

# SENIOR PROGRAMS

## RECREATION CENTER REFUND POLICY

Partial refunds will not be issued for classes or programs unless the instructor is unable to complete the class. In case of cancelled classes due to inclement weather, partial refunds will not be issued if at least 80% of the scheduled class has met. When possible, a cancelled class or activity will be rescheduled.

## INCLEMENT WEATHER POLICY FOR TRIPS

If Montgomery County Public Schools are delayed, closed, or released early due to inclement weather, any trip scheduled for that day will be cancelled. If the school system where we are traveling to is delayed, closed, or released early due to inclement weather the trip scheduled for that day will be cancelled.

TRIP REFUND POLICY *No refunds will be given after registration deadline.*

## SENIOR MONTHLY CALENDAR

The senior section distributes a monthly calendar throughout the Town of Christiansburg at the beginning of each month. The calendar lists programs, classes, trips, ongoing activities, and special events. Please familiarize yourself with the following abbreviations appearing on the calendar:

TR – Town Resident                      Rec. Ctr. – Christiansburg Recreation Center  
NR – Non-Resident                      MCGC – Montgomery County Government Center  
T. Fee – Transportation Fee              Mid County Act. Bldg. – 390 Cinnabar Rd, Christiansburg, VA 24073

## TRANSPORTATION SERVICES POLICY

The senior transportation service is conducted on an as-need basis. This service is provided to local senior citizens without access to transportation. This enables individuals to participate in senior trips and special luncheons. When registering for trips or special luncheons, seniors needing to use the transportation service must state this need. Circumstances may arise in which individuals with access to transportation require this service; in these cases, policy will be applied at the discretion of the supervisor of senior & special populations programs. If you have any questions, contact Tammy Caldwell at 382-2349 ext. 2003.

## AARP TAX AIDE PROGRAM

Additional Information: Due to COVID19, tax return preparations will be adjusted to current COVID regulations set forth by the IRS, National AARP, and Commonwealth of Virginia. Please call 540-382-2349 for information on the Tax Aide program.

## BACKGAMMON CLUB

Location: Christiansburg Recreation Center – Senior Lounge

Additional Information: Backgammon is a two-person game played with counters and dice on table boards. If you are interested in learning how to play or are a pro and would like to help start a club, please contact Tammy Caldwell; 540-382-2349 ext. 2003 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)

## BASKET WEAVERS

Additional Information: Group meets the second Monday of each month to work on individual baskets or group project. For more information, please contact Tammy Caldwell, 540-382-2349 ext. 2003 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)  
Maximum: 6

Date	Day	Time	Location
Sept. 11	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Oct. 9	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Nov. 6	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Dec. 11	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Jan. 8	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Feb. 12	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
March 11	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
April 8	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2

## BUNCO

Location: Christiansburg Recreation Center – Senior Lounge

Additional Information: Bunco is a dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind, and all three numbers match the round number. Players will meet the 2nd Wednesday of each month. For more information, please contact Tammy Caldwell, 540-382-2349 ext. 2003 or email tcaldwell@chrstiansburg.org

## CHRISTIANSBURG/MONTGOMERY TRIAD S.A.L.T

Additional Information: The Christiansburg/Montgomery Triad S.A.L.T. (Seniors and Law Enforcement Working Together) Council works on various projects to benefit senior citizens in the community. The council meets every third Tuesday of the month at 1:30 p.m. at the Christiansburg Recreation Center; meetings are open to all senior citizens to attend. For additional information, please contact Tammy Caldwell, 540-382-2349, ext. 2003.

Program	Eligibility	Date	Time	Location
Shred-a-thon	Community Event	October 10	3-6 p.m.	Christiansburg Rec. Ctr. – Senior Act. Rm
Disaster Preparedness	50 & over	Nov. 21	1:30 p.m.	Christiansburg Rec. Ctr. – Senior Act. Rm
Christmas Lunch \$8 pp; pre-register	50 & over	Dec. 19	11 a.m.	Holiday Inn – Walmart
2024 Planning Meeting	50 & over	Jan. 16	1:30 p.m.	Christiansburg Rec. Ctr. – Senior Act. Rm
Triad Meeting- TBA	50 & over	Feb. 20	1:30 p.m.	Christiansburg Rec. Ctr. – Senior Act. Rm
Triad Meeting- TBA	50 & over	Mar. 19	1:30 p.m.	Christiansburg Rec. Ctr. – Senior Act. Rm
Shred-a-thon	Community Event	April 23	3-6 p.m.	Christiansburg Rec. Ctr. – Senior Act. Rm

## GRIEF SUPPORT GROUP



Additional Information: The loss of a loved one is painful, confusing, and isolating. Mental health professionals agree that people who seek grief support therapy learn how to move through their grief in a healthy way. We invite you to join the new Senior Grief Support Group, sponsored by Carilion Clinic Hospice. The group will be led by a professional Bereavement Counselor who will present a variety of topics and facilitate confidential group discussion. All are welcome!

