

JANUARY - APRIL 2026

# PLAYBOOK

FRANKLIN COUNTY



FRANKLIN COUNTY  
PARKS & RECREATION

Register online at [www.PlayFranklinCounty.com](http://www.PlayFranklinCounty.com)

## LETTER FROM THE DIRECTOR:

# *Dirt Washes Off - Memories Don't*

I think of this every time I spot kids like the two boys in the cover photo, their baseball uniforms caked with infield dust. The memories they're making, teamwork, laughter, small victories, and the thrill of a perfect slide, are worth every extra load of laundry.

Participating in Parks and Recreation activities does more than get folks moving; it builds confidence, sharpens minds, and creates friendships that last long after the dirt is gone.

I encourage you to flip through this Playbook, try something new, and embrace a little mess along the way. Because while laundry can be done, great memories can't be washed away.

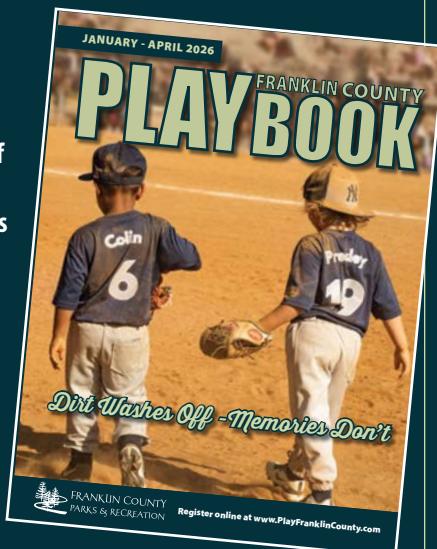
*Paul Chapman*

Director

Franklin County Parks, Recreation and Aging Services  
2150 Sontag Road | Rocky Mount, VA 24151  
540-483-9293 | [PlayFranklinCounty.com](http://PlayFranklinCounty.com)

**ON THE COVER:** Two boys trot off the dusty ballfield, grins wide and jerseys filthy — dirt washes off, but the memories don't.

Photo credit to Danielle Dudley.



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## CONNECT WITH US



@Franklincountyparksandrecreation

**Franklin County Parks & Recreation Office**  
2150 Sontag Road | Rocky Mount, VA 24151  
Phone: 540-483-9293

**Essig Recreation Center**  
295 Technology Drive | Rocky Mount, VA 24151  
Phone: 540-483-9238

**Hours:** Monday-Friday | 8:30 am - 5 pm

## WAYS TO REGISTER

 **IN PERSON** during regular office hours  
Monday-Friday, 8:30 am - 5 pm

 **ONLINE** via [PlayFranklinCounty.com](http://PlayFranklinCounty.com)

 **PAYMENTS ACCEPTED** cash, check and  
credit card

Franklin County Public Schools Disclaimer: These materials, and the activities described herein, are not sponsored or endorsed by the Franklin County School Board.

# ACTIVITIES FOR 50+

## TABLETOP FRIENDS

**Bridge** Mondays, Tuesdays, Wednesdays & Fridays | 9:00 am - 1:00 pm  
**Farkle** Thursdays | 1:00 pm - 2:00 pm  
**Mahjong** 2nd & 4th Friday of the Month | 1:00 pm - 4:00 pm

## CLUBS

**Hook & Needle** Tuesdays | 1:00 pm  
**Grief Support** Wednesdays | 3:00 pm  
**Franklin County Chapter AARP #508** Wednesdays | 11:00 am  
January 14, February 11, March 11 & April 8, 2026  
**Veterans Coffee Hour** Fridays | 9:00 am  
January 30, February 27, March 27 & April 24, 2026

## AARP TAX AIDE

**WHEN:** February 5 - April 9, 2026

**WHERE:** Essig Recreation Center

**TIME:** By Appointment Only

**COST:** FREE

Tax time doesn't have to be stressful! AARP Tax-Aide for Seniors provides free, expert help with preparing and filing your taxes. Knowledgeable volunteers will guide you through the process to ensure everything is accurate and secure. Open to seniors and those with moderate incomes.

**For Appointments:** Call 540-483-9238 starting January 20, 2026

## THURSDAYS

## \*NEW\* HOUSEPLANT CLASS

**WHEN:** Monday, February 23, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am

**COST:** FREE

Learn from the experts, Master Gardeners about how to keep a houseplant this winter. They will discuss which low maintenance plants to pick for your home as well as how to care for them, best lighting, dealing with pests and how to repot if needed.

**Registration Deadline:** Friday, February 13, 2026

## \*NEW\* PLANT PROPAGATION CLASS

**WHEN:** Monday, April 20, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am

**COST:** FREE

Learn how to multiply your favorite plants through simple propagation techniques! This hands-on class introduces a variety of methods such as seed starting, cuttings, division, and layering. Participants will discover the best tools, timing, and care tips for successful growth. Whether you're a beginner or a seasoned gardener, you'll leave with new knowledge—and perhaps a few plants to take home!

**Registration Deadline:** Friday, April 10, 2026

## TUESDAY WATERCOLOR PAINTING 4 WEEKS

**WHEN:** Session 1: Tuesdays, January 6 - 27, 2026

Session 2: Tuesdays, February 3 - 24, 2026

Session 3: Tuesdays, March 3 - 24, 2006

Session 4: Tuesdays, April 7 - 28, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am - Noon

**COST:** \$55.00 per session

Elevate your art with Advanced Watercolor — a class focused on mastering technique, exploring creative expression, and refining your personal style. Perfect for experienced watercolor artists ready for a new challenge. Materials list will be provided upon registration.

**Registration Deadline:** One week prior to start of the session

## 4 WEEKS

## WEDNESDAY WATERCOLOR PAINTING

**WHEN:** Session 1: Wednesdays, January 7 - 28, 2026

Session 2: Wednesdays, February 4 - 25, 2026

Session 3: Tuesdays, March 4 - 25, 2006

Session 4: Tuesdays, April 1 - 22, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am - Noon

**COST:** \$55.00 per session

Ready to try watercolor painting? Our Beginner Watercolor class will guide you step-by-step through essential techniques and fun projects. You'll explore color, texture, and composition in a welcoming, stress-free environment. All skill levels welcome — especially beginners! Materials list will be provided upon registration.

**Registration Deadline:** One week prior to start of the session

## \*NEW\* NEUROPATHY CLASS

**WHEN:** Wednesday, February 4, 2026

**WHERE:** Essig Recreation Center

**TIME:** 9:00 am

**COST:** FREE

Do you or your loved ones suffer from Neuropathy? A representative from Balance Wellspace will explain how they treat this disorder and give you tips on how to control it and manage the symptoms.

**Registration Deadline:** Wednesday January 28, 2026



Call 540-483-9238

# ACTIVITIES FOR 50+

## \*NEW\* SHARP MINDS PUZZLE CHALLENGE

**WHEN:** Friday, February 20, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am

**COST:** \$5.00

Get those gears turning at our Sharp Minds Puzzle Challenge for Seniors! Individuals will race to complete jigsaw puzzles while enjoying great company, light refreshments, and plenty of fun. It's the perfect mix of mental exercise and social connection! The cost includes snacks and light refreshments; there will be a prize for the winner of this competition.

**Registration Deadline:** Wednesday, February 11, 2026

## BEGINNER LINE DANCING

**WHEN:** Mondays & Thursdays

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm

**COST:** FREE

Step, slide, and smile! Join us for Beginner Line Dancing — a fun, easygoing class where everyone can learn the moves and enjoy the rhythm. No partner required! Wear comfortable clothing and smooth-soled shoes.

**Registration Deadline:** Monday, January 5, 2026

## \*NEW\* HIGH BEGINNER LINE DANCING

**WHEN:** Mondays & Thursdays

**WHERE:** Essig Recreation Center

**TIME:** 3:15 pm

**COST:** FREE

Let's take it a step more! Join us for High Beginner Line Dancing. You will learn more advanced steps in this class while having fun. Wear comfortable clothing and smooth-soled shoes.

**Registration Deadline:** Monday, January 5, 2026



## YOGA CLASSES

**8 WEEKS**

**WHEN:** Wednesdays, January 7 - February 25, 2026

**WHERE:** Essig Recreation Center

**TIME:** 8:30 am - 9:30 am

**COST:** \$65.00

Join us for an energizing, all-levels Vinyasa practice designed to connect breath with movement. This class offers a mix of dynamic sequences, mindful stretching, and strength-building postures. Whether you're new to yoga or have an established practice, you'll find options to challenge your body and calm your mind. Expect to move, breathe, and leave with a renewed sense of balance and ease. Bring a mat and wear comfortable clothing.

