



# Adult & Teen

## Boot Camp

Burn fat & gain muscle, tone and strengthen your core all in one hour!! We start with 40 minutes of boot camp—this consists of a mixture of cardio segments, strength training segments and calisthenics. Plus, a few, fun surprises to burn fat and motivate you. We will end with 20 minutes of Pilates core work that will target your abs, back, hips, and glutes. Beginner to Advanced variations will be taught. **CHILDCARE INCLUDED** (Please see Childcare Guidelines)

**18 yrs and up / 8 wks / \$128** Instructor Teresa Cantrell  
Jefferson County Community Center  
Program #4557 Tues & Th, 9/26-11/16 9:30-10:30 am  
Program #4558 Tues & Th, 11/21-1/18 9:30-10:30 am  
(No class 11/23, 12/26)

**18 yrs and up / 8 wks / \$70** Instructor Teresa Cantrell  
Jefferson County Community Center  
Program #4559 Tues, 9/26-11/14 9:30-10:30 am  
Program #4560 Tues, 11/21-1/16 9:30-10:30 am  
(No class 12/26)

**18 yrs and up / 8 wks / \$70** Instructor Teresa Cantrell  
Jefferson County Community Center  
Program #4561 Th, 9/28-11/16 9:30-10:30 am  
Program #4562 Th, 11/30-1/18 9:30-10:30 am

### Guidelines for Childcare:

- Childcare is available only for the first 15 children.
- No guarantee is made that childcare is available each class. Please call in advance for daily availability.
- Participants MUST pre-register in order to take advantage of childcare.
- Childcare is FREE for the first 2 children a participant has. The participant must pay \$5/day for the 3rd and 4th child each (not to exceed 4 children). This fee must be paid each time they bring more than 2 children. Fee is payable at the front desk before your class begins.

## Fitness Consultation

Your fitness consultation will include BMI (body mass index), body fat calculation, flexibility, cardio and strength assessments. At the end of the consultation you will be provided with a basic exercise plan. Additional training sessions are available in packages of 3 or 6. Consultation and training sessions are 1 hour each. For more information and scheduling please contact Heidi Citro, [hcitro@jeffersoncountynv.org](mailto:hcitro@jeffersoncountynv.org). Payment will be made after scheduling your consultation or training sessions.

Consultant/Trainer Heidi Citro  
Jefferson County Community Center

Program #4576 Fitness Consultation \$25.00  
Program #4577 3 Training Sessions \$75.00  
Program #4578 6 Training Sessions \$120.00

## Late Night Indoor Soccer

Do you enjoy playing soccer, but do not have a place to play, players to field a team, or working too late? If so, come out to join this fun activity at the Jefferson County Community Center! Pick-up games played once a week. Sign up for the entire season and save \$8.

**18 yrs & up / 8 wks** Jefferson County Community Center  
**\$6 at the door per visit or \$40 for 8 wks with program #4616**  
Wed, 11/8-12/27 9:00-11:00 pm

## Recreational Volleyball

Recreational volleyball offers fun and exercise for men and women. Come and enjoy the game for all in an encouraging environment. Take up this recreational sport that will add health and fun to your life! **Pre-registration required.**

**18 yrs & up / 8 wks / \$25** Instructor Kate Nedrich  
Charles Town Middle School  
Program #4615 Sun, 9/17-11/5 7:00-9:00 pm

## Body Business

This is a full body workout with choreographed dance routines, floor work and stretching.

**18 yrs & up / 11 wks / \$55** Instructor Sandra Watkins  
Shepherdstown Elementary School  
Program #4579 Mon/Wed, 8/28-11/15 5:30-6:30 pm

**18 yrs & up / 6 wks / \$30** Instructor Sandra Watkins  
Shepherdstown Elementary School  
Program #4580 Mon/Wed, 11/27-1/10 5:30-6:30 pm



## The 15 Invaluable Laws of Growth

John C. Maxwell says in order to reach your potential, you must be intentional about personal growth. This training curriculum will help you understand how personal growth really works, and how you can develop yourself to become a more effective and fulfilled individual. You will learn how to build up your sense of purpose and become more successful in every area of your life. Come alongside John in your growth journey to become the person you are destined to be!

