

# FRANKLIN COUNTY PLAYBOOK

*We Bring Good Things To Light*

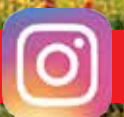
SEPTEMBER-DECEMBER 2021



FRANKLIN COUNTY  
PARKS & RECREATION

540-483-9293

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





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## **Letter from the Director:**

### **We Bring Good Things to Light!**

At this time last year, everything seemed to be closing, and people were hunkering down at home. There was a lot of uncertainty in the world, and people were feeling isolated and lonely. It seemed like we couldn't get any good news.

Parks and Recreation did our best to offer winter sports, but it just wasn't possible due to Coronavirus restrictions. We knew that over 1,000 kids (along with their coaches and families) were going to miss basketball, cheerleading and wrestling. What to do?

Well at the eleventh hour staff pulled together a plan to offer a drive thru Christmas light display called the "Land of Lights". We quickly gathered as many lights as possible and started stringing them everywhere we could. We hoped to offer a little light during this dark time.

To our surprise this turned out to be a much bigger hit than we expected! Over 25,000 people visited the display. People called, emailed and sent messages about how much it meant to them. This shows how much our sense of community means to who we are in Franklin County.

This year the Land of Lights is going to be even bigger and better... and we are not alone. The Rocky Mount Rotary Club raised funds which is going to greatly expand our displays. On top of that we have had a number of small businesses reach out to us and ask to be a part of this event.

We can't do it alone; so, if you or your business would like to participate in the Land of Lights, please let us know, and we would love to have your support.

For more information on the Land of Lights, see page 10.

*Paul Chapman*  
Director

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*Front Cover Photo shows just one of many holiday scenes from the 2020 Land of Lights Drive Thru at the Franklin County Recreation Park on Sontag Road.*



# Want to help save lives?



**Volunteer today and serve your community as a Fire/EMS professional**



## Franklin County

Department of Public Safety  
Emergency Management



For more information visit  
[www.franklincountyva.gov](http://www.franklincountyva.gov) or call 540-483-3091

*Burnt Chimney, Callaway, Ferrum, Fork Mountain, Glade Hill, Henry, Rocky Mount and Snow Creek Volunteer Fire Departments, Boones Mill Volunteer Fire-EMS Department, and Scruggs Volunteer Fire-Rescue Department, Callaway, Ferrum, Fork Mountain, Franklin County, Glade Hill, Red Valley and Snow Creek Rescue Squads*





## AARP CHAPTER MEETINGS

September 8, 2021, October 13, 2021

November 10, 2021 & December 8, 2021

Join us the second Wednesday of each month from 11am-1pm at the Essig Recreation Center to learn about AARP's mission. Various speakers will bring ideas and suggestions to empower you to assist with your daily tasks. Due to the pandemic please call 540-483-9238 to verify the meeting will be held.

## ADVANCED MEDICAL PLANNING TIPS

DATE	TIME	PLACE	COST
Thursday, November 4, 2021	10am-11am	Essig Rec. Center	FREE

Even if you are not sick now, future medical planning is important to think about so you can receive the medical care you want. Join us for this overview of advanced medical planning from Betty Robertson with Carilion Clinic. Call us at 540-483-9238 or sign up at the front desk so that we can reserve a seat for you.

## BIRTHDAY BONANZA POTLUCK-FRIDAY'S

September 17, 2021, October 15, 2021

November 19, 2021 & December 17, 2021

Join us for a celebration of birthdays once a month from 11am-1pm at the Essig Recreation Center. Bring a dish and come enjoy a variety of birthday activities followed by a piece of cake. Call us at 540-483-9238 or sign up at the front desk so that your piece of cake will be waiting for you.

## BLOOD PRESSURE SCREENINGS – THURSDAY'S

September 2, 2021, October 7, 2021

November 4, 2021 & December 2, 2021

These free screenings are courtesy of Carilion. Stay ahead of the game by keeping it monitored. Drop by the Essig Recreation Center from 10am-11:30am and have yours checked.

## BONE HEALTH BASICS

DATE	TIME	PLACE	COST
Thursday, October 7, 2021	10am-11am	Essig Rec. Center	FREE

Nearly half of American's over the age of 50 have weak bones. Come and learn from Betty Robertson, from Carilion Clinic, about things you can do to prevent bone loss and even build new bone mass. Call us at 540-483-9238 or sign up at the front desk so that we can reserve a seat for you.

## BRIDGE

Bridge games will be played on every Monday, Wednesday and 4th Tuesday of the month from 10am-2pm at the Essig Recreation Center. Call or come by to learn more and to play the greatest card game of all time!

## BROWN BAG BINGO-TUESDAY'S

September 14, 2021, October 12, 2021

November 9, 2021 & December 14, 2021

Bring a bagged lunch and drink and come enjoy Bingo on the 2nd Tuesday of each month from 11am-1pm at the Essig Recreation Center. Prizes will be awarded for each game. Call us at 540-483-9238 or sign up at the front desk.

