

Your guide to family-friendly summertime fun in Mitchell and Yancey Counties

Provided by:

mitchell / yancey

prevention and recovery coalition

a program of **path**

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Dear Families,

Do your kids sit around the house complaining they have nothing to do in the summer? Do you struggle to find affordable and fun summer activities for your children? Do you run out of ways to keep your kids entertained in the summer? Then this guide will make your summer better!

Our community has many FREE or low-cost family-friendly activities throughout the summer and the Summer Resource Guide has all the details! In this guide, you will discover summer activities from a variety of local organizations – and there are enough activities to keep your children busy, engaged, and having fun all summer long.

The best part about your children being involved in community summer activities is that they not only keep kids from being bored, but also help them build stronger family relationships, learn social skills, establish positive connections to their community, and build relationships with other caring adults outside of the family. These relationships and skills gained through community activities help children to be healthier, happier, and more successful as they grow.

We hope you will find this Summer Resource Guide to be useful as you make plans for summer! For more community information and resources, check out our website at: pathwnc.org. And remember... the Yancey Transportation Authority (682-6144) or Mitchell Transportation Authority (688-4715) are happy to help with transportation needs during the summer months.

Best wishes for an amazing summer,

Your Friends at PATH

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COMMUNITY EVENTS

2025 PATH'S SIZZLIN' SUMMER SERIES

All Sizzlin' Summer Series events are **FREE!** Activities will take place on Saturdays in the Burnsville Town Square from 10am to 12pm unless otherwise noted. Updates and additions will be posted at pathwnc.org and facebook.com/pathwnc.

JUNE 6 - LIGHTS AFTER DARK *8PM-9PM*

Join us for a post-Helene luminary event to honor the heroes, neighbors and loved ones! Come help us illuminate the PATH forward! Visit bit.ly/LightsAfterDark if you cannot join us and would like us to place a luminary on your behalf. (Sponsored by Partners Aligned Toward Health)

JUNE 7 – SOAP BUBBLE CIRCUS, HEALTHY BRAINS WITH MOVEMENT AND GAMES AND 4-H

Join Steve Langley and the Soap Bubble Circus for a hands-on bubble popping party starting at 10:30 AM! Also, Dementia Caregivers & Friends, will be there with games for all ages to engage your heart, body and mind. Plus talk with the team about resources for people living with dementia and their caregivers & friends, including Music & Memory, StrongerMemory, and much more. Join Yancey County 4-H and Family & Consumer Sciences as they bring nature and nutrition together! Create your very own wildflower bombs, then swing by our brand-new Mobile Kitchen Cart to craft your own custom Trail Mix Creation—the perfect snack for your next adventure. Plus enjoy the AMY Regional Library Bookmobile! (Sponsored by AMY Regional Library, Dementia Caregivers and Friends, Yancey County 4-H/Consumer Sciences and PATH)

JUNE 14 – PURE IMAGINATION

Come see where your imagination will take you in "A world of Pure Imagination". Dive into your imagination and create a robot or fort, check out our gear station, blow bubbles alongside our bubble artist who will be blowing giant size bubbles. Create something awesome with different shapes and sizes of blocks. You surely won't want to miss our amazing Aerialist and stilt walker! Don't forget to pick up your free bookbag and cool off with a free snow cone, check out what other goodies that our partnering agencies have for you too! 1 golden ticket will be mailed in someone's Imagination Library book this June. Will you be the lucky 300,000 book winner? Plus enjoy the AMY Regional Library Bookmobile! (Sponsored by the Blue Ridge Partnership for Children)

JUNE 21 – RESILIENT FAMILIES

Just as the forest and mountains stand strong, our families, too, have a natural ability to overcome challenges. Explore activity stations filled with nature-inspired arts, crafts, and stories that celebrate the strength within each of us. As you journey through each station, collect stamps on your Resilience Adventure Card and uncover simple tips to help your family grow stronger together! Plus enjoy the AMY Regional Library Bookmobile! (Sponsored by Resources for Resilience)

JUNE 28 – FIT FAMILY OBSTACLE COURSE

The Fit Family Obstacle Course, hosted by Mountain Community Health Partnership, promises to be a fun-filled event for all ages. With exciting activities like an inflatable obstacle course, hula hooping, dizzy bat, and water balloon target throwing, attendees are sure to have a blast while staying active and healthy. The event is a great opportunity for families to bond and make memories together while promoting a healthy and active lifestyle. Cool off with a free snow cone from the Kona Ice truck before you head home! (Sponsored by Mountain Community Health Partnership)

JULY 5 - READING IS ALIVE

Parkway Playhouse presents their FREE family-friendly play, "The Emperor's New Clothes" written and directed by Chelsea Wilson Thayer and performed by professional actors. This program combines live theatre with the love of literature by giving a FREE book for all children while supplies last! (Sponsored by Parkway Playhouse)

JULY 12 - ROBOTS, RHA AND REFIT DANCE

Join Full Steam Ahead Carolina as we host a mini Sumo Bot Competition! Modify, Program, and Drive a Robot to see who can win the battle! We will also have a LEGO table and demonstration bots, and lots of information about all our programs. You will have the opportunity to join RHA to decorate cookies or have your face painted and join in a REFIT dance! Plus enjoy the AMY Regional Library Bookmobile! (Sponsored by Full Steam Ahead Carolina and RHA)

JULY 19 - BIKES AND WHEELS *9:00 AM TO 11:00 AM*

Bring your bike, scooter, rollerblades, trike (anything with wheels) to ride around the Square, which will be closed to vehicular traffic. Obstacle

courses, races, and more fun awaits. This is a fun event for adults and kids in wheelchairs to show off their skills too! Pedal your way to a delicious smoothie while riding the "Fender-Blender" smoothie making bike! Helmets are required to participate, but there will be free take-home helmets for anyone at the helmet fitting station. Plus enjoy the AMY Regional Library Bookmobile! (Sponsored by Partners Aligned Toward Health)

JULY 26 – YARD GAMES AND SQUARE DANCE

Come join the fun with YCHD! There will be gentle yoga for all ages, an obstacle course for kiddos, face paint, and yard games such as cornhole and more! Plus join Appalachian Performing Arts on the Town Square for the Sizzlin' Summer community square dance! Get ready to learn some traditional southern Appalachian figures and clogging steps. Grab a partner, bring your family and friends, or come solo. The AMY Regional Library Bookmobile will also be there! (Sponsored by the Yancey County Health Department and Appalachian Performing Arts)

AUGUST 2 - MOUNT MITCHELL CRAFTS FAIR *9:00 AM TO 5:00 PM*

AUGUST 9 – CLIMBING WALL, THRIVE RENAISSANCE AND REFIT DANCE

Join us for rock climbing on the Town Square! Whether it's your first time climbing or you are a seasoned adventurer, experienced staff will be there to help you navigate a mobile climbing wall! THRIVE Appalachia teens will also be there to delight you with a 10-minute performance of the original play, "A Peanut Butter Story", written and directed by local 16-year old Kayla Cody and performed by THRIVE's teen theater ensemble. In addition, the next generation of blue grass musicians and singers will enthrall you with THRIVE's new teen blue-grass ensemble, under the direction of THRIVE's Music Director, Kevin Scanlon. Then behold the creative genius of improvisational theater games using audience suggestions! Come experience the magic of Yancey's teen-led renaissance! After Thrive's performance join Morgan in REFIT dance! Plus enjoy the AMY Regional Library Bookmobile! (Sponsored by THRIVE Appalachia, Yancey County Government, Yancey County Sheriff's Department, and Yancey Emergency Management)

AUGUST 16 - BACK TO SCHOOL BASH *10:00 AM TO 2:00 PM*

FREE POOL DAYS!

Yancey County Government and Healthy Yancey are once again sponsoring FREE pool days at Yancey County public pool! The Burnsville Pool at Ray-Cort Park will waive the entrance fees on the following days:

* June 10

* July 10

* August 8

TOE RIVER ARTS SPRING STUDIO TOUR

Since 1992, the Toe River Arts Studio Tour has showcased the talent and studios of North Carolina's Yancey and Mitchell County artists. These world-renowned, well-traveled, and skilled artists bring beauty to the world by sharing their craft. This driving tour through Mitchell and Yancey counties will take visitors along the meandering Toe River, across its many bridges, around barns, acres of fields, and miles of forests all while visiting the talented studio artists and galleries participating. Please have a look at the tour website to begin planning your visit.

* Date: June 6-8, 10am-5pm

* Cost: FREE

* For more info: Visit toeriverarts.org/the-journey/the-events/studiotour

SPRUCE PINE ALIEN FESTIVAL

Join alien and UFO enthusiasts at the 4th annual Spruce Pine Alien Festival, also known previously as the SPACE Festival in Downtown Spruce Pine on Oak Avenue. Last year's Alien Festival was enjoyed by over 50,000 avid Alien and UFO lovers trekking through Spruce Pine looking for Alien life forms and is the largest UFO/Alien Festival in North Carolina! Streets will be lined with over 200 unique UFO vendors selling and displaying alien and space related art, crafts and commercial goods. Vendors' merchandise will be featuring unique handmade merchandise and gifts celebrating our Galaxy including the Sun, Moon, stars, UFOs, aliens, paranormal, Bigfoot & more!

- * Date: June 14, 9am-7pm
- * **Cost:** Outdoor general admission is FREE, indoor speaker panels require admission.
- * Suitable for: All ages
- * For more info: Visit sprucePineAlienFestival@gmail.com/ or call (828) 688-1148

GRASSY CREEK MINERAL & GEM SHOW

PARKWAY FIRE AND RESCUE

The Grassy Creek Mineral & Gem Show offers a treasure trove of precious and semiprecious stones, crystals, fossils, and jewelry, alongside demonstrations and concessions from a range of vendors. Discover the Spruce Pine area's mineral wealth and heritage in this week-long show.