**16 yrs & up / 6 wks / \$189**  
Instructor Tim Jenkins TLI Leadership Development  
Program #4700 Tues, 10/10-11/14 7:00-8:30 pm

## Square Dance Level 1

Square dancing is a fun way to obtain both mental and physical exercise. Doctors who square dance, praise the physical and social benefits of square dancing. Nice, easy and fun lessons prepare you for club level dancing. There are several square dancing clubs in nearby areas. The dancers have more fun than you can imagine. We will square dance as couples, but singles are invited into lessons. Also, families, adults and children are invited. Experienced square dancers from a local club will be available to fill in as partners where needed. In square dancing, you will meet many, many friendly people. Square dancing is considered to be "Friendship", set to music. The instructor will have booklets of square dance movements (calls), which cost \$4 each.

**All ages / 7 wk / \$35** Instructor Carl Odell  
Charles Town Middle School - Cafeteria  
Program #4563 Mon, 9/11-10/23 7:00-9:00 pm

## Square Dance Level 2

Once the level 1 class is over, continue on to the level 2 class, where you will practice your new skills and enjoy the company of the other new dancers as well as the experienced helpers who will continue to attend classes to assist you in gaining more skills.

**All ages / 7 wk / \$35** Instructor Carl Odell  
Charles Town Middle School - Cafeteria  
Program #4564 Mon, 10/30-12/11 7:00-9:00 pm

## Square Dance Callers Workshop

This course is for beginner square dancer callers. The students will learn the techniques of resolving the square, to get original partners and back to the home position in the proper sequence. Students will learn how to chain calls together to make an interesting dance. The student will learn how to conduct a party dance for non-square dancers.

**All ages / 6 wk / \$40** Instructor Carl Odell  
Charles Town Middle School - Cafeteria  
Program #4565 Tues, 9/5-10/10 7:00-9:00 pm  
Program #4566 Tues, 10/17-11/21 7:00-9:00 pm

## Sometimes You Win, Sometimes You Learn

John takes the reader on a well worn path in the pursuit of raw leadership by examining what every human has in common; those experiences we can all say, "I have been there." Every one of us has experienced a disappointing loss in our own personal growth or leadership. How we have responded to those mistakes, errors, slips in judgment or just plain missing the goal has formed us even now. No bad experience has to ultimately defeat us. This book helps light the path to a more fulfilling life by examining loss, not from measuring what one does not have, but how loss can bring abundance. Every negative event or loss that occurs can become a great learning opportunity to take us all the newer and greater heights in our own lives.

**16 yrs & up / 6 wks / \$189**  
Instructor Tim Jenkins TLI Leadership Development  
Program #4701 Tues, 10/10-11/14 7:00-8:30 pm

## Country Line Dancing

This is a seven-week session for the beginner dancer. In this class, a student will learn approximately 85% of all steps needed for any type of dance, basics of dance, and dance floor etiquette. Although this beginner class is centered around Country Music and a Western, Cowboy/Cowgirl theme, most of the dances taught can be danced to any kind of music. Completion of this class is required to enter the Intermediate Level class. Although some couple dances are taught, you do not need a partner. It is best to wear smooth-soled low heel shoes or boots.

**18 & up / 7 wk / Single \$55**  
Instructor Allen Keefer  
Charles Town Middle School - Cafeteria  
Program #4581 Th, 8/31-10/12 6:30-7:30 pm  
Program #4582 Th, 10/19-12/7 6:30-7:30 pm  
(No class 11/23)

**18 & up / 7 wk / Double \$85**  
Instructor Allen Keefer  
Charles Town Middle School - Cafeteria  
Program #4583 Th, 8/31-10/12 6:30-7:30 pm  
Program #4584 Th, 10/19-12/7 6:30-7:30 pm  
(No class 11/23)

## Country Line Dancing Level 2

This is two seven-week sessions (part A and part B) for the intermediate-level dancer. This level is sometimes called "Improver" or "Advanced Beginner". These fourteen weeks of classes are designed to prepare the dancer for the more complicated movements of the Advance-Level classes. It covers the basics of different styles of dance such as the Mambo and Swing. You will also learn many couple and line dances. A partner is not required.

