its importance to the evolution of Rock and Roll and Soul music. Ages 15+. Instructor: Al Leichter. #1127 MHPC, 7pm-8pm, five Wednesdays beginning September 20. Price: \$55. Register by: ASAP

eBay: How to Become a Top Seller

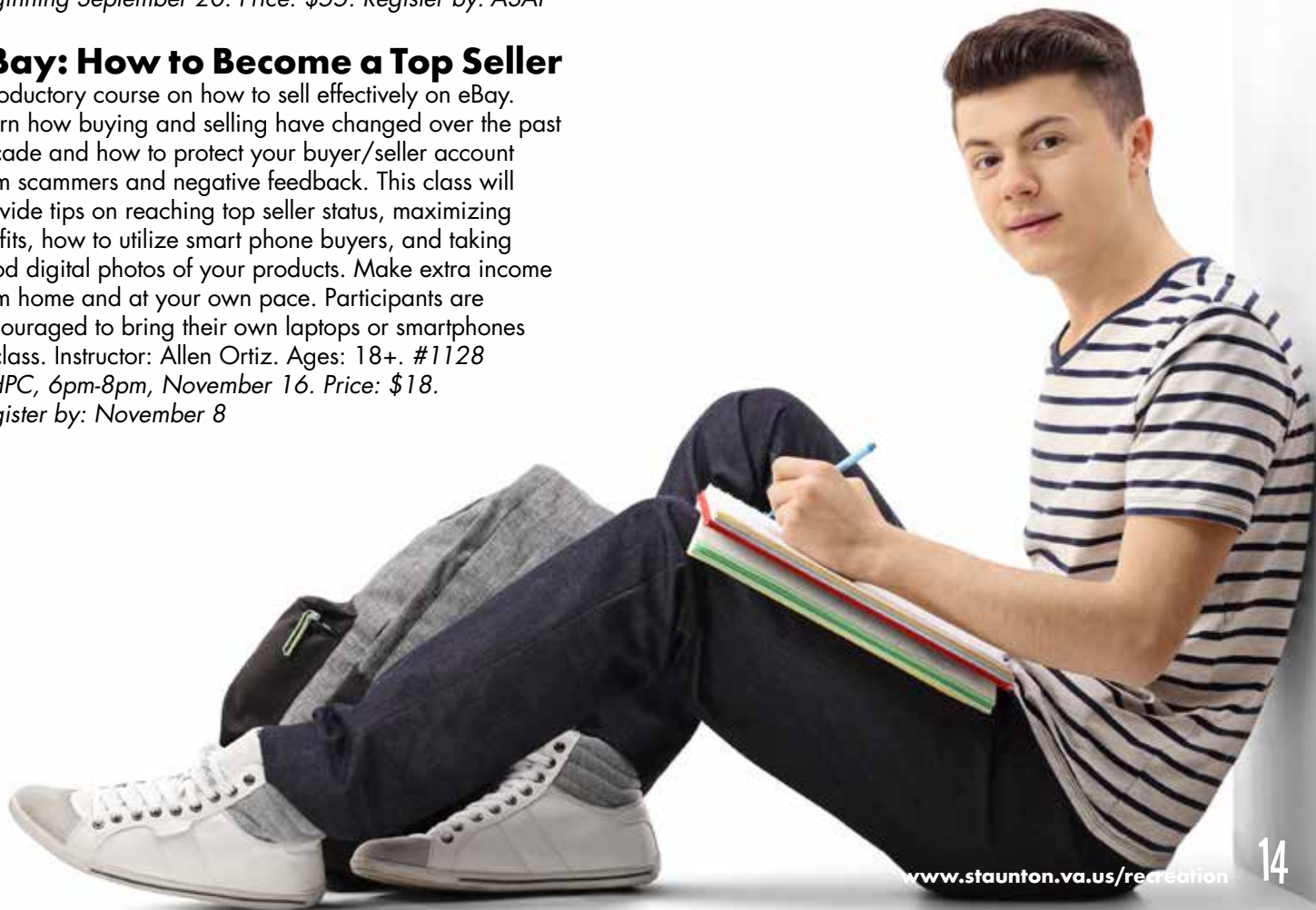
Introductory course on how to sell effectively on eBay. Learn how buying and selling have changed over the past decade and how to protect your buyer/seller account from scammers and negative feedback. This class will provide tips on reaching top seller status, maximizing profits, how to utilize smart 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. Ages: 18+. #1128 MHPC, 6pm-8pm, November 16. Price: \$18. Register by: November 8

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.

