



## Wednesday, July 17, 2019

BRING A TAILGATE CHAIR OR BLANKET AND ENJOY THE FESTIVITIES

@ the VTCRC Amphitheater, 2100 Kraft Drive

*Rain location 2280 Kraft Drive National Bank lobby*

Please RSVP for Employee Appreciation Day at  
[www.vtcrc.com/events/employee\\_appreciation](http://www.vtcrc.com/events/employee_appreciation)



Summer Brews on Tap	4:00 – 5:30 p.m. <i>Must be 21 or over. ID required.</i> IPA- Northern Lights   Starr Hill Brewery Hard Seltzer   Bold Rock Vienna Lager   Devils Backbone Brewing Company	Free	
Sponsor: The Inn at Virginia Tech & Skelton Conference Center is offering not one, but two prize giveaways!	4:00 – 5:30 p.m. <ul style="list-style-type: none"> <li>Friday Night Summer Seafood Buffet for 2 in Preston's</li> <li>Sunday Brunch for Two in Preston's</li> </ul> <i>Registrants will automatically be entered to win!</i>	Free	
Drone demo and special delivery of the two prize giveaways	4:00 – 5:30 p.m. by the Virginia Tech Mid-Atlantic Aviation Partnership (MAAP)	Free	
Celebrate National Grilling Month with us!	4:00 – 5:30 p.m. <ul style="list-style-type: none"> <li>Hot Diggity Dog</li> </ul> First come, first served! Blue Ridge Mountain Catering will have 100 <i>grab and go</i> hot dogs in honor of National Hot Dog Day.	Free	
Awe Shucks! Shuck an ear of corn; OBIS ONE will grill it for you by the lake.	4:00 – 5:30 p.m. <ul style="list-style-type: none"> <li>Meet North America's largest USDA organic black garlic producer. Learn about sustainable approaches to farm-fresh ingredients. <a href="http://www.obisone.com">http://www.obisone.com</a></li> </ul>	Free	
Corn Hole	4:00 – 5:30 p.m. <ul style="list-style-type: none"> <li>Form your own team and serve it up at the amphitheater.</li> </ul>	Free	
Back Country Ski and Sports, Inc.	4:00 – 5:30 p.m. <ul style="list-style-type: none"> <li>Tentative: Kayak demo, tent set up, river safety information</li> </ul>	Free	
Mountain 2 Island Stand Up Paddle Boarding	4:00 – 5:30 p.m. <ul style="list-style-type: none"> <li>Stand up paddle board demos, safety, and information</li> </ul>	Free	
Nama-stay for free "Yoga in the park" hosted by In Balance Yoga	<ul style="list-style-type: none"> <li>5:15 – 6:15 p.m.</li> </ul> Bring a mat and arrive a few minutes early to check-in.	Free: Separate registration required	<a href="https://www.inbalanceyogastudio.com/schedule/">https://www.inbalanceyogastudio.com/schedule/</a>
9-Hole Disc Golf Tournament	5:30 – 7:15 p.m. <ul style="list-style-type: none"> <li>5:00 - 5:15 p.m. Check in</li> <li>5:20 – 5:30 p.m. Players meeting, rules review</li> <li>5:45 – 7:15 p.m. Round begins</li> </ul>	Free: Separate registration required	<i>Link coming soon</i>





JULY 17, 2019  
**Employee Appreciation Day**

Take a break by the lake!

**ALSO HAPPENING AROUND THE PARK ON THIS DAY...**

<b>ALL DAY</b>	<b>Carilion Wellness Gym</b> is offering <b>InBody Assessments</b> 1715 Kraft Drive Suite 1600   <a href="http://www.carilionwellness.com">http://www.carilionwellness.com</a> VTCRC employees receive a <b>20% discount</b> on monthly memberships and an additional <b>10% off</b> a “year in advance” memberships.	Free: Separate registration required	<i>Link coming soon</i>
<b>ALL DAY</b>	<b>Tillerman Coffee Co.</b> - <b>10% discount</b> on all food and drinks to VTCRC employees 341 Research Center Drive, Suite 1100 “We appreciate our neighbors in the park! Thanks for supporting TCC”	10% discount	<i>No registration required</i>
<b>ALL DAY</b>	<b>Wikiteria Market and Café</b> - <b>10% discount</b> on all food and drinks to VTCRC employees. 1715 Pratt Drive, Suite 1200	10% discount	<i>No registration required</i>
<b>10:30 a.m. – 3:30 p.m.</b>	<b>Tentative: HACKSBURG Open House</b> <a href="http://hacksburg.org">http://hacksburg.org</a>   2200 Kraft Drive, Suite 1475 A community workshop focused on enabling members to complete projects that would otherwise be out of reach. Whether you need equipment, mentorship, or just help, they are resource for building anything from rockets, robots to rocking chairs.	Free	<i>Tentative</i>
<b>10:30 a.m. – 3:30 p.m.</b>	<b>Tentative: EHE Research Clinic</b> 1800 Kraft Drive, Suite 208 <a href="http://www.eheclinic.com">www.eheclinic.com</a>   <i>Offering Holistic Wellness to the Community</i> • 11:00 a.m. - 12:00 p.m. Lifestyle changes for health/wellness based on energy flow and nature rhyme • 12:30 - 2:00 p.m. Stress and pain relief group treatments/workshop • 3:00 – 4:00 p.m. Women health and wellness workshop especially for women ages (35-56)		<i>Tentative</i>
<b>10:30 a.m. – 4:00 p.m.</b>	<b>National Weather Station</b> 1750 Forecast Drive <b>Tours.</b> 45 min. walking tour • Tour #1: 10:30 - 11:15 a.m. • Tour #2: 11:15 a.m. – 12:00 p.m. • Tour #3: 2:30 - 3:15 p.m. • Tour #4: 3:15 - 4:00 p.m.	Free: Separate registration required	<i>Link coming soon</i>
<b>11:30 a.m. – 12:30 p.m.</b>	<b>WFXR / WWCW / VirginiaFirst.com</b> 1750 Kraft Drive, Suite 1250   <a href="http://www.virginiafirst.com">http://www.virginiafirst.com</a> Montgomery County Chamber of Commerce Ribbon Cutting	Free	<i>No registration required</i>
<b>12:30 – 3:30 p.m.</b>	<b>New River Robotics Association   Tuxedo Pandas Open House</b> <a href="http://www.newriverrobotics.org">http://www.newriverrobotics.org</a>   <a href="http://www.tuxedopandas.org">http://www.tuxedopandas.org</a>   2270 Kraft Drive Suite 1900 6-time World Championship competitors and hosts of robot competitions for K-12 - Come tour newly expanded robotics shop and see how your kids can join other middle school-age students in competitive robotics or volunteering to help.	Free	<i>No registration required</i>
<b>1:00 – 2:00 p.m.</b>	<b>Tentative: New River Robotics Association</b> Montgomery County Chamber of Commerce Ribbon Cutting	Free	<i>Tentative</i>
<b>1:00 – 3:00 p.m.</b>	<b>Renaissance Music Academy of Virginia</b> 2020 Kraft Drive, Suite 1000   <a href="http://www.rmahome.com">http://www.rmahome.com</a> • Instrument Petting Zoo Piano - Violin - Cello - Guitar Stop by to try out an instrument for ages from 4 years old to adult • Early childhood music demo class for children for ages 2 to 4	Free	<i>No registration required</i>