**18 & up / 7 wk / Single \$55**  
Instructor Allen Keefer  
Charles Town Middle School - Cafeteria  
Program #4585 Th, 8/31-10/12 7:30-8:30 pm  
Program #4586 Th, 10/19-12/7 7:30-8:30 pm  
(No class 11/23)

**18 & up / 7 wk / Double \$85**  
Instructor Allen Keefer  
Charles Town Middle School - Cafeteria  
Program #4587 Th, 8/31-10/12 7:30-8:30 pm  
Program #4588 Th, 10/19-12/7 7:30-8:30 pm  
(No class 11/23)

## Art at the Park Open Studio - Watercolors

Creativity awaits you at Sam Michael's Park.... Just add water! Join us for an open studio with local artist Jen Glymph who will guide you through technique and tips of watercolor painting. This studio is open to all levels. You will work self-paced on a project of your choice. What are you waiting for? Get in touch with your creative side.

**16 & up / 1 day / \$25 per person**  
Instructor Jen Glymph  
Jefferson County Community Center - Activity Room  
Program #4703 Sat, 10/7 9:00 am-noon



**Cardio Mix**

Class offers a mix of mid to high level workouts including step aerobics, aerobics or interval training. Also, for a total body workout, there will be exercises to trim, tone, and strengthen the body.

*Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 9 wks / \$47 Instructor Suzanne Dillow**  
Ranson Elementary School

Program #4605 Mon/Wed, 9/11-11/1 6:40-7:30 pm  
Program #4606 Mon/Wed, 11/6-12/27 6:40-7:30 pm

**Trimnastics**

A class to increase your strength and flexibility while trimming & toning the body with floor exercises that will help maintain or gain a fitness level for a healthier you! Stretching movements for flexibility can inch your way from stiff to limber. *Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 8 wks / \$60 Instructor Suzanne Dillow**  
Ranson Elementary School

Program #4593 Mon/Wed/Fri, 9/11-11/3 5:45-6:35 pm  
Program #4594 Mon/Wed/Fri, 11/6-12/29 5:45-6:35 pm

**18 yrs & up / 9 wks / \$60 Instructor Suzanne Dillow**  
Zion Church - 215 E. Washington St., Charles Town

Program #4595 Mon/Wed/Fri, 9/11-11/3 9:00-9:55 am  
Program #4596 Mon/Wed/Fri, 11/6-12/29 9:00-9:55 am

**Strengthen & Tone**

This low impact class will give you a total body workout to help strengthen, tone and improve balance & flexibility. A flexible body can reach, twist and bend without stiffness, pain or strain, for a healthier you!

*Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 8 wks / \$60 Instructor Suzanne Dillow**  
Zion Church - 215 E. Washington St., Charles Town

Program #4599 Tu/Th, 9/12-11/2 10:00-10:50 am  
Program #4600 Tu/Th, 11/7-12/28 10:00-10:50 am

**Body In Motion**

Relax in this calming class with slow, easy to follow simplified yoga movements and stretching to help improve flexibility, strength and balance while achieving a full range of body motion for a healthier you! *Bring an exercise mat to each class.*

**18 yrs & up / 8 wks / \$30 Instructor Suzanne Dillow**  
Ranson Elementary School

Program #4597 Fri, 9/15-11/3 10:00-10:35 am  
Program #4598 Fri, 11/10-12/29 10:00-10:35 am

**Discover WV Outdoors...One Destination at a Time**

WEST VIRGINIA IS HOME TO SOME OF THE MOST BEAUTIFUL SCENERY AND UNIQUE ATTRACTIONS AND ACTIVITIES IN THE UNITED STATES.

In this class, you will explore the many ways you can enjoy West Virginia Outdoors. Whether you have lived in WV your whole life or are new to the state, the information shared in this class will identify destinations and activities of interest to you. Whether you want to experience nature in a wilderness setting or just relax and unwind, the mountain state offers unlimited opportunities to satisfy your interests. From full service resorts and secluded cabins and developed campgrounds and wilderness camping, you can experience it all and more. Participants are welcome to share information about interesting places to go while traveling the mountain state. Brochures and other materials about destinations in West Virginia will be provided.

Register early as this class is expected to fill up fast!