* Date: July 27-August 3, 10am-6pm

* Cost: FREE

* For more info: Visit grassycreekgemshow.org

NC MINERAL & GEM FESTIVAL

The NC Mineral & Gem Show is among the oldest gem shows in the country and draws visitors from around the world to purchase jewelry, precious stones, and crystals from an impressive array of dealers. Choose from four days of shopping and exhibits, or register to tour a local mine and dig for treasure. Located at 97 Pinebridge Ave. Spruce Pine, NC.

- * **Date:** July 31-August 3, Thursday-Saturday: 10am-6pm, Sunday: 12:30-5pm
- * **Cost:** \$5 for Adults, Children 10 & under are free, some admission discounts available.
- * For more info: Visit ncgemfest.com or call (828) 765-9033

78TH ANNUAL NC RHODODENDRON FESTIVAL IN BAKERSVILLE

The NC Rhododendron Festival draws hundreds of visitors from all over the region and features the Rhododendron Festival Pageant, the Craft Fair with food vendors, children's activities, and live music throughout the day, as well as a classic car show, a 10K run, and two nights of street dancing. Come discover our Small-Town Mountain Paradise! For more information on the various activities, schedules, tickets and other details, visit ncrhododendronfestival.org.

* Date: June 20-21, times vary by event

* Cost: Admission fees vary by event, Craft Fair admission is free

* Suitable for: All ages

* For more info: Visit ncrhododendronfestival.org

MOUNTAIN HERITAGE '25-'26 ORIENTATION MOUNTAIN HERITAGE HIGH SCHOOL/YANCEY COUNTY SCHOOLS

This is for rising 9th graders and any new to district transfers that are 9th through 12th grade. We will have a 4-day orientation to meet faculty staff, learn expectations for our campus/building, get a taste of course offerings and elective options, team building exercises, etc. Bus transportation will also be provided.

- * Date: Visit facebook.com/HeritageCougars for dates
- * Cost: FREE
- * Suitable for: Rising 9th graders & "New to Yancey" 10th-12th graders
- * For more info: Contact Principal Daron Williams at (828) 682-6103 or daron.williams@yanceync.net

MT. MITCHELL CRAFTS FAIR ON THE TOWN SQUARE BURNSVILLE-YANCEY COUNTY CHAMBER OF COMMERCE

This two-day event draws artists, craftspeople, musicians and food vendors from North Carolina, Virginia, Tennessee and beyond. Many beautiful items for sale as well as craft demonstrations, singing, dancing, and many other events. Sponsored by the Yancey County/ Burnsville Chamber of Commerce.

- * Date: August 1-2, 9am-5pm
- * Suitable for: All ages
- * For more info: Call (828) 682-7413 or visit yanceychamber.com

HARD TIMES, HIGH HOPES, HELPING HANDS FUNDRAISER RECONCILIATION HOUSE

Mark your calendars now for a fun filled and expanded community evening fundraising event at the Burnsville Town Center with an INCREDIBLE local music lineup, local foods, and a handmade and vintage quilt auction.

- * Date: June 20, 4pm* Suitable for: All ages
- * For more info: Call Reconciliation House at (828) 682-7251 or visit facebook.com/share/18Y3gz5fu9/

DIG IN YANCEY COMMUNITY GARDEN

For more information contact Krista Slavik at (404) 992-6541 or email krista@diginyancey.org or visit our website: diginyancey.org.

* Suitable for: All ages unless otherwise noted

BLANKENSHIP WORK TOGETHER DAYS

We invite folks of all ages to join us in tending an acre of vegetables, herbs and flowers at 744 Blankenship Creek Road in Prices Creek. Everything we grow, we share with our community for free. Please sign up here: signup.com/go/KnaEKJb.

* Date: Every Friday from April 4 - August 15, 9:30am-12pm

* Cost: FREE

BIOCHAR WORKSHOP, POTLUCK + MUSIC JAM

Rachel Kinard will lead us in a biochar-making workshop! Come learn an age old technique to revitalize your soil. Bring a camp chair, gloves to load brush, a hat, water, a potluck dish, a bowl and spoon, and an instrument if you'd like for a fireside jam. 774 Blankenship Creek Rd, Burnsville.

Date: May 24, 1-7pm Cost: sliding scale \$0-\$40

Suitable for: All ages (the kiln will be hot!)

GARLIC HARVEST!

Come join us for this special annual harvest. 774 Blankenship Creek Rd, Burnsville

* Date: June 28, 9:30am-12pm

* Cost: FREE

TOOL LIBRARY LAUNCH!

Dig In is starting a tool library! We will be offering assistance with basic hand tool maintenance this day as well: sharpening, oiling handles, etc. Location TBD (check website).

* Date: July 12, time TBD (check website)

* Cost: Donations welcome

GARLIC CLEANING PARTY

Come hang out with us in the garden as we cut the stalks and get to know each other. Potential for a song circle or games. Bring a dish for a potluck if you 'd like. Some snacks will be provided. 774 Blankenship Creek Rd, Burnsville.

* Date: August 9, 1-4pm

* Cost: FREE, Donations always welcome

FLOWER PAINTING WORKSHOP

Come experience Dig In's beautiful flower garden. You will pick some flowers and work with Robin Boston to create an acrylic on canvas flower painting. You will leave with a bouquet of flowers and a painting! Bring a lunch to share. Limit 10. Email krista@diginyancey.org to register. 774 Blankenship Creek Rd, Burnsville.

* Date: August 23rd, 10am - 2pm

* Cost: Sliding scale \$0 - \$50

FERMENTATION DEMONSTRATION

Olivia and Rocky will be doing a free fermentation demonstration at Pickle Palooza at Homeplace in Burnsville!

* Date: September 20

* Cost: FREE

TABLE AT THE OLD TIMEY FALL FESTIVAL

Come visit us at the Old Timey Fest. We'd love to see you!

* Date: September 27

* Cost: FREE

CANDY ROASTERS

We will bring our Candy roaster winter squash harvest to a kitchen near Burnsville (location TBD, check our website). There, we will roast and package these delights to be distributed!

* Date: October 11, 10am-2pm

* Cost: FREE

GARLIC PLANTING!

Join us as we plant our annual garlic crop! Bring water and a lunch. 774 Blankenship Creek Rd, Burnsville

* Date: October 25, 10am - 1pm

* Cost: FREE

PIPES ON THE PARKWAY

THE ORCHARD AT ALTAPASS

The Orchard at Altapass, where the rich Scots-Irish heritage of our region comes alive through the soulful sounds of traditional music. Celebrate the enduring legacy of the Scots-Irish settlers who shaped these hills, as pipers and musicians fill the air with timeless melodies that echo their stories of resilience and culture. Whether you're tapping your feet to the tunes or soaking in the scenic beauty of this historic orchard, Pipes on the Parkway promises an afternoon of connection to the past and enjoyment of the present—perfect for families, history buffs, and music lovers alike.

* Date: June 7th, from 12-4pm

* Cost: FREE

* Suitable for: All ages

* For more info: Visit altapassorchard.org or call (828) 765-9531

ACTIVITIES

AMY REGIONAL LIBRARY-MITCHELL COUNTY PUBLIC LIBRARY

For more information visit <u>amyregionallibrary.org</u>, call (828) 688-2511, or email <u>mcpl@amyrl.org</u>.

* Cost: FREE* Ages: All Ages

BOARD GAMING AND ART STATION

Come play board games, start a RPG of your own, or make your craft at the art station. Snacks and drinks provided.

* Date: Every Tuesday, 3:30-5pm

LEES-MCRAE MAY WILDLIFE CENTER

The May Wildlife Rehabilitation Center, part of Lees McRae College, will bring some of their Animal Ambassadors to meet with families at the library.

* **Date:** June 10, 2pm

READING IS ALIVE

Parkway Playhouse's Reading is Alive Program, produced in partnership with Attic Salt Theater, Penland School of Crafts, and our AMY Regional Libraries. Arrive early to participate in making a free craft and stay to the end to receive a free book!

* **Date**: June 17, 11am

BIG, BANG, BOOM!

A fun, interactive musical performance filled with dancing, singing, and fun for all ages from Winston-Salem.

* **Date:** June 23, 11am

MOVIE NIGHT AT THE LIBRARY - DOG MAN

MCPL will be showing the movie Dog Man, free popcorn and boba tea provided. Signup is required for this event.

* Date: July 26, 4pm

CRITTER KEEPER: LIVE CREATURE PRESENTATION

The Critter Keeper will give a presentation that will encompass about a dozen animals, several magic tricks, and some pretty good surprises that are intended to get some screams and adrenaline pumping. If you are brave enough, strong enough, and ready to take on the jungle, then you may be ready for a Critter Keeper event that will amaze and astound you!

* Date: June 30, 1pm

TIE-DYE WORKSHOP

Tie-Dye Workshop with Ms. Natasha. Participants are welcome to bring their own 100% white cotton t-shirts to tie-dye. Bring prewashed t-shirts in which you haven't used fabric softener or dryer sheets when drying the shirt after prewashing it. Bandanas and many beautiful dye colors will be provided for tie-dying. For best results, participants will take their projects home in plastic bags to sit for 6 to 8 hours before they wash out the dye colors.

* Date: July 10, 11am

SOAP BUBBLE CIRCUS

The Soap Bubble Circus combines education with entertainment qualities inherent in soap bubbles.

* Date: July 23, 10am

MOVIE NIGHT AT THE LIBRARY - SUPER MARIO BROS

MCPL will be showing The Super Mario Bros. Movie, free popcorn and boba tea provided. Signup is required for this event.

* Date: July 24, 4pm

FLETCHER ROBERTS MAGIC SHOW

Fletcher Roberts, a professional magician, with well over a decade of experience, performing from city streets to sold-out theaters across America. Don't blink or you might just miss the magic.

* **Date**: July 30, 2pm

END OF SUMMER CELEBRATION

A fun filled end of summer celebration.

* Date: August 5, 11am

AMY REGIONAL LIBRARY – SPRUCE PINE PUBLIC LIBRARY

For more information visit <u>amyregionallibrary.org</u>, call (828) 765-4673, or email sppl@amyrl.org.