**Registration Deadline:** Monday, January 5, 2026

## YIN YOGA CLASSES

**8 WEEKS**

**WHEN:** Mondays, January 5 - February 23, 2026

**WHERE:** Essig Recreation Center

**TIME:** 8:30 am - 9:30 am

**COST:** \$65.00

Discover the healing power of stillness in Yin Yoga for Seniors. Through long, supported poses and mindful breathing, you'll gently open the body and quiet the mind. Ideal for those seeking greater flexibility, relaxation, and stress relief in a calm, nurturing atmosphere. Bring a mat and wear comfortable clothing.

**Registration Deadline:** Monday, January 5, 2026

## BEGINNER TAI CHI

**12 WEEKS**

**WHEN:** Wednesdays, January 21 - April 8, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:30 am - 12:30 pm

**COST:** \$60.00

Improve your balance, flexibility, and peace of mind with Beginner Tai Chi for Seniors. This gentle exercise uses slow, flowing movements and deep breathing to enhance strength, coordination, and relaxation. No experience needed — just wear comfortable clothing and come ready to move at your own pace.

**Registration Deadline:** Wednesday, January 14, 2026



# ACTIVITIES FOR 50+

## ADVANCED TAI CHI

**WHEN:** Wednesdays, January 21 - April 8, 2026

**WHERE:** Essig Recreation Center

**TIME:** 12:30 pm - 1:30 pm

**COST:** FREE

Designed for those with prior Tai Chi experience, Advanced Tai Chi for Seniors explores refined techniques, flowing transitions, and deeper breathing exercises. Strengthen your focus, enhance flexibility, and experience the meditative flow of advanced forms at a comfortable pace.

**Registration Deadline:** Wednesday, January 14, 2026

**\*NEW\***

## REST & DIGEST 5NP CLASS

**WHEN:** Mondays starting January 5, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm

**COST:** \$15.00 per class

This auricular (ear) acupuncture protocol is a non-invasive treatment that involves the gentle insertion of five needles into specific points in the ear to stimulate the nervous system. This treatment helps to reduce stress, uplift depressive feelings, and relieve anxiety. It can also help with improving sleep and provide a general sense of well-being.

**Registration Deadline:** One week prior to class

## 12 WEEKS

## MONDAYS

## 8 WEEKS

## FULL PLATE LIVING

**WHEN:** Thursdays, February 5 - March 26, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm

**COST:** FREE

Take control of your health one meal at a time. In this FREE class series, explore how to add fiber foods to the meals you already eat. This way of eating can lead to more energy, lower cholesterol, better blood sugar, and weight loss. Adopt eating habits that work for YOU. Free take-home produce provided by Feeding Southwest Virginia. This class is provided by Carilion Clinic Community Health and Outreach.

**Registration Deadline:** Thursday, January 29, 2026

## SENIOR BINGO

**WHEN:** January 13, 2026 | February 10, 2026

March 10, 2026 | April 14, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am - Noon

**COST:** FREE

Join us for a warm and welcoming atmosphere where with each number called, anticipation builds — will this be your lucky round? Beyond the thrill of shouting "Bingo!" and winning delightful prizes, it's really about the camaraderie — catching up with friends, sharing stories, and celebrating small victories together. At Senior Bingo, every card is a new chance for fun, friendship, and maybe even a little luck!

## TUESDAYS

## BOOK-TO-SCREEN BOOK CLUB

**WHEN:** Movie shown the last Friday of the month

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am - Noon

**COST:** FREE

Join our Book-to-Screen Club — where books meet movies! Read the book, watch the film, and chat about how the story comes to life on screen. All readers and movie lovers welcome. Call 540-483-9238 for monthly book titles.

## MOVIE MATINEES

## FRIDAYS

**WHEN:** January 9, 2026 | February 13, 2026

March 13, 2026 | April 10, 2026

**WHERE:** Essig Recreation Center

**TIME:** 1:00 pm - 3:00 pm

**COST:** FREE

Grab your popcorn and settle in for an afternoon at the movies! Join us for our Movie Matinee, featuring a great film, good company, and a relaxing atmosphere. It's the perfect way to spend the day — sit back, unwind, and enjoy the show!

## SENIOR CAFÉ

## THURSDAYS

If you are over 60 years of age and live in Franklin County, make the Senior Café part of your weekly routine! Each week, seniors gather to enjoy a cup of coffee, lunch, and plenty of good conversation. Come as you are — stay for the friendship. Please call 540-483-9238 to register.

## COMMUNITY POTLUCK LUNCH

## FRIDAYS

**WHEN:** January 16, 2026 | February 20, 2026

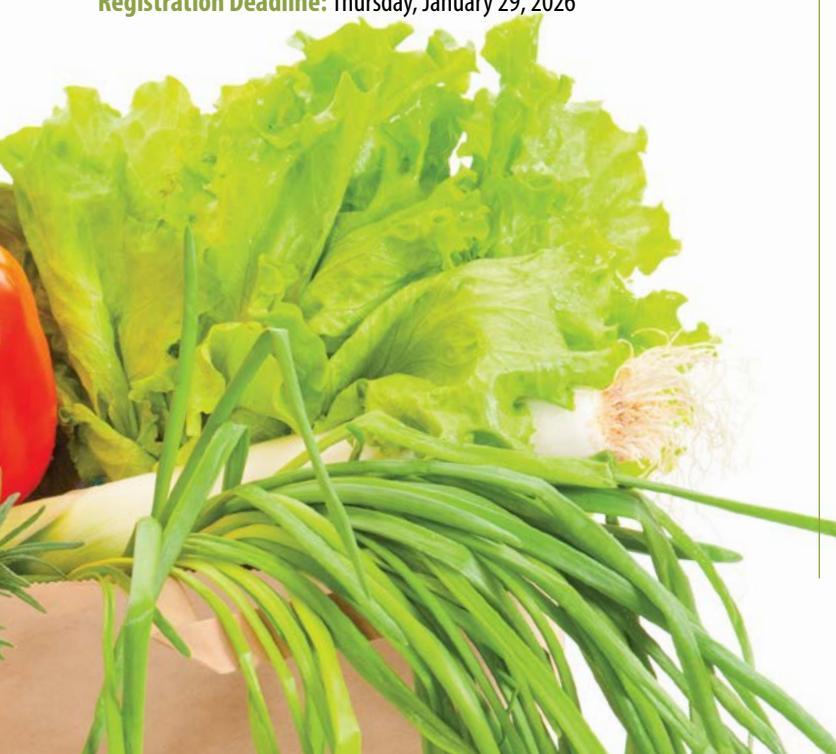
March 20, 2026 | April 17, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am - Noon

**COST:** FREE

Celebrate community and connection at our Senior Potluck Lunch! Bring a favorite dish to share and enjoy conversation, laughter, and a sense of togetherness. Whether it's a family recipe or a store-bought treat, all contributions are appreciated!



# ACTIVITIES FOR 50+

## \*NEW\* HEARING SCREENINGS THURSDAYS

**WHEN:** February 5, 2026 | March 5, 2026 | April 2, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am

**COST:** FREE

Audio Nova will be onsite to offer free hearing screenings.

## SOUP FOR SENIORS

Support our community's older adults by participating in the Soup for Seniors Program. We're accepting donations of canned soups, peanut butter, crackers and canned fruit to be distributed to local seniors. Your generosity helps ensure that no senior faces an empty bowl this season.

**Delivery Deadline:** Bring items to Essig Recreation Center the week of February 2 - 6, 2026

## ESTATE PLANNING 101 WORKSHOPS FRIDAYS

**WHEN:** Jan 16, 2026 | Feb 13, 2026 | March 20, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am - Noon

**COST:** FREE

Secure your legacy and protect your loved ones with Estate Planning for Seniors, hosted by Wills on Wheels. Experts will explain the key steps to organizing your affairs, understanding your options, and ensuring your wishes are honored — all in plain language and a relaxed atmosphere.

**Registration Deadline:** One week prior to workshop

## EMERGENCY BINDER WORKSHOPS FRIDAYS

**WHEN:** Jan 16, 2026 | Feb 13, 2026 | March 20, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am - 11:00 am

**COST:** \$10.00/workshop

Be prepared for the unexpected with our Emergency Binder Class! Learn how to organize important documents, medical information, and emergency contacts all in one place. This hands-on workshop will guide you step-by-step in creating a personalized binder to keep you — and your loved ones — ready for any situation. Register in person or call 540-483-9238 to register.