Leader: Rev. Monica Weber, B.S., M. Div., Certified Spiritual Director Chaplin/Bereavement Coordinator, Carilion Clinic Home Hospice.

Registration	Eligibility	Date	Time	Fee
Registration is ongoing	50 & over	Wednesday's beginning Sept. 13	2 - 3:30 p.m.	Free; pre-register

## COMMUNITY CHOIR



Additional Information: New River Voices Choral Society is a newly formed community choir serving the residents of the NRV. We are proud to partner with the Town of Christiansburg Department of Parks & Recreation by making our home at the Recreation Center for rehearsals and gatherings. This choir is open to anyone in the community with a desire to sing as part of a group, regardless of age or ability to read music. Auditions are not required. Rehearsals will be held on Monday nights from 7 – 8 p.m. (until 8:30 p.m. near concerts.) The choir will loosely follow the MCPS calendar, taking breaks during the winter and summer. New River Voices Choral Society is under the direction of Anthony Woodyard of Christiansburg, who studied music at Concord University in Athens, WV. The choir will be accompanied by a variety of local musicians.

For questions or more information, email [NewRiverVoices@gmail.com](mailto:NewRiverVoices@gmail.com)

Day	Time	Location
Mondays	6:30-8:30 p.m.	Senior Activities Room – Christiansburg Rec Center

## INTERNET USAGE

Additional Information: Internet access for senior citizens is available Monday – Friday from 8 a.m. – 5 p.m., unless there is a program in progress. Those wishing to use the computers will need to sign in and out with the front desk supervisors.

Day	Time	Location
Monday – Friday	8 a.m. – 5 p.m.	Senior Activities Room – Christiansburg Rec Center

## HEALTHY BACKS: Angela Nelson

Location: Recreation Center – Multipurpose Room 2

Additional Information: Healthy Backs is an exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance and a back free of pain and stiffness. Fitness and relaxation as well as other benefits. Pre-register.

Minimum: 8 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Sept. 6 – Sept. 26	50 & over	<a href="#">Tues. Oct. 3</a>	T/TH	12:45 – 1:45 p.m.	\$35/\$55	6
Oct. 23 – Nov. 13	50 & over	<a href="#">Tues. Nov. 28</a>	T/TH	12:45 – 1:45 p.m.	\$30/\$50	4
Dec. 11 – Jan. 3	50 & over	Tues. Jan. 9	T/TH	12:45 – 1:45 p.m.	\$35/\$55	6
Jan. 22 – Mar. 4	50 & over	Tues. Mar. 5	T/TH	12:45 – 1:45 p.m.	\$35/\$55	6

## MAHJONG

Location: Christiansburg Recreation Center – Senior Lounge

Additional Information: Mahjong is a tile-based game, originating in China. The game is played with a set of 144 tiles based on Chinese characters and symbols. The group meets every Monday, 1-4 p.m. There is no fee to play. For more information, please contact Tammy Caldwell; 540-382-2349 ext. 2003 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)

## MEDICARE 101 & PROGRAM IN A BOX

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us for this monthly series with different topics each month, Medicare conversation. Lunch provided. FREE; pre-register.