* Cost: FREE* Ages: All Ages

LEES-MCRAE MAY WILDLIFE CENTER

The May Wildlife Rehabilitation Center, part of Lees McRae College, will bring some of their Animal Ambassadors to meet with families at the library.

* **Date:** June 12, 11am

ADVENTURES IN ARCHEOLOGY

Adventures in archeology with Jamie and Natasha.

* Date: June 19, 3pm

BIG, BANG, BOOM!

A fun, interactive musical performance filled with dancing, singing, and fun for all ages from Winston-Salem.

* **Date:** June 24, 2pm

READING IS ALIVE

Parkway Playhouse's Reading is Alive Program, produced in partnership with Attic Salt Theater, Penland School of Crafts, and our AMY Regional Libraries. Arrive early to participate in making a free craft and stay to the end to receive a free book!

* **Date**: July 9, 3pm

CRITTER KEEPER: LIVE CREATURE PRESENTATION

The Critter Keeper will give a presentation that will encompass about a dozen animals, several magic tricks, and some pretty good surprises that are intended to get some screams and adrenaline pumping. If you are brave enough, strong enough, and ready to take on the jungle, then you may be ready for a Critter Keeper event that will amaze and astound you!

* Date: July 14, 10am

TIE-DYE WORKSHOP

Tie-Dye Workshop with Ms. Natasha. Participants are welcome to bring their own 100% white cotton t-shirts to tie-dye. Bring prewashed t-shirts in which you haven't used fabric softener or dryer sheets when drying the shirt after prewashing it. Bandanas and many beautiful dye colors will be provided for tie-dying. For best results, participants will take their projects home in plastic bags to sit for 6 to 8 hours before they wash out the dye colors.

* Date: July 17, 11am

SOAP BUBBLE CIRCUS

The Soap Bubble Circus combines education with entertainment qualities inherent in soap bubbles.

* Date: July 22, 3pm

FLETCHER ROBERTS MAGIC SHOW

Fletcher Roberts, a professional magician, with well over a decade of experience, performing from city streets to sold-out theaters across America. Don't blink or you might just miss the magic.

* Date: July 30, 11am

END OF SUMMER CELEBRATION

A fun filled end of summer celebration.

Date: August 4, 11am

AMY REGIONAL LIBRARY-YANCEY COUNTY PUBLIC LIBRARY

For more information visit <u>amyregionallibrary.org</u>, call (828) 682-2600, or email <u>ycpl@amyrl.org</u>.

* Cost: FREE* Ages: All Ages

WATER WARRIORS

A fun, outdoor event featuring water-based games and activities to celebrate the season and promote physical activity.

* Date: June 5, 2pm

LEES-MCRAE MAY WILDLIFE CENTER

Meet some of the rescued animal ambassadors from The May Wildlife Rehabilitation center, learn about the needs of local wildlife, and the importance of conservation efforts.

* Date: June 10, 11am

CHROMATIC CHAOS: A SCIENCE ADVENTURE

A rainbow of science event exploring the fascinating world of color through engaging experiments and demonstrations with Mr. Wayne.

* **Date:** June 12, 12pm

READING IS ALIVE

Parkway Playhouse's Reading is Alive Program, produced in partnership with Attic Salt Theater, Penland School of Crafts, and our AMY Regional Libraries. Arrive early to participate in making a free craft and stay to the end to receive a free book!

* Date: June 17, 3pm

SPLATTER AND SPLASH

Join us for a messy afternoon of fun art focused on creative exploration and sensory play. Come prepared to get a little messy.

* **Date:** June 19, 2pm

BIG, BANG, BOOM!

A fun, interactive musical performance filled with dancing, singing, and fun for all ages from Winston-Salem.

* **Date:** June 23, 2pm

JUMP FOR JOY

Get ready for a fun time at the library with inflatables and a sweet treat.

* **Date:** June 26, 12pm

CRITTER KEEPER: LIVE CREATURE PRESENTATION

The Critter Keeper will give a presentation that will encompass about a dozen animals, several magic tricks, and some pretty good surprises that are intended to get some screams and adrenaline pumping. If you are brave enough, strong enough, and ready to take on the jungle, then you may be ready for a Critter Keeper event that will amaze and astound you!

* Date: June 30, 10am

PLAY & LEARN GROUPS

BLUE RIDGE PARTNERSHIP FOR CHILDREN

Play & Learn is a Playgroup for Children 0-5 and their caregivers. It offers play stations for learning, storytime, songs, and support for caregivers

* Date: Mondays at 10am at the Yancey County Public Library, Tuesdays at 9:30am at the Spruce Pine Public Library, and Fridays at 9:30am at the Mitchell County Public Library.

* Cost: FREE

* Suitable for: Ages 0-5

* For more info: Visit <u>BlueRidgeChildren.org</u>, <u>facebook.com/blueridgeplayandlearn</u>, or email <u>Play@BRpartnershipforchildren.org</u>

CENTER FOR PIONEER LIFE

For more info visit <u>pioneerlife.org</u>, call (828) 536-0337, or email <u>programs@pioneerlife.org</u>.

HISTORY HAPPY HOUR: MITZI MOODY AND THE CLOUDLAND HOTEL

Mitzi Moody, author of a series of books about the Cloudland Hotel, will talk about the legendary hotel built in 1885 on Roan Mountain. Mitzi is a bestselling author of Christian historical romances, including Mountain Majesty and Blue Ridge Blues. She also has a podcast and blog about Living a Low Carb Life. "I want those who read 'Mountain Majesty' to be swept away into another time and place in which they will fall in love with the characters and gain insight into the history of the Blue Ridge Mountains and people of the past," Moody said. "But most of all, I want them to grow closer to God." Mitzi and her husband, Phil, minister of Spruce Pine Christian Church, have been married 43 years and have two grown children and three grandchildren. She's the daughter of Crossnore dancing legend Bob Aldridge, who was the youngest of 18 children, and Sara Ann Dearmin Aldrige, who was raised in Elk Park. Mitzi's live broadcasts occur on anchor.fm/s/51c5e620/podcast/rss.

* **Date:** June 3, 6:30-7:30pm.

* Cost: FRFF

* Suitable for: All Ages

BLACKSMITHING WORKSHOP

Students will create a beautiful and functional steel serving spoon or ladle through the process of Blacksmithing. We'll start by blacksmithing the handle out of the thick wire ties used to bundle rebar; next we'll cut out the bowl of the spoon from reclaimed pieces of sheet metal, then swage it into a form. Finally, students will make rivets (copper from salvaged electrical wire or aluminum from transmission wire brought down by hurricane Helene—there's a lot of that!), then join the bowl to the handle, completing their creation! Participants will: identify useful materials including types of metals and fuels learn how to extract and process these materials learn basic Blacksmithing techniques including metalworking and coal fire tending learn basic cold swaging techniques.

* **Date:** June 21, 10am-4pm

* Cost: \$65

* Suitable for: Teens and Adults

BLUE RIDGE STORYTELLING SUMMIT

The Blue Ridge Storytelling Summit offers exciting, timely stories from regionally brilliant tellers, including Wallace Shealy, Catherine Yael Serota, Larry Pearlman, and Sherry Lovett, with music by local group Spinning Wheel. Pig and Grits will provide the food truck, and there will be time to tour the 1847 log cabin on the land and enjoy the chickens and baby goats. Join us for a pleasant day of swapping stories.

* Date: June 28, 10am-2pm

* Cost: \$5

* Suitable for: All ages

CANNING WORKSHOP

Join Niki Maness us for a hands-on Canning Workshop where you'll learn the art of preserving fresh foods the traditional way! This workshop is perfect for beginners and seasoned preservers alike. Niki will lead you all in making a run of jelly!

* Date: July 12, 10am-12pm

* Cost: \$10

* Suitable for: All Ages

HISTORY HAPPY HOUR: ELAINE MCALISTER DELLINGERLOST COVE

Legends of Lost Cove abound. The ghost town, located in the Poplar Gorge above the Nolichucky River on the Tennessee-North Carolina border, once was a thriving community. Join local author Elaine McAlister Dellinger to learn about Lost Cove and Its People.

* Date: August 5, 6:30-7:30pm

* Cost: Free

* Suitable for: All ages

SALT MAKING DEMONSTRATION

Saltville, Virginia, has a rich history of salt production dating back to prehistoric times. Located in the Appalachian Mountains, the area was naturally endowed with abundant salt deposits. During the Civil War, Saltville became a strategic location due to its salt production, which was crucial for preserving food for the Confederate army. After the war, the salt industry continued to play a vital role in Saltville's economy. The process involved drilling wells to reach the brine, which was then brought to the surface and evaporated in large pans to produce salt. This method remained in use until the early 20th century when the industry declined due to competition and the advent of refrigeration. Today, Saltville celebrates its heritage with historical markers and museums, preserving the story of its salt-making past and its impact on the region's development. Join world renowned saltmaker, Jim Bordwine, and learn all about the history of Salt Making.

* Date: August 16, 10-11:30am

* Cost: \$5

* Suitable for: All Ages

MINI GOLF

VICS'S PLACE

18- hole mini golf course! Fun for all ages.

* Date: Opening Memorial Day weekend, Friday-Saturday 1-8pm, Sunday 1-6pm

* Cost: \$4 kids ages 3-12, \$8 adults

* Suitable for: 3 and up

* For more information: Contact Logan Oberhammer (828) 467-0831, email vicsminigolf@gmail.com or visit vicsminigolf.com

DAY CAMPS

PARKWAY PLAYHOUSE SUMMER CAMPS

For more information visit <u>parkwayplayhouse.com/junior/</u> or contact Parkway Playhouse at (828) 682-4285.

MUSICAL THEATRE INTENSIVE CAMP

Performers will be immersed in all aspects of musical theater during this fun, week-long intensive. Daily classes in acting, voice and dance will focus on building a character through monologue and song as well as honing dance technique while learning exciting choreography. The week will culminate with a cabaret style performance for family and friends featuring individual and ensemble scenes, songs and dances. This class is recommended for those that have had stage experience and wish to further develop their talent, technique and confidence. Students should come prepared with a 1-2 minute monologue as well as a song from a musical (Broadway, film, or TV).