*Registered participants may bring a guest*

**18 yrs & up / 1 day / \$10 Instructor Clark Dixon**  
Charles Town MS - Room 54  
Program #4614 Mon, 11/6 6:30-8:30 pm

**Fit N Trim**

A class to get you back to exercise with a low impact workout to help strengthen, tone, improve flexibility and 10 minutes of cardio for a total body workout.

*Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 8 wks / \$55 Instructor Suzanne Dillow**  
Bolivar Community Center

Program #4601 Tu/Th, 9/12-11/2 11:35 am-12:30 pm  
Program #4602 Tu/Th, 11/7-12/28 11:35 am-12:30 pm

**18 yrs & up / 9 wks / \$55 Instructor Suzanne Dillow**  
TA Lowry Elementary

Program #4603 Mon/Wed, 9/11-11/1 4:20-5:10 pm  
Program #4604 Mon/Wed, 11/6-12/27 4:20-5:10 pm

**Total Fitness**

Get your total body workout in one class! This class (approximately 75 minutes) will include a cardio workout, exercises to strengthen and tone the body using hand weights, bands, and exercise ball (optional). Relax at the end of the class with simplified yoga/pilates movements to help achieve a full range of body motion for a healthier you.

*Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 9 wks / \$45 Instructor Suzanne Dillow**  
Ranson Elementary School

Program #4607 Sat, 9/16-11/4 8:30-9:45 am  
Program #4608 Sat, 11/11-12/30 8:30-9:45 am

**30-30-30**

This 90 minute class targets a total body workout - combining a warm up, cardio workout, exercises to strengthen and tone the body, and stretching. Join us anytime during the 90 minute class for your workout.

*Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 8 wks / \$65 Instructor Suzanne Dillow**  
Blue Ridge Elementary School

Program #4609 Tu/Th, 9/12-11/2 4:30-6:00 pm  
Program #4610 Tu/Th, 11/7-12/28 4:30-6:00 pm

**Fitness Pass**

Purchase a fitness pass for this fall for fitness classes instructed by Suzanne Dillow. Participants must present their receipt when taking a class using the fitness pass.

Program #4611 8 wks, 9/11-11/4 \$80  
Program #4612 8 wks, 11/6-12/30 \$80  
Program #4613 16 wks, 9/11-12/30 \$135

**Beginner Garment Sewing Level 1**

This beginner sewing class is for the absolute beginner. If you have the desire to sew but have no idea where to start, this class is for you. Learn how to use a sewing machine, read a pattern and make a pair of pajama pants. Students will need to provide their own materials. **Supply list will be provided at first class.**

**15 yrs & up / 4 wks / \$40 Instructor Nancy Bender**  
Charles Town MS - FACS Room  
Program #4589 Tues, 9/12-10/3 6:30-8:30 pm

**Beginner Garment Sewing Level 2**

If you have taken the level 1 sewing class or have some previous sewing experience/knowledge and would like to learn more, this new class is for you. This class will expand on the basics and teach new techniques. Students will supply their own fabric and patterns. (Please contact instructor prior to class for pattern suggestions.)

**15 yrs & up / 6 wks / \$60 Instructor Nancy Bender**  
Charles Town MS - FACS Room  
Program #4590 Tues, 10/10-11/21 6:30-8:30 pm  
(no class 10/31)

**Intermediate Sewing & Quilting**

If you have basic sewing skills but want to expand your knowledge and skills, this class is for you. Learn new techniques and improve your sewing skills with a pattern of your choice (Suggestions from instructor are available). Students are to provide all their own sewing supplies.

**15 yrs & up / 6 wks / \$60 Instructor Nancy Bender**  
Charles Town MS - FACS Room  
Program #4591 Th, 9/7-10/19 6:30-8:30 pm  
(no class 9/14)  
Program #4592 Th, 10/26-12/7 6:30-8:30 pm  
(no class 11/23)

**Beginners / Intermediate Knitting**

**Beginners:** Learn the basic knit and purl stitches, how to cast on and bind off, and how to understand basic patterns. A **supply fee of \$14** is to be paid to the instructor at the first class to cover the cost of yarn (both cotton and acrylic), a tote bag, knitting needles, yarn needles, and a variety of patterns.

**Intermediates:** Refresh your skills, receive assistance with patterns, stitches, or techniques. Feel free to bring a project from home. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (please, no calls after 7:00 p.m.)