## CHAIR YOGA – 8 WEEKS

DATE	TIME	PLACE	COST
Thursday's, Sept. 23-Nov. 18	10am-11am	Essig Rec. Center	\$55

In these yoga classes a chair will be used as a prop for support, balance or advancing the pose as appropriate for each student. You will explore alignment, strength, balance, flexibility, breathing and relaxation. No yoga experience is needed. Wear comfortable clothes and get ready to stretch and relax.

**Registration Deadline:** **Monday, September 20, 2021**



## CRANBERRY JELLY CANNING CLASS

DATE	TIME	PLACE	COST
Friday, December 3, 2021	11am-1pm	Essig Rec. Center	\$5

Sitting next to the turkey and mashed potatoes, the cranberry jelly shines and wobbles ever so slightly with each pass of the gravy, the stuffing and the other sides across the table. Come learn how to can your very own cranberry jelly.

**Deadline to Register:** Monday, November 29, 2021

## HOLIDAY GAMES

DATE	TIME	PLACE	COST
Thursday, December 2, 2021	10am-11am	Essig Rec. Center	FREE

Join us for some holiday games and trivia. Call us at 540-483-9238 or sign up at the front desk so that we can reserve a seat for you.

## HOOK & NEEDLE CLUB

If you enjoy cross stitch, knitting or crocheting with like minded needle crafters come to the Essig Recreation Center on Tuesday's from 1pm-3pm to join the club. Experienced leaders will be available if you would like to learn one of these crafting techniques. Participants should bring their own supplies.

## LIFE AFTER COVID-19

DATE	TIME	PLACE	COST
Thursday, October 28, 2021	10am-11am	Essig Rec. Center	FREE

Join us for an informal discussion about what we learned about ourselves from the pandemic. Call us at 540-483-9238 or sign up at the front desk so that we can reserve a seat for you.

## MAHJONG

Come learn the Chinese multi-player tile game of Mahjong. Similar to the Western card game of rummy, this is a game of skill, strategy, calculation and does involve a degree of chance. Games will be played every Tuesday from 1pm-4pm at the Essig Recreation Center.

## MATTER OF BALANCE- 8 WEEKS

DATE	TIME	PLACE	COST
Wed.'s, Sept. 29-Nov. 17, 2021	10:30am-12:30pm	Essig Rec. Center	FREE

In these classes you will learn how to view falls and face the fear of falling. Along with increased activity comes better balance and stamina. We will also learn how to make simple changes to your environment that can reduce fall factors.

**Deadline to Register:** Monday, September 27, 2021

## MINI CHAIR YOGA CLASSES- 3 WEEKS

DATE	TIME	PLACE	COST
Thursday's, Dec. 2-16, 2021	10am-11am	Essig Rec. Center	\$30

Continue your journey in practicing yoga with this short 3 week course. Bring a yoga mat and wear comfortable clothing.

**Deadline to Register:** Monday, November 29, 2021

## MINI YOGA CLASSES- 3 WEEKS

DATE	TIME	PLACE	COST
Thursday's, Dec. 2-16, 2021	1pm-2pm	Essig Rec. Center	\$30

Continue your journey in practicing yoga with this short 3 week course. Bring a yoga mat and wear comfortable clothing.

**Deadline to Register:** Monday, November 29, 2021





## PICKLEBALL

WHEN	WHERE	COST
September-December	Essig Recreation Center	FREE
DAYS	TIME	
Monday, Wednesday & Friday's	10:30am-2:30pm	

Come to the Essig Recreation Center and try the fasted growing sport around. All levels are welcome and bring a friend to introduce to this fun sport. Balls and paddles are provided.

## PICKLEBALL SKILLS & DRILLS CLINICS

WHEN	TIME	COST
September 2, 2021 October 7, 2021 November 4, 2021 December 2, 2021	10:30am-12:30pm	\$10 per clinic

These clinics will be held at the Essig Recreation Center and each month we will use the Pickleball machine and work on different aspects of the game. Fundamentals of dinking, 3rd shot drop, blocking and many more will be covered. The last 30 minutes will be free play.

**Deadline to Register:** One Week Prior to Clinic

## PICKLEBALL LADDER LEAGUE- 6 WEEKS

DATE	TIME	PLACE	COST
Tuesday's, Sept. 21-Oct. 26	10:30am	Essig Rec. Center	\$25 per player

The format of this league is designed so that players play with others of similar skill levels. Your court assignments will be based upon your scoring percentage throughout the league. The results of six weeks of play will be used for final rankings. Awards will be presented to the top four players.

**Deadline to Register:** Tuesday, September 14, 2021

## ROOK

Rook will be played Tuesday's and Thursday's from 10am-Noon at the Essig Recreation Center. Call or come by to learn more and to play this all time favorite card game.

## SENIOR CAFÉ

Due to COVID this weekly Thursday program, provided by STEP Inc., is postponed due to the pandemic. Feel free to call us at 540-483-9238 for updates and we will make sure to announce by newsletter, postcard and social media when it resumes.