* Date: June 2-6, 10am-4pm

* Cost: \$200

* Suitable for: Ages 12-18

AHOY, ACTORS CAMP

Set sail for a swashbuckling adventure on the stage with Ahoy, Actors! This pirate-themed theater camp invites young buccaneers to dive into the world of acting, storytelling, and creativity while exploring the thrilling high seas. Over the course of the camp, kids will develop acting skills, learn improvisation, create characters, and even help write their own pirate-inspired scenes. Taught by Michelle Geouge.

* Date: June 30-July 4, 9am-12pm

* Cost: \$150

* Suitable for: Ages 9-12

DISNEY'S DESCENDANTS PRODUCTION CAMP

This show is a comedy musical based on the Disney Channel movie series Descendants. The musical is set in the kingdom of Auradon, where the children of Disney heroes and villains attend high school together. The musical features songs from the movies and explores themes of

redemption and second chances. Taught by Jenny Martin, Melanie Veazey, and Collin Eten.

* **Date:** July 7-18, 10am-4pm. Performances on July 18 & 19 at 6:30pm; July 20 at 2:30pm

* Cost: \$350

* Suitable for: Ages 12-18

DISNEY'S DESCENDANTS TECHNICAL ASSISTANT CAMP

Hands-on production camp for teens.

* **Date:** July 14-20, 10am-4pm

* **Cost:** \$150

* Suitable for: Ages 13-18

LIGHTS UP ON LITERACY CAMP

Lights Up on Literacy is a mini-camp open to elementary-aged children, with a focus on creating a lifelong love of reading! Taught by Julie Thomas, a veteran Kindergarten teacher with 20 years of experience, children will bring stories to life through acting, costumes, props, and play, while developing reading skills!

* Date: July 28-August 1, 9am-12pm

* **Cost:** \$150

* Suitable for: Ages 5-8

PENLAND SCHOOL OF CRAFT SUMMER CAMPS

To register <u>penland-school-of-craft.jumbula.com/home</u> or for more information contact Penland School fo Craft at (828) 765-2359 or email <u>info@penland.org</u>.

ART EXPLORERS

Join us for a week of multimedia explorations! Campers will learn new techniques with printmaking, drawing, painting, and clay. Our creations will showcase stories, imaginary creatures, original inventions, and joyful celebrations of art in our camp community!

* Date: June 9-13, 9am-12pm

* Cost: \$165, Scholarships available

* Suitable for: Ages 3-7

ART EXPLORERS II

This intermediate version of Art Explorers will take campers on an adventure to learn new techniques with both 2D and 3D media, including printmaking, drawing, painting, and clay. Lessons exploring portraits, landscapes, and sculptures will be informative and open-ended as each camper finds their own voice in the materials!

* Date: June 9-13, 1:30-4:30pm* Cost: \$165, Scholarships available

* Suitable for: Ages 7-11

PAINTING WITH GREAT ARTISTS

Paint like a pro! In this camp, students will create personal artwork using acrylic based mixed media materials by learning from the example of great historic and contemporary painters. Each day will begin with an exploration of paintings from some of today's and yesteryear's best artists to inspire the making of our own reproductions, illustrations, and abstract art. By using multiple approaches to acrylic paint inspired by these artists, campers will learn how to take one medium and transform it into a variety of results!

* Date: June 16-20, 9am-12pm* Cost: \$165, Scholarships available

* Suitable for: Ages 10-13

A SMALL WOODEN BOX FOR YOU

This camp is an introduction to woodworking through a box-making technique that utilizes hand tools and the bandsaw to create a sculptural, one-of-a-kind small container. Students will learn safe practices and experiment with textures and colors on wood, and take home their own personalized box at the end of the week.

* Date: June 23-27, 9am-12pm* Cost: \$230, Scholarships available

* Suitable for: Ages 8-12

EVERYDAY TEXTILES

Join Edwina Bringle for a week of sampling textiles techniques! Projects in this camp will include weaving, making coiled baskets, and incorporating findings from nature into our artwork as we follow the group's interests from day to day. Through these processes, students will

also learn methods for making textile artwork at home with recycled and ordinary materials.

* Date: June 30-July 4, 9am-12pm* Cost: \$165, Scholarships available

* Suitable for: Ages 10-13

MAKING MUSIC BY HAND

Come learn how to make your own musical instruments! Throughout the week, campers will explore different types of instruments, where they originate from, various techniques for creating them, and fun ways to play and share them. Instruments will include bamboo wind chimes, sound sticks, and more! Using simple hand tools, natural and recycled materials, and our own imaginations, everyone will go home with their own instruments and the knowledge to make more on their own.

* Date: July 7-11, 9am-12pm

* Cost: \$165, Scholarships available

* Suitable for: Ages 6-10

MUSIC AND SELF-EXPRESSION: PLAYING WITH SOUND AND MATERIALS

This session, every day will be a mixture of instrument making and music creation! In addition to crafting our own musical instruments with basic woodworking processes, campers will also learn about musical technique, rhythms from around the world, how to listen to our fellow musicians, and self-expression through simple instruments. Some projects include making bamboo wind chimes, simple stringed instruments, and other instruments students wish to create.

* Date: July 7-11, 1:30-4:30pm

* Cost: \$165, Scholarships available

* Suitable for: Ages 10-13

ANIMAL ADVENTURES IN SCULPTURE

This course will focus on sculptural artworks inspired by symbolism and ancient mythology of animals. Get your imagination churning and your hands dirty with painting, papier-mâché, clay, and other materials! We will make zoomorphic masks, piñatas, figurines, clay boxes, and much more! Use your favorite animals as creative inspiration and discover new fascinating animals to love across the globe and in your own backyard.

Date: July 14- 25, 9am-12pm

* Cost: \$270, Scholarships available

* Suitable for: Ages 10-13

OCEAN CAMP

Set off on a voyage to explore the wonders of the ocean. We'll learn about the creatures who live in and around the ocean through crafts, music, stories, and play. We may even see a few mermaids and pirates along the way!

* Date: July 14- 18, 9am-12pm* Cost: \$160, Scholarships available

* Suitable for: Ages 2-6

CLAY CREATIONS: FROM WHEEL TO FIRE

This dynamic 5-day workshop introduces students to throwing, hand-building, and smoke-firing processes, culminating in a fun and creative Throwing Olympics and a pit-firing. The camp combines skill-building, creativity, and experimentation, offering students a memorable and educational clay experience!

* Date: July 28-August 1, 9am-12pm* Cost: \$195, Scholarships available

* Suitable for: Ages 11-14

THE MAGIC OF PINHOLE PHOTOGRAPHY: CRAFT & CAPTURE

Unlock your creativity with this immersive dive into the magic of photography! Discover the roots of image-making as you build simple cameras and experiment with capturing light. From designing a darkroom space to exploring the science and history of photography, this camp offers the perfect blend of discovery and hands-on creation. Through guided experimentation, students will experience the thrill of capturing images from scratch. Come ready to see the world in a new way!

* Date: July 4-July 6, 9am-4pm* Cost: \$185, Scholarships available

* Suitable for: Ages 13-17

WHEEL THROWING

Come get your hands dirty learning the technical and mesmerizing technique of throwing clay on the potter's wheel! This class will cover the

basics from foundational knowledge of ceramics to more technical methods of working on the wheel. We will begin with fundamental centering skills and work our way up to larger and taller forms that could become pitchers or even sculptural vessels! We will develop interesting surfaces through slip trailing, carving, sgraffito, and bright glazes. To conclude our camp, we will build and fire artworks in a traditional style pit firing.

* **Date:** July 14- 25, 1:30-4:30pm * **Cost:** \$310, Scholarships available

* Suitable for: Ages 12-17

FELT IS FABULOUS: CRAFTING YOUR OWN STYLE

Participants in this workshop will learn the fundamentals of wet and needle felting to create unique wearable art pieces. Each participant will choose one form—felted hat, satchel, or small neck wrap—and complete a project using high-quality wool and fibers. The workshop will explore the traditional craft of felting while encouraging personal creativity and modern design!

* **Date:** July 25-27, 9am-4pm

* Cost: \$195, Scholarships available

* Suitable for: Ages 13-17

BLUE RIDGE HORSE ADVENTURES CAMPS

Come with friends or make new ones! Prior experience is not necessary. Age appropriate horse handling, care, and Western riding lessons are included. Every child is met at their skill and comfort level and supervised by a highly qualified instructor. Our objective is to provide the safest horse experience possible while providing a positive mental/emotional experience as well. We strive to ensure every child has fun while learning and growing. To register visit blueridgehorseadventures.com/summer-childrens-program.

Volunteer opportunities for ages 14 and up for any of the listed sessions. Approval required. Volunteer training is scheduled for June 18-19, from 10am-4pm.

* Cost: \$475/week uless otherwise noted, A limited number of need based partial scholarships available here: form.jotform.com/250575164594161

PONY PALS

Daily riding lessons on kid-friendly horses and ponies. Includes horse care and safety lessons both on and off the horse. Also includes movement games plus arts and crafts.

* Date: June 23-27 or July 7-11, 10am-4pm

* Suitable for: Ages 5-8

RANCH AND NATURE DAYS

This is a shorter 3 day version this year. Explore the farm, meet all the animals, get a horse ride, and enjoy games and arts and crafts.

* Date: June 9-11, 10am-4pm, Monday-Wednesday

* Suitable for: Ages 5-12

JR. HORSEMANSHIP

Daily riding lessons on kid-friendly horses and ponies. Includes more indepth horse care and safety lessons plus communication and reading horse language. Also includes hiking, movement games, plus arts and crafts.

* Date: July 14-18 or July 21-25, 10am-4pm

* Suitable for: Ages 8-12

TEENS

Daily riding lessons available along with horse care, safety, handling and communication lessons. At this age, we're continuing to build confidence, self-esteem, leadership skills, focus, and emotional intelligence. Hiking, movement games, and arts and crafts are also included.