Speaker: Lauren Hand, Humana Representative

Minimum: 4 Maximum: 9

Registration	Eligibility	Date	Time	Topic
Sept. 12 – Sept. 27	50 & over	<a href="#">Thursday, Oct. 5</a>	1:30 p.m.	Healthy Sleep
Sept. 12 – Oct. 25	50 & over	<a href="#">Thursday, Nov. 2</a>	1:30 p.m.	Headaches decoded
Sept. 12 – Nov. 29	50 & over	<a href="#">Thursday, Dec. 14</a>	1:30 p.m.	Healthy Brain
Dec. 4 – Dec. 27	50 & over	Thursday, Jan. 4	1:30 p.m.	10 Tips to Boost Your Energy
Dec. 4 – Jan. 31	50 & over	Thursday, Feb. 1	1:30 p.m.	Cooking for One
Dec. 4 – Feb. 28	50 & over	Thursday, Mar. 7	1:30 p.m.	Good Foods, Bad Fats
Dec. 4 – Mar. 27	50 & over	Thursday, April 4	1:30 p.m.	Foods to Boost Your Brain Power

## MEDICARE PART D OPEN ENROLLMENT

Each January, all Medicare drug plans, and Medicare Advantage plans change. Even if your current plan is working well, you should determine if it will still be the best one for you in 2024. If you fail to change during Open Enrollment, you may be stuck in a plan that doesn't work well for you in 2024. The NRV Agency on Aging VICAP Program will be assisting Medicare Beneficiaries beginning October 15 through December 7.

To have a form mailed to you, call 540-980-7720 and request a Part D form. You may also pick up/return a form at Christiansburg Recreation Center administrative office or mail it to NRV Agency on Aging 44 Third Street NW, Pulaski 24301

## MOVE & GROOVE - Instructor: Jancil Wooge

Location: Recreation Center – Multipurpose Room 2

Additional Information: This workout program will get you up moving and grooving using various genres of music with steps that are easy to follow. Come enjoy this dance class that provides joy, fun and fitness! Pre-register.

Minimum: 8 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Sept. 6 – Sept. 26	50 & over	<a href="#">Mon. Oct. 2</a>	Mon./Wed.	10:15 – 11:15 a.m.	\$35/\$55	6
Oct. 23 – Nov. 13	50 & over	<a href="#">Mon. Nov. 20</a>	Mon./Wed.	10:15 – 11:15 a.m.	\$30/\$50	4
Dec. 11 – Jan. 3	50 & over	Mon. Jan. 8	Mon./Wed.	10:15 – 11:15 a.m.	\$35/\$55	6
Jan. 22 – Mar. 4	50 & over	Mon. Mar. 4	Mon./Wed.	10:15 – 11:15 a.m.	\$35/\$55	6

## 30 MINUTES TO BETTER BALANCE - Instructor: Angela Nelson

Location: Recreation Center, Multipurpose Room 2

Additional Information: Feel stronger and more confident every day. Build stability, mobility, and quick footedness in your lower body. As with any exercise regimen, we advise you to talk with your doctor before joining the class.

Minimum: 5 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Sept. 6 – Sept. 26	50 & over	<a href="#">Mon. Oct. 2</a>	Mon.	11:30 a.m. - noon	\$30/\$50	6
Oct. 23 – Nov. 13	50 & over	<a href="#">Mon. Nov. 20</a>	Mon.	11:30 a.m. - noon	\$25/\$45	4
Dec. 11 – Jan. 3	50 & over	Mon. Jan. 8	Mon.	11:30 a.m. - noon	\$30/\$50	6
Jan. 22 – Mar. 4	50 & over	Mon. Mar. 4	Mon.	11:30 a.m. - noon	\$30/\$50	6

## NRV SENIOR GAMES 2024

Christiansburg Department of Parks and Recreation will be the host agency for the 2024 New River Valley Senior Games will be held Sunday-Friday, April 28- May 3, 2024. The games are open to New River Valley residents 50 years of age and older. Through a multitude of athletic and social events, participants have the opportunity to display their athletic ability, in addition to exchanging and sharing common ties and interests with other senior individuals

More information will become available February 2024. To be added to the mailing list for information please contact Christiansburg Parks and Recreation at 540-382-2349 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)

## SCRABBLE PLAYERS

Location: Christiansburg Recreation Center – Senior Lounge

Additional Information: Do you enjoy a good friendly game of scrabble but not the competitiveness? Come out and play with other scrabble players. The group meets the 1st Friday each month and the 3rd Sunday each month from 1:30 – 4:30 p.m. There is no fee to play. For more information, please contact Tammy Caldwell; 540-382-2349 ext. 2003 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org).

## SENIOR AEROBICS FALL/WINTER SESSIONS - Instructor: Sarah Norman

Additional Information: A six week low-impact aerobics class designed for the more physically fit senior. Registration is required prior to joining the class. As with any exercise regimen, we advise you to talk with your doctor before joining the class. Note: Class is free with a valid membership; otherwise, \$2 per class. A 12-class pass can be purchased at the administrative window and front desk.