**14\* yrs & up / 4 wks / \$30 Instructor Judy Slusher**  
Jefferson County Community Center  
Program #4567 Mon, 9/11-10/2 9:30-11:30 am

**14\* yrs & up / 4 wks / \$30 Instructor Judy Slusher**  
Charles Town MS - Library  
Program #4568 Tues, 9/5-9/26 6:00-8:00 pm

\*\*\* Any minor under the age of 14 must be accompanied by a registered adult.\*\*\*

**Beginners / Intermediate Crochet**

**Beginners:** Learn the basic crochet stitches and how to read a basic pattern. There will be a \$12 supply fee to be paid to the instructor at the first class, which covers the cost of the yarn (both cotton and acrylic), a crochet hook, tote bag, stitch samples, and a variety of patterns.

**Intermediates:** Refresh your skills, receive assistance with patterns, stitches, or techniques. Feel free to bring a project from home. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (please, no calls after 7:00 p.m.)

**14\* yrs & up / 4 wks / \$30 Instructor Judy Slusher**  
Jefferson County Community Center  
Program #4569 Mon, 10/16-11/6 9:30-11:30 am

**14\* yrs & up / 4 wks / \$30 Instructor Judy Slusher**  
Charles Town MS - Library  
Program #4570 Tues, 10/3-10/24 6:00-8:00 pm

\*\*\* Any minor under the age of 14 must be accompanied by a registered adult.\*\*\*

**Complete Your Own Knit/Crochet Project**

This class is designed for students who know the basic knit or crochet stitches and would like to learn new techniques, need help in understanding a pattern or completing a project. Instructor will provide individualized attention while you refresh skills or learn new ones. If you would like to learn either Knit or Crochet and the class schedules for those classes do not work for you, please call the instructor at the following phone number to discuss your needs. Assorted patterns will be available. Please bring a project to work on or call 304-725-3172 (before 7 p.m. please) prior to class with any project ideas or questions.

**14\* yrs & up / 4 wks / \$30 Instructor Judy Slusher**

Jefferson County Community Center  
Program #4571 Mon, 9/11-10/2 12:00-2:00 pm  
Program #4572 Mon, 10/16-11/6 12:00-2:00 pm

\*\*\* Any minor under the age of 14 must be accompanied by a registered adult.\*\*\*

**Knit or Crochet for Charity**

If you knit, crochet, or do any other needlecrafts and would like to use your time and talents to donate hand-made items to local charities, this group will give you the opportunity to enjoy an afternoon of needlework while doing just that. Please bring your own knitting needles/crochet hooks/yarn/supplies to class. The only cost to you is your time, talents, and whatever yarn you can provide. There will be a variety of knit and crochet patterns and project ideas available. There may also be some donated materials available at class. If you would like to speak with the facilitator prior to class please call 304-725-3172 (before 7pm please).

**Please note: Some guidance will be provided but this class NOT an instructional class.**

**14\* yrs & up / 1 day / FREE Instructor Judy Slusher**  
Apple Tree Gardens - Community Room  
Program #4573 Tues, 9/12 12:30-2:00

### Friday Night Foodies Cooking Series

Chef Maggie Costello brings over 15 years of experience and believes food is the center of life.

Cooking does not need to be complicated. The keys to cooking well are technique and quality.

Practice the basic techniques... Use quality ingredients and equipment. That's about it.

Whatever your current level, I can teach you cooking basics to build or improve your arsenal of cooking techniques.

Let me show you the basics so you can begin your own journey. **What are you waiting for... Let's Cook!**

#### Wood Fired Pizza and Art Party

We'll kick off this exciting fall cooking series with a wood fired pizza and paint party at the Historic Peter Burr Farm. Join us as we fire up an authentic brick oven to create pizzas including prosciutto and fig, ricotta & garlic, and classic Neapolitan style. As a bonus, Chef Maggie will be joined by local artist Jen Glymph who will lead an outdoor mixed media art studio where you will create your own masterpiece. This event is sure to get your mouth watering and your creative juices flowing.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**\*\* This class meets at Historic Peter Burr Farm \*\***  
**Program #4684 Fri, 10/6 6:00-8:00 pm**

#### Farmer's Market Favorites featuring:

*Panzanella Salad*  
*Seared Steak with Chimichurri and Corn Tomato Salsa*  
*Pickled Vegetables with Yogurt Cream*

This class will focus on basic knife skills and mise en place. It is also an awesome opportunity to introduce our local produce. Menu items are light yet delicious.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**Program #4685 Fri, 10/13 6:00-8:00 pm**

#### Secret to the Sauce featuring:

*Pan Fried Pork Chop with Pepper Gravy*  
*Tomato Basil Sauce with Perfect Pasta*  
*Tomato, Eggplant, and Feta Stacks w/ Pesto Cream Sauce*

Class will focus on the fundamentals of building flavor.

