



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

Telephone: (540) 382-2349, ext. 2003
 Fax: (540) 381-5537
 Email: tcaldwell@christiansburg.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 An Affair of the Heart 11 a.m. FREE; pre-register, Holiday Inn. Please wear red to help promote Go Red for Women	2 AARP Tax Aide <u>9 a.m. - noon</u> Sr. Act. Room, must have scheduled appointment NO WALK-INS
3	4 Supper Bingo/Valentine's Day Button Craft Noon; FREE; pre-register Commonwealth Senior Living – Christiansburg Campus AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	5 Coffee Hour/Gospel Sing: 10 a.m. Valentine Wreath 11 a.m. - \$10 includes all supplies AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	6 Blood Pressure Screening: 9 – 10 a.m.; provided by Carilion Home Health Music with Ricky Cox 1:30 p.m. Montgomery Co. Gov't Ctr. FREE; pre-register	7 Gospel Sing: 9:30 a.m. Bible Study 10:15-10:45 a.m. Lunch Bunch: Anna's \$6/\$12 Leave rec ctr @ 10:30 a.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	8	9 AARP Tax Aide <u>9 a.m. - noon</u> Sr. Act. Room, must have scheduled appt. Medicare Decisions Made Easy 10 a.m.
10	11 Basket Weavers: 10 a.m. – 4 p.m. Mystery Movies & Munchies 11 a.m. FREE; pre-register AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	12 Lunch & Learn: Water Leaks 11 a.m. FREE; pre-register. Speaker: Leon Martin, Christiansburg Public Works Utilities Supervisor AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	13 Blood Pressure Screening: 9 – 10 a.m.; provider: Carilion Home Health Happy Hearts 1 p.m. FREE pre-register Warm Hearth Village – Karr Activity Center	14 Gospel Sing: 9:30 a.m Bible Study: 10:15-10:45 a.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	15 Hamrick's Shopping Leave rec ctr @ 9 a.m. Lunch on your own at local restaurant. \$7/\$14 pre-register	16 AARP Tax Aide <u>9 a.m. - noon</u> Sr. Act. Room, must have scheduled appt.
17	18 President's Day Administrative office CLOSED Recreation Center open normal hours NO Senior aerobics, Zumba gold, Senior motions or Tax Aide	19 Supper Club: The Farmhouse Leave rec ctr @ 5 p.m. Participants are responsible for paying for their own meal Triad S.A.L.T Council Meeting/ 1:30 p.m.	20 Blood Pressure Screening: 9 – 10 a.m.; provider: Carilion Home Health	21 Gospel Sing: 9:30 a.m Bible Study: 10:15-10:45 a.m. NRV Health Fair 10 a.m. – 1 p.m. Gym AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt. NO WALK-INS	22 Fancy Gap Pottery & Fabric Outlet Leave rec ctr @ 9 a.m. \$5/\$7 pre-register Lunch on your own at a local restaurant	23 AARP Tax Aide <u>9 a.m. - noon</u> Sr. Act. Room, must have scheduled appt. NO WALK-INS
24	25 AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.	26 Gadget Swap 1 p.m. \$5/\$10; pre-register	27	28 Hearts Matter 1 p.m. FREE pre-register Warm Hearth Village – Karr Activity Center		