Minimum: 8 Maximum: 25

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Sept. 6 – Sept. 26	50 & over	Mon. Oct. 2	Mon./Wed./Fri.	7–8 a.m.	FREE	6
Oct. 23 - Nov. 13	50 & over	Wed. Nov. 20	Mon./Wed./Fri.	7–8 a.m.	FREE	5
Dec. 11 – Jan. 3	50 & over	Mon. Jan. 8	Mon./Wed./Fri.	7–8 a.m.	FREE	6
Jan. 22 – Mar. 4	50 & over	Mon. Mar. 11	Mon./Wed./Fri.	7–8 a.m.	FREE	6

## SENIOR BILLIARDS

Additional Information: The senior billiard room is available for play, except during lessons, tournaments, or special events.

Date	Day	Time	Location
Ongoing	Monday - Friday	8 a.m. – 5 p.m.	Christiansburg Rec Center – Billiard Room

## SENIOR LOCK BOX PROGRAMS AGES 50 PLUS

Additional Information: The Senior lockbox program provides emergency first responders a way to gain access into the homes of participating residents to expedite access during a medical or other emergency. This program is sponsored by Christiansburg/Montgomery Triad S.A.L.T Council and Christiansburg Police Department. For more information, please contact. Sherri Neece, Crime Prevention Specialist at (540) 382-3131 or Deputy Jason West at (540) 382-6915 ext. 44415.

## SENIOR MOTIONS FALL/WINTER SESSIONS - Instructor: Jancil Wooge

Location: Recreation Center, Multipurpose Room 2

Additional Information: A less strenuous chair level exercise class designed for seniors who may have physical limitations. Registration is required prior to joining the class. As with any exercise regimen, we advise you to talk with your doctor before joining the class. *Note: Class is free with a valid membership; otherwise, \$2 per class. A 12-class pass can be purchased at the administrative window and front desk Participants can only sign up for one time slot.*

Minimum: 12 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Sept. 13 – Sept. 26	50 & over	Mon. Oct. 2	Mon./Wed.	9 – 10 a.m.	FREE	6
Oct. 17 – Nov. 21	50 & over	Mon. Nov. 27	Mon./Wed.	9 – 10 a.m.	FREE	4
Dec. 19 – Jan. 23	50 & over	Mon. Jan. 8	Mon./Wed.	9 – 10 a.m.	FREE	6
Feb. 13 – Mar. 12	50 & over	Mon. Mar. 4	Mon./Wed.	9 – 10 a.m.	FREE	6

## SENIOR MOTIONS FALL/WINTER SESSIONS - Instructor: Jancil Wooge

Location: Recreation Center, Multipurpose Room 2

Additional Information: A less strenuous chair level exercise class designed for seniors who may have physical limitations. Registration is required prior to joining the class. As with any exercise regimen, we advise you to talk with your doctor before joining the class. *Note: Class is free with a valid membership; otherwise, \$2 per class. A 12-class pass can be purchased at the administrative window and front desk Participants can only sign up for one time slot.*

Minimum: 12 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Sept. 13 – Sept. 26	50 & over	Tues. Oct. 3	Tues./Thurs.	11:30 a.m. – 12:30 p.m.	FREE	6
Oct. 17 – Nov. 21	50 & over	Tues. Nov. 28	Tues./Thurs.	11:30 a.m. – 12:30 p.m.	FREE	4
Dec. 19 – Jan. 23	50 & over	Tues. Jan. 30	Tues./Thurs.	11:30 a.m. – 12:30 p.m.	FREE	6
Feb. 13 – Mar. 12	50 & over	Tues. Mar. 19	Tues./Thurs.	11:30 a.m. – 12:30 p.m.	FREE	6

## VETERAN'S CAFÉ

Location: Christiansburg Recreation Center - Senior Activities Room

Additional Information: Thank you for your service! Join us for coffee and light refreshments and speaker/presentation. Pre-register. Co-sponsored with Carilion Clinic NRV Hospice Level 5 We Honor Veterans Participate.”