Home Education- An Awesome Experience

Home Education is awesome and can be both productive and fun for all involved! Take the opportunity to to share your Home Ed experiences and gain from the experience of others and the facilitator who has worked with and supported home educators for over 35 years. Materials, methods, scheduling, and yes, survival skills will be discussed. Instructor: George Gruner. Ages: Adults. MHPC, 6:30pm-8pm, every third Tuesday of the month September-November. Price: \$5/session. Call George Gruner with questions at 540.712.7896.



HEALTH AND SELF

Thyroid- The Master Gland

Our bodies need balance and direction. The THYROID GLAND is the Master gland that directs most of the functions within the body. Everyone needs to protect his or her thyroid health for the body's balance and health. Whether you are already on medications for thyroid gland dysfunction or not – whether you have a thyroid or not - there are diet and lifestyle changes to help protect and promote its function and your general health. For those who say “thyroid problems run in the family” this is the education for you, your family, and your teens. Teenagers are encouraged to attend to pick up these thyroid health tips for a lifetime of balance (Thyroid problems do not start at 40, 50, or 60, many times the forecast shadow is seen in early years!). Come to learn strategies to give yourself the upper hand for health. Instructor: Penelope Ferguson MS RD Functional Nutritionist. #1129 MHPA, 6:30pm-8:30pm, September 26. Price: \$10. Register by: September 19

Make Your Skeleton Strong | Bone Health

'Tis the season for scary things. Skeletons and things that go bump.... or fall in the night! A leading cause of loss of independence for the elderly is falling with a resultant major bone fracture of the lower part of the body. Attend this lecture to get up-to-date information regarding nutrition and lifestyle adjustments to help strengthen your bones and skeleton. Information will include details of Necessary vitamins and minerals and nutrition - besides calcium. There will be a discussion of bone broth as one of the elixirs of health with a RECIPE handout. Of note, there is an increase in bone fractures in today's 'youth'...so this lecture is for all age groups from teens to the ageless!!! Come strengthen your scaffolding of life and some things may not seem as scary. Instructor: Penelope Ferguson MS RD Functional Nutritionist. #1130 MHPA, 6pm-8pm, October 24. Price: \$10. Register by: October 16

Health Insurance 101

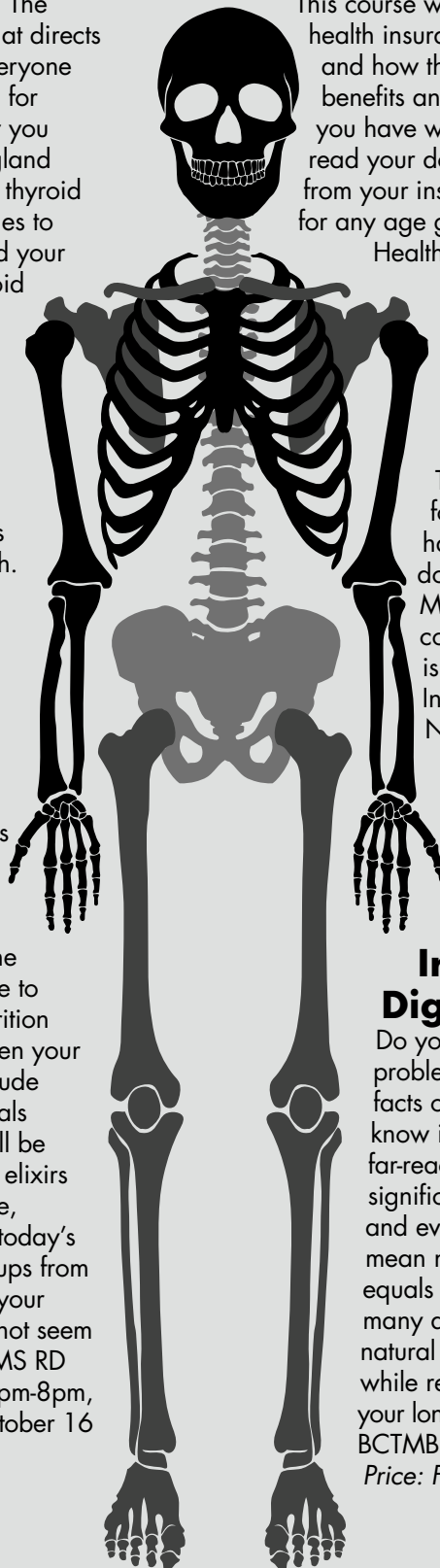
This course will help you understand the basics of your health insurance. You will learn about the basic terms and how they apply to you. We will also look at your benefits and give you a better idea of what coverage you have with your plan. You can also learn how to read your doctors' bills and explanation of benefits from your insurance carrier. This is recommended for any age group. Instructor: J.M. Wade of Valley Healthcare Navigation LLC. MHPC. Price: \$26. #1131-1 6:30pm-8pm, October 2. Register by: September 21 #1131-2 11am-12:30pm, November 4. Register by: October 31