## SUPPORT GROUPS

Are you in need of socialization with others who are looking for support in like minded issues? Would you want to participate in a caregivers, Alzheimer's, grief or another support group? Please give us a call at 540-483-9238 as our goal is to be able to serve those in need in Franklin County.

## SENIOR GIVING TREE

Would you like to help an elder in need this holiday season? Last year we were able to give over 175 bags to those in need here in Franklin County. If so, come by the Essig Recreation Center and pick up a "star" to see what they need. Stars may be picked up beginning the week of November 15th from 8:30am-5pm at the Office of Aging located here at the Essig Recreation Center. We kindly request unwrapped items to be returned no later than Wednesday, December 15, 2021.





### TAI CHI FOR BEGINNERS– 12 WEEKS

DATE	TIME	PLACE	COST
Wed.'s, Sept. 29-Dec. 15, 2021	11:30am-12:30pm	Essig Rec. Center	\$60

These low impact martial art classes are beneficial as the focus is on circulation, breathing and stretching techniques.

**Deadline to Register:** **Monday, September 27, 2021**

### TAI CHI FOR ADVANCED– 12 WEEKS

DATE	TIME	PLACE	COST
Wed.'s, Sept. 29-Dec. 15, 2021	12:30pm-1:30pm	Essig Rec. Center	FREE

These advanced martial art classes are for those who have taken the Tai Chi of Beginners classes and want to progress through learning more advanced Tai Chi.

**Deadline to Register:** **Monday, September 27, 2021**

### THANKSGIVING SOCIAL BINGO

DATE	TIME	PLACE
Thursday, November 18, 2021	11am-1pm	Essig Rec. Center

Come take a chance at 12 games of Bingo to win some incredible prizes. Bring a dauber and some good luck.

### WINTER SOCIAL

DATE	TIME	PLACE
Thursday, December 16, 2021	11am-1pm	Essig Rec. Center

Come celebrate the magic of the holidays with Karen & Mark Templeton as they sing us some holiday favorites. Call to register at 540-483-9238 and for more information.

### WATERCOLOR EXPRESSIONS– 4 WEEKS

TIME	WHERE	COST
10:30am-12:30pm	Essig Rec. Center	\$45.00 per session

SESSION	DATE
Session 1	Tuesday's, October 5-26, 2021
Session 2	Tuesday's, November 9-30, 2021
Session 3	Tuesday's, December 7-28, 2021

Come learn and experience a loose and free approach course is which the tools needed are provided to begin your artistic journey into self expression and the beauty and joy of watercolor painting. Classes includes demonstration, individual assistance and discussion. Brushes, palettes and water jars are available for use. Paper and paints can be purchased in class, if needed.

**Deadline to Register:** **One Week Prior to Session**

### YOGA CLASSES– 8 WEEKS

DATE	TIME	PLACE	COST
Thursday's, Sept. 23-Nov. 18, 2021	1pm-2pm	Essig Rec. Center	\$55

Let your journey in yoga start today and learn how to relax your mind and relieve stress. Gentle and thorough poses that strengthen your muscles, increases your flexibility, improves your balance, circulation and lung function will be practiced each week. Bring a yoga mat and wear comfortable clothing.

**Deadline to Register:** **Monday, September 20, 2021**

## YOUTH BASKETBALL *Age as of December 31, 2021*

AGES	SEASON	COST
5-8	December-March	\$15

Basketball teams are formed based on age and school district. Coaches will meet mid-November to receive rosters/equipment and choose practice times and then coaches will contact players. Teams can begin practice the week after Thanksgiving. Teams will practice once a week until Winter Break and then resume practice and begin games when school resumes in January. The season is approximately 8 weeks long with an additional 2 weeks reserved at the end for makeup games. Players must turn 5 on or before December 31, 2021, to be eligible with no exceptions. Players that wish to move up to the next league must be within one year of moving to the league desired. The child should be registered in their age group with a note giving permission to move to the next league. Practice locations are held at elementary schools and are typically based on your child's school district. Games are played at FCHS, BFMS and Lee Waid Elementary. Refunds are given up until the deadline (November 1). No refunds on late registration fees. If you are interested in coaching please contact Nikki Custer at [Nikki.custer@franklincountyva.gov](mailto:Nikki.custer@franklincountyva.gov) or 540-483-9293. *\*Late registrations will be accepted November 2-22 for an additional \$15 late fee. Late registrations are placed as needed.*

**Registration Deadline: November 1, 2021**

## YOUTH WRESTLING *Age as of December 31, 2021*

AGES	SEASON	PRACTICE	COST
5-14	December-March	Tu/Th at BFMS East	\$15

The goal for our youth wrestlers is to learn, reach goals, create discipline, have fun and become better athletes. Franklin County Youth Wrestling will start their season in November. Coaches will contact participants with season details in early November. A parent meeting will be held Thursday, November 4th and the time and location will be provided by the coach. Practices will be held on Tuesdays and Thursdays at the BFMS East Gym from 6pm-8pm beginning November 9th.