It is a great way to show off simple sauces that are much more delicious than those out of a jar. Definite must haves in your culinary arsenal.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**Program #4686 Fri, 10/20 6:00-8:00 pm**

#### \$5 materials fee due at beginning of each class

Classes are offered at the  
**Jefferson High School Teaching Kitchen**  
 (Unless Otherwise Noted)

with

*Chef Maggie Costello*



#### Soups, Stews, and Salad featuring:

*Chicken and Corn Chowder over Perfect Rice*  
*Tomato Basil Soup and Parmesan Garlic Croutons*  
*Mediterranean Salad with my Signature Vinaigrette*

This class will build off the sauce class... taking things a step further to create delicious soups and stews. These hearty dishes will be balanced out with a crisp fresh salad featuring my signature dressing. My basic vinaigrette recipe will teach others how to create their own personal flavor profile.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**Program #4687 Fri, 10/27 6:00-8:00 pm**

#### All About the Butter featuring:

*Seared Salmon with Lemon Garlic Compound Butter*  
*Chicken Pot Pie*  
*Pecan Scones with Brown Butter Glaze*

Class will show off this amazing ingredient and the many ways to use it. Our first step is to make our own butter and compare it to what is available at the grocery store. My all time favorite (and all purpose) pastry dough will be featured in our chicken pot pie.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**Program #4688 Fri, 11/3 6:00-8:00 pm**

#### Latin American Cuisine featuring:

*Guacamole and Tostones*  
*Salsa Verde*  
*Sautéed Sweet Plantains*  
*Red Chili Pork and Arepas*

This class will be an introduction to the many flavors of Latin America and how to master them in your own kitchen.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**Program #4689 Fri, 11/10 6:00-8:00 pm**

#### Sweet Tooth featuring:

*Buttermilk Cupcakes with Ganache Icing*  
*Skillet Brownies with Fresh Whipped Cream*  
*Pound Cake with Raspberry Coulis*

Easy and delicious recipes to satisfy your sweet tooth. No better way to end a delicious class line up just in time for the holidays.

**16 & up / 1wk / \$35 Instructor Chef Maggie Costello**  
**Program #4690 Fri, 11/17 6:00-8:00 pm**

#### Bus Trip - SunFest in Ocean City

Sand, sun, fries with vinegar, cotton candy, seafood, swimming in the ocean and don't forget the arts and crafts. Boy what a day you'll have. Bring the family and friends for a day of fun you won't forget. For your convenience we will be making a food and restroom stop going to and from Ocean City. Bring picture ID. Bus pick up location will be at the Food Lion in Charles Town. Specific departure and return times are still yet TBD.

**All ages / 1 day / \$84**  
**Bus Departs from Food Lion in Charles Town**  
**Program #4492 Sat, 9/23**  
**Approx. 7:00 am-11:00 pm (times subject to change)**

#### Bus Trip - WV Mine War Tour

The rich history of WV calls to you on this three-day tour. Day one, travelers will depart from Somerset Plaza, US 340 Charles Town, WV and travel to Tamarack Cultural Center in Beckley, WV for lunch. Next stop will be the Beckley Exhibition Coal Mine where you will learn about life in the coal camps and travel by train 1500 feet underground to explore the working life of 20<sup>th</sup> Century "pick" miners. We'll end our day with a stop at the Whipple Company Store, built in 1890 where you will hear stories and learn more about how every feature of the this store was designed for physical and social control of the miners and their wives. Day, we will visit the site of the "Matewan Massacre" a reenactment followed by a visit to the Matewan Mine War Museum. From there, it's off to Blair Mountain Battlefield and then to the Buffalo Creek Memorial, the site of a 1972 flood caused by a failed coal company sludge dam. This flood took the lives of 129 people and left 5000 homeless. We will hear about it from one of the survivors. Our final day will include a visit to the McDowell County Court House, the site of the legendary assassinations that lead led to the Battle of Blair Mountain. We'll end our trip with tours of the Bramwell mansions and lunch at the Bramwell Café. Price includes transportation, two nights lodging at Hawks Nest State Park Lodge, breakfast and lunch daily, all tours, guides and admissions. Dinner is on your own. Please contact us at 304-728-3207 for a more detailed description of this adventure.

