October Adventures at College Park



Come and bring your friends and family . . .
men, women, teenagers, and children! All are invited!!

Register by emailing Martha Walker at walker53@vt.edu or signing the registration sheet located in the church foyer.

Chair Exercise



Led by Donna Silverman
Thursdays, October 8, 15, 22
3:00 p.m. - 4:00 p.m.
Fellowship Hall
$6 per person

Chair exercises are for everyone, regardless of age! Donna Silverman has helped numerous groups build strength through chair-based exercise. Join us for one, two, or all three sessions. The cost is just $6 for all three—a bargain!

Chrismons



Taught by Kate Albright
Monday, October 26
5:30 p.m.
(usually takes about 2 - 3 hours to create a Chrismon)
Fellowship Hall
We will make the Latin Cross.
The cost will be between $15-$20

You will not want to miss this!! Kate Albright of Ascension Lutheran Church will lead a Chrismon class at College Park. Join us Monday, October 26, at 5:30 p.m. to create a beautiful Latin Cross. Everything will be provided for you. The cost for materials is between $15 and $20.

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Bows for Wreaths

Demonstrations by Martha Walker & Barbara Hopkins
Thursday, October 29
5:30 p.m. – 6:30 p.m.
Fellowship Hall



Making a bow for a wreath or a decoration seems so hard. So, what are the secrets to making a bow that will impress your family and friends.

Join us on Thursday, October 29, at 5:30 p.m. and discover the "how" of bow making. The hands-on session will be led by Barbara Hopkins and Martha Walker. Neither are experts but have a lot of fun with the ribbon and the bows seem to look just fine.

Your task is to bring at least 3 yards of your favorite **wired ribbon(s) and a pair of scissors**. (Sources for ribbon include Sams, Hobby Lobby, and on-line.)

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