**Registration Deadline: November 1, 2021**

**For more information: Steven Leftwich, Club President**  
540-676-1130 or  
[sleftwich10@gmail.com](mailto:sleftwich10@gmail.com)

## INDOOR WIFFLE BALL LEAGUE

AGES	DATES	PLACE	COST
High School	Sundays, between 5pm-8pm Beginning in January 2022	Essig Rec. Center	\$15

Team up with friends and come play wiffle ball indoors at the Essig Recreation Center. Teams consist of 4 players and the roster can have up to 6 players. Must be in high school to be eligible. Find more information at [PlayFranklinCounty.com](http://PlayFranklinCounty.com)

## INDOOR SOCCER-VBR STAR FRANKLIN COUNTY

*Ages: Participants born 2007-2012*

DATE	PLACE	COST
Sunday's, Jan. 9-Feb. 13	Essig Rec. Center	\$25
TIME	SESSION	
1pm-2pm	Females 2010-2012	
2pm-3pm	Males 2010-2012	
3pm-4pm	Females 2007-2009	
4pm-5pm	Males 2007-2009	

This training is designed to improve creativity, speed of play, craftiness on the ball, and coordination and vision on the ball through small-sided play. Players will get a lot of touches on the ball and are constantly moving. Focusing on the more technical side of the game rather than relying on athleticism. Participants should wear shin guards and indoor soccer or running shoes. Bring a water bottle.

**Registration Deadline: December 15, 2021**

**For more information: Noah Jefferson, [njefferson@vbr.star](mailto:njefferson@vbr.star)**

## YOUTH CHEERLEADING *Age as of December 31, 2021*

AGES	SEASON	COST
5-8	December-March	\$15

Cheer squads are formed based on a combination of age and school district. Participants may be grouped in a wider range to accommodate practices closer to the participants' home district. There will be a coaches' meeting Mid-November for them to receive rosters and choose practice times. Coaches will contact participants directly after this meeting. Squads can begin practices the week after Thanksgiving. Teams will practice until Winter Break and then will resume practice and begin games when school resumes in January. The squad will cheer for a recreation basketball team chosen by the head coach of the cheer squad. Because we don't have a cheer team for every basketball team, we cannot accommodate requests to cheer for the basketball team of the sibling. The season is approximately 8 weeks long with an additional 2 weeks reserved at the end for makeup games. Refunds are given up until the deadline (November 1). No refunds on late registration. If you are interested in coaching please contact Nikki Custer at [Nikki.custer@franklincountyva.gov](mailto:Nikki.custer@franklincountyva.gov) or 540-483-9293. *\*Late registrations will be accepted November 2-22 for an additional \$15 late fee. Late registrations are placed as needed.*

**Registration Deadline: November 1, 2021**







## COACH OF THE SEASON SPRING 2021 SOFTBALL COACH - AMY RAMSEY

- What is your favorite thing about coaching softball?**  
Teaching kids the sport I love and watching them grow and progress throughout the season.
- How long have you been coaching with Franklin County Parks & Recreation?**  
9 years
- How did you become interested in coaching?**  
My mom always coached me, and I wanted to spread the same love and passion for sports to other kids.
- When you are not coaching, what are you doing?**  
Working, watching my other kids play sports that I am not coaching, and spending time with my family.
- What advice would you give to someone who may be interested in coaching youth sports?**  
Remember, it is only recreation. Teach these kids the correct techniques and fundamentals and let them play and have fun.
- What was the most challenging thing about coaching during the pandemic?**  
Not being able to shake hands with the opposing teams after each game. What turned out to be positive because of it? Taking a season off, all of these kids were just so ready to be on the field again and their attitudes showed that. It was a great season!

## YOUTH ATHLETIC SCHOLARSHIP PROGRAM

Franklin County Parks and Recreation offers discounts to participants that receive SNAP benefits by a 50% reduction in the participation fee. The cost would be \$7 for a season versus \$15. To receive this benefit, 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 with the discount.



## BASKETBALL OFFICIALS SCORERS & TIMERS

Any individual interested in officiating, scoring, or timing basketball games should contact Cindy Traylor at [cindy.traylor@franklincountyva.gov](mailto:cindy.traylor@franklincountyva.gov) or call her at 540-483-9293.

Training will be provided in December. Positions are paid per game from \$8 to \$25 depending on job/league. Games are held January-March.







**Mindful Light Photography**  
230 Franklin St. Suite 202  
Rocky Mount, VA. 24151

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Rocky Mount, VA 24151  
Phone: 540-483-1811

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Family Chiropractic



# Land of Lights

THURSDAY, NOVEMBER 25 – FRIDAY, DECEMBER 31

5:30PM–9:00PM

Land of Lights is a drive through light experience at the Franklin County Recreation Park. Drive the half mile loop and enjoy over 50,000 Christmas lights with your whole family. New displays added for 2021!