* Date: July 28-August 1, 10am-4pm

* Suitable for: Ages 12-14

HIKING DAY CAMP

SNAKEROOT ECOTOURS

Red Eft is a forest immersion camp, relatively unstructured, but with ample opportunities for kids to: get lots of exercise, including significant physical challenge; cool off in pristine mountain creeks; socialize with their peers; learn to safely and respectfully interact with the mountain landscape; get to know some of the many characters that compose the ecological masterpiece of Southern Appalachian forest that we are privileged to call home.

- * Date: June 2-5 or June 9-12, 9am-3pm, Monday-Thursday
- * Suitable for: Ages 8-11
- * For more information: Contact Tal Galton at (828) 675-8218 or email info@snakerootecotours.com.

NINJA TURTLE/ SPIDERMAN CAMP/FAIRY PRINCESS CAMP DANCE AND KARATE EXPRESS

Fairy Princess Camp includes Princess Dress-up, Fashion Shows, Tea parties, Hair and Nail spa day, Treasure hunts, Dance and music parties, Arts and crafts. Games and Legos. Lots of fun!! Snacks are provided. Dance and Karate Express is located at 605 W. US Hwy 19E, Burnsville.

- * **Date:** Week 1- June 23-28, Week 2- July 7-11, Week 3- July-21-25, 9am-12pm
- * Cost: \$105 per week* Suitable for: Ages 3-12
- * For more information: Contact Cindy at (828) 682-1493, (828) 808-2845, or email cgaylehutch@gmail.com

APPALACHIAN THERAPEUTIC RIDING CENTER CAMPS

ATRC hosts summer camps for many different groups. Horseback riding, crafts, music, and more. Scholarship help is available. Contact atrcriding@gmail.com or (828) 675-5630 (no text) for more information.

PRESCHOOL

* Date: July 14-18, 9-10:30am or 11am-12:30pm

* Cost: \$150

* Suitable for: Ages 3-5

MENTAL HEALTH SUPPORT

* Date: June 16-20, 9am-12pm

* **Cost**: \$300

* Suitable for: Ages 9-6

LITERACY SUPPORT

* Date: June 23-27, 9am-12pm

* Cost: \$300

* Suitable for: Elementary students

MENTAL HEALTH SUPPORT

* Date: June 16-20, 9am-12pm

* **Cost**: \$300

* Suitable for: Ages 10-12

PHYSICAL THERAPY

* Date: July 21-30, 9am-12pm

* Cost: \$300

* Suitable for: Ages 10-12

KID'S SUMMER ROLLER SKATE CAMP

HERITAGE ROLLER RINK

Calling all teachers and parents! Are you going crazy trying to figure out your summer plans? Take a deep breath and relax! Heritage Roller Rink's Kid's Summer Skate Camp 2025 is here!! Featuring an engaging array of activities for the kiddos! Lunch and snacks are included. Advanced registration is required.

- * Date: June 16-20 or June 23-27, 9am-4pm
- * Cost: \$200 for 5 days or \$135 for 3 days, before & after care available for an additional fee
- * Suitable for: Ages 4-14
- * For more information: Call Heritage Roller Rink at (828) 208-4142 or email Celia Brown at celiabrown89@gmail.com

SUMMER ARTS - KID CAMPS IN SOUTH TOE

Join us for an outdoor art camp and explore your inner artist in a collaborative and creative way! Contact Anna annaearlyart@gmail.com to reserve your spot! All camps are Monday-Friday in Celo.

* Cost: \$300. Contact for scholarship info.

* Suitable for: Ages 5-9

PRINT AND PAINT!

Explore printmaking with monotypes and stamping, and learn new ways to paint with watercolors and acrylics.

* Date: June 23-27, 10am-2pm

AMAZING ANIMALS!

Make clay animals, paper masks, and animal tracks. Express yourself through the eyes of your favorite creatures.

* Date: July 21-25, 10am-2pm

FUN WITH FIBERS!

Dye wool, learn to felt, stamp fabric and sew by hand. Embellish the ordinary and make wearable art!

* Date: July 28 - August 1, 10am-2pm

MAYLAND COMMUNITY COLLEGE SUMMER CAMPS | MITCHELL CAMPUS

For more information or to register call the Mitchell Learning Center at (828) 766-1291.

BECOME A HEALTH CARE HERO (2 HOURS)

Join Mr. Josh Cooke and Ms. Elizabeth Payne for an exciting introduction to the worlds of Emergency Medical Services and Nursing. Get an upclose look at the day-to-day life of a Paramedic as you explore an ambulance and our brand-new ambulance classroom simulator. You'll work through a simulated EMS call and practice real-life skills on a high-fidelity mannequin. Next, Nursing Simulation Coordinator Elizabeth Payne will guide you through the nursing simulation lab, where you'll learn basic nursing skills and apply them while providing care to a high-fidelity simulator. If your dream is to be a Paramedic or a Nurse, then you don't want to miss this class! (Register early space limited to 10 students).

* Date: July 8, 1-3pm in Mitchell

* Cost: \$30

* Suitable for: Ages 6-10

BE A HERO, BECOME A FIREFIGHTER (4 HOURS)

Learn what it takes to be a firefighter. Students will learn about protective fire gear, safety tips, and get to check out a fire truck. Recommended ages 6-11.

* Date: June 18, 1-5pm in Mitchell

* Cost: \$30

* Suitable for: Ages 6-11

MAYLAND COMMUNITY COLLEGE SUMMER CAMPS | YANCEY CAMPUS

For more information or to register call the Yancey Learning Center at (828) 682-7315.

EARTH TO SKY PARK JUNIOR EXPLORERS (9 HOURS)

From the ground to the stars that abound, there is so much around! We will combine outdoor learning, science, and the arts while learning about a variety of different nature topics that are sure to put some a stop to that summer brain drain! Join our Earth to Sky camp instructors conducting ecological and geological explorations of the Park. Go on a scavenger hunt for different plant and animal species, learn how to track animals, navigate with and without a compass and go on a treasure hunt using skills that you learn! Campers will need to wear appropriate clothes to be outside, closed toe shoes, bring sunscreen, and a water bottle. A mid-morning snack will be provided.

* Date: July 8-10, 9am-12pm in Yancey

* Cost: \$90

* Suitable for: Ages 10-13

JUNIOR SPACE RANGER CAMP (12 HOURS)

Junior Space Rangers will craft upcycled rocket filled jet packs, cardboard space shuttles and space helmets to explore the solar system in the Arthur Planetarium and Earth to Sky Park classroom. Jr. Space Rangers will watch kid friendly STEAM programming in the Planetarium and learn about space travel, the moon, planets, and the cosmos. Campers need to wear closed toe shoes and bring a water bottle. A mid-morning snack will be provided.

* Date: July 14-17, 9am-12pm in Yancey

* Cost: \$175

* Suitable for: Ages 6-11

BE A HERO, BECOME A FIREFIGHTER (4 HOURS)

Learn what it takes to be a firefighter. Students will learn about protective fire gear, safety tips, and get to check out a fire truck.

* Date: June 19, 1-5pm in Yancey

* Cost: \$30

* Suitable for: Ages 6-11

BE A HERO, BECOME A PARAMEDIC OFFICER (2 HOURS)

Recommended ages upcoming 1st—4th graders. Join Mr. Tony Cook as he introduces students to the world of EMS. Students will get a close-up look at the day-to-day operations of an EMT/Paramedic Professional. Students spend time looking at an ambulance and getting in the back of our brand-new ambulance classroom simulator. We will work our way through a simulated EMS call and do actual skills on the High-Fidelity Mannequin. If your dream is to be a Paramedic, then you don't want to miss this! (Register early space is limited to 10 students).

* Date: June 26, 12-2pm in Yancey

* Cost: \$20

* Suitable for: Grades 1-4

BEGINNER HIP HOP (3 HOURS)

Join our dynamic youth beginner hip hop class! We'll learn funky moves and grooves while building confidence. Each week, we'll master exciting choreography. Limited to 15 kids per class. Get ready to dance your heart out!

* Date: Date TBD in Yancey* Suitable for: Ages 12-17

BEGINNER JAZZ FUNK (2 HOURS)

This dynamic fusion of hip-hop and jazz, also known as Street Jazz, will groove your socks off. Get ready to learn a new choreography every week in a fun-filled environment. Limited to 15 kids per class. Get ready to dance your heart out!

* Date: Date TBD in Yancey* Suitable for: Ages 10-16

APPALACHIAN YOUTH TO YOUTH (Y2Y) SUMMER EXPERIENCE WILLIAMS YMCA OF AVERY COUNTY AND PATH

Y2Y Summer Experience is back! Join us August 4th and 5th to experience a condensed, action-packed experience of the Youth to Youth afterschool program—summer style! What you'll get to do and experience:

* Meet new friends

* Play fun & hilarious games

* Record a radio PSA that will air on WTOE/WKYK!

- * Volunteer at a local food bank, community garden, or animal shelter
- * Create your own resin keychain using nature objects
- * Enjoy a fun, outdoor activity (swimming, hiking, etc. TBD)
- * Learn about the year-round, Y2Y after-school program

Snacks will be provided both days. Transportation home from the YMCA Healthy Living Center is available for those who need it (for students living in Mitchell County only). Space is limited to 12 students. Appalachian Youth to Youth fostera positive youth development through meaningful connections with other youth and adult mentors, enrichment experiences, leadership development, and youth-driven community service projects. In 2024, the newest chapter of Appalachian Youth to Youth opened in Mitchell County and meets weekly after school at the YMCA in Spruce Pine. Students who attend the Y2Y Summer Experience and wish to continue are invited to enroll in the Y2Y 2025/2026 after-school program. To register for the Y2Y Summer Experience, fill out an online registration form by July 28th: bit.ly/y2ysummer2025

* **Date**: August 4 & 5, 1-5pm

* Cost: FREE

* Suitable for: Rising 6th-8th graders in Mitchell and Yancey Counties

* For more information: Contact Tara Brozanski at (615) 887-0659 or email tara@pathwnc.org

2025 CTE CAREER EXPLORATION CAMPS MOUNTAIN HERITAGE HIGH SCHOOL

Come join us to explore careers and learn about career opportunities in various industries! Whether you choose to attend one camp or multiple camps, it is a great opportunity to start setting goals for your future. Each camp will be hands-on and engaging for students and many include field trips and tours. Lunch will be provided and all camps are free. Visit the CTE website to learn more and to register for the camps: yanceync.net/page/cte-summer-camps.