Medicare 101

This seminar is designed especially for those who are on Medicare and have questions that their handbook just doesn't quite cover. We will go over Medicare Parts A, B and D and what is covered within those parameters. This is an overview course for the novice. Instructor: J.M. Wade of Valley Healthcare Navigation LLC. MHPC. Price: \$26. #1132-1 9am-10:30am, October 28. Register by: October 15 #1132-2 9am-10:30am, November 4. Register by: October 31

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. MHPC, 7pm-8:30pm, September 21. Price: Free



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. #1133 MHPA, 6:30pm-7:30pm, two Tuesdays beginning October 3. Price: \$25. Register by: September 27

Basic Everyday Make-up Application and Techniques

Make-up application made easy for you. Learn blending techniques using basic tools and color. Learn how to pick your own color palate to compliment your skin, eyes, mouth, and cheeks. These basic tips will give you the confidence to master your make-up. Ages 13+. Instructor: Jessica Sawyers. #1134 MHPA, 7pm-8:30pm, November 10. Price: \$25. Register by: November 3

Advanced Glamour and Special Occasion Make-up

Learn advanced make-up tips and techniques for that special occasion. Find out how to get that glamorous look of your favorite Hollywood stars and build confidence to have a fresh look every day. Ages 13+. Instructor: Jessica Sawyers. #1135 MHPA, 7pm-8:30pm, November 17. Price: \$25. Register by: November 10



FITNESS & WELLBEING

Fall Fitness Rush- Open House

Wednesday, September 20 from 2pm-4pm at Gypsy Hill Park Gymnasium

Come out to the Gypsy Hill Park Gymnasium on Wednesday September 20th for our Fall Fitness Rush. Visit with Staunton Parks and Recreation instructors and try out their wonderful classes for free! Yoga, Zumba®, taiji, qigong, senior fitness, and aikido will all be on display and waiting for you to participate. Now is the time to finally see what these classes are all about!

2:00pm open/visit with instructors

2:10pm-2:25pm taiji/qigong

2:30pm-2:45pm morning warm-ups w/Jolene

2:50pm-3:05pm Zumba

3:10pm-3:25pm yoga

3:30pm-3:45pm aikido

3:45pm-4:00pm visit with instructors

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. #1001-1 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 September and October at 8:30am in Gypsy Hill Park for an hour-long walk led by a local physician. Meets at the Bandstand. Participants will receive a free pedometer and t-shirt!



Zumba® w/Shunda

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 13+. Instructor: Shunda Smith. Price: \$30 for 6 classes. Drop-in Price: \$7. Classes begin September 8. Monday GHPGC, 5:45pm-6:30pm Friday GHPG, 10am-10:45am



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 GHPGC, 4pm-4:45pm, eight Wednesdays beginning September 27; option to continue. Price: \$60/session. Drop-in price: \$12

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. #1136 MHPA, 1:30pm-2:30pm, ten Tuesdays beginning October 10. Price: \$50 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. 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 begins September 7.

Class option 1: Attend class one time per week.

Price: \$48/month

Class option 2: Attend class twice per week.

Price: \$58/month

Sun Style Taiji 73 Form

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 GHPGC, 3pm-3:45pm, eight Wednesdays beginning September 27; option to continue. Price: \$60. Drop-in price: \$12.



YOGA

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.