Presented by:

Rocky Mount  
**Rotary**  
Club







# Mark Your Calendars for the 8th Annual Franklin County Agricultural Fair!

-September 17-18, 2021-  
*Franklin County Recreational Park*

Join us for the 2021 FCAg Fair filled  
with food, fun, competitions, live  
entertainment, rides, and more!

## Fair Schedule

Friday, September 17  
4PM to 10PM

Saturday, September 18  
12PM to 10PM

# IT'S FAIR TIME!



Visit [fcagfair.com](http://fcagfair.com) for more info!

Find us on social media @fcagfair #fcagfair



Are you looking for indoor  
rental space to host a  
bridal shower, reunion,  
family gathering,  
meeting, wedding or  
birthday party?

If so, give  
us a call at  
**540-483-9238**  
at the Essig Recreation  
Center for more details.



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



## TINY FINGERS ART CLASSES – 4WEEKS

WHEN	TIME	AGE	COST
Wednesday's, October 6-27, 2021	5:30pm-6pm	4-6	\$30

Sign your child up to experience and explore the world of art. Their tiny fingers will be busy creating their own masterpieces through using many art materials. They will have fun and we will clean up the mess!

**Registration Deadline: Wednesday, September 29, 2021**

## LITTLE HANDS ART CLASSES – 4WEEKS

WHEN	TIME	AGE	COST
Wednesday's, October 6-27, 2021	6:15pm-7:15pm	7-12	\$35

Let your little hands come and explore the many aspects of art. Each week a different art dimension will be discovered.

**Registration Deadline: Wednesday, September 29, 2021**

## CHRISTMAS CARD CONTEST

This contest is for Pre-K through 12th graders who want to showcase their artistic ability and spread some love by designing a Christmas Card that will be distributed to local nursing homes. Cards will be judged by ages, creativity, uniqueness and neatness. The overall winning card will become the 2022 Franklin County Parks & Recreation Christmas card. Attach your name, grade and phone number so that if you place in the contest you can be reached to come to an awards ceremony at the Annual Christmas Tree Lighting Ceremony. Please mail or deliver cards to the Essig Recreation Center at 295 Technology Drive in Rocky Mount.

**Registration Deadline: Friday, November 19, 2021**

## PICKLEBALL

WHEN	DAYS	TIME	AGE	COST
September-December	Monday's & Wednesday's	6pm-8pm	18 & up	FREE

Come to the Essig Recreation Center and try the fastest growing sport around. Balls and racquets are provided.

## PRE-SCHOOL BALLET CLASSES – 8 WEEKS

WHEN	TIME	AGE	COST
Wednesday's, Sept. 29-Nov. 17, 2021	6pm-6:30pm	3-5	\$45

Do you have an aspiring ballerina? Did you know that ballet strengthens coordination, balance and boosts morale? Sign up your child to experience a great beginner course and at the last class you will be invited to a recital to see what all the ballerina's have learned.

**Registration Deadline: Wednesday, September 22, 2021**



## BEGINNER BALLET CLASSES – 8 WEEKS

WHEN	TIME	AGE	COST
Wednesday's, Sept. 29-Nov. 17, 2021	6:35pm-7:05pm	5-9	\$45

Does your child love to twirl and dance? If so, join these ballet classes in which the basics of ballet will be taught. You will be invited to a recital on the last class to see how much your child has learned about ballet in the short eight week session.

**Registration Deadline: Wednesday, September 22, 2021**

## MUSICAL THEATRE CLASSES – 8 WEEKS

WHEN	TIME	AGE	COST
Wednesday's, Sept. 29-Nov. 17, 2021	7:15pm-8pm	5-9	\$60

These classes involve acting, singing and dancing. Children will be able to express themselves through words, music and movement. You will be invited to a recital on the last class to showcase the skills learned through music, movement and dance.

**Registration Deadline: Wednesday, September 22, 2021**

## TENNIS LESSONS – 4 WEEKS

WHEN	WHERE	AGES/TIMES	COST
Thursday's, October 7-28, 2021	FC Rec Park Tennis Courts	6-8 5pm-5:45pm 9-12 6pm-7pm 13 & up 7pm-8pm	\$40

During these lessons you will learn rules, scoring, footwork, strokes and grips. Bring your racquet and be ready to learn all about the game of tennis.

**Registration Deadline: Monday, October 4, 2021**



## YOGA CLASSES – 8 WEEKS

WHEN	WHERE	AGE	TIME	COST
Monday's, Sept. 20- Nov. 15, 2021	Essig Recreation Center	18 & up	6pm-7pm	\$55

Let your journey in yoga start today and learn how to relax your mind and relieve stress. Gentle and thorough poses that strengthen your muscles, increases your flexibility, improves your balance, circulation and lung function will be practiced each week. Bring a yoga mat and wear comfortable clothing.