**Registration Deadline:** One week prior to workshop

## \*NEW\* LUNCH & LEARN: LET'S TALK

**WHEN:** Tuesday, February 3, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am - Noon

**COST:** FREE

You're invited to a Lunch and Learn with Evergreen Memorial Trust. Over a complimentary lunch, discover the simplicity and beauty of natural burial options. Representatives from Evergreen Burial will share information and answer questions in a relaxed, caring atmosphere.

**Registration Deadline:** Tuesday, January 27, 2026

## JANUARY



## \*NEW\* STRONG SPINE: STRONG LIFE

**WHEN:** Wednesday, April 22, 2026

**WHERE:** Essig Recreation Center

**TIME:** 1:00 pm

**COST:** FREE

Explore practical ways to keep your spine healthy, flexible, and strong as you age. Trochim Family Chiropractic will help you learn everyday habits, gentle movements, and tips that help reduce stiffness, improve balance, and support your overall wellbeing.

**Registration Deadline:** Friday, April 17, 2026

## SKINCARE FOR ALL

**WHEN:** Tuesday, February 17, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am

**COST:** FREE

Pamper yourself with Skincare for All, a friendly class designed for seniors who want to keep their skin looking and feeling its best. Discover simple routines, safe products, and self-care practices that promote confidence and well-being.

**Registration Deadline:** Tuesday, February 10, 2026

## \*NEW\* LATEST RESEARCH FOR HEALTHY LIVING FOR YOUR BRAIN & BODY

**WHEN:** Monday, March 23, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm

**COST:** FREE

The Alzheimer's Association will be on hand to lead this class. We will learn from the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

**Registration Deadline:** Wednesday, March 18, 2026

## \*NEW\* UNCLAIMED PROPERTY WITH THE VIRGINIA DEPARTMENT OF TREASURY

**WHEN:** Wednesday, March 4, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am - 2:00 pm

**COST:** FREE

Do you have money that is owed to you? Let the Virginia Department of Treasury check and make sure. Drop by anytime in between the designated time.

## \*NEW\* DOCUMENT MANAGEMENT CLASS: WHAT TO SHRED AND WHAT TO KEEP

**WHEN:** Friday, April 10, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am

**COST:** FREE

Do you have piles of papers and aren't sure what's safe to toss? This helpful class will teach you how to manage your personal documents with confidence. Learn which papers you should keep, for how long, and which ones you can safely shred. We'll cover topics like bank statements, tax records, medical papers, insurance policies, and more.

**Registration Deadline:** Friday, April 3, 2026

# ACTIVITIES FOR 50+

## SILVER-CISE EXERCISE ROOM

Come check out our exercise room, for those 50 and up, at the Essig Recreation Center. It is open Monday through Friday from 8:30 am - 4:30 pm. Whether you would like to walk a few miles on the treadmill, take a ride on a stationary bike or work on your rowing — you can with folks your own age! The only payment required is that you sign in and out at the front desk!

## FITNESS EQUIPMENT ORIENTATION

**WHEN:** Wednesday, March 11, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm - 3:00 pm

**COST:** FREE

By the end of this hour of orientation, participants will have a solid understanding of how to safely and effectively use the gym's fitness equipment, empowering them to engage in workouts with confidence. This orientation is an excellent first step towards achieving personal fitness goals and developing a sustainable exercise routine. Class is taught by Carilion Clinic Physical Therapy.

**Registration Deadline:** Wednesday, March 4, 2026

## \*NEW\* SHRED-A-THON

**WHEN:** Saturday, April 25, 2026

**WHERE:** Essig Recreation Center

**TIME:** 10:00 am - 1:00 pm

**COST:** FREE

Help prevent identity theft, shred unwanted documents, protect identifying information and clean out clutter! Please bring your documents in a box or plastic tote (no larger than 22.5" x 18" x 11.5") and respect the limit of three totes/boxes per vehicle. Items that cannot be shredded include: metal, three-ring binders, composition notebooks, hanging file folders, paint brushes, padlocks, hardback books, keys, eyeglasses, bungee cords, etc. Please note that the Shred-A-Thon is a drive-thru event; please do not get out of your car and approach the collection site, but rather stay in the line of vehicles until an event coordinator approaches you.

## \*NEW\* SPRING TEA & PIANO CONCERT

**WHEN:** Wednesday, April 8, 2026

**WHERE:** Essig Recreation Center

**TIME:** 1:00 pm

**COST:** \$12.00

Enjoy a relaxing afternoon at our Spring Tea & Piano Concert for Seniors! Sip on tea, sample light bites, and enjoy beautiful live piano music in the company of friends. John Noell Moore will be performing some delightful, feel good tunes. This is a wonderful way to celebrate spring and good community spirit! Don't forget to wear your fancy hat and enjoy a relaxing time with friends and treats.

**Registration Deadline:** Wednesday, April 1, 2026



## \*NEW\* SENIOR EGG HUNT & AUCTION

**WHEN:** Friday, March 27, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00pm

**COST:** FREE

Eggs, excitement, and endless fun! Join us for the Senior Egg Hunt & Egg Auction. Hunt for eggs, collect treasures, and bid on prizes with EGGS! After the hunt, join us for refreshments and photos with the Easter Bunny.

**Registration Deadline:** Friday, March 20, 2026

## \*NEW\* 9 TO 5 THE MUSICAL TRIP

**WHEN:** Saturday, March 21, 2026

**WHERE:** Mill Mountain Theatre

**TIME:** 12:30 pm - 7:00 pm

**COST:** \$55.00

Don't miss 9 to 5: The Musical, the feel-good story of three women who take control of their office (and their destinies) with humor, heart, and a little bit of Dolly sparkle. This price includes transportation and admission, dinner will be on your own. You can register in person at the Essig Recreation Center. Come enjoy this energetic show, full of catchy songs and lots of laughs!

**Registration Deadline:** Friday, February 20, 2026

# YOUTH ATHLETICS

## SPRING SOFTBALL

Girls Softball leagues will play in the RAYSA (Roanoke Area Youth Softball Association) League. Teams and practices are formed in Franklin County. Games will be played in Franklin County and the Roanoke Valley. Face masks are required for infielders and batting helmets with face masks are required for all leagues. All players should have their own glove, batting helmet, bat and face mask.

8U teams may play local only if there are enough teams.

**For More Information:** Nikki Custer, Athletics Manager, [Nikki.custer@franklincountyva.gov](mailto:Nikki.custer@franklincountyva.gov)

## SPRING BASEBALL

All baseball players should have their own glove, batting helmet and bat.

**For More Information:** [fcbbaseball2016@gmail.com](mailto:fcbbaseball2016@gmail.com)

**The deadline to register for Spring Tee Ball, Softball and Baseball is:**

**MONDAY, MARCH 2, 2026**

**Registration fee: \$15 per child.**

SPORT	AGES	AGE AS OF	GOVERNED BY	LATE DEADLINE
Co-Ed Tee Ball	4-5	May 1, 2026	FCPR	March 18, 2026
Co-Ed Coach Pitch	5-6	May 1, 2026	FC Baseball	March 9, 2026
Co-Ed Coach Pitch	7-8	May 1, 2026	FC Baseball	March 9, 2026
10U Baseball	8-10	May 1, 2026	FC Baseball	March 9, 2026
12U Baseball	11-12	May 1, 2026	FC Baseball	March 9, 2026
15U Baseball	13-15	May 1, 2026	FC Baseball	March 9, 2026
19U Baseball*	15-19	May 1, 2026	FC Baseball	May 15, 2026
8U Softball	6-8	December 31, 2025	FCPR	March 18, 2026
10U Softball	9-10	December 31, 2025	FCPR	March 18, 2026
13U Softball	11-13	December 31, 2025	FCPR	March 18, 2026
17U Softball	14-17	December 31, 2025	FCPR	March 18, 2026

\*The deadline to register for 19U baseball will be May 1, 2026.