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. Program begins September 11.

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. Program begins September 6.

Power Yoga

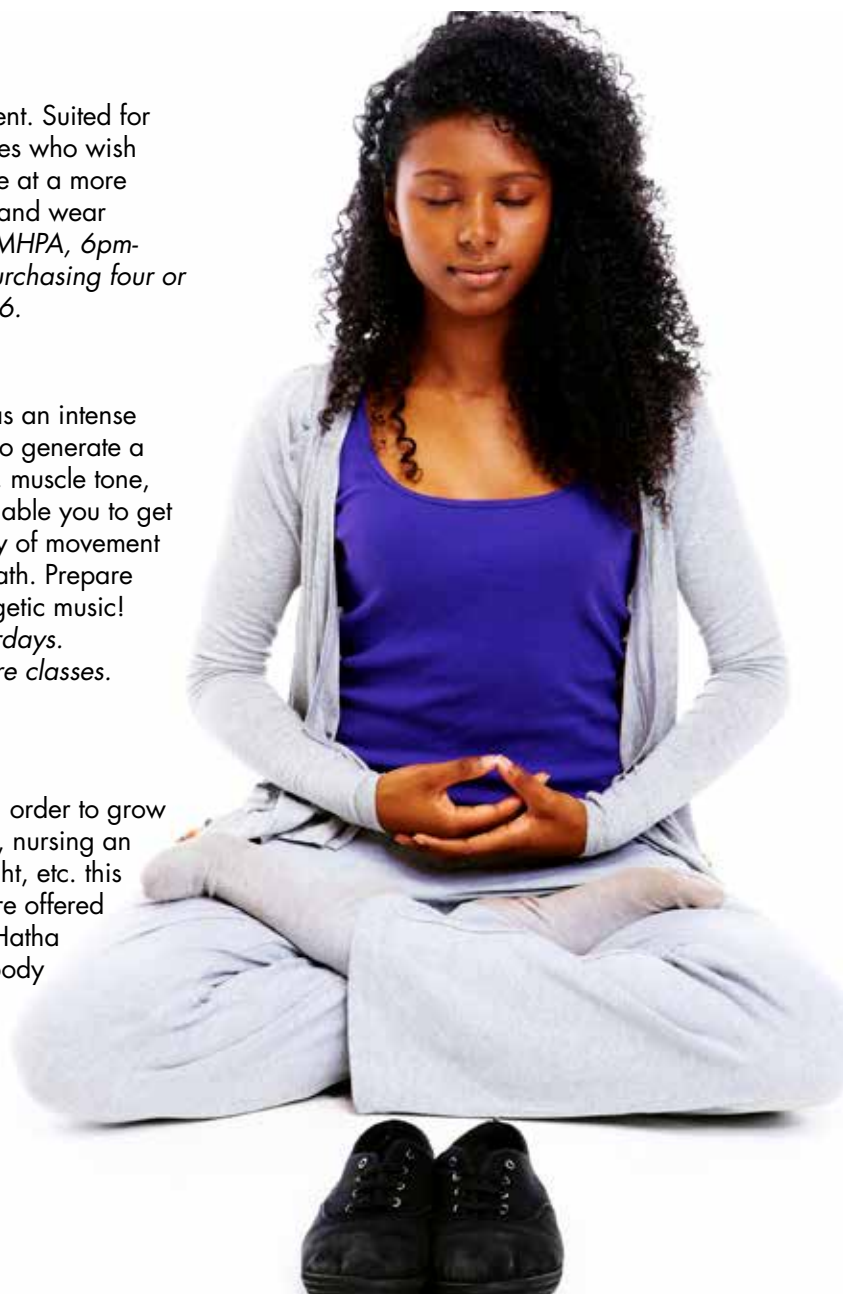
Yoga is a physical, mental, and spiritual practice. Designed as an intense Vinyasa class, these three aspects will be brought into union to generate a midday second wind. This practice emphasizes core strength, muscle tone, flexibility, rhythmic breathing, and stamina. Each pose will enable you to get the fullest possible stretch while maintaining a 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. NSC, 11:30am-12:30pm, Saturdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8. Program begins September 9.

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. MHPA, 10am-11am, Mondays, Wednesdays, and Saturdays at NSC. Price: \$5/class when purchasing four or more classes. \$8 drop-in. Program begins September 6.

