



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
	<b>1</b>	<b>2</b> <u>Salt Painting</u> 10 a.m. \$5 pre-reg. Sr. Act. Rm.	<b>3</b> <u>Fast Craft: Reverse Canvas</u> 1 p.m. \$10; pre-reg. Sr. Act. Rm.	<b>4</b> <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.	<b>5</b> <u>Mystery Yard Sale</u> Leave rec. ctr @ 7 a.m. \$15/\$25; pre-reg. Lunch on your own at local restaurant <u>Scrabble Players</u> 1:30 – 4:30 p.m. FREE Sr. Act. Rm.	<b>6</b>
<b>7</b>	<b>8</b> <u>Basket Weavers</u> 10 a.m. – 4 p.m. Classroom 2 - FREE <u>Lunch Bunch: Mystery Destination</u> Leave rec. ctr @ TBD \$9/\$18; pre-reg.	<b>9</b> <u>Brown Bag Lunch &amp; Craft</u> 11 a.m. \$10 all inclusive; pre-reg. Sr. Act. Rm.	<b>10</b>	<b>11</b> <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.	<b>12</b> <u>Mystery Trip</u> Leave rec. ctr @ TBD \$9/\$18; pre-reg. Lunch on your own at local restaurant	<b>13</b>
<b>14</b> <i>*Monday, Aug. 15*</i> <u>Mystery Movies &amp; Munchies</u> 11 a.m. Free; pre-reg Sr. Act. Rm.	<b>15</b> <u>Senior Aerobics MWF</u> 7:30 – 8:30 a.m. 6 wks. Free; pre-reg MPRM 2 <u>Senior Motions MWF</u> 9 - 10 a.m. 6 wks. Free; pre-reg MPRM 2	<b>16</b> <u>Triad S.A.L.T Council</u> 1:30 p.m. FREE Classroom 2	<b>17</b> <u>Lunch &amp; Learn: Hernias</u> 11 a.m. Free; pre-reg.	<b>18</b> <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.	<b>19</b> <u>Wohlfhart Haus: God &amp; Country, Wytheville, Va.</u> Leave rec. ctr @ 11:30 a.m. \$70 gratuity not included.	<b>20</b>
<b>21</b> <u>Scrabble Players</u> 1:30 – 4:30 p.m. FREE Sr. Act. Rm.	<b>22</b>	<b>23</b> <u>Vision Boards</u> 10 a.m. \$10 includes supplies pre-reg. Sr. Act. Rm.	<b>24</b> <u>Ice Cream Bar Bingo</u> 1 p.m. Sr. Act. Rm. \$8 plus 4 quarters; pre-reg. <u>Book Swap</u> \$ 1 non – refundable; pre-reg. 4:30 – 5:30 p.m. Classroom 1	<b>25</b> <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.	<b>26</b> <u>VA Dept. of Veteran Services</u> <u>Lunch &amp; Learn: Veteran Pension</u> 11 a.m. Free; pre-reg Sr. Act. Rm.	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> <u>Glen Alton Recreation Area Hike</u> Leave rec. ctr @ 9 a.m. \$7/\$14; pre-reg.	<b>31</b> <u>Ploughcroft Tea Room, Lynchburg, Va.</u> Leave rec. ctr. @ Noon \$40 all inclusive; pre-reg	<i>*Tuesday, Aug. 30 : Wellness</i> <u>Book Club: “Make Your Bed: Little Things That Can Change Your Life” by Admiral William McRaven</u> FREE; pre-reg. 5:45 – 6:30 p.m. Classroom 1	<b>August</b>	
						<b>2022</b>