Note: Students who are NOT enrolled in a NC public school may participate in camps but will need to provide their own transportation for any field trips taken as part of the camp.

* **Suitable for**: Rising 7th-10th graders

* For more information: Visit yanceync.net/page/cte-summer-camps or contact Cynthia Deyton at cbdeyton@yanceync.net.

APPALACHIAN PERFORMING ARTS

Please wear comfortable athletic clothing or dance clothing, bring a snack, and a water bottle. You're welcome to "dress up" for each day's theme! See you at the studio!

* For more information: Contact Appalachian Performing Arts at (828) 367-9548 visit appalachianperformingarts.com or email appalachianperformingarts.staff@gmail.com.

KINDERDANCE FOREST FROLIC!

Fireflies, fairies, butterflies, woodland creatures.... 5-6 year olds, join us for a week of Forest Frolic Fun! Each day includes dance sessions, group activities, surprises, and a craft to take home! Dance sessions this week include: Ballet, Tap, Jazz, Clogging, and Acro Summer Dance Programs are a great way to ignite your love for dance or continue on your dance journey!

* Date: June 23-27, 9am-12pm

* Cost: \$135

* Suitable for: Ages 5-6

LITTLE DANCERS TEDDY BEAR PICNIC!

3-4-year-olds, grab your favorite teddy bear and join us! This program includes: Dance instruction, games, snack, and a craft to take home, all themed around YOU and your teddy bear! Summer Dance Programs are a great way to ignite your love for dance, or continue on your dance journey!

* **Date**: June 24, 1-2pm

* Cost: \$15

* Suitable for: Ages 3-4

FIRST STEPS TEDDY BEAR BOOGIE!

Grab your favorite teddy bear and join us for this special class! We will be dancing to some of our favorite tunes, and your teddy bear can dance along! Participants are required to bring an adult along with them to participate with them in class!

* **Date** June 26, 1-1:30pm

* Cost: \$15

* Suitable for: Two-year-olds/tots

KINDERDANCE DREAMHOUSE DAY!

Pink goes with everything! 5-6-year-olds, join us for a day of glamourous fun! Games, group activities, surprises, dance sessions, and a craft to take home. Dance sessions for this day are: ballet and tap! Summer Dance Programs are a great way to ignite your love for dance or continue on your dance journey!

* Date: June 30, 9am-12pm

* Cost: \$30

* Suitable for: Ages 5-6

LITTLE DANCERS DREAMHOUSE DAY!

Pink goes with everything! 3-4-year-olds, join us for an hour of glamourous fun! Dance session, games, and a craft to take home. Summer Dance Programs are a great way to ignite your love for dance or continue on your dance journey!

* Date: July 10, 10-11am

* Cost: \$15

* Suitable for: Ages 3-4

FIRST STEPS DREAMHOUSE DANCE!

Pink goes with everything! Join us at the studio for this special class, geared toward our youngest age group. This themed class is designed for participants to dance alongside their designated adults!

* Date: July 1, 11:30am-12pm

* Cost: \$15

* Suitable for: Two-year-olds/tots

KINDERDANCE GLOW PARTY!

Let's GLOW! 5-6 year olds, join us for a day of games, group activities, dance sessions, and a craft to take home. This day will end with a glow-in-the-dark dance party! Dance sessions for this day include: Jazz and Clogging!

* Date: July 2, 9am-12pm

* Cost: \$30

* Suitable for: Ages 5-6

LITTLE DANCERS FROZEN FUN!

Snowmen, princesses, and wintery magic! 3-4-year-olds, join us at the studio for games, a dance session, and a craft to take home. Summer Dance Programs are a great way to ignite your love for dance or continue on your dance journey!

* **Date:** July 3, 10-11am

* Cost: \$15

* Suitable for: Ages 3-4

FIRST STEPS FROZEN FUN!

Princesses, snowmen, and wintery magic! Join us at the studio for this special themed class. This class is designed for our youngest age group to participate alongside a designated adult. Summer Dance is a great way to ignite your love for dance or to continue your dance journey!

* Date: July 3, 11:30am-12pm

* Cost: \$15

* Suitable for: Two-year-olds/tots

KINDERDANCE PRINCESS PARTY

Glass slippers, floating lanterns, royal tea parties.... Join us for a magical week at the studio! Each day includes games, surprises, group activities, dance sessions, and a craft to take home. Dance sessions for this week include ballet, tap, jazz, clogging, and acro. Summer Dance Programs are a great way to ignite your love for dance or continue on your dance journey.

* Date: July 28-August 1, 9am-12pm

* **Cost**: \$135

* Suitable for: Ages 5-6

LITTLE DANCERS PRINCESS PARTY!

Glass slippers, floating lanterns, fairy godmothers.... This magical event includes a dance session, games, and a craft to take home. Summer Dance is a great place to ignite your love for dance or continue on your dance journey!

* **Date:** July 29, 1-2pm

* Cost: \$15

* Suitable for: Ages 3-4

DANCE CAMP!

DANCE CAMP is the perfect place to ignite your love for dance or continue your dance journey! Each day includes a craft, group activities, games, and two dance sessions. Dance sessions for this week include: Ballet, tap, jazz, clogging, modern/contemporary, and musical theatre dance. No matter your level of experience, we have a spot for you!

* **Date:** August 4-8, 9am-12pm

* Cost: \$160

* Suitable for: Ages 7+ and teens

LITTLE DANCERS PUPPY PARTY!

Keepy Uppy, Dance Mode, Magic Xylophone... This special day is themed after your favorite pups! This program includes a dance session, games, and a craft to take home.

* Date: August 5, 1-2pm

* Cost: \$15

* Suitable for: Ages 3-4

FIRST STEPS PUPPY PARTY

Keepy Uppy, dance mode, magic xylophone... A special class, themed after your favorite pups! This dance session is designed for our youngest age group to attend class along side of a designated adult. Summer Dance is a great place to start your Dance journey!

* **Date:** August 7, 1-1:30pm

* Cost: \$115

* Suitable for: Two-year-olds/tots

YANCEY COUNTY 4-H SUMMER CAMPS

Yancey County 4-H is excited to offer a wide variety of summer learning opportunities! Space is limited for each camp and youth must be enrolled in 4-H online. You may register for summer events in-person at the Yancey County Cooperative Extension Office Monday-Friday, 8am-4:30pm. Registration is first-come, first-serve, and will not be accepted via phone or online. For more information contact Jazlyn Swain at (828) 682-6186 or email jazlyn swain@ncsu.edu

* Follow Yancey County 4-H on Facebook or sign up for the 4-H newsletter through the website for more opportunities!

ARTIST INNOVATION PROGRAM CAMP

Yancey County 4-H is excited to offer this program in partnership with the North Carolina Museum of Art. Youth will have opportunities to meet local artists as they share their talents with them and youth get their hands dirty while learning a variety of artistic techniques! Bring closed toe shoes and a water bottle.

* **Date**: June 9-12, 9am-12pm

* Cost: \$15

* Suitable for: Ages 10 to 18

CLOVERBUD CAMP

Open specifically to 4-H Cloverbuds youth will explore a variety of topics in this camp, including: cooking, nature, arts & crafts, science, and more! Snacks will be provided each day. Bring closed-toe shoes and a water bottle.

* Date: June 24-26, 9 am-12pm

* Cost: \$15

* Suitable for: Ages 5 to 8

EXPLORING WILDLIFE DAY CAMP

Join us in partnership with NC Fish and Wildlife for your ticket to a wild adventure! Youth will get hands-on with real pelts, furs, scat and tracks as they uncover the secrets of North Carolina's native wildlife. They can also gear up for some safe, supervised shooting sports fun with their airgun trailer - perfect for beginner target shooting!

* Date: July 10th, 9am-12pm

* Cost: \$15

* Suitable for: Ages 8 to 18

EXPLORING AGRICULTURE CAMP

Join us for an exploration of agriculture and how it relates to our daily lives! Youth will follow the path of our food from farm to fork, with opportunities to visit a local farm and even learn to prepare foods from that farm! This camp will involve transportation of youth. Wear closed-toe shoes, and bring a water bottle.

* Date: July 29-31, 9am-12pm

* Cost: \$15

* Suitable for: Ages 8 to 18

TREETOP ADVENTURE DAY CAMP

Join us for an adventure packed day! Youth will participate in an aerial challenge course in the trees with over 77 unique climbing, rolling, walking, jumping, swinging, and rappelling challenges anchored to over 30 trees and towering poles tucked into a wooded park. This camp will involve transportation of youth. Bring a packed lunch, closed-toe shoes, comfortable clothes, and a water bottle.

* Date: August 6, 8am

* Cost: \$30

* Suitable for: Ages 10 to 18

SPORTS CAMPS & FITNESS CLASSES

REFIT® AT THE MITCHELL COUNTY YMCA HEALTHY LIVING CENTER

REFIT® FITNESS CLASSES

REFIT® at "The Y" is a fitness experience that combines powerful moves with faith-based music so you can worship while you work out. Each class ends with some extra encouragement to reinforce the positive messages in the songs on the playlist.

- * Date: Tuesdays and Thursdays from 9-10am
- * Cost: Free for YMCA members and first-timers, \$5 with a punch card otherwise
- * Suitable for: All ages
- * Formore information: Visit refitrev.com/instructors/morgan-flanagan for the full class schedule. Join the "REFIT® with Morgan & Angela" Facebook group or follow @refit with morgan and angela on Instagram for class reminders and updates.