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. MHPA, 12pm-1pm, Mondays and Wednesdays. Price: \$5/class when purchasing four or more classes. \$8 drop-in. Program begins September 6.



FURRY FAMILY

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. #1139-1 6:30pm-7:30pm, four Mondays beginning September 4. Register by: ASAP
#1139-2 6:30pm-7:30pm, four Tuesdays beginning October 3. Register by: September 26
#1139-3 6:30pm-7:30pm, four Tuesdays beginning November 7. Register by: October 31

What You Need To Know Before Getting a Purebred

So you want to get a purebred puppy/dog? This informative program will help you understand the levels and types of different breeders, what to look for, what to research, where to purchase, other resources like rescue, and more. Learn how to get exactly what you want from good, and even the best, options available. Instructor: Stephanie Dunlap. #1140 MHPC, 6pm-8pm, November 9. Price: \$15. Register by: November 3

An Evening with Bats

Enjoy a fall evening with bats! Migrating bats are making their way to caves or heading south for the winter. Local bats are preparing for winter by fattening up on abundant insects. Come to Montgomery Hall Park on Friday, September 15, 7:30pm-8:30pm, to watch the bats fly and to eavesdrop on their ultrasonic calls with several types of bat detectors. The Save Lucy Campaign President Leslie Sturges will share her expertise and equipment to shed light on our local nighttime flyers. Program recommended for ages 5+. We will meet in the parking lot behind the Irene Givens Admin Building.





DANCE AND MUSIC

Line Dance with Sharon "Bimbi Line Dancers"

"Alice Bimbi started this group 26 years ago. It is important to keep moving and staying active. Most of us love to dance but hate to exercise." – Sharon Sturdivent. 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 11 and continuing through December. Price: \$10 per brochure

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 7 and continuing through December. Price: \$10 per brochure.

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, 1st and 3rd Fridays beginning September 1 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 11 through December 4. Drop-in price: \$5.

#1143-1 Singles Price: \$25/season

#1143-2 Couples Price: \$40/season

Scottish Country Dance Workshop for Beginners

This one-time workshop will introduce you to the basics of Scottish Country Dancing, the historic as well as modern social dance of Scotland. It's great exercise for the body and the mind....and fun, too! Everyone is welcome; no partner required. No previous dance experience necessary (Contra & English Country dancers will feel right at home.) Everything will be taught; this workshop will help you comfortably join the continuing Monday evening class. Ages 12+ (16 and under with a parent). Instructor: Karen Becker. #1144 NSC, 10am-2pm, October 14.

Lunch provided; admission to Ceilidh included.

#1144-1 Singles Price: \$15

#1144-2 Couples Price: \$25

Ceilidh Dance

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). #1145 NSC, 3pm-6pm, October 14. Price: \$5/person

Ballroom

Say goodbye to those two left feet! Get more enjoyment out of life, starting with you next. Great for date night with your spouse! Wow your friends with your new talent. Fun and easy, learn dances such as the Fox Trot, Swing, Tango, and Rumba. Instructor: Donald Dollins. #1146 GHPGC, 6:30pm-7:20pm, four Tuesdays evenings beginning October 17, skipping Halloween. Price: \$48/person. Register by: October 11

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

Find Your Voice

Calling all karaoke superstars! Take your singing out of the shower and onto the stage with soprano Angel Azzarra of the Azzarra Studio for Voice & Piano. Angel works with the Heifetz Music Festival and prior to moving to Staunton taught at the Forbes Institute of Music and has a master's degree in voice from the Manhattan School of Music. #1103 NSC, 6:30pm-7:30pm, four Tuesdays and Thursdays beginning November 2 (skipping Thanksgiving). Price: \$139. Register by: October 24

Giants of Rhythm & Blues Music

Rhythm & Blues music arose in the 1940s and became the most popular form of African-American music in the 1950s. This class will focus on four seminal artists-Louis Jordan, Fats Domino, Ruth Brown, and the Soul Stirrers/Sam Cooke- and one musical style-Scat/Jive-that led to Doo-Wop. Their stories will be presented with original recordings. It is nearly impossible to fully appreciate music of the 1960s and beyond without understanding its roots. Participants should come away with a greater appreciation of R&B and its importance to the evolution of Rock and Roll and Soul music. Ages 15+. Instructor: Al Leichter. #1127 MHPC, 7pm-8pm, five Wednesdays beginning September 20. Price: \$55. Register by: ASAP



