

environmental awareness platform

Conserve as You Grow: Better Development Ahead?

When construction starts up again, how can we develop in ways that meet the economic and environmental challenges ahead? Learn how green infrastructure, walkable neighborhoods, environmental site design and other “conserve as you grow” strategies can apply to Staunton. This approach offers hope for avoiding future costs and impacts and maintaining quality of life, which in turn can help keep economic options open. Program will draw from local examples and material gathered for the book *Better Models for Development in the Shenandoah Valley 2010*.

Instructor: Sara Hollberg, AICP
6:30pm-8:30pm, July 13
at the Staunton Public Library
Price: FREE (Optional \$15 book)
Register by: July 7

Virginia's Vanquished Mountaineers: The story of the people who were moved off the Shenandoah National Park

Shenandoah National Park encompasses part of the Blue Ridge Mountains. Europeans first experienced the beauty of these mountains less than 300 years ago. First came hunters and trappers, and soon after 1750 the first settlers moved into the lower hollows near springs and streams. Over the next century and a half many hundreds of families built homesteads, mills and stores and planted orchards and crops. Learn about the controversy surrounding the removal of the 500 families.

Instructor: Margaret S. Marangione
6pm-8pm, June 2
at the Staunton Public Library
Price: \$10
Register by: May 20

Appalachian Herbs

Appalachian Herbs and Medicine: Learn to identify the rich native plants growing in our mountains and how the Native Americans and early Mountain settlers used them for food and healing. Our instructor has been living on a small sustainable homestead in the Blue Ridge Mountains for over twenty years and keeps a variety of livestock and gardens. She also knows a thing or two about naturally occurring herb usage.

Instructor: Margaret S. Marangione
6pm-8pm, June 9
at the Staunton Public Library board room.
Price: \$19
Register by: June 15

Tree Care: Below Ground

Did you know that unnecessary fertilization can be harmful to your trees? And that turf can suppress the growth of your trees? Learn all about soil tests, harmful mulching practices, and how to diagnose and correct common soil disorders. Just because you can't see what is going on underground, is no reason to remain ignorant to the fact that over 80% of all tree disorders can be traced to a problem below ground. Light walking is involved in this class.

Instructor: Joe Murray
6pm-8pm, May 19 at MHPC
Price: \$19
Register by: May 9

Tree Care: Above Ground

Remove the mystery of pruning and learn the science that will help you prune like a pro! Learn about the tools and techniques used by professional arborists to diagnose and correct common above ground tree disorders. Be the local “tree doctor” for your neighborhood! Light Walking is involved in this class.

Instructor: Joe Murray
6pm-8pm, May 26 at MHPC
Price: \$19
Register by: May 16

Rain Garden Workshop

A rain garden is a low lying landscape feature that is designed to receive and treat runoff from driveways, roof tops and other surfaces that cannot absorb water effectively. Planting a rain garden can help to improve water quality in rivers and streams like Lewis Creek in Staunton, while also beautifying residential and commercial properties with perennial plantings. Planting materials used in rain gardens are carefully selected to ensure proper drainage and vegetative growth. During this workshop, staff from the Virginia Department of Conservation and Recreation will provide homeowners with information on the design and functions of rain gardens, and instructions on how to install one in your own yard.

Instructor: Nesha McRae, TMDL/Watershed Field Coordinator-VADCR
10am-11am, August 13 at MHPA
FREE
Register by: August 5

From the Very Tall to the Very Small: Trees & Lichens of the Appalachian Mountains

Although separated by 400 million years of evolution, we are bringing trees and lichens back together to tell an incredible story about the connection between these plants. Your instructor will guide you on a short hike along the Appalachian Trail and explain the complex relationship between trees and lichens as well as how to identify plants that are at home at higher elevations including interesting uses and folklore for plants of the Appalachian Mountains. You will also learn about opportunities to become a “citizen scientist” and participate in ongoing studies in the Shenandoah National Park. You will need to be in decent physical condition as we will hike/walk about 1 mile to Black Rock on steady ground.

Leader: Joe Murray
Sunday, June 26
Depart GHPG at 1:30pm
Return around 8:00pm
Price: \$30 (includes transportation)
Register by: June 20

healthy active living

for full course descriptions visit staunton.va.us/recreation

Zumba

The fusing of hypnotic Latin rhythms and easy to follow moves that create a dynamic fitness program that will blow you away. This power-packed workout is great for everyone no matter what your fitness level is! See you there!

Instructor: Amanda Hall
6pm-7pm, six Tuesdays starting May 10 at MHPA
Price: \$45
Register ASAP

Pilates for Any Body

Pilates is a form of exercise that teaches the body how to engage the “core” in order to perform a series of exercises that will over time build strength, balance, and flexibility. These are all things necessary for our bodies to remain strong and balanced as we age.

Instructor: Sheree Kiser
9:45am-10:45am, four Mondays starting June 6 at NSTC
Price: \$26
Register ASAP

Caribbean Shakedown

Ever dream of that perfect island get-a-way? Join us for a fun Caribbean inspired workout that is great for your lower body and core. No experience needed for the Caribbean Shakedown!

Instructor: Lauren Shumate
6pm-7pm, four Thursdays starting August 11 at MHPA
Price: \$30
Register ASAP

Vinyasa Flow Yoga

A flowing style yoga class linking yoga poses together to bring balance and harmony to our bodies as we move our bodies with our breath. This type of Yoga flow features cardiovascular conditioning, flexibility, strength and relaxation. Leave feeling relaxed and with an overall feeling of well being. Multi-level class, please wear comfortable clothes, bring a yoga mat & water.

Instructor: Ginger LeMasurier
6pm-7pm, eight Wednesdays starting May 11 at MHPA
*Next session: eight Wednesdays starting September 7 at MHPA
Price: \$35 per 8 sessions, or \$6 per class
Register ASAP

Baby Boomer Boot Camp (BBBC)

The areas that decline as we age are: cardiorespiratory fitness, muscular fitness, body fat, flexibility and balance. BBBC is a bootcamp-style class that will address the factors that contribute to aging. If you have always wanted to try a bootcamp-style class but were afraid to because you thought it was too difficult, then come give this class a try. Work at your own pace with lots of personal attention, if needed. Our goal is to make our bodies stronger and more active as we train, with functional fitness in mind. Baby Boomer Boot Camp may lead to a healthier lifestyle for you!

Instructor: Sheree Kiser
8:30am-9:30am, four Mondays starting June 6 at NSTC
Price: \$26
Register ASAP

no membership required