# YOUTH ATHLETICS

## SPRING SOCCER

**AGES:** 4-18

**COST:** \$15.00

**Registration Deadline:** Monday, March 2, 2026

Soccer teams are formed based on age and school district. Once registration is complete, participants are assigned teams. Coaches will have a meeting mid-March to select practice times, receive rosters/equipment and pre-season information. Requests for practice days or teams cannot be considered. Teams will begin practice late March and games will begin April 20 - June 13. Any makeup games will be played during the season when possible. Soccer games are played at Rec. Park and Waid Park. Late registrations will be accepted March 3 - 18 with an additional \$15 late fee. Participants must be 4 years old as of the May 1, no exceptions. Players who wish to move up must be at least one year from moving up and can do so with permission from a parent. Participant should be registered in their age group with a note giving permission to move to the next league. Participants can move down if there is a medical reason to stay down (within one year) and a doctor's note must be provided for medical reason.

**For More Information:** Nikki Custer, Athletics Manager,  
[Nikki.custer@franklincountyva.gov](mailto:Nikki.custer@franklincountyva.gov)

*Age as of May 1, 2026*

## GIRLS LACROSSE

**AGES:** 6-14

**COST:** \$15.00

**SEASON:** March - May

**Registration Deadline:** Monday, March 2, 2026

Participants will need a mouthpiece, goggles and a lacrosse stick. Lacrosse will practice twice a week at Waid Park. Games will be played at Waid Park and surrounding counties. Practice begins in early March.

**For More Information:** [fclaxclub@gmail.com](mailto:fclaxclub@gmail.com)

*Age as of September 1, 2026*

## REFEREES & UMPIRES

Interested in working softball, baseball or soccer games for Spring 2026? Referees and umpires are paid per game from \$22 - \$50 depending on job/league. Training is provided.

Please contact Cindy Traylor, Athletic Specialist,  
[cindy.traylor@franklincountyva.gov](mailto:cindy.traylor@franklincountyva.gov) or 540-483-9293

## BOYS LACROSSE

**AGES:** 5-14

**COST:** \$75.00 (10U - 14U)\*

\$15.00 (8U)

\*Scholarships are available through FC Lax. Membership in US Lacrosse is also required and can be purchased for \$35 at [www.uslacrosse.org/membership](http://www.uslacrosse.org/membership)

**SEASON:** March - May

**Registration Deadline:** Friday, February 20, 2026

The Franklin County Lacrosse Club Inc. is a non-profit organization dedicated to organizing, developing and promoting the sport of lacrosse in Franklin County and surrounding areas. All age groups will practice Tuesday/Thursday evenings at Waid Park. Equipment is available for rental. Equipment rentals require a deposit that is fully refundable after equipment is returned.

Equipment hand out will begin late February.

**For More Information:** [fclaxclub@gmail.com](mailto:fclaxclub@gmail.com)

*Age as of August 31, 2026*



## YOUTH ATHLETIC SCHOLARSHIP PROGRAM

Franklin County Parks and Recreation offers discounts to participate in youth team sports to those who qualify.

Participants that receive SNAP benefits qualify to receive a 50% reduction in the participation fee, reducing the cost to \$7 for a season versus \$15.

To receive this discount, bring a statement of benefits from the FC Social Services Department, along with a photo ID to the Parks and Recreation office to register the participant.



## FRANKLIN COUNTY LIBRARY

The following is a sampling of our programs. Check out our events page at [franklincountyva.libcal.com](http://franklincountyva.libcal.com) for new additions. Be the first to know about new library events and programs by subscribing to our monthly newsletter. To subscribe, visit the following link or scan the QR code: <http://lp.constantcontactpages.com/su/cwphU3w>.

Many of our programs have limited space. For any program requiring pre-registration, we encourage you to do so promptly after registration opens by visiting [franklincountyva.libcal.com](http://franklincountyva.libcal.com) or call 540-483-3098.



### @ ROCKY MOUNT

**TODDLER TIME** for ages 0-4-Tuesdays, 10:30 am

**MC<sup>2</sup>-MINIS** for ages 0-4, last Tuesday of the month, 10:30 am

**STORY TIME** for ages 3-6, Wednesdays and Fridays, 10:30 am

**LEGO CLUB** for ages 3+, first Thursday of the month, 4:00 pm

**POKÉMON CLUB** for ages 5-14, second Thursday of the month, 4:00 pm

**CHESS CLUB** for all ages, first Saturday of the month, 10:30 am

### @ WESTLAKE

**STORY TIME** for ages 0-6, Wednesdays and Thursdays, 10:30 am

**LEGO CLUB** for ages 3+, first Tuesday of the month, 5:30 pm

**MC<sup>2</sup>-MINIS** for ages 0-4, second Tuesday of the month, 11:30 am

### MC<sup>2</sup>

**WHEN:** January 22, 2026 | February 26, 2026  
March 26, 2026 | April 23, 2026

**WHERE:** Rocky Mount Library Story Time Room

**TIME:** 4:00 pm - 5:00 pm

**AGES:** 5 - 9

**COST:** FREE

STEAM program featuring themed, hands-on activities.

Registration is required.

### SNOWMAN PAINT NIGHT

**WHEN:** Tuesday, January 20, 2026

**WHERE:** Westlake Library

**TIME:** 5:30 pm - 6:30 pm

**AGES:** 8 - 12

**COST:** FREE

Step-by-step class to paint an adorable snowman painting.

Registration is required.

### TEDDY BEAR SLEEPOVER

**WHEN:** Wednesday, January 21, 2026

**WHERE:** Rocky Mount Library

**TIME:** Drop off your Teddy Bear by 4:00 pm

**AGES:** 0 - 5

**COST:** FREE

Your favorite stuffy is invited to a sleepover at the library! Registration is required by January 16, 2026.

### INTRO TO CROSS STITCH

**WHEN:** Thursday, February 12, 2026

**WHERE:** Westlake Library

**TIME:** 4:00 pm

**AGES:** 7 - 10

**COST:** FREE

Create a cross stitched wooden bookmark with all supplies provided. Registration is required.

### MACRAME HEART

**WHEN:** Tuesday, February 10, 2026

**WHERE:** Rocky Mount Library

**TIME:** 3:30 pm - 4:45 pm

**AGES:** 6 - 12

**COST:** FREE

Construct a heart using a pipe cleaner and tie knots and string to create a lush heart on a string. Registration is required.

### FELT BOOKMARKS

**WHEN:** Tuesday, March 17, 2026

**WHERE:** Westlake Library

**TIME:** 5:30 pm

**AGES:** 6 - 10

**COST:** FREE

Celebrate St. Patrick's Day by creating a felt bookmark.

Registration is required.

### READ ACROSS AMERICA DAY

**WHEN:** Monday, March 2, 2026

**WHERE:** Rocky Mount Library

**TIME:** 3:00 pm - 4:30 pm

**COST:** FREE

Drop by the library and celebrate Read Across America Day with some splendiferous Seussical crafts! While supplies last.

### STORY BOOK BOX

**WHEN:** Tuesday, March 31, 2026

**WHERE:** Rocky Mount Library

**TIME:** 1:00 pm - 4:00 pm

**AGES:** 6 - 12

**COST:** FREE

Construct a story book box from a shoe box, old books and various media to craft a 3D version of a book. Registration is required.

## POTHOLDER WEAVING

**WHEN:** Tuesday, April 7, 2026  
**WHERE:** Rocky Mount Library  
**TIME:** 1:00 pm - 2:00 pm  
**AGES:** 6 - 12  
**COST:** FREE

Join us on this teacher workday and learn how to weave a potholder. Registration is required.

## PONY BEAD ANIMAL KEYCHAINS

**WHEN:** Saturday, April 18, 2026  
**WHERE:** Westlake Library  
**TIME:** 11:00 am  
**AGES:** 8 - 12  
**COST:** FREE

Calling all young creators! This exciting program will let your imagination run wild as you craft colorful beaded animals. Registration is required.

## TWEEN SCENE

**WHEN:** Third Thursday of each month  
**WHERE:** Rocky Mount Library  
**TIME:** 4:00 pm - 5:00 pm  
**AGES:** 10 - 11  
**COST:** FREE

Join us each month for a fun activity. Registration is required.

## 2026 WINTER READING PROGRAM: HIBERNATE WITH A GOOD BOOK

**WHEN:** December 8, 2025 - February 28, 2026  
**COST:** FREE

All ages can participate in our 2026 Winter reading program. Sign in and sign up at [franklincountyva.beanstack.org](http://franklincountyva.beanstack.org)

## TEEN TUESDAYS

**WHEN:** Every Tuesday  
**WHERE:** Rocky Mount Library  
**TIME:** 4:00 pm - 5:30 pm  
**AGES:** 12 - 17  
**COST:** FREE

Come hang out in the library for a variety of events. Each week a new activity, including crafts and games are available. This is a great opportunity to socialize with your peers, as well as, grow more comfortable at the library!