OUTDOOR ADVENTURES

Fall Foliage Hike and Devil's Backbone Brewery

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 Wednesday, October 18. Depart GHPG at 9am; return around 6pm. Price: \$25. Register by: October 11

Rock Climbing & Rappelling

Bring the family and come climbing with us! We'll be heading to George Washington National Forest for a day of beginner friendly cliffs and the chance to experience climbing with the security of a top-rope and trained instructors. Participants will be provided climbing shoes, helmets, harnesses and all other technical gear needed. A suggested 'what to wear/bring list' will be provided upon registration. Ages: 10+. #1147, Sunday, October 1. Depart Gypsy Hill Park Gym at 8am; return around 4pm. Price: \$60 (includes van transportation, all equipment and instruction). Register by: September 18

West Virginia Caving

Go underground and explore! This caving trip is great for beginners, mostly horizontal with some crawling. Learn caving safety, underground navigation and all about limestone cave formations. A suggested what-to-wear list will be provided upon registration. Ages 10+. #1149 Saturday, November 11. Depart GHPG parking lot at 10am; return around 5:30pm. Price: \$39. Register by: October 30



TRIPS



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.*

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, December 1. Depart GHPG at 8am; return around 8pm. *Price: \$28 (Includes transportation and admission). Register by: November 17.*

Potomac Mills Shopping

Calling all frugal fashionistas! Join us for a trip to the bargain hunter's mecca featuring over 200 of the best names in retail! #1151 Tuesday, December 12. Depart GHPG at 7am; return around 8pm. *Price: \$24 (includes transportation only). Register by: November 29*

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! #0117 Wednesday, December 6. Depart GHPG at 8:45am; return around 7pm. *Price: \$62 (includes transportation, lunch, and the show).*





GET CREATIVE

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. *#1153 class held at Staunton Makerspace, 6:00pm-8:30pm, October 19. Price: \$50. Register by: October 13*

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. *#1152 class held at Staunton Makerspace, 6:30pm-8:30pm, September 28. Price: \$55. Register by: September 22*

Introduction to Wood Working: Build a Folding Bench

This skills-focused course is designed to provide an introduction to both hand and power tool techniques for basic woodworking. Attendees will construct a folding bench 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: Kelly McDonald. Kelly is a maker with a variety of interest - including woodworking, electronics projects and programming - sometimes combining all three into one project! Among his favorite woodworking projects that he's built are a bookcase with hand-cut dovetails patterned after one at Monticello. *#1154 class held at Staunton Makerspace, 10am-2pm (with hour lunch break), Saturday November 11. Price: \$60. Register by: November 8*

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. *#1155 class held at Staunton Makerspace, 6pm-8:30pm, November 16. Price: \$50. Register by: November 10*

Scrapbooking- *Introductory Workshop*

Join us and get started in scrapbooking and preserve those special moments. Jessica Sawyers, a proud scrapping mom, will teach you the ins and outs of this hobby as well as cropping pictures, choosing a color palate and how to lay out your page. Make memories more enjoyable with quick and easy steps. A what to bring list is available upon registration, please call the recreation office for more information at 332.3945. Ages 13+. #1156 MHPA, 6pm-8:30pm, September 28. Price: \$25. Register by: September 22

Holiday Crafting After School for 7-10 year olds

Hey kids interested in arts & crafts projects for the holidays? Do you see snowmen in your future? Or angels and Christmas trees? Kids will take home something most weeks depending on project completion. Check out this fun after-school program this holiday season! Instructor: Kathy Beyer and George Gruner. #1105 NSC, 4pm-5:30pm, six Thursdays beginning October 26 (skipping Thanksgiving). Price: \$45. Register by: October 18

Holiday Crafting After School for 11 year olds and up

Enhance your holidays with fun arts and crafts after-school. We will be making beaded snowflakes, a table centerpiece, and many other beautiful items. In addition you will complete the series making a stunning deco-mesh wreath. Let's get creative this holiday season! Instructor: Kathy Beyer and George Gruner. #1106 NSC, 6:30pm-8pm, six Thursdays beginning October 26 (skipping Thanksgiving). Price: \$59. Register by: October 18