Minimum: 4 Maximum: 5

Registration	Eligibility	Dates	Time	Fee
Please register by Oct. 26	50 & over	<a href="#">Thursday, Nov. 2</a>	11 a.m.	FREE
Please register by Nov. 29	50 & over	<a href="#">Thursday, Dec. 7</a>	11 a.m.	FREE
Please register by Jan. 31	50 & over	Thursday, Feb. 1	11 a.m.	FREE
Please register by March 27	50 & over	Thursday, April 4	11 a.m.	FREE

## HOLIDAY TREE ORNAMENT SERIES



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us for our first month of a new series! We will begin our journey of making an ornament for a new holiday or season each month. Fee includes all supplies *This is a co-sponsored program between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation.* Pre-register with Christiansburg Parks and Recreation.

Registration	Eligibility	Date	Time	Theme	FEE
Sept. 12 - Oct. 4	50 & over	<a href="#">Wednesday, Oct. 11</a>	1 p.m.	Thanksgiving	\$8 includes supplies
Sept. 12 – Nov. 8	50 & over	<a href="#">Wednesday, Nov. 15</a>	11 a.m.	Christmas	\$8 includes supplies
Sept. 12 - Dec. 4	50 & over	<a href="#">Wednesday, Dec. 13</a>	11 a.m.	New Year's	\$8 includes supplies
Dec. 4 – Jan. 3	50 & over	Wednesday, Jan. 10	11 a.m.	Valentine's Day	\$8 includes supplies
Dec. 4 - Jan. 31	50 & over	Wednesday, Feb. 7	11 a.m.	St. Patrick's Day	\$8 includes supplies
Dec. 4 - Mar. 6	50 & over	Wednesday, Mar. 13	11 a.m.	Easter	\$8 includes supplies

## AGING IN PLACE WORKSHOP SERIES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us for our first month of a new series! We will begin our journey of making an ornament for a new holiday or season each month. The Aging-In-Place workshop series will focus on key topics that aging experts have identified as the critical factors that people should consider and plan for to successfully age in place. Materials will be provided to registered participants, have been designed to present in a group setting, with a facilitator, or can be used on an individual basis. Light dinner served. *Additional \$15 for workbook to be paid at the first workshop you attend (exact change or check).*

Minimum: 6 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Ends Sept. 14	50 & over	<a href="#">Thursday, Sept. 21</a>	6 – 8 p.m.	\$5
Sept. 12- Oct. 12	50 & over	<a href="#">Thursday, Oct. 19</a>	6 – 8 p.m.	\$5
Sept. 12 – Nov. 9	50 & over	<a href="#">Thursday, Nov. 16</a>	6 – 8 p.m.	\$5

## BETTER BUSINESS BUREAU

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Presentation will provide participants with information on current scams and fraud information.

Minimum: 6 Maximum: 12

Registration	Eligibility	Date	Time	FEE
Ends Sept. 19	50 & over	<a href="#">Tuesday, Sept. 26</a>	11 a.m. – 1 p.m.	Free; Pre-register

## 16<sup>th</sup> ANNUAL SUPPLIES FOR HOMEBOUND SENIORS WALK-A-THON

Location: Christiansburg Recreation Center – Gymnasium

Additional Information: Event is open for anyone to walk. The money walkers collect will be used to purchase supplies for 200 homebound seniors and veterans, such as: toiletries, detergent, word search puzzles, etc. Volunteer Montgomery volunteers & local Police will distribute supplies to clients of the NRV Agency on Aging, Radford Fairlawn Daily Brad, and the Virginia Veteran and Family Support Project. Monetary donations can be made at <https://www.Givelocalnrva.org/story/S4Swalk-a-thon>, the Christiansburg Recreation Center, or the Volunteer Montgomery office. For more information or to register, please contact Volunteer Montgomery at 540-382-5775 or email: [volunteermontgomery@montgomerycountyva.gov](mailto:volunteermontgomery@montgomerycountyva.gov)

Registration	Eligibility	Date	Time	FEE
Ends Sept. 19	50 & over	Thursday, Oct. 12	10 a.m.-Noon	\$15; pre-registration required

## ATTIC PRODUCTIONS

Additional Information: Travel with us to the D. Geraldine Lawson Performing Arts Center, in Fincastle. Dinner will be on your own at local restaurant prior to play.