**Registration Deadline: Friday, September 17, 2021**

## BASIC YOGA FUNDAMENTALS CLASSES – 8 WEEKS

WHEN	WHERE	AGE	TIME	COST
Wednesday's, Sept. 22- Nov. 10, 2021	Essig Recreation Center	12 & up	6pm-7pm	\$55

Each week we will focus in depth on learning 2 to 3 gentle yoga poses. Each pose will be discussed for its health benefits, what muscle groups are stretched and poses will be demonstrated. Each week we will build upon last week's poses, growing the sequence. By class 7 or 8 we are practicing the entire sequence so that you will feel confident in what you have learned and prepare you for practice at home.

**Registration Deadline: Monday, September 20, 2021**

## MINI YOGA CLASSES – 3 WEEKS

WHEN	WHERE	AGE	TIME	COST
Monday's, Dec. 6 - 20, 2021	Essig Recreation Center	18 & up	6pm-7pm	\$30

Continue your journey in practicing yoga with this short 3 week course. Bring a yoga mat and wear comfortable clothing.

**Registration Deadline: Friday, September 17, 2021**



## BUILD A TUMBLER STYLE COMPOSTER WORKSHOP

WHEN	WHERE	TIME	COST
September 30, 2021 October 28, 2021 November 18, 2021	Essig Recreation Center	5:30pm-7:30pm	\$100 per composter

Choose a date and come learn how to develop com-post that can be used as a soil amendment or as amendment to grow plants by constructing your own tumbler style composter. Please bring your own pow-er drill, drill bits and a Phillips head drill bit for wood screws. Remember to have adequate transportation to haul your composter home as it will measure 3.5' deep x 31" wide x 4.6' in height.

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

## RAIN BARREL BUILDING WORKSHOP

WHEN	WHERE	TIME	COST
September 16, 2021 October 7, 2021 November 4, 2021	Essig Recreation Center	5:30pm-7:30pm	\$60 per rain barrel

This old idea is making a big splash! If you would like to construct your very own rain barrel to harvest rain water for your garden or landscaping needs then choose the best month that fits your schedule. Please have the proper transportation to take the barrel home as they are approximately 53 gallons and measure 42 inches in height and 24 inches in diameter.

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

## FRIDAY NIGHT DRIVE IN BINGO

WHEN	WHERE	TIME	COST
Friday, September 3, 2021 Friday, October 8, 2021	Waid Park Baseball Field Parking Lot	6:30pm	\$2.00 per person

Join us for 12 games of Bingo right from your car. You will tune into a FM station and if you get bingo you will honk your horn and staff will bring the prize right to your car. Bring your dauber and be ready for a chance to win some awesome prizes!

## FRIDAY NIGHT FAMILY BINGO NIGHT

WHEN	WHERE	TIME	COST
Friday, November 5, 2021 Friday, December 10, 2021	Essig Recreation Center	6:30pm	\$2.00 per person

As the weather is getting colder we will move indoors for 12 games of Bingo inside. Bring your dauber and be ready for a chance to win some awesome prizes!



# FRANKLIN Co

## SEPT 3 FRIDAY NIGHT DRIVE-IN BINGO NIGHT - 6:30PM

BEEP BEEP! Join us at the Waid Park Baseball Field Parking Lot for 12 games of Bingo right from your car. You will tune your radio into a FM Station and if you get bingo then honk your horn and flash your lights and a worker will come and bring your prize. Bring your own dauber and be ready for some Fun! Only \$2 per person.

## SEPT 10-11 17TH ANNUAL ANTIQUE FARM DAYS

Featuring a 1915 operating steam engine, antique engines, antique tools, antique Tractors, blacksmithing, demonstrations, flea market, rock crushing, shingle mill, threshing and bailing, tractor parades and wood turning this event is for those of all ages. On Friday there will be tractor games, a lawn mower pull and a chainsaw competition. Saturday will include an Antique Tractor Pull, auction by Southwest Auctions and kids activities. Gates open 8am-5pm and general admission is \$6 and children under 12 are free. This event is located at the Franklin County Recreation Park on Sontag Road. For more detailed information log onto [www.svapf.org](http://www.svapf.org).



## SEPT 11 SMITH MOUNTAIN LAKE PADDLING RACE

The 9th Annual SML Paddling Race will take place from 10am-Noon at the Smith Mountain Lake Community Park in Franklin County, Virginia. Awards on-site after the race. If you like to SUP, Surfski, or RowShell you need to come try this 2.5, 5, or 7.5 mile course on Smith Mountain Lake. See more detailed event information on page 16 in this book.



## SEPT 17-18 FRANKLIN COUNTY AGRICULTURAL FAIR

Come to the Franklin County Recreation Park this September to savor the Franklin County flavor of tradition, fun, and discovery. Gates are open Friday from 4pm-10pm and Saturday Noon-10pm. There will be music on the Harvester Stage, K-9 demos, a mobile dairy classroom, the Great Lakes Timber Show, petting zoo, pony rides, exhibits and contests. For more detailed information long onto [www.fcagfair.com](http://www.fcagfair.com).



## SEPT 24 MOVIES ON THE MOVE AT SUMMIT VIEW PARK

Join us at 7pm at Summit View Park for outdoor games prior to the showing of Little Giants. Don't forget to bring a chair/blanket and a flashlight. This FREE family event will be moved indoors at the Essig Recreation Center if it rains.