## TEEN GRP

**WHEN:** Thursday, April 30, 2026  
**WHERE:** Rocky Mount Library  
**TIME:** 4:00 pm - 5:00 pm  
**AGES:** 12 - 17  
**COST:** FREE

In this one shot group role play, teens can don their swords and spells. This fantasy adventure will take them on a journey across a sea full of surprises! Registration is required.

## CANDLE PAINTING

**WHEN:** Tuesday, January 27, 2026  
**WHERE:** Westlake Library  
**TIME:** 6:00 pm  
**AGES:** 16 & Up  
**COST:** FREE

Unleash your creativity with candle painting. Registration is required.

## 3D PENS 101

**WHEN:** Thursday, January 29, 2026  
**WHERE:** Rocky Mount Library  
**TIME:** 4:00 pm - 5:00 pm  
**AGES:** 12 - 17  
**COST:** FREE

Make a 3D snowflake craft using 3D pens. All supplies provided. Registration is required.

## RARE BOOK EVENT

**WHEN:** Wednesday, January 7, 2026  
**WHERE:** Rocky Mount Library  
**TIME:** 10:00 - Noon  
**AGES:** 18 & Up  
**COST:** FREE

Take this opportunity to see our newly renovated Mann Room and view items from our rare book case.

## CRAFTWORKS

**WHEN:** January 13, 2026 | February 10, 2026  
March 10, 2026 | April 14, 2026  
**WHERE:** Westlake Library  
**TIME:** 1:00 pm - 3:00 pm  
**AGES:** 18 & Up  
**COST:** FREE

**WHEN:** January 9, 2026 | February 6, 2026  
March 13, 2026 | April 10, 2026  
**WHERE:** Rocky Mount Library  
**TIME:** 2:00 pm - 4:00 pm  
**AGES:** 18 & Up  
**COST:** FREE

Join us for various crafty programs. Visit our webpage or subscribe to our newsletter for specific details regarding each program.

## TECH TIME

**WHEN:** January 21, 2026 | February 18, 2026  
March 18, 2026 | April 15, 2026  
**WHERE:** Rocky Mount Library  
**TIME:** 1:00 pm - 2:30 pm  
**AGES:** 18 & Up  
**COST:** FREE

Join us monthly for a different topic. We will explore computer/technology basics such as computer/internet skills, smart phone basics, Microsoft Office basics, library databases and cybersecurity. Registration is required.

## DIGITAL DISCOVERIES

**WHEN:** January 15, 2026 | February 19, 2026  
March 19, 2026 | April 16, 2026  
**WHERE:** Westlake Library  
**TIME:** 1:00 pm - 2:00 pm  
**AGES:** 18 & Up  
**COST:** FREE

Ever wonder what digital resources your library has to offer and how to use them? Each class covers a different digital resource. Registration is required.

# LIBRARIES

## SUPERFOOD SALAD

**WHEN:** Friday, January 16, 2026

**WHERE:** Westlake Library

**TIME:** 2:00 pm - 3:00 pm

**WHEN:** Friday, January 16, 2026

**WHERE:** Rocky Mount Library

**TIME:** 6:00 pm - 7:00 pm

Ages 18 & over join this free class where this recipe is designed to add to your healthy habits! Learn what superfoods are, ways to incorporate them into your diet, and how to make a salad you'll actually be excited to eat! Registration is required.

## TRIVIA NIGHTS

**WHEN:** January 6, 2026 | January 29, 2026 | February 12, 2026  
March 5, 2026 | March 17, 2026

**WHERE:** Rocky Mount Library

**TIME:** 5:45 pm - 6:45 pm

**AGES:** 18 & Up

**COST:** FREE

Come to Trivia Night for the right to be called a "Know-it-all." Prizes for 1st and 2nd place finishers. Registration is required.

## TIPS FOR SUSTAINABLE RESOLUTIONS

**WHEN:** Thursday, January 15, 2026

**WHERE:** Rocky Mount Library

**TIME:** 2:30 pm - 3:30 pm or 5:45 pm - 6:45 pm

**AGES:** 18 & Up

**COST:** FREE

This workshop will guide you through the process of setting realistic goals, teach you how to rely on consistency rather than motivation, and get you started on the right foot with a plan of action that will take you into the next few months. Registration is required.

## PAINT NIGHT

**WHEN:** Tuesday, March 24, 2026

**WHERE:** Rocky Mount Library

**TIME:** 6:00 pm - 8:00 pm

**AGES:** 18 & Up

**COST:** FREE

Join us for a guided Paint Night with April from April Rose Art. All supplies will be provided. Registration is required.

## LITERARY CLASSICS FILMS

**WHEN:** January 12, 2026 | Little Women | 2:00 pm - 4:45 pm

March 9, 2026 | The Man in the Iron Mask | 1:00 pm - 3:15 pm

March 26, 2026 | Murder on the Orient Express | 5:30 pm - 7:30 pm

**WHERE:** Rocky Mount Library

**AGES:** 18 & Up

Enjoy seeing these literary classics come to light on the big screen. Light snacks provided. Registration required.

## ADULT BOOK SWAP

**WHEN:** Saturday, January 31, 2026

**WHERE:** Rocky Mount Library

**TIME:** 11:00 am - 12:30 pm

**AGES:** 18 & Up

**COST:** FREE

Looking for something new to read, but don't want the books to pile up at home? Bring books, in good condition, and trade with other patrons, talk about your favorite reads, and meet new friends!

## FINGER KNIT PILLOWS

**WHEN:** Tuesday, February 24, 2026

**WHERE:** Westlake Library

**TIME:** 6:00 pm

**AGES:** 16 & Up

**COST:** FREE

Craft a cozy, handmade pillow to take home. Registration is required.

## BY THE BOOK FILMS

**WHEN:** February 3, 2026 | The Princess Bride | 5:30 pm - 7:00 pm

February 17, 2026 | Hidden Figures | 2:00 pm - 4:00 pm

**WHERE:** Rocky Mount Library

**AGES:** 18 & Up

Come watch films that showcase iconic books. Light snacks provided. Registration required.

## DROP-IN MINDFUL COLORING

**WHEN:** Monday, February 2, 2026 | 11:00 am - 2:00 pm

Thursday, February 26, 2026 | 4:00 pm - 6:30 pm

**WHERE:** Rocky Mount Library

**AGES:** 18 & Up

**COST:** FREE

Join us for Mindful Coloring on your own schedule. Coloring pages and art supplies will be provided. Registration required.

## PAINTED MUGS

**WHEN:** Tuesday, April 21, 2026

**WHERE:** Westlake Library

**TIME:** 6:00 pm

**AGES:** 16 & Up

**COST:** FREE

Unleash your artistic flair and design your personalized mug. Registration is required.





## BRING YOUR OWN COZY CRAFT & CHAT

**WHEN:** Monday, February 23, 2026

**WHERE:** Rocky Mount Library

**TIME:** 2:00 pm - 4:00 pm

**AGES:** 18 & Up

**COST:** FREE

Have a project you've been meaning to work on? Bring your own knitting, crocheting, felting or other easy to transport craft to the library. Light snacks will be provided.

## CHOCOLATE GANACHE

**WHEN:** Friday, February 27, 2026

**WHERE:** Rocky Mount Library

**TIME:** 1:00 pm - 2:00 pm or 5:45 pm - 6:45 pm

**AGES:** 18 & Up

**COST:** FREE

Learn how to make a simple but versatile chocolate ganache! Use it as chocolate sauce for ice cream, whip it into mousse, or dip fruit, cookies, pretzels and more. Registration is required.

## 18TH CENTURY STITCHING

**WHEN:** Wednesday, February 4, 2026

**WHERE:** Rocky Mount Library

**TIME:** 10:00 am - Noon

**AGES:** 18 & Up

**COST:** FREE

Learn how to do 18th Century stitching from a local quilter and library staff member. Registration is required.

## PICTURE FRAME SUNCATCHER

**WHEN:** Tuesday, March 24, 2026

**WHERE:** Westlake Library

**TIME:** 6:00 pm

**AGES:** 16 & Up

**COST:** FREE

Make a vintage picture frame suncatcher craft! Registration is required.

## BUDGET FRIENDLY NUTRITION

**WHEN:** Friday, January 30, 2026

**WHERE:** Rocky Mount Library

**TIME:** 11:00 am - Noon

**AGES:** 18 & Up

**COST:** FREE

Come learn budget friendly tips for eating well and discover that cost doesn't have to be a barrier to good nutrition. Registration is required.