*For the 2024 season please call 540-382-2349 after February 12 for more information on plays that will be offered.*

Pre-register

Minimum: 5 Maximum: 8

Registration	Eligibility	Dates	Time	Play	Fee
Sept. 12 – Oct. 5	50 & over	<a href="#">Thursday, Oct. 12</a>	Leave Rec. Ctr @ 4:30 p.m.	Clue	\$32 includes play ticket.
Sept. 12 – Dec. 14	50 & over	<a href="#">Thursday, Dec. 21</a>	Leave Rec. Ctr @ 4:30 p.m.	A Christmas Carol	\$32 includes play ticket.

## BARTER THEATER

Additional Information: For 2024 season please call 540-382-2349 after February 12 for more information on plays that will be offered.

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	Fee
Sept. 12 – Nov. 21	50 & over	<a href="#">Tuesday, Nov. 28</a>	Leave Rec. Ctr @ 9:30 a.m.	\$40

## WOHLFHART HAUS

Additional Information: For 2024 season please call 540-382-2349 after February 12 for more information on plays that will be offered.

Minimum: 5 Maximum: 8

Registration	Eligibility	Dates	Time	Fee
TBA	50 & over	TBA	TBA	TBA

## AFTERNOON ADVENTURES



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: This program is geared towards spending the afternoon with friends; making new friends, socializing over a cup of coffee and snacks. Each month we will have a different activity.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Oct. 12	50 & over	<a href="#">Thursday, Oct. 19</a>	1 p.m.	\$8
Sept. 12 – Nov. 9	50 & over	<a href="#">Thursday, Nov. 16</a>	1 p.m.	\$8
Sept. 12 – Dec. 14	50 & over	<a href="#">Thursday, Dec. 21</a>	1 p.m.	\$8

## HARVEST MOON GALA

Additional Information: Enjoy a fall afternoon out on the town at the Harvest Moon Gala. With dinner and dancing it's sure to be a night to remember.

Minimum: 20 Maximum: 40

Registration	Eligibility	Date	Time	FEE
Sept. 12- Oct. 12	50 & over	<a href="#">Friday, Oct. 20</a>	4:30 – 6:30 p.m.	\$20 pp

## BRIDGING THE GAP: AN INTERGENERATIONAL THEATRE WORKSHOP

Location: Christiansburg Recreation Center – Senior Lounge

Additional Information: Love music, theatre, and dance? Interested in building an intergenerational community? Then join us for a Saturday or intergenerational collaboration between college students and senior adults through improv, theater games, music, and movement-based activities. No experience required. Registration is limited. To reserve your spot, please email [ashleynp@vt.edu](mailto:ashleynp@vt.edu)

Registration	Eligibility	Date	Time	FEE
Sept. 12- Oct. 13	50 & over	Saturday, Oct. 21	10 – 11:30 a.m.	FREE; Pre-register required

## HALLOWEEN BINGO

Location: Christiansburg Recreation Center – Senior Lounge

Additional Information: Join us for some spooky refreshments and some bingo. *This is a co-sponsored program between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation.* Pre-register with Christiansburg Parks and Recreation.

Minimum: 10 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Sept. 12- Oct. 24	50 & over	<a href="#">Tuesday, Oct. 31</a>	11 a.m.	\$5 plus 4 quarters

## PAINT N' FUN CERAMIC CHRISTMAS TREES

Location: Christiansburg Recreation Center – Gymnasium Court A

Additional Information: Connecting Veterans to benefits and resources in their community; promoting a network of services to Veterans in the New River Valley.

Eligibility	Date	Time	FEE
50 & over	Wednesday, Nov. 8	9 a.m. – Noon	Free

## THANKSGIVING LUNCHEON

Location: Christiansburg Recreation Center – MPRM 2

Additional Information: Join us for our annual Thanksgiving luncheon. Enjoy spending time with friends and giving thanks.

Menu: Turkey, dressing, gravy, macaroni and cheese, sweet potato casserole, rolls, dessert, and drinks.

Minimum: 20 Maximum: 80

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Nov. 9	50 & over	<a href="#">Thursday, Nov. 16</a>	Noon	\$10 per person

## SANTA TREAT/GIFT BUCKET



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Make an adorable Santa treat/gift bucket for holiday decoration or as a unique gift basket. Light refreshments and hot cocoa provided.

