



Highland Happenings Winter 2022

www.thehighlandcenter.org

(540) 468-1922

61 Highland Center Drive, Monterey, VA 24465

Save the Date

MOVEMENT & MOBILITY WORKSHOP & OPEN HOUSE

Saturday, January 22, Positive Momentum hosts a free-will donation movement and mobility workshop at **10am** followed by a **12pm** open house for their new resource center here at The Highland Center.

TUESDAY TALKS

Tuesday, February 8 Learn with us at **1pm** on the second Tuesday of each month. This free series will cover a wide range of engaging topics.

VALENTINE'S EVENT

Saturday, February 12 No need to leave Highland to have a romantic evening out! Join the Arts Council and Highland Center for dessert, drinks, and a concert by pianist Bill Heid and vocalists Lewis Freeman and Claire Sax. For tickets (\$25) and information visit us at thehighlandcenter.org

New Staff at The Highland Center



Heath Chambers

Please join us as we welcome two new staff members to The Highland Center!

Coming aboard as our new Facilities Manager is Heath Chambers. Heath and his family (wife Brit and children Stone, Cash, Holden, and Anna) recently moved to Monterey from Head Waters where Heath did similar work for the Wild and Free Farm Village.

He will be responsible for overseeing the care and maintenance of

this century old building and insuring that it remains for at least another hundred years.

Also joining us is Allegheny Mountain Institute (AMI) fellow, John Pierce. John is completing

the second phase of his fellowship and will spend the coming months working at both AMI and at The Highland Center.

John is originally from Hatfield, PA and has an undergraduate degree from American University and a Master's degree in Environmental Science & Policy from Johns Hopkins University. He is particularly interested in food systems and environmental stewardship.

John was thrilled to discover AMI which blended his varied interests and skills and his desire to make a difference in the food system.

John's work at The Highland Center will focus on programming and events around food, gardening, and nutrition. He says he is "excited to meet and make connections with as many people as possible, so I can learn all that I can from this incredible community."



John Pierce

Tenant Spotlight



First stand up desk donation to Highland County Schools

Steve Fullerton and Somers Stephenson started their third careers in 2015 when they launched Positive Momentum, LLC. Positive Momentum's mission is to "empower people to take charge of their health through education and awareness."

Steve and Somers have spent several years learning and making connections in the functional health and wellness industry. Between the two of them, they have earned certifications from Duke University Integrative Medicine, American Council on Exercise Precision Nutrition, and The Ready State as a Behavioral Change Health Coach, Personal Trainer, Functional Training Specialist, Movement & Mobility Specialist, Exercise Nutrition, and Nutrition Counselor.

After almost six years of holding

successful health and wellness events in Highland County, Steve and Somers decided it was time to keep the "momentum" going by

opening the Positive Momentum Resource and Coaching Center at The Highland Center.

They say the center "will be a place where people in the community or visiting our community can come explore information and ask questions regarding their health and wellness in a relaxed and fun environment."

The resource and coaching center will offer excellent coffee and tea, a lending library, and other resources. Steve and Somers will be available to answer questions, point people to information sources on nutrition, exercise, weight loss, behavior change, meditation, sleep, and other healthy habits, provide referrals to medical professionals, and help navigate the confusing world of health and wellness.

Any proceeds or donations they receive will go towards providing stand up/active desks for Highland County schools.

Everyone is invited to their movement and mobility workshop (10am) and Open House (12pm) on Saturday, January 22.



Steve and Somers with "Momentum in the Mountains 2021" speakers - Amy Berger, Joel Salatin, Dr. Bill Schindler, Dr. Kirk Parsley, and Dr. Mark Cucuzzella

Ongoing Events

LAP WALKING

M,W,F 9am-11am

Cold weather and slippery sidewalks interfering with your fitness routine? We invite you to enjoy a warm, dry walk in The Highland Center auditorium.

COAT DRIVE

Through January 31

Drop new or gently used coats of any size in the donation box next to The Highland Center's front door. Coats will be distributed locally to those who need them.

SUSANNA'S CONFECTIONS

Tuesdays & Fridays 9am-6pm

Enjoy a sweet or savory treat and a hot beverage at Susanna's Confections Café open on the lower level of The Highland Center every Tuesday and Friday from 9am-6pm.

GALLERY OF HIGHLAND

Monday-Friday, 9am-5pm

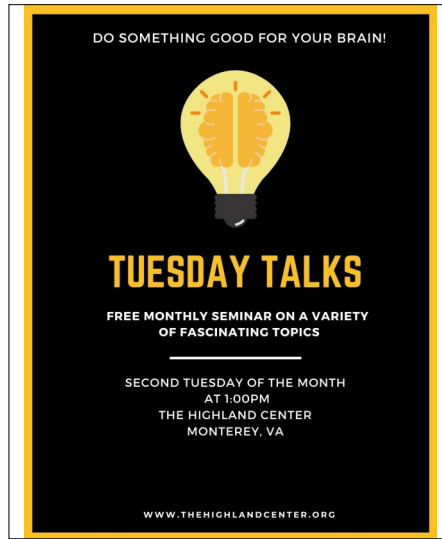
The Gallery of Highland is open every weekday during the winter months. Stop by to view and purchase the work of Highland's talented artists and authors. A portion of proceeds benefits The Highland Center

CO-WORKING SPACE

Monday-Friday, 9am-5pm

Our gracious and spacious co-working studio is available to all locals and visitors for very reasonable daily, weekly, or monthly rates. Rental fee includes free wifi and access to copier, printer and other technology.

Tuesday Talks



The Highland Center is collaborating with the Highland County Public Library to provide a free educational opportunity once a month.

The 'Tuesday Talks' series will begin at 1pm on Tuesday, February 8th and will continue the second Tuesday of each month.

The series will be free (donations are accepted) and will offer a

chance to come and learn about a variety of topics. We plan to offer Tuesday Talks about a variety of fascinating subjects such as bee-keeping, historic costuming, astronomy, foraging and mushrooming, and Highland County history to name just a few. Suggestions for speakers and topics are always appreciated and can be sent to John Pierce at food-programs@thehighlandcenter.org

We encourage you to bring your curiosity and questions to these informative gatherings. Should you discover a new passion, the public library will be prepared with speaker-recommended titles on each topic.

Susanna's Confections Café will be open during the seminars and participants are welcome to enjoy a drink or treat while they learn.



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www.thehighlandcenter.org

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