



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
SEPTEMBER		2022	<p><u>Wednesday, Sept. 7: Flu Shot Clinic – Christiansburg Pharmacy</u> 9 - 11 a.m. FREE with Medicare card, most insurance accepted Christiansburg Rec. Ctr. Front Lobby</p>	<p>1 <u>Gospel Sing</u> 9:30 a.m. Sr. Act. Rm. <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.</p>	<p>2 <u>Scrabble Players</u> Sr. Act. Rm. 1:30 – 4:30 p.m. FREE</p>	3
4	<p>5 <u>LABOR DAY</u> Rec Center Closed</p>	6	<p>7 <u>Veterans Cafe</u> 11 a.m. Sr. Act. Rm. FREE <u>Fast Craft – Fall Mason Jar</u> 1 p.m. \$10; pre-reg. Sr. Act. Rm.</p>	<p>8 <u>Gospel Sing</u> 9:30 a.m. Sr. Act. Rm. <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.</p>	<p>9 <u>Smith Mountain Lake Alpaca Farm</u> Leave rec. ctr @ 8:30 a.m. \$7/\$14; pre-reg. Lunch on your own at local restaurant</p>	<p>10 <u>Medicare Supplement Workshop</u> 10 a.m. Sr. Act. Rm. <u>Rockin’ Main</u> Downtown C-Burg 4-8 p.m.</p>
11	<p>12 <u>Basket Weavers</u> 10 a.m. Classroom 2 FREE <u>Mahjong</u> 1 – 4 p.m. Sr. Act. Rm FREE</p>	<p>13 <u>Step by Step Painting: Bubble Canvas</u> 1 p.m. \$17 all inclusive pre-reg. Mid County Activity Ctr. Please register with Montgomery Co. Parks & Rec. 540-382-6975</p>	<p>14 <u>Lunch Bunch: Swinging Bridge Café</u> \$9/\$18; pre-reg. Leave rec. ctr @ 10 a.m.</p>	<p>15 <u>Gospel Sing</u> 9:30 a.m. Sr. Act. Rm <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.</p>	<p>16 <u>Thursday, Sept. 15: Fall Wind Chime</u> \$5 all inclusive; pre-reg. 11 a.m. Mid County Act. Ctr. Pre – reg. with Montgomery County Parks & Rec. 540-382-6975</p>	<p>17 <u>Downtown Christiansburg: Wilderness Trail Festival</u> 9 a.m. - 4 p.m.</p>
<p>18 <u>Scrabble Players</u> 1:30 – 4:30 p.m. FREE Sr. Act. Rm.</p>	<p>19 <u>Blood Drive</u> 10 a.m. – 2 p.m. Ct. C. <u>Mystery Movies & Munchies</u> 11 a.m. FREE. pre-reg. Sr. Act. Rm. <u>Mahjong</u> 1 – 4 p.m. Sr. Act. Rm. FREE</p>	<p>20 <u>Triad S.A.L.T Council Annual Picnic</u> 11 a.m. Mid County Shelter FREE; pre-reg.</p>	<p>21 <u>2022 AARP Health and Wellness Fair</u> Noon – 4 p.m. Please flyer on back of calendar for more information</p>	<p>22 <u>Mystery Series</u> 9 a.m. Sr. Act. Rm. \$8/\$16; pre-reg. <u>Gospel Sing</u> 9:30 a.m. Sr. Act. Rm. <u>Bible Study</u> 10:15–10:45 a.m. Sr. Act. Rm.</p>	<p>23 <u>VA Dept. of Veteran Services Lunch & Learn: Survivor Benefits</u> 11 a.m. Free; pre-reg. Sr. Act. Rm.</p>	24
<p>25 <u>Tuesday, Sept. 27: Wellness Book Club: The Gifts of Imperfection by Brene’ Brown</u> Classroom 2 4:30 p.m.</p>	<p>26 <u>Hard Rock Bristol Casino</u> \$12/\$24 Leave rec. ctr. @ 8 a.m. Lunch on your own at casino. <u>Mahjong</u> 1 – 4 p.m. Sr. Act. Rm. FREE</p>	<p>27 <u>Flu Shot Clinic – Christiansburg Pharmacy</u> 9 - 11 a.m. FREE with Medicare card, most insurance accepted Christiansburg Rec. Center Front Lobby</p>	<p>28 <u>Gina’s Restaurant & Old Salem Brewery</u> Leave rec. ctr @ 8:30 a.m. \$7/\$14; pre-reg.</p>	<p>29 <u>Gospel Sing</u> 9:30 a.m. Sr. Act. Rm. <u>Bible Study</u> 10:15–10:45 a.m. S Sr. Act. Rm. <u>Losing Menopause Bloat</u> 5:30 – 6:30 p.m. \$5/\$10; pre-reg. Classroom 2</p>	<p>30 <u>Virginia Safari Park</u> Leave rec. ctr @ 8 a.m. \$43; pre-reg. Lunch on your own at local restaurant</p>	<p>**Shred-A-Thon Tuesday, Oct. 11 3 – 6 p.m.</p>