*This is a co-sponsored between Christiansburg Parks and Recreation, Montgomery County Parks and Recreation and Spring Oak Christiansburg Campus.* Please register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Nov. 21	50 & over	<a href="#">Monday, Dec. 4</a>	11 a.m.	\$15 includes all supplies

## WATER MARBLED ORNAMENTS



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Water marbling is an easy way to explore art and science! Learn to make unique ornaments for your Christmas tree or personalized gifts. *This is a co-sponsored program between Christiansburg Parks and Recreation, Spring Oak Senior Living – Christiansburg Campus and Montgomery County Parks and Recreation.* Pre-register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 12

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Dec. 4	50 & over	<a href="#">Monday, Dec. 11</a>	11:30 a.m.	\$8

## CHRISTMAS LUNCHEON

Additional Information: Join us for our annual Christmas luncheon, singing Christmas carols and have your picture taken with Santa Claus. Menu: Ham, macaroni and cheese, mashed potatoes and gravy, green beans, rolls, dessert, and drinks.

Minimum: 10 Maximum: 50

Registration	Eligibility	Date	Time	FEE	Location
Sept. 12 – Dec. 7	50 & over	<a href="#">Thursday, Dec. 14</a>	Noon	\$ 10 per person	MPRM 2

## GREAT ESCAPES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Travel with us on this virtual journey to a different destination monthly. *This is a co-sponsored program between Christiansburg Parks and Recreation, Spring Oak Senior Living – Christiansburg Campus and Montgomery County Parks and Recreation.* Pre-register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 12

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Jan. 2	50 & over	Tuesday, Jan. 9	11:30 a.m.	\$8; lunch included
Dec. 4 – Jan. 31	50 & over	Tuesday, Feb. 6	11:30 a.m.	\$8; lunch included
Dec. 4 – Feb. 28	50 & over	Tuesday, Mar. 12	11:30 a.m.	\$8; lunch included

## SNOWMAN CRAFT



Location: Christiansburg Recreation Center – Senior Activities room

Additional Information: Create a snowman out of plastic pumpkins for your front porch decoration. *This is a co-sponsored between Christiansburg Parks and Recreation, Montgomery County Parks and Recreation and Spring Oak Christiansburg Campus.* Please register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
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Dec. 4 – Jan. 17	50 & over	Wednesday, Jan. 24	11 a.m.	\$10 includes all supplies
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### LIMA BEAN AUCTION

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Get ready to bid against your neighbor for items. Participants will each get a specific number of lima beans to use for currency in bidding. Light refreshments and drinks provided. *This is a co-sponsored program between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation.* Pre-register with Cburg Parks and Rec.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Jan. 19	50 & over	Friday, Jan. 26	11 a.m.	\$10

### SWEET TREATS



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us as we create sweet treats in time for Valentines Day. Please note, some treats may be made with chocolate, nuts, and coconut. *This is a co-sponsored between Christiansburg Parks and Recreation, Montgomery County Parks and Recreation and Spring Oak Christiansburg Campus.* Please register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Feb. 5	50 & over	Monday, Feb. 12	11 a.m.	\$10 includes all supplies

### NATIONAL CRAFT MONTH



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: March is National Craft Month spend the afternoon socializing with friends. Craft kits will be available for participants to choose from. *This is a co-sponsored between Christiansburg Parks and Recreation, Montgomery County Parks and Recreation and Spring Oak Christiansburg Campus.* Please register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Mar. 4	50 & over	Monday, Mar. 11	1 p.m.	\$10 includes all supplies

### ST. PATTY'S DAY BINGO

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Celebrate St. Patrick's Day with a twist of luck in this festive Bingo game with treats and friends. *This is a co-sponsored between Christiansburg Parks and Recreation, Montgomery County Parks and Recreation.* Please register with Christiansburg Parks and Recreation.

Minimum: 10 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Feb. 27	50 & over	Friday, Mar. 15	11 a.m.	\$5 plus 4 quarters

### SUCCULENT WREATH



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Create a wreath made with succulents for your door. *This is a co-sponsored program between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation.* Pre-register with Christiansburg Parks and Recreation

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Mar.	50 & over	Tuesday, Mar. 19	11 a.m.	\$15 includes all supplies

## WATERCOLOR CARDS



**NEW**

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Create beautiful handmade water-colored cards. Participants will make six cards each. *This is a co-sponsored program between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation.*

Pre-register with Christiansburg Parks and Recreation

Minimum: 6      Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 – April 2	50 & over	Tuesday, April 9	11 a.m.	\$10 includes all supplies