# UNITY EVENTS

## **OCT 8** *FRIDAY NIGHT DRIVE-IN BINGO NIGHT - 6:30PM*

BEEP BEEP! Join us at the Waid Park Baseball Field Parking Lot for 12 games of Bingo right from your car. You will tune your radio into a FM Station and if you get bingo then honk your horn and flash your lights and a worker will come and bring your prize. Bring your own dauber and be ready for some Fun! Only \$2 per person.

## **OCT 9** *KIDS FISHING DERBY*

Gather up your fishing pole, bait and tackle and join us at Waid Park as we fish for trout in the Pigg River from 9am-11am. This derby is for youth ages 15 & under. A huge thanks to DGIF for stocking trout for this special event. Trophies will be awarded to those who catch the heaviest amount of fish per category shortly after 11am.

## **OCT 23** *BLUE RIDGE FOLKLIFE FESTIVAL*

Rain or shine on this Saturday from 10am-5pm on the museum grounds and on the Ferrum College campus visitors will delight in an unmatched presentation of traditional foods, crafts, music, horse competitions, coondog competitions, antique cars, children's games and much more. For more Information log onto [www.ferrum.edu](http://www.ferrum.edu).

## **OCT 29** *MOVIES ON THE MOVE AT JAMISON MILL PARK*

Join us at 6pm at Jamison Mill Park for outdoor games prior to the showing of Glory Road. Don't forget to bring a chair/blanket and a flashlight. This FREE family event will be moved indoors at the Essig Recreation Center if it rains.

## **NOV 5** *FRIDAY NIGHT FAMILY BINGO NIGHT - 6:30PM*

Bring your luck and join us at 6:30pm at the Essig Recreation Center for 12 games of Bingo. Bring your own dauber and be ready for some Fun! Only \$2 per person.

## **NOV 25-31** *DEC LAND OF LIGHTS*

Land of Lights is a drive through light experience at the Franklin County Recreation Park each evening from 5:30pm-9pm. Drive the half mile loop and enjoy over 50,000 Christmas lights with your whole family. New displays added for 2021! Please stay in your vehicle while enjoying the lights and keep vehicles on the roadway.

## **NOV 26** *CHRISTMAS TREE LIGHTING*

This magical event will occur at the Franklin County Courthouse at 5pm. The public is invited as we will award the winners of the FCPR Christmas Card Contest and their artwork will be displayed. The Benjamin Franklin Middle School Band will play holiday tunes prior to the Overall Christmas Card winner lighting the community Christmas Tree.

## **DEC 3** *COME HOME TO A FRANKLIN COUNTY CHRISTMAS*

Mark your calendar for the 17th Annual Come Home to a Franklin County Christmas in downtown Rocky Mount. Come listen to music, shop local vendors, observe many crafters and walk up and down Main Street. If you want to come to the North Pole (Train Depot) there will be kids games and activities from 6pm-9pm. There you will also find Mr. & Mrs. Claus in front of the caboose. Bring your camera. Log onto [historicrockymount.com](http://historicrockymount.com) for more details.

## **DEC 10** *FRIDAY NIGHT FAMILY BINGO NIGHT - 6:30PM*

Bring your luck and join us at 6:30pm at the Essig Recreation Center for 12 games of Bingo. Bring your own dauber and be ready for some Fun! Only \$2 per person.





# OUTDOOR R



## SMITH MOUNTAIN LAKE PADDLING RACE

The 9th Annual Smith Mountain Lake Paddling Race will be held Saturday, September 11th from 10:00 am - 12:00 am at Smith Mountain Lake Community Park in Franklin County, Virginia. Awards on-site after race.

If you like to SUP, Surfski or RowShell, you need to come and try this 2.5, 5, or 7.5 mile course on Smith Mountain Lake.

Mountain 2 Island Paddleboards, Kayaks & Boat Rentals will be available to rent SUPs for racers who may prefer a different board.

The category specific running start begins on the sandy community park beach. Racers will paddle to and around a small island for a route approximately 2.5, 5, and 7.5 miles in length. Surfski's and Row Shells will paddle 5 or 7.5 miles.

The race begins at 10:00am. Same-day registration begins at 8:30am. \$30.00 pre-pay/registration or \$40.00 same-day pay/registration. Please pay with cash or check. All pre-registered participants receive a shirt. Awards will be given on-site following the race.

**Register here: <https://paddleguru.com/races/9thAnnualSmithMountainLakeSUPSurfskiRowShellRace>**

## FLATWATER CANOE CLINICS AT PHILPOTT LAKE

DATE	TIME	LOCATION	COST
Saturday, September 25, 2021 Wednesday, October 6, 2021	10am -1pm	Jamison Mill Park	\$30.00/ clinic

Develop confidence and master your j-stroke in this beginner to intermediate level flatwater canoe class. We will depart from Jamison Mill and paddle the entire length of Beards Creek Inlet, pausing at Picnic Point for an early afternoon snack. Expect to be in the canoe for about 2.5 hours. No experience is necessary for this American Canoe Association (ACA) guided adventure. A general level of fitness and ability to sit upright for an extended period of time is required. All equipment is provided. Please bring water and snacks.