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Westlake library for forms  
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# EVENTS

[PlayFranklinCounty.com](http://PlayFranklinCounty.com) or 540-483-9238 for more information

## FAMILY BINGO NIGHT

**January 23, 2026 @ 6:30pm**

Join us for a fun filled night! Bring your luck and competitive spirit as we play 15 rounds of bingo. There will be fantastic prizes up for grabs in each round ensuring plenty of chances to win. Don't miss out on this evening of laughter, excitement and family friendly competition! Doors open at 5:30 pm.



## FAMILY BINGO NIGHT

**February 20, 2026 @ 6:30pm**

Join us for a fun filled night! Bring your luck and competitive spirit as we play 15 rounds of bingo. There will be fantastic prizes up for grabs in each round ensuring plenty of chances to win. Don't miss out on this evening of laughter, excitement and family friendly competition! Doors open at 5:30 pm.



## SOFTBALL, T-BALL & BASEBALL, SOCCER & LACROSSE REGISTRATION DEADLINE

**March 2, 2026**

Don't forget to register your child for sports by the deadline. Did you know if you register late you are paying double the price? Get them registered early and avoid all late fees!



## FAMILY BINGO NIGHT

**March 20, 2026 @ 6:30pm**

Join us for a fun filled night! Bring your luck and competitive spirit as we play 15 rounds of bingo. There will be fantastic prizes up for grabs in each round ensuring plenty of chances to win. Don't miss out on this evening of laughter, excitement and family friendly competition! Doors open at 5:30 pm.



## KIDS FISHING DAY AT WOODY LAKE

**April 18, 2026 @ 10:00am**

The DWR youth-only stocked trout waters program will have them swimming thick and hungry at Recreation Park's Woody Lake. Pack a lunch, grab your tackle box and fishing rod and see if you can win the trophy for the largest or smallest fish of the day. No registration required. Ages 16 and older cannot assist with catching a fish, setting the hook, and/or retrieving the fish per DWR regulations. The youth-only stocked trout program runs April 1st - June 15th. We'll see you at the lake!



## FAMILY BINGO NIGHT

**April 24, 2026 @ 6:30pm**

Join us for a fun filled night! Bring your luck and competitive spirit as we play 15 rounds of bingo. There will be fantastic prizes in each round ensuring plenty of chances to win. Don't miss out on this evening of laughter, excitement and family friendly competition! Doors open at 5:30pm



## YOUTH TRAIL RUNNING HYPERLOCAL WORLD CHAMPIONSHIP

**May 6, 2026 @ 6:00pm**

Feel the exhilaration of running through nature! The Hyperlocal Youth Trail Running World Championship comes to Waid Park on May 6th. The unsanctioned, unaffiliated, ultra-5K championship race will test endurance and challenge spirits as competitors journey across several hills to complete the technical 4-mile world championship course. The fully marked course will be self-supported with beverages and snacks at the finish area. Franklin County Youth Trail runners invite all runners under the age of 18 to participate in this free hyperlocal international trail running event. Day of registration is free and begins at 5:30 pm. Timing services provided by the Shine Runners of Franklin County. Finisher awards will be issued to all age-specific categories. Donations will be accepted to support the Franklin County Youth Trail Runners. Parents and family members are welcome to run with their participating youth runner.



## YOUTH MOUNTAIN BIKE RACE

**MAY 9, 2026 @ 10:00am**

Join the Franklin County Youth Mountain Bike Club as they host their Spring Cross Country Mountain Bike Race on Saturday, May 9th at Waid Park. Short (3 mile) and long (5 mile) course options are available. Finisher awards will be issued to all age specific categories. Day of registration is free and on site. Please arrive by 9:30 am. Race begins at 10:00 am. Participants will need to provide their own bike and helmet.



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FRANKLIN COUNTY  
PARKS & RECREATION



## COMMUNITY RECREATION

### FAMILY BINGO

**WHEN:** Friday, January 23, 2026 | Friday, February 20, 2026  
Friday, March 20, 2026 | Friday, April 24, 2026

**WHERE:** Essig Recreation Center

**TIME:** Doors open at 5:30 pm | Games begins at 6:00 pm

**AGES:** All

**COST:** Donation

Join us for a fun-filled night! Bring your luck and competitive spirit as we play 15 rounds of bingo. There will be fantastic prizes up for grabs in each round, ensuring plenty of chances to win. Don't miss out on this evening of laughter, excitement and family-friendly competition!



### IPHONE BASICS CLASS

**WHEN:** Wednesday, January 21, 2026  
or February 11, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm or 6:00 pm

**AGES:** 18 & up

**COST:** FREE

Learn the basic functions of an iPhone, identify common apps and build confidence in using your device safely.

**Registration Deadline:** One week prior to class

### IPHONE INTERMEDIATE CLASS

**WHEN:** Thursdays, January 22 or February 26, 2026

**WHERE:** Essig Recreation Center

**TIME:** 2:00 pm or 6:00 pm

**AGES:** 18 & up

**COST:** FREE

Learn how to use your device effectively along with tips and tricks.

This workshop is recommended for those who have had an iPhone and understand the basics of using it.

**Registration Deadline:** One week prior to class

### HOW TO USE YOUR SMART TV

**WHEN:** Mondays, January 26, February 23 or March 30, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am or 5:30 pm

**COST:** FREE

Have you ever felt frustrated trying to use your smart TV? Come learn how to use it, fix issues and learn what are the best smart TVs to buy.

**Registration Deadline:** One week prior to class

### \*NEW\* REST & DIGEST SNP CLASS

**WHEN:** Thursdays, January 8 – April 30, 2026

**WHERE:** Essig Recreation Center

**TIME:** 5:30 pm

**AGES:** 18 & up

**COST:** \$15.00 per class

This auricular (ear) acupuncture protocol is a non-invasive treatment that involves the gentle insertion of five needles into specific points in the ear to stimulate the nervous system. This treatment helps to reduce stress, uplift depressive feelings, and relieve anxiety. It can also help with improving sleep and provide a general sense of well-being.

**Registration Deadline:** One week prior to class

### \*NEW\* BOHO FOLK ART FOR BEGINNERS

**WHEN:** Mondays, March 16 or April 13, 2026

**WHERE:** Essig Recreation Center

**TIME:** 6:00 pm - 7:00 pm

**AGES:** 18 & up

**COST:** \$20.00 and a (\$5 supplies cost)

A free-flowing abstract art class inspired by nature and spiritual symbolism, using vibrant earth-tone palettes to create expressive, intuitive works.

**Registration Deadline:** Monday, March 9, 2026

### MOMMY & ME SKIN CARE CLASS

**WHEN:** Saturday, March 21, 2026

**WHERE:** Essig Recreation Center

**TIME:** 11:00 am - Noon

**COST:** \$10.00 per adult/kids free

**AGES:** All welcome

Bring your little and enjoy a mommy & me makeover, complete with fun face masks, skincare education, and age-appropriate makeup. Light refreshments will be served!

**Registration Deadline:** Friday, March 13, 2026

### CREATIVE EXPRESSIONS WORKSHOPS

**WHEN:** Tuesdays, January 27 - February 17, 2026

**WHERE:** Essig Recreation Center

**TIME:** 6:00 pm - 7:00 pm

**AGES:** 18 & up

**COST:** FREE

Carilion Clinic Community Health and Outreach will lead these creative art classes. Come express yourself through art in guided workshops and get creative in a safe space.

**Registration Deadline:** Tuesday, January 20, 2026

# COMMUNITY RECREATION

## \*NEW\* COYOTE SEMINAR

**WHEN:** Saturday, March 28, 2026  
**WHERE:** Essig Recreation Center  
**TIME:** 9:00 am - 1:00 pm  
**AGES:** 6 & up  
**COST:** FREE

In this seminar, students will learn the fundamentals of coyote hunting — from understanding coyote behavior to using the right gear in the field. The class will cover how and when to hunt coyotes, including seasonal patterns, habitat preferences, and ethical hunting practices. Students will explore different types of predator calls — mouth calls, electronic calls, and distress sounds — and learn how to use them effectively without overcalling. The seminar also discusses firearm selection and safe handling, including rifle and shotgun options, ammunition types, and shooting techniques for various hunting conditions. Through photos and fur samples, participants will learn to identify coyotes by appearance, track patterns, and fur types, as well as how to distinguish them from similar species. The course also examines coyote breeding and behavior cycles, helping hunters understand when and why coyotes are most active and vocal. By the end of the session, students will have a solid understanding of how to hunt safely, ethically, and effectively, while gaining a deeper appreciation for the role of coyotes in the ecosystem. This seminar will be led by a seasoned hunter and a Virginia Department of Wildlife Resources instructor.

