



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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Enrollment - Medicare Call 540-980-7720 to schedule an appointment</p>	<p>1 VIN Etching: 3-6:30 p.m. Christiansburg Fire Dept. FREE</p>	<p>2 Coffee Hour/Gospel Sing 10 a.m. Sr. Act. Room Leader: Vanessa Eason Breast Cancer Awareness: 6:30 a.m. - 5 p.m.; FREE</p>	<p>3 Blood Pressure: 9- 10 a.m.; FREE Provider: Carilion Home</p>	<p>4 Gospel Sing 9:30 - 10 a.m. Bible Study: 10:15-10:45 a.m. Supplies for Seniors Walk-a-Thon/Pancake Breakfast Fundraiser 8 - 11 a.m. \$5 donation for breakfast</p>	<p>5 **Thursday, Oct. 4: Attic Productions: Noises Off \$20/\$40 Leave rec. ctr @4:30p.m.; pre-reg. Dinner on your own at K&W Cafeteria</p>	<p>6 ** Friday, Oct. 5** Staff vs. Seniors Pool Tournament 10 a.m. FREE pre-register</p>
<p>7</p>	<p>8 Basket Weavers: 10 a.m.-4 p.m. Classroom 2</p>	<p>9 Lunch & Learn: Navigating Home Health 10 a.m. FREE, pre-register Lunch provided by: Warm Hearth</p>	<p>10 Blood Pressure: 9- 10 a.m.; FREE Provider: Carilion Home Flu Shots: 9 a.m. - 11 a.m. Provider: Walmart FREE with Medicare Part B, must present card at time of shot</p>	<p>11 Gospel Sing: 9:30-10 a.m. Bible Study: 10:15-10:45 a.m. Mystery Trip \$\$15/\$30 leave rec. ctr @ 8:30 a.m.</p>	<p>12 The Only Place to Know 9 a.m. - 3 p.m. FREE, pre-register Lunch provided by Holiday Inn-Christiansburg beside Walmart</p>	<p>13 Fall Festival- sponsored by CPD: NRV Mall; 11 a.m. - 3 p.m. Enjoy moon bouncers, rock wall climbing, hay rides, train rides & more! Medicare Decisions Made Easy: 10 a.m. FREE, pre-register</p>
<p>14</p>	<p>15 Mystery Movie and Munchies 11 a.m.-1 p.m. FREE; pre-register</p>	<p>16 Shred-A-Thon: 3-6 p.m. Please have items to shred in a plastic tote or box. This is a drive-thru event. For more information, please call Tammy Caldwell at 540-382-2349 or tcaldwell@christiansburg.org</p>	<p>17 Blood Pressure 9-10 a.m.; FREE Provider: Carilion Home Home Emergency Wound Care 10 a.m. FREE senior activities room Speaker: Lynn Balus, Lewis Gale Mont. Community EMS Liason</p>	<p>18 Gospel Sing 9:30 - 10 a.m. Bible Study: 10:15 - 10:45 a.m. Lunch Bunch: Ballast Point Brewery \$6/\$12 Leave rec. ctr @ 10L39 a.m. Flu Shots: 9 a.m. - noon Provider: Walmart FREE with Medicare Part B, must present card at time of shot</p>	<p>19</p>	<p>20 *Saturday, October 13* 3rd Annual Tony Huddleston Fishing Rodeo: Izaak Walton Park-Christiansburg Ages: 4-12; Call 540-382-2349 for more info.</p>
<p>21</p>	<p>22 Super bingo – Commonwealth Senior Living noon – 2 p.m. FREE; pre – register. Transportation provided, limited seating available</p>	<p>23 Fraud & Scams in the Cyber Age 1 – 4 p.m. FREE, pre-register Flu Shots: 4-6 p.m. Provider: Walmart FREE with Medicare Part B, must present card at time of shot</p>	<p>24 Mardi Gras Casino Leave rec. ctr @ 8 a.m. \$15/\$25; pre-register</p>	<p>25 Gospel Sing: 9:30 -10 a.m. Bible Study: 10:15 – 10:45 a.m. Love Valley \$7/\$14 Leave rec. ctr @ 8:30 a.m. pre-register</p>	<p>26</p>	<p>27 Huckleberry Hustle 5K “Getting Scary on the Huckleberry: 9 a.m. \$20 before Oct. 16; \$25 day of the race Truck or Treat: 8-11 a.m. Please see our Fall brochure of events for more information</p>
<p>28</p>	<p>29 Tai Chi “No Pain, Lots of Gain 7 -8 a.m. M/W 6 wks. \$60/\$80 pre-reg. Zumba Gold: 9-10 a.m.; M/W/F \$30/\$60 pre-reg. 6 weeks AARP Driver Safety:</p>	<p>30 AARP Driver Safety: 9 a.m. - 1 p.m.; \$15/\$20 AARP member/nonmember Fee paid to instructor. This is a two day class, participants must attend both days.</p>	<p>31 Witches Brew Bingo 11 a.m.; Wear your favorite costume. Participants bring a can of soup for bingo prizes. Refreshments provided.</p>	<p>**Wednesday, Oct. 31** Wasena Park Hike Leave rec. ctr @ 9 a.m. \$6/\$12; pre-register Lunch on your own at local restaurant</p>		