**All ages / 3 day**  
**\$499 Single Occupancy; \$549 Double Occupancy**  
**Bus Departs from Somerset Plaza**  
**US 340 Charles Town, WV on 9/29 at 7 am and returns 10/1 at 6 pm**  
**Trip hosted by High Adventures - Doug Estep**  
**Program #4696 (Single) Fri, 9/29-10/1**  
**Program #4697 (Double) Fri, 9/29-10/1**

#### Bus Trip - Southern Maryland Tour

**The Birthplace of Religious Freedom in America**  
 Steeped in history and beauty and surrounded by the broad Potomac River, the Patuxent River, and the Chesapeake Bay, St. Mary's County is the heart of southern Maryland. First settled in 1634, St Mary's City is one of the earliest surviving settlements in the country and is widely regarded as the birthplace of religious tolerance in North America. Surrounded by water on three sides, its economy and culture naturally developed around fishing and agriculture. Come join us on a three-day exploration of this nearby destination that is a world apart. Destinations to look forward to on this amazing trip through history include: The St Clements Island Museum; A boat ride to and walking tour of St Clements Island; The Piney Point Lighthouse Museum; A visit to St Mary's City, Maryland's first capital; The Patuxent Naval Air Station Museum; and Sotterly Plantation. Lodging at Country Inn and Suites, Lexington Park, MD is included in pricing.

**All ages / 3 day**  
**\$499 Single Occupancy; \$549 Double Occupancy**  
**Bus Departs from Somerset Plaza**  
**US 340 Charles Town, WV on 10/6 at 7 am and returns 10/8 at 6 pm**  
**Trip hosted by High Adventures - Doug Estep**  
**Program #4698 (Single) Fri, 10/6-10/8**  
**Program #4699 (Double) Fri, 10/6-10/8**

#### Bus Trip - New York City

**Radio City "Christmas Spectacular"**  
 Don't miss this one-of-a-kind celebration that brings together family, friends, and loved ones. The Rockettes dazzle in brilliant dance numbers and Radio City is aglow with the joy of the season. Join Santa on his sleigh ride, see ice skaters swirl across the stage, and catch a snowflake or two in this immersive theatrical experience like no other. The bus will drop you off near Radio City Music Hall. Our trip will depart from the Jefferson County Community Center at Sam Michael's Park at 5:00 am, we will arrive in NY at roughly 10:30 am, show starts at 11:00am. After the show, you will have some time to check out the city. The bus will leave New York to return home around 8:00 pm (be back to the bus at 7:30pm). Please eat before or bring a small breakfast with you for the bus ride to NY. The bus will make one stop each way at Delaware House. A paying adult must accompany participants under the age of 18 years. Trip will go rain or shine. Cost includes transportation and ticket for the show.

**All ages / 1 day / \$130**  
**Bus Departs from Jefferson County**  
**Community Center @ Sam Michael's Park**  
**Program #4678 Sat, 11/18 5:00 am-1:00 am**

#### Community Center Yard Sale

One man's stuff is another man's treasure. Booth space is 8'x16'. Advertisements will be placed in various local publications.

**18 and up / 1 day / \$25**  
**Jefferson County Community Center**  
**Program #4660 Sat, 10/14 8:00 am-1:00 pm**



#### Holiday Craft Fair & Vendor Show

Get in the holiday spirit and find handcrafted gifts for family & friends... or something special for yourself! Admission is free for shoppers!!! Craft vendors must pay a \$30 fee for their space. For additional information please call the JCPRC main office at (304) 728-3207.

**Jefferson County Community Center**  
**Program #4483 Sat, 11/11 9:00 am-2:00 pm**