**Registration:** Call 1-888-516-0844

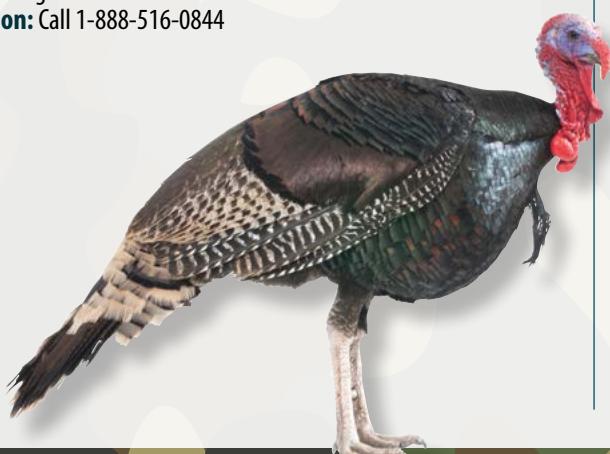


## \*NEW\* DEER PROCESSING SEMINAR

**WHEN:** Saturday, February 14, 2026  
**WHERE:** Essig Recreation Center  
**TIME:** 9:00 am - 2:00 pm  
**AGES:** 6 & up  
**COST:** FREE

Learn proper game care after you harvest a deer. We will learn how to skin, quarter, and process a deer for the freezer. This seminar will include discussion, demonstration, and hands on practice on a legally harvested deer. This seminar will be conducted by a seasoned hunter and a Virginia Department of Wildlife Resources instructor with formal training in meat processing.

**Registration:** Call 1-888-516-0844



## \*NEW\* WILD TURKEY SEMINAR

**WHEN:** Saturday, March 14, 2026  
**WHERE:** Essig Recreation Center  
**TIME:** 9:00 am - 1:00 pm  
**AGES:** 6 & up  
**COST:** FREE

In this seminar, you will learn how to dress properly for a successful turkey hunt, including camouflage, comfort, and safety considerations. Students will practice turkey calling techniques and explore a variety of calls used to entice gobblers — while understanding how to avoid overcalling. The session will also cover shotgun basics for turkey hunting, including firearm safety, proper loads, and effective shooting practices. Participants will learn how to recognize and interpret signs of turkey activity in the woods, such as tracks, droppings, and scratchings. Finally, students will identify and interpret turkey fans and feathers to distinguish between male and female birds and estimate age. This seminar provides the essential knowledge and hands-on understanding needed for an enjoyable, ethical, and successful turkey hunting experience. This seminar will be led by a seasoned hunter and a Virginia Department of Wildlife Resources instructor.

**Registration:** Call 1-888-516-0844



# COMMUNITY RECREATION

## ADULT OPEN GYM VOLLEYBALL JAN-APRIL

**WHEN:** 1st & 3rd Fridays of the month

**TIME:** 6:00 pm - 8:00 pm

**WHERE:** Essig Recreation Center

**AGES:** 18 & up

**COST:** \$15.00/month or \$10/day

Ready to play? Our Adult Indoor Open-Gym Volleyball nights offer a fast-paced, competitive environment for athletes 18+. Courts are set up for pickup matches and continuous play. Bring your

A-game, sharpen your skills, and enjoy high-energy volleyball with players of all levels. Register online at [PlayFranklinCounty.com](http://PlayFranklinCounty.com).

**Registration Deadline:** One week prior to date of play



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## AMERICAN SIGN LANGUAGE CHATS

**WHEN:** Wednesdays, January 7, 14, 21, 28 | February 4, 11 & 18, 2026

**TIME:** 3:00 pm

**WHERE:** Essig Recreation Center

**AGES:** 8 & up

**COST:** \$50.00/series or \$10 class

Come to learn signs and chat in American Sign Language! Deaf Culture will be included each week while focusing on a specific topic. Join us for one session, or come to all of them!

January 7 ABC'S & Fingerspelling

January 14 Greeting & Feelings

January 21 Family & Pets

January 28 Season & Calendar

February 4 Color & Numbers

February 11 Sports & Food

February 18 Open Chat

**Registration Deadline:** Monday, January 5, 2026 or one week prior to class

## \*NEW\* EXPLORING CARE TRANSITIONS

**WHEN:** Monday, April 13, 2026

**WHERE:** Essig Recreation Center

**TIME:** 6:00 pm

**AGES:** 18 & up

**COST:** FREE

Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved after the move.

**Registration Deadline:** Monday, April 6, 2026

## DEMENTIA CONVERSATIONS

**WHEN:** Monday, March 16, 2026

**WHERE:** Essig Recreation Center

**TIME:** 6:00 pm

**AGES:** 18 & up

**COST:** FREE

Learn tips for breaking the ice to address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

**Registration Deadline:** Monday, March 9, 2026

# OUTDOOR RECREATION



## YOUTH MOUNTAIN BIKE RACE

**WHEN:** Saturday, May 9, 2026

**WHERE:** Waid Park

**TIME:** 10:00 am - 11:00 am

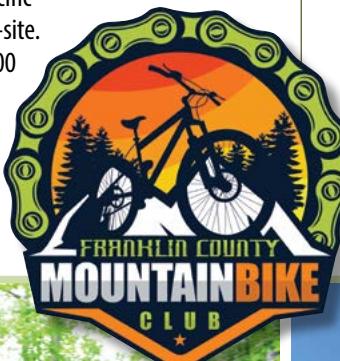
**AGES:** 17 & Under

**COST:** FREE

Join the Franklin County Youth Mountain Bike Club as they host their Spring Cross Country Mountain Bike Race on Saturday, May 9th at Waid Park. Short (3-mile) and long (5-mile) course options are available.

Finisher awards will be issued to all age-specific categories. Day of registration is free and on-site.

Please arrive by 9:30 am. Race begins at 10:00 am. Participants will need to provide their own bike and helmet.



## FRANKLIN COUNTY MOUNTAIN BIKE CLUB

**WHEN:** Saturdays, March 21 – May 9, 2026

**WHERE:** Waid Park

**TIME:** 9:30 am - 11:30 am

**AGES:** 17 & Under

**COST:** FREE

Mountain biking, pure and simple. This club will meet 8 consecutive weeks and is coached by BICP-certified MTB instructors. This non-competitive club is all about fun. Trail riding and safety considerations will be the primary focus. This club is intended for beginner to intermediate riders who ride bikes with gears. Kids younger than 8 are allowed with parental participation. A limited supply of mountain bikes are available for use. Please contact Parks & Recreation as soon as possible if you need to reserve a bike. Registration is limited.

**Registration Deadline:** Wednesday, March 18, 2026



# OUTDOOR RECREATION

## KIDS FISHING DERBY AT WOODY LAKE

**WHEN:** Saturday, April 18, 2026  
**WHERE:** Woody Lake-Recreation Park  
**TIME:** 10:00 am - Noon  
**AGES:** 15 & Under  
**COST:** FREE

The DWR youth-only stocked trout waters program will have them swimming thick and hungry at Recreation Park's Woody Lake. Pack a lunch, grab your tackle box and fishing rod and see if you can win the trophy for the largest or smallest fish of the day. No registration required. Individuals aged 16 and older are prohibited from assisting with catching a fish, setting the hook, and/or retrieving the fish, as per DWR regulations. The youth-only stocked trout program runs from April 1st to June 15th. We'll see you at the lake!



## FRANKLIN COUNTY YOUTH TRAIL RUNNERS

**WHEN:** Wednesdays, March 18 through May 6, 2026  
**WHERE:** Waid Park  
**TIME:** 5:45 pm - 7:00 pm  
**AGES:** 17 & Under  
**COST:** FREE

Building healthy habits through fun group accountability. Youth 17 and under and their family members are encouraged to participate in weekly trail runs at Waid Park. Not sure if trail running is for you? This is a great place to start. Registration is required for this free program. Registration deadline: March 13, 2026



## YOUTH TRAIL RUNNING HYPERLOCAL WORLD CHAMPIONSHIP RACE

**WHEN:** Wednesday, May 6, 2026  
**WHERE:** Waid Park  
**TIME:** 6:00 pm  
**AGES:** 17 & Under  
**COST:** FREE

Feel the exhilaration of running through nature! The Hyperlocal Youth Trail Running World Championship comes to Waid Park on May 6th. The unsanctioned, unaffiliated, ultra-5K championship race will test endurance and challenge spirits as competitors journey across several hills to complete the technical 4-mile world championship course. The fully marked course will be self-supported with beverages and snacks at the finish area. Franklin County Youth Trail runners invite all runners under the age of 18 to participate in this free, hyperlocal international trail running event. Day of registration is free and begins at 5:30 pm. Timing services provided by the Shine Runners of Franklin County. Finisher awards will be issued to all age-specific categories. Donations will be accepted to support the Franklin County Youth Trail Runners. Parents and family members are welcome to run with their participating youth runner.