Trains and Model Railroading with George

Learn about trains that have traveled throughout Virginia for over 100 years. Students will experience, build, and take home structures built in O and HO scales. As part of the modeling experience students will visit model railroading layouts in various scales. The course kicks-off with a trip to the C&O Railway Heritage Center in Clifton Forge VA on Saturday November 4th then followed by three workshop days in the classroom. Parent participation is encouraged. Instructor: George Gruner, lifelong train enthusiast and modeler. #1109 NSC, 1pm-4pm, three Saturdays November 18, December 2, and December 16. First class is a trip to the C&O Railway Heritage Center on November 4, depart GHP at 9am; return around 3pm. Price: \$95 (Parents welcome to attend trip for price of admission, space limited). Register by: October 25.



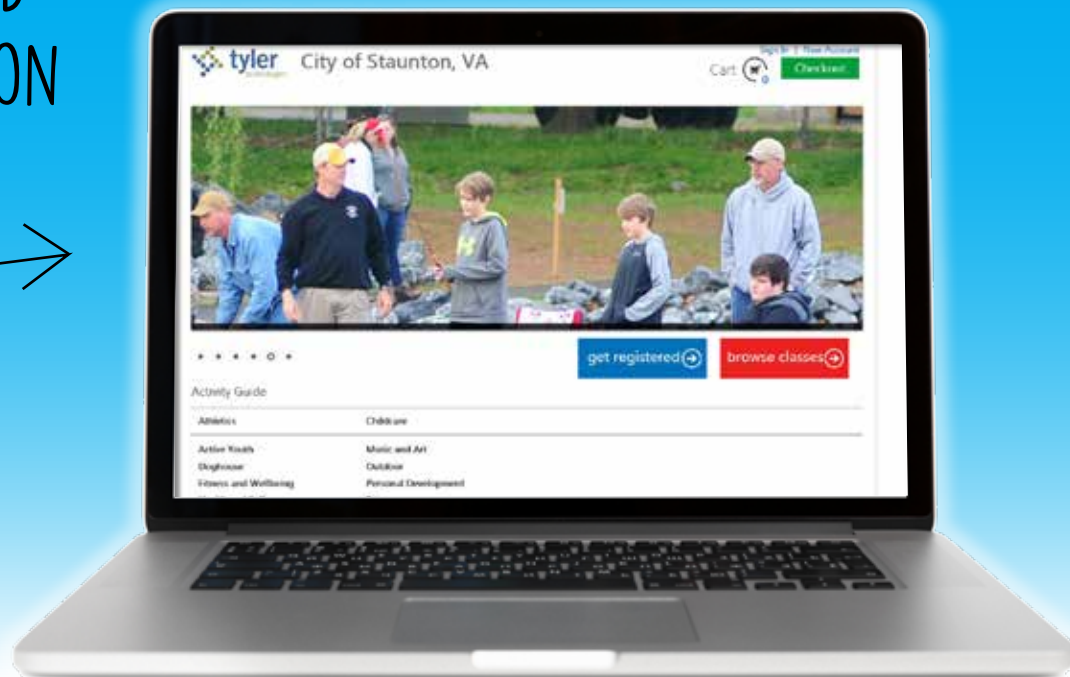


Nature Ridge is Open! Thanks to all sponsors and visitors for the support.

Phase II: Sponsors needed! If interested, please contact us at 540.332.3706 ext 4186.