TOE RIVER RACQUETEERS TENNIS CAMP PARTNERS ALIGNED TOWARD HEALTH (PATH)

The 2025 Toe River Racqueteers Tennis Camp will be held June 2nd-5th on the tennis courts at Mountain Heritage High School. Racquets will be provided to children who do not have one. Please to arrive at the courts 15 minutes before the scheduled camp time and bring water, sunscreen, tennis shoes or other appropriate close-toed shoes, and a hat if needed. Age groups and camp times are subject to change based on registration numbers. Register online at bit.ly/TRR2025tennis.

- * **Date:** June 2-5, Monday-Thursday, rising K-2nd at 9-10am, rising 3rd-5th at 10:15-11:15am, rising 6th graders & up at 11:30am-12:30
- * Cost: FRFF
- * Suitable for: Rising Kindergarteners & up
- For more info: Contact Tara Brozanski at (828) 682-7899 or tara@pathwnc.org

INTRODUCTION TO PICKLEBALL

PARTNERS ALIGNED TOWARD HEALTH (PATH)

Join us on the tennis courts at Mountain Heritage High for an Introduction to Pickleball! Racquets will be provided to children who do not have one. Please plan to arrive at the courts 15 minutes before the scheduled camp time and bring water, sunscreen, tennis shoes or other appropriate close-toed shoes, and a hat if needed. Age groups and camp times are subject to change based on registration numbers. Register online at bit.ly/TRR2025pickleball.

- * **Date:** June 16-19, Rising K-2nd at 9-10am, rising 3rd-5th at 10:15-11:15am, rising 6th graders & up at 11:30am-12:30
- * Cost: FREE
- * Suitable for: Rising Kindergarteners & up
- * For more info: Contact Tara Brozanski at (828) 682-7899 or tara@pathwnc.org

LADY COUGAR SOFTBALL CAMP MOUNTAIN HERITAGE HIGH SCHOOL

Campers will learn essential softball skills through fun drills and fundamental defensive training led by experienced coaches and players. Make sure to bring, a softball glove and bat, water bottle, snack and a positive attitude! Wear softball pants or joggers, a t-shirt, and closed-toe shoes required (cleats recommended). Come join us for two days of fun, learning, and softball on the MHHS Softball Field!

- * Date: June 23rd and 24th, 8am-1pm
- * Cost: \$40 (Pay at check-in)
- * Suitable for: Rising K-8 girls. All skill levels welcome!
- * For more info: Pre-registration will be available on facebook: facebook.com/people/Lady-Cougar-Softball/61551994573948/.
 Walk-up registration begins at 7:30 AM on the first day of camp.

COUGAR BOYS BASKETBALL CAMP MOUNTAIN HERITAGE HIGH SCHOOL

Cougar basketball camp will teach basketball fundamentals and how to play as a team in a fun atmosphere. Games include hot shot, free throw along with 3 on 3 and 5 on 5. Registration will be Monday June 16 at 8am.

- * Date: June 16-18, 8:30am-12pm
- * **Cost:** \$50

- * Suitable for: Rising 1st-8th grade boys
- * For more info: Contact Barry Johnson at (828) 284-1151 or email barry.johnson@yanceync.net.

LADY COUGAR GIRLS BASKETBALL CAMP

MOUNTAIN HERITAGE HIGH SCHOOL

Campers will work on basketball fundamentals and skill work each day. Campers need to wear comfortable clothing and athletic shoes. Campers can bring snacks or buy from small concessions.

- * Date: June 9-11, 8:30am-12pm
- * Cost: \$50 for 1 camper, \$75 for siblings
- * Suitable for: Rising 1st-8th grade girls
- * For more info: Contact Susie Shelton at (828) 779-5748 or email shshelton@yanceync.net

MITCHELL YOUTH WRESTLING CAMP

MITCHELL WRESTLING

Mitchell Youth Wrestling Camp offers basic wrestling skills and fundamentals for boys and girls in grades K-12th grade. This is a great camp for kids of all ages and ability levels. We emphasize basic skills, having fun, and learning about our sport.

- * **Date:** June 2-4, 9-11:45am
- * **Cost:** \$25
- * Suitable for: Ages 5-19
- * For more info: Call Coach Duncan at (424) 262-8729 or email eduncan@mhslive.net

REBEL VOLLEYBALL CAMP

CANE RIVER MIDDLE SCHOOL

Rebel Camp will begin for rising 3rd through 6th graders. It is a 3-day camp and students will learn basic to advanced skills. Students will learn the game rules of volleyball, skills include how to pass, set and hit in a fun atmosphere. We plan fun daily scrimmage games to practice skills. Camp will be held at Blue Ridge Elementary school gym. We hope to see you there!

- * Date: July 21-23, 9am-12pm
- * Suitable for: Rising 3rd-6th graders
- * For more information: Contact Rosemarie Cummings at (828) 536-0634 or email rosemariecummings@yanceync.net

VACATION BIBLE SCHOOL

VACATION BIBLE SCHOOL-MAGNIFIED!

MT. CARMEL BAPTIST CHURCH

We will be feeding a full meal nightly! Games, crafts, songs, and learning about Jesus!

* Date: June 2-6, 6-8:30pm

* Cost: FREE

* Suitable for: All Ages

* For more information: Contact Kara Woody at (828) 385-3558 or email karawoody923@gmail.com

MAGNIFIED VACATION BIBLE SCHOOL

HIGGINS METHODIST

Join us this year for our Magnified VBS and discover the bigness of God in the smallest of things. Not only do we have classes and activities for grades K-12, but we are also offering a class for adults. Parents, as well as high school graduates, college students, single or married adults with no children are all welcome to join in on learning about the bigness of God in the smallest things in our lives. A nursery will be provided for small children of adults attending the class. A nightly light meal will be provided for all attending.

* Date: July 13-17, 5:30-8pm

* Cost: Free

* Suitable for: K-12th grades and adults of all ages

* For more information contact: Call Higgins Methodist at (828) 685-2835 to preregister, or register in person on the 13th

MAGNIFIED VACATION BIBLE SCHOOL WEST BURNSVILLE BAPTIST CHURCH

We are excited for Magnified Vacation Bible School at West Burnsville Baptist Church, June 1-6, 2025! We will start each night with dinner at 5:30pm. We can't wait to see you & learn together how we are made to magnify God!

Date: June 1-6, 5:30-8:30pm

* Cost: Free

* Suitable for: All ages - babies, preschool, elementary, teens, adults

* For more information: Contact Shannon Raines (828) 682-3390 wbbckids1@gmail.com, visit westbbchurch.org or register at kideventpro.lifeway.com/myEvent/?id=71207

RECREATION

CAMPGROUNDS Please note many of the locations previously on this

list were impacted by Helene and are currently closed.

SPACIOUS SKIES BEAR DEN

600 Bear Den Mountain Road Spruce Pine, NC 28777 spaciousskiescampgrounds.com or (828) 765-2888

LIL ROCK CREEK CAMPGROUND

Green Creek Rd.
Bakersville, NC 28705
facebook.com/rockcreekcampground or (828) 688-1047

SPRINGMAID MOUNTAIN

2171 Henredon Rd Spruce Pine, NC 28777 springmaidmountain.com or (828) 765-2353

Reopening information: springmaidmountain.com/reopening

GEM MINING

EMERALD VILLAGE

331 McKinney Mine Road Spruce Pine, NC 28777 emeraldvillage.com or (828) 765-6463

GEM MOUNTAIN

13780 Highway 226 South Spruce Pine, NC 28777 gemmountain.com or (888) 765-6130

RIO DOCE

14622 Hwy 226 S Spruce Pine, NC 28777 riodoce.com or (828) 765-2099

GOLF

GRASSY CREEK GOLF & COUNTRY CLUB

2360 Swiss Pine Lake Drive Spruce Pine, NC 28777 grassycreek.com or (828) 765-7436

VIC'S PLACE MINI-GOLF

67 Meadow View Rd.
Spruce Pine, NC 28777
vicsminigolf.com or vicsminigolf@gmail.com

GUIDED FISHING

SOUTHERN DRIFTERS OUTFITTERS

101 Town Square Burnsville, NC 28714 southerndriftersoutfitters.com or (828) 678-1511

HORSEBACK RIDING

BLUE RIDGE HORSE ADVENTURES

Offering individual riding lessons, horse care lessons, trail riding and interactive adventures.

(828) 460-2165 or visit blueridgehorseadventures.com

SPRINGMAID MOUNTAIN

2171 Henredon Rd Spruce Pine, NC 28777

springmaidmountain.com or (828) 765-2353

Reopening information: springmaidmountain.com/reopening

PARKS & POOLS

MITCHELL COUNTY

Brad Ragan Park & Pool 293 Laurel Creek Ct., Spruce Pine

YANCEY COUNTY

Ray-Cort Recreation Park and Pool Old Burnsville Gym School Circle, Burnsville 314 Mitchell Branch Road, Burnsville

Kid Mountain Playground Lincoln Park Field School Circle, Burnsville Lincoln Park Road, Burnsville

RAFTING/TUBING

LOAFERS GLORY RAFTING & TUBING

2637 Highway 226 North Bakersville, NC 28705 loafersgloryrafting.com or (828) 688-9290

Please note: tubing is dependent on river conditions

NC OUTDOOR ADVENTURES

1173 Whitson Branch Road Bakersville NC 28705 ncoutdooradventures.org or (828) 260-4505

OTHER RECREATION

NC HIGH PEAKS HIKES

Hike information available at <u>facebook.com/ncHighPeaks</u> nchighpeaks.org or call (828) 284-6878.