## CROOKED ROAD 24 HOUR ULTRA

The Crooked Road 24 Hour Ultra Marathon, brought to you by Blue Ridge Racing, returns to Waid Park, March 7 - 8, 2026. The CR24 is a challenging and rewarding ultramarathon that tests your endurance to the limit. Returning to Rocky Mount, Virginia, this race takes place on a scenic, mostly flat 1.178-mile loop course comprised of a non-paved cinder track. The path winds through Waid Park, along the Pigg River, and around many of the athletic fields. Solo and team relay categories are available.

**For More Information:** <https://runsignup.com/Race/VA/RockyMount/CrookedRoad24HourUltra>





# Where Does That Trail Go?

**WHEN:** Tuesdays, February 3, 10, 17, 24, 2026

**WHERE:** Waid Park

**TIME:** 1:00 pm - 3:00 pm

**COST:** \$30.00/series

Take some time to get to know Waid Park and, more importantly, know where that trail goes.

Waid Park has over 16 miles of trails. This can be intimidating until you learn the lay of the land.

Parks & Recreation wants to help you expedite the learning process. Join us as we lead you through the trail system and show off this amazing trail network. In this guided series you'll have the opportunity to refer to a map at each intersection and discuss navigation and wayfinding.

The distance covered will be reflective of the group.

**Registration Deadline:** Friday, January 30, 2026



# PICKLEBALL

## DAYTIME PICKLEBALL

**WHEN:** Monday - Friday  
**WHERE:** Essig Recreation Center  
**TIME:** 10:30 am - 2:30 pm  
**COST:** FREE  
**AGES:** 50 & Up

Stay active and social with our Daytime Pickleball Open Play sessions — created especially for adults ages 50 and up! Whether you're a seasoned player or brand new to the game, everyone is welcome to join in the fun. Pickleball is easy to learn, gentle on the joints, and a fantastic way to stay fit while making new friends. Drop in for casual games, friendly rallies, and lots of laughs. All equipment is provided — just wear comfortable shoes and bring your energy!

## QUEENS OF THE COURT

**WHEN:** Friday, March 13, 2026  
**WHERE:** Essig Recreation Center  
**TIME:** 1:00 - 3:00 pm  
**COST:** \$10.00

Get ready to push your limits at our Queens of the Court Event! Test your skills through high-energy matchups, fun competitive drills, and rotating challenges, designed for every level. Earn points, climb the board, and see how you stack up. Bragging rights included!

**Registration Deadline:** Friday, March 6, 2026



## JAN-APRIL

## EVENING PICKLEBALL

**WHEN:** Monday - Thursday  
**WHERE:** Essig Recreation Center  
**TIME:** 5:00 pm - 8:00 pm  
**COST:** FREE  
**AGES:** 18 and Up

Designed for adults 18 and older who love fast-paced rallies and spirited matches, this program offers structured play for intermediate to advanced players. Test your skills, meet fellow competitors, and enjoy great games under the lights in a friendly but competitive atmosphere. Bring your paddle, your best game, and your sportsmanship — courts and balls are provided.

## \*NEW\* DRILL THRILLERS PICKLEBALL CARD

**WHEN:** Monday - Thursday  
**WHERE:** Essig Recreation Center  
**TIME:** 3:30 - 4:00 pm  
**COST:** \$20.00/hr  
**AGES:** 18 & Up

Want to sharpen your pickleball skills? Rent the pickleball machine at the Essig Recreation Center front desk and take your game to the next level! Practice your serves, volleys, and rallies at your own pace. Rental: \$20 per hour. With the Drill Thrillers Club Card, after 4 rentals, your next rental will be free.

**Coming Soon:** Skill-specific pickleball drills and training sessions designed to help you master every aspect of your game using the pickleball machine.

## \*NEW\*

## THE RELISHED ONES PICKLEBALL CLUB

**WHEN:** Thursdays, February 5, 12, 19, 26, 2026  
**WHERE:** Essig Recreation Center  
**TIME:** 1:00 - 3:00 pm  
**COST:** \$25.00  
**AGES:** 50 & Up

Think you've played it all? In this club, you will take on creative formats like Ladder League, Trickle Ball, Challenge Court, and Dinking the Day Away — each designed to keep things fast, fun, and full of surprises! Get ready for excitement on the courts! Accumulate points each week. The finale will consist of hitting the prize to win the prize. Come ready to rally, laugh, and take your pickleball game to the next level! Spots are limited — the first 12 motivated players to sign up will form the official Relished Pickleball Club!

**Registration Deadline:** Thursday, January 29, 2026

## \*NEW\*

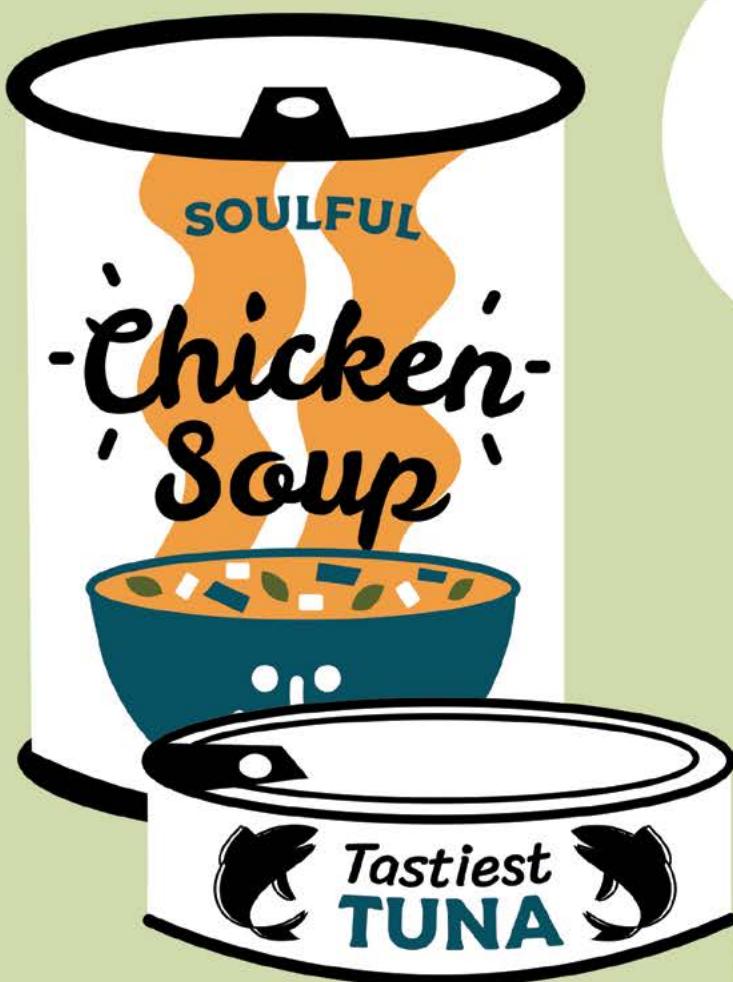
## THE EXPERIENCED PADDLE SALE/DEMO

**WHEN:** Tuesday, March 3, 2026 and Thursday, March 5, 2026  
**WHERE:** Essig Recreation Center  
**TIME:** 10:00 am - Noon

Come hit, compare, and save! Try out the latest paddles, get tips from our staff, and discover which paddle gives you the power, control, and spin you're looking for. Players are welcome to sell during these events.



# SOUP FOR SENIORS



**COLLECT  
THE  
MONTH OF  
JANUARY**

**Deliver cans to the  
Essig Recreation  
Center  
February 2nd-6th**

**PLEASE DONATE  
THE FOLLOWING  
ITEMS:**

Soups, Peanut Butter,  
Canned Vegetables &  
Fruit, Tuna, Beans,  
Crackers etc.

For More Information Contact Us!

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