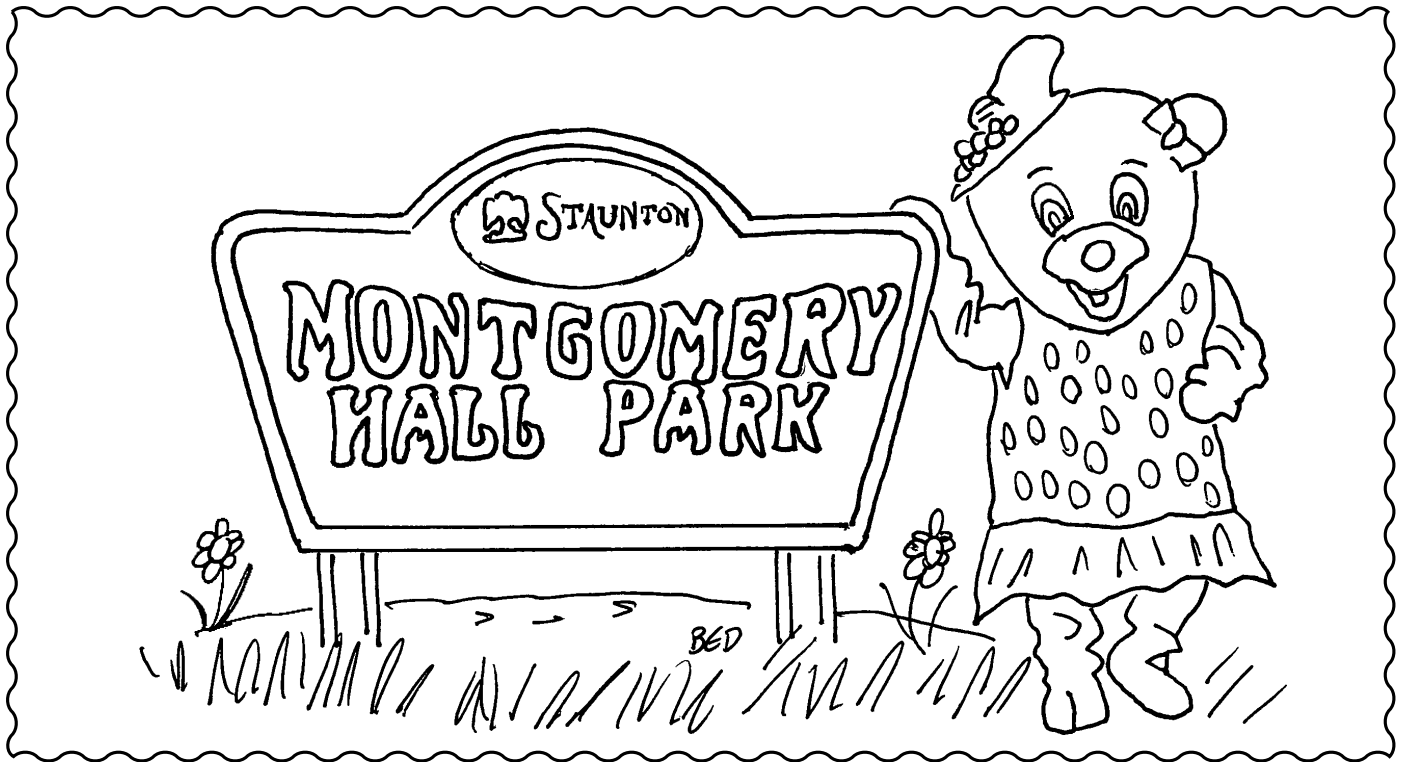


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PLAY PAGE

This brochure illustration was created by Staunton artist Bryan Demory.



(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 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!

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 – ALL FIELDS MANDATORY

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) _____

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





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PROJECT DOGWOOD

Project Dogwood, a multi-year dogwood restoration project developed by the Augusta Garden Club of Staunton in partnership with the City of Staunton, was selected as a runner-up by The Garden Club of America (GCA) for the 2017 Founders Fund Award. The Augusta Garden Club is using the \$10,000 cash prize from the GCA to significantly bolster the city's dogwood restoration project. The Club has been working with City Horticulturist Matt Sensabaugh for the last four years to plant and restore dogwoods throughout the city. Since 2013, the Augusta Garden Club and partners—The Community Foundation of the Central Blue Ridge and the Staunton Rotary Club—have collectively donated \$10,000 to the initiative. The project helps to beautify the city, promote continued upkeep of parks, educate the community about trees and restore the dogwood's role in the ecosystem.

POSTAL PATRON

Staunton Parks & Recreation

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

29TH ANNUAL AFRICAN-AMERICAN HERITAGE FESTIVAL

September 16 & 17 from 10am-6pm at the John Moxie parking lot, Gypsy Hill Park.

The 29th 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. Entertainment includes The Winstons, V. Bady, Joe Pettus & the Soul Shakers, Larry Bland & Promise, Son of God and more. This FREE EVENT takes place under tents and is handicap accessible! For more information: www.facebook.com/stauntonAAHF