SNAKEROOT ECOTOURS

We are based in Celo, NC in the shadow of the Black Mountains, the tallest range in eastern North America. Here in the heart of the Southern Appalachians, our forests are among the most diverse temperate forests in the world. The hills are carpeted with over 1500 native flowering plant species. The pristine mountain creeks and leaf litter are home to more species of salamanders than any location on Earth. Join us for a five-star guided tour of life in the Appalachian woods.

snakerootecotours.com or (828) 675-8218

NC OUTDOOR ADVENTURES

Based out of the Blue Ridge mountains in Western North Carolina, NC Outdoor Adventures offers over 21 different trips including; tubing, rafting, climbing, rappelling, waterfall rappelling, hiking, camping, youth programs, and wild edible plant walkabouts. Offering a 10% discount to local residents.

1173 Whitson Branch Rd Bakersville, NC 28705 ncoutdooradventures.org or (828) 260-4505

ATTRACTIONS

BARE DARK SKY OBSERVATORY & EARTH TO SKY PARK

66 Energy Exchange Drive Burnsville, NC 28714 (828) 766-1277

<u>mayland.edu/foundation/foundation-projects/earth-to-sky-park/</u> mayland.edu/foundation/foundation-events/earth-to-sky-observatory/

CENTER FOR PIONEER LIFE

134 Joe Young Road Burnsville, North Carolina 28714 (828) 536-0337 pioneerlife.org

WILLIS OBSERVATORY

1456 Bear Creek Rd. Bakersville, NC 28705 (704) 604-0556 willisobservatory.com

HERITIGE ROLLER RINK

44 Rink Rd. Burnsville, NC 28714 (828) 208-4142

facebook.com/p/Heritage-Roller-Rink-61566432270741/

YANCEY COUNTY FARMERS MARKET

Wide array of local vendors, including produce, eggs, baked goods, jams and confections, plants, jewelry, honey, meats, tinctures, mushrooms, flowers, knife sharpening, candles, crafts and much more. The Yancey County Farmers Market now accepts EBT payments. Open Saturdays 8:30-12:30pm · April 12th through November, rain or shine! Now located at 322 West Main Street, Burnsville, NC 28714 yanceycountyfarmersmarket.com or facebook.com/yanceymarket

THE THICKETS MOUNTAIN BIKE PUMP TRACK AT BRAD RAGAN PARK

A pump track is an endless loop of rollers and berms where bicycle riders propel themselves through the track by shifting their body weight or "pumping" in conjunction with the track contours, rather than having to pedal. It is used for recreational and skills development in addition to being a great community gathering place for off-road bicycle riders to play.

Brad Ragan Park 293 Laurel Creek Ct. Spruce Pine, NC 28777

THE ORCHARD AT ALTAPASS

1025 Orchard Road, Spruce Pine, NC 28777 altapassorchard.org or (828) 765-9531

FUN FROLIC FARM

Looking for something to do on your visit to the NC Mountains? Come see our goats, gardens and get to know a little more about Homesteading and Appalachian life ways! We offer a variety of learning experiences, you can see any available Workshops on our Classes page; topics covering Hide Tanning, Cheese Making and Animal Husbandry. Farm Tours are available by appointment and will take you on detailed a walking tour of our grounds, the gardens, wild, edible and medicinal plants, soap studio, goat barn, chickens and pigs if they're here. Check out currently available dates at funfrolicfarm.com. If you don't see a date that works, feel free to contact us to request a date! (770) 893-1616 or funfrolicfarm.com.

BURNSVILLE GHOST TOUR CO.

Step into the shadows of burnsville, a quaint rural town with a history as rich as its legends. The Ghost Tour will guide you through eerie streets and ghostly tales that have lingered for generations. From the apparitions that roam the streets to the chilling spirits that haunt the historic homes, you'll uncover the spectral secrets that lie just beneath the surface.

As night falls, your expert guide will share tales of tragic events, restless spirits, and unexplained phenomena that have given Burnsville its haunted reputation. Whether you're a skeptic or a believer, prepare for an evening filled with suspense, intrigue, and spine-tingling encounters. For more information: visit burnsvilleghosttourco.com or contact Carew Henry at (828)-707-0196 or burnsvilleghosttours@gmail.com.

MUSEUM OF NORTH CAROLINA MINERALS

The mountains near Spruce Pine, North Carolina are among the richest in minerals and gems in the United States. More than 300 varieties are showcased in the Museum of North Carolina Minerals, located on the Blue Ridge Parkway. The Museum of North Carolina Minerals features interactive displays about the minerals and gems found in the region as well as the historical importance of the mining industry to the local economy. A gift shop featuring souvenirs and books on Western North Carolina is located in the museum.

214 Parkway Maintenance Rd Spruce Pine, NC 28777 (828) 765-2761 <u>blueridgeheritage.com/destinations/museum-of-north-carolina-minerals</u>

ROAN MOUNTAIN

This high ridge along the North Carolina-Tennessee state line, in Pisgah National Forest, stands 6,285 feet at the highest point. Roan Mountain is most famous for being the largest naturally growing gardens of Catawba rhododendrons in the world. Beyond the gardens are spruce-fir forests and treeless grassy balds. The area is perfect for picnicking, hiking and nature study. The Appalachian Trail travels through the ridgeline of the mountain and hikers enjoy hiking to the bluff in the rhododendron gardens for an incredible mountain view.

NC Highway 261 Bakersville, NC 28705 visitnc.com/listing/iTzC/roan-mountain

RESOURCES

MAYLAND COMMUNITY COLLEGE

Take 2025 Summer Camps for free! Summer Camp Scholarships are offered through GEAR Up. Who's Eligible? Yancey County Students rising 7th, 8th, 9th & 10th graders. Call (828) 766-1375 or (828) 766-1370 for more information.

AMY LIBRARY BOOKMOBILE

Want the Library to come to you? We provide Bookmobile services to residents of Avery, Mitchell and Yancey counties who reside more than 5 miles from their local branch. Give us a call at (828) 682-4476 to schedule a once a month stop at your home. Alternatively, visit us at one of our community stops this summer. Also, keep an eye out for the bookmobile at PATH's Summer Sizzlin' events on Saturdays this summer. Do you need internet access? The Bookmobile is now a Wi-Fi hotspot offering free internet. Go to amyregionallibrary.org to view the bookmobile schedule.

THE CENTER FOR RURAL HEALTH INNOVATION

- * Cost: All insurance accepted, sliding fee scale for uninsured.
- * Suitable for: Ages 3 and up
- For more info: Call (828) 385-4303 or email appts@crhi.org for questions or to schedule a visit. Visit <u>crhi.org/health-e-neighbors</u> for more information.

BULADEAN COMMUNITY HEALTH CLINIC

Walk-in healthcare for minor illness or injury and sports physicals. New patients welcome, as well as visitors to the area. It's in the Buladean Community Foundation building, 12190 NC-226, Bakersville, NC. Located next door to Dollar General, in the old school.

Visit <u>facebook.com/buladeancommunityclinic/</u> for more information.

TIPTON HILL COMMUNITY HEALTH CLINIC

Located at 4326 NC 197, Green Mountain, NC 28740. For more information contact CHRI (828) 385-4303, email appts@chri.org or visit facebook.com/Tiptonhillclinic.

GRANDPARENTS RAISING GRANDCHILDREN

HIGH COUNTRY AREA AGENCY ON AGING

For additional information on the High Country Area Agency on Aging's Grandparents Raising Grandchildren or Powerful Tools for Caregivers program, contact Myles Stacey at (828) 265-5434 x113 or mstacey@hccog.org.

The **Grandparents Raising Grandchildren** program is designed to offer support to grandparents and other older adult relatives who are raising children or adults with developmental disabilities. Through the Grandparents Raising Grandchildren program, we are hopeful that our communities can continue to work together to help older adult caregivers (55+) in the High Country. The High Country Area Agency on Aging understands that there is not a one-size-fits-all approach for grand families, and provides flexibility to support diversity of needs. Summer is around the corner, so now is the time to start thinking about how the Grandparents Raising Grandchildren program can help your family this summer! Visit highcountryaging.org/services/grandparents-raising-grandchildren for more information.

HOME REMEDIES: COMMUNITY OPTIONS ADRESSING PAIN AND STRESS PARTNERS ALIGNED TOWARD HEALTH

Are you or a loved one experiencing chronic pain or stress? The Home Remedies program presents local resources for evidence-based practices that can support your wellness and resilience. Visit <u>path-homeremedies.org</u> to enroll in the online course, find details about free in-person sessions and community clinics, and learn more about how you can receive \$400 worth of vouchers for local treatment sessions or movement classes from Home Remedies Providers!

MITCHELL COUNTY TRANSPORTATION

Public Transportation for All ages and incomes. Transportation to day camps, human service agencies, group outings in county or out. Call (828) 688-4715 for rates or to schedule a ride. Office hours are Monday-Friday 7:30am to 4:30pm.

YANCEY COUNTY TRANSPORTATION

Public Transportation for all ages and incomes. Transportation to day camps, human service agencies, group outings in county or out. Some passengers may qualify to ride at a reduced rate through a governmental agency. For more information, call (828) 682-6144. Office hours are Monday-Friday, 7:30am to 4:30pm.







Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Development Disabilities and Substance Abure Services, with funding from the Substance Abuse and Mental Health Services Administration, Opioid STR/Cures (Grant #1H79F1080257; and SPF-RX (Grant #1U79SP022087).

Free medication lockboxes are available thanks to the Mitchell Yancey Prevention and Recovery Coalition.

Request your free lockbox by contacting info@pathwnc.org.





At MCHP, we offer a wide variety of health care services to meet the needs of our community, with four medical locations and a dental center. We have a team of dedicated and compassionate providers and staff members who focus on caring for the whole patient. We bring care and wellness to more than 10,000 patients annually and have been committed to community-based rural health since 1947.

Services Include:

- Primary Care (All Ages)
- Behavioral Health (All Ages)
- Dental Care
- OB/GYN
- Substance Abuse Treatment
- Preventive Health
- Sliding Fee Discount Program
- · Nutritional Counseling
- and more!

We accept most commercial insurance, Medicare, Medicaid, and have a sliding fee scale for those that are uninsured/underinsured.

For more information, please give any of our offices a call or visit us at www.mchp.care