



Abbreviations
TR: Town Resident
NR: Non-Resident
NM: Non-Membership
MH: Membership Holder

Christiansburg Recreation Center
 1600 North Franklin Street
 Christiansburg, VA 24073
 Open to Senior Citizens
 (Ages 50 and over)
 tcaldwell@christiansburg.org

Telephone:
 (540) 382-2349, ext. 2003
Fax #
 (540) 381-5537



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason	4 Recreation Center CLOSED	5 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. act. room	6	7
8	9	10 Lunch & Learn: How to Effectively Communicate with 911 11 a.m. Sr. Act. Room FREE; pre-register	11 Blood Pressure Screening 9–10 a.m. FREE sr. act. rm Provider: Carilion Home Lunch Bunch: The Depot Grill \$7/\$14 Leave at 9:30am Evening Blood Pressure 5-7 p.m.	12 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. act. Room Here's the Scoop 1-3 p.m. Montgomery Co Gov't Ctr Participants bring their favorite topping to share	13 Breakfast Trip: Golden Corral & Sams Club Leave rec. ctr at 8 a.m. \$5/\$10; pre-register	14 Medicare Decisions Made Easy 10a.m. – noon Classroom 2
15	16 Senior Citizen Police Academy 9 a.m. – 3 p.m. To register for the academy please call Tammy Caldwell, 382-2349 ext. 2003	17 Senior Citizen Police Academy 9 a.m. – 3 p.m.	18 Blood Pressure Screening 9–10 a.m. FREE sr. act. rm Provider: Carilion Home Senior Citizen Police Academy 9 a.m. – 3 p.m.	19 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. sr. act. rm Senior Citizen Police Academy 9 a.m. – 3 p.m.	20 Senior Citizen Police Academy Graduation 9 a.m. – 1 p.m. Lunch provided by: Commonwealth Senior Living.	21
22	23 Mystery Movies & Munchies 11 a.m. FREE; pre-register	24 Mystery Trip Leave rec. ctr at 8 a.m. \$15/\$30 Lunch on your own at local Restaurant <i>We will be outside, so dress</i> <i>accordingly to weather. NO</i> <i>PERFUME/COLONE OR BUG SPRAY</i>	25 Button Craft 11 a.m. \$15 supplies & lunch included; pre-register Sr. Act. Room	26	27	28
29	30	31	4 th of July Festivities: Downtown Festival: 10 a.m. – 4 p.m. Fireworks will start at Approximately 9:15 p.m. Spectators can park at NRV Mall and Walmart. For more info: Call 540-382-2349			2018