## CREEK FREAKS NEW YEAR'S DAY FLOAT

DATE	TIME	LOCATION
Saturday, January 1, 2022	11am	New Plant Road

Join the Creek Freaks for a New Years Day tradition. This family friendly float on the Blackwater River is an exhilarating way to start the new year. Ages 14 and under must have adult supervision. Dress appropriately for the weather and bring your own boat. Please meet at the put-in on New Plant Road off Grassy Hill Rd. **PFDs (Life Jackets) are mandatory.** *\*Location may change due to condition.*



# RECREATION



## WOOHOO AT WAID SPRINT ENDURO

DATE	TIME	LOCATION
Saturday, October 2, 2021	10am start	Waid Park

Expect 5 stages that utilize the newest and most progressive features we've built in our trail network. A medium travel bike or maybe even a beefed-up XC race bike will be the fastest across these stages. Be ready for rock gardens, man-made jumps, and sections with fast back-to-back corners, and yes quite a bit of sprinting if you want to win! Expect 7-10 minutes of accumulated time. The first 50 registered riders get a WooHoo logo jersey (retail \$25.00). Rider check-in between 8:30am-9:30am. The race starts at 10:00am.

*Register for the individual race or the full series here:*  
<https://www.bikereg.com/vbr-enduro-series>

## NIGHT RIDES

DATE	TIME	LOCATION
November	6pm-8pm	Waid Park

Group night rides at Waid Park every Thursday Night from 6:00-8:00. Bring a light and dress for the occasion.







### BALANCE BIKE BONANZA

WHEN	WHERE	TIME	AGE	COST
Saturday, December 11, 2021	Essig Rec Center	10am- Noon	Walking to 4 years of age	FREE

Studies have show introducing children to cycling at an early age aids with gross and fine motor skills, development, speech, behavioral, and social skills development. But more importantly, it's just about having fun! Join us at the Essig Center where we'll provide a safe, fun, and warm learning environment for your child to give a balance bike a try.

**Bring your own or try out a demo bike.**



### BIKE RODEO

WHEN	WHERE	TIME	COST
Saturday, November 6, 2021	Waid Park Bike Skills Loop	10am-Noon	FREE

Join the Franklin County Sheriff's Department and Parks and Recreation at the Waid Park Bike Skills Loop. Kids and adults of any age will have the opportunity to learn bike handling skills from a bike patrol officer and middle school mountain bike coach. Several loaner bikes and helmets will be provided upon request.

**Contact Parks and Recreation with any questions you may have at 540-483-9293.**





## NOVEMBER NIGHT HIKES

DATE	TIME	LOCATION	FEE
Tuesday's, November 2, 9, 16, 23 & 30, 2021	6pm-7:30pm	Waid Park	\$5.00 per hike \$15.00 for series

These intermediate level 2-5 mile guided hikes will allow you to gain a new perspective of the Waid Park trail system. Please bring a flashlight or headlamp. Each hike will begin promptly at 6pm.







*Angie McGhee*

Franklin County Home Team



My buyers are seeking homes with acreage.

Call me today if you are looking to sell!



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DINE-IN ONLY. LIMIT 1 KID PER ADULT - LIMIT 2 KIDS PER COUPON.

EXPIRES DECEMBER 31, 2021



# Birthday Parties

## \$150 Packages

*Options:*

Bounce House Party

Glow Laser Tag Party

Glow Dance Party

**Essig Recreation Center**

295 Technology Drive

Rocky Mount, VA 24151

**CALL 540-483-9238**



MISSED THE DECEMBER 7TH  
MEDICARE ANNUAL ELECTION  
PERIOD DEADLINE?

## YOU MAY STILL BE ELIGIBLE TO ENROLL!



**There are several reasons why you may be eligible to enroll in a Medicare Advantage plan. Are you:**

- Turning 65?
- Qualified for Medicare and Medicare Advantage?
- Moving to a new location?
- Eligible for a Medicare Advantage and Prescription Drug Plan Special Enrollment Period for other reasons?

Ask me about the Medicare Advantage plans available in your area.



**CALL A LICENSED SALES AGENT**

**LYNN ATKINSON**  
540-685-3817 (TTY: 711)  
Monday - Friday  
8 a.m. - 5 p.m.

[Elynnatkinsonagent@gmail.com](mailto:Elynnatkinsonagent@gmail.com)  
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[roanokefranklininsurancehelp.com](https://www.roanokefranklininsurancehelp.com)

Applicable to H5619-135. For accommodations of persons with special needs at meetings call 540-685-3817 (TTY: 711). Monday - Friday, 8 a.m. - 5 p.m. For a complete list of available plans please contact 1-800-MEDICARE (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult [www.medicare.gov](http://www.medicare.gov).

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