

## Monthly Events

### EastMont Arts Association

Next meeting Jan. 3, 7:15 pm

### Meadowbrook Quilters

Next meeting January 10, 6:30 pm

Marie Goodwin, 268.9524

Sunday quilting bee, room 6, 2-5 pm.

### EastMont Garden Club

Next meeting January 24, 7 pm

Marie Goodwin, 268.9524

### Meadowbrook Museum

Hours: Wed. & Sat. 10am-noon

Don and Fran Poole, 268-5047

### GRAB A BITE TO EAT AT

### ALL NEW MEADOWBROOK CAFE

Tuesday - Friday, 8am - 2pm  
268-2008

### Friendship Café

Fridays, 9am - 1pm

The NRV Agency on Aging's Friendship Café is a community gathering place for older adults, who are mobile. 1.866.260.4417

## How to Beat the Winter Blues

January 19, 2 pm

Meadowbrook Community Center

Laughter is invigorating: it recharges your battery and is good for your mood, immune system, brain and overall health.

Amy Epperley with Carilion NRV Medical Center hosts this fun afternoon, teaching how to train your brain to be positive. Light refreshments will be served.

Registration deadline is January 18. FREE  
Montgomery County Parks & Rec, 382-6975

## Shawsville's Leigh Ann Taylor shares new book:

*Our Family Outing: A Memoir of  
Coming Out and Coming Through*

Thursday, January 12, 6:30 pm

Meadowbrook Public Library

Raised in Shawsville and now music minister at Blacksburg United Methodist Church, Leigh Anne Taylor and Rev. Joe Cobb were married for 12 years with two young children when Joe came out to Leigh Anne.



The next year was spent in therapy and spiritual discernment regarding questions of identity, orientation, nature, love and relationship. After the course of the year, they both realized that to be whole, they needed to part as a married couple.

On the day they signed the divorce papers, they committed themselves to a new vow: to speak and act in loving ways toward and about each other for the sake of their children and their health and wholeness as a family.

Out of their journey, they wrote *Our Family Outing: A Memoir of Coming Out and Coming Through*, sharing the story of the transforming power of love to create a new way of being family.

# MEADOWBROOK CENTER Activities & Events January 2012



## WALDRON FAMILY YMCA

### MAKE TIME FOR NEW YOU IN NEW YEAR

### NO JOINING FEE IN JANUARY



**WALDRON FAMILY YMCA**  
**MAKE TIME FOR NEW YOU IN NEW YEAR**  
**NO JOINING FEE IN JANUARY**

- Access to state-of-the-art cardio and strength equipment
- Fitness evaluations
- Free group exercise and spin cycle fitness classes for adults
- Child watch services
- Access to the recreation center
- 10% off at YMCA Thrift Shops
- Discount on EastMont Massage Therapy services
- Discount on Y Pottery Classes and other Open U programs

<b>Household</b> \$60 Join Fee \$47/month	<b>Individual</b> \$40 Join Fee \$31/month	<b>Student</b> \$20 Join Fee \$20/month	<b>Youth</b> \$20 Join Fee \$20/month
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*Financial Assistance is available so that all can afford to belong to the Y.*

**Weekly Fitness Class Schedule**

<b>Monday</b>	9:15 am - Strength 10:30 - Moderate Fit 6:15 pm - Power Pump
<b>Tuesday</b>	6:15 am - Spin Cycle 10:30 am - Chair Express 5:30 pm - Cycle 5:45 pm - Martial Arts 7 pm - Zumba
<b>Wednesday</b>	9:15 am - Power Pump 10:30 am - Moderate Fit 6:15 pm - Strength
<b>Thursday</b>	9:15 am - Zumba 10:30 am - Chair Express 5:30 pm - Spin Cycle 5:45 pm - Martial Arts
<b>Friday</b>	9:15 am - Step It Up 10:30 am - Moderate Fit
<b>Saturday</b>	9 am - Power Pump

**Hours of Operation**

<b>Monday-Thursday</b> 6 am - 8 pm ChildWatch: 9 am - 12 noon; 5-8 pm
<b>Friday</b> 6 am - 6 pm ChildWatch: 9 am - 12 noon
<b>Saturday</b> 7 am - 1 pm ChildWatch: 8:30 am - 11 am
<b>Sunday</b> 1 pm - 5 pm

[www.vtymca.org](http://www.vtymca.org)  
540.268.1623



**Meadowbrook Public Library**

**Cindy Minnick, branch supervisor**  
**[cminnick@mfrl.org](mailto:cminnick@mfrl.org) ~ 268.1964**

*Thursdays @ 10:30am - Storytime for children*

- **Jan. 3, 6:30 pm - FAMILY NIGHT.** Bring the whole family for "Don't be Bored!" Play board games. Refreshments provided. For all ages .
- **Jan. 4, 6 pm - TALKING ABOUT BOOKS.** *Olive Kitteridge*, Elizabeth Strout
- **Jan. 7, 1 pm - SO YOU WANT TO BE A BEEKEEPER?** Start now for 2012.
- **Jan. 12, 11 am - TALKING ABOUT BOOKS.** *84 Charing Cross Road*, Helene Hanff
- **Jan. 12, 6:30 pm - Meet local author Leigh Ann Taylor** as she discusses her book, *Our Family Outing*. (See back panel for more details.)
- **Jan. 9-15 - Children's Activity Table.** Make a winter craft.
- **Jan. 17, 2 pm - MOVIE.** *Dolphin Tale* (PG)
- **Jan. 18, 2 pm - MOVIE.** *Kung Fu Panda 2* (PG)
- **Jan. 21, 8 am to 8 pm - Quilting Marathon.** The Meadowbrook Quilters invites you to watch them quilt a wall hanging "Crazy House." They will stay until the quilt is finished. This is a great opportunity for you to see their handiwork, you may bring your quilting projects or questions and they will help you.
- **Jan. 21 - RECYCLE \*RECLAIM\*RECREATE.** Make a recycled craft. This month: make a coin bank with recycled bottles and drink lids.
- **Jan. 23, 4:15 pm - New Fun Reading Group!** Book group for kids in grades 3-5 and parent. *Coraline* by Neil Gaima.
- **Jan. 24, 3 pm - CREATION STATION.** Lego fans of all ages, we will provide the Legos and Duplos, and you bring the creativity.
- **Jan. 24, 6:30 pm - Author Charles Lytton** will talk about his book *New River bonnets, apple butter, and moonshine*. Lytton is a lifelong resident of Southwest Virginia, and a professional storyteller- a self-described "Appalachian boy."

