

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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May		2021	Helping Hands Group meets every Wednesday 1 –3 p.m. Trinity Community Church	*Please note: Pre – registration is required for all programs. **		1
2	3	4 Palisades Restaurant Spring High Tea Delivery \$17 pre-register Delivery will be between 1 – 4 p.m. Coffee Social 10 a.m. Great Roads Coffee, Christiansburg	5 Lunch bunch - Avelino's FREE meet at restaurant at 11:am	6 Bible Study 10:15-10:45 a.m. Sr. Act. Room Leave the Driving to Us – Virtual Trip 1 p.m. FREE, pre-register Lunch provided by Commonwealth Senior Living-Christiansburg Campus	7 Spring Cookie Decorating MPRM 2 1 p.m. \$25 all inclusive.	8 Medicare Decisions Made Easy 10 a.m. Sr. Act. Rm
9	10 Basket Weavers 10 a.m. – 4 p.m. Classroom 2 **Tuesday, May 11** INNOVAGE PACE 6 p.m. Classroom 2; Pre-reg Senior Noble Living	11 Step by Step Painting: Sunrise 1:30 p.m. MPRM 2 \$17 includes all supplies Instructor: Bev Bridges Preparing Your House to Sell 5:30 – 6:30 p.m. FREE, pre-register	12 Casual Conversations: Drug Interactions. FREE 11 a.m. Pre-register Christiansburg Pharmacy.	13 Bible Study 10:15-10:45 a.m. Sr. Act. Room	14	15
16	17 Mystery Movie & Munchies 11 a.m. FREE. Pre-register Senior Activities room	18 Triad S.A.L.T Social 1:30 p.m. In person & Virtual Zoom 101 Pre-register Presenter: Debbie Bell, Office of the Attorney General. Coffee Social 10 a.m. Great Roads Coffee, Christiansburg	19 Coping Techniques for Caregivers 12:30 – 1:30 p.m. Lunch provided by Commonwealth Senior Living – Christiansburg Campus FREE; pre-register	20 Bible Study 10:15 - 10:45 a.m. Sr. Act. Room	21 Community Mobile Cancer Screening Event See back of calendar for detailed information	22
23 30	24 Move & Groove 6 wks. M/W 11 a.m. \$30/\$60 pre-register 31 Memorial Day-Recreation Center Closed	25 Cornhole Tournament 10 a.m. \$10 includes lunch. Pre-register. Senior Motions T/Th 6 weeks 11:30 am – 12:15pm 12:30 – 1:15 pm FREE; pre-register	26 Veteran's Café - Virtual FREE 11 a.m. When registering please provide us with an email or cell number in order to join virtually	27 MONDAY May 24: Brain Health Initiative FREE, pre-register 11 a.m. Speaker: Annette Clark, Alzheimer's Association	28	29