

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.

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
	RPR – Radford Parks and Recreation

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.

BASKET WEAVERS

Additional Information: Group meets the second Monday of each month.

Maximum: 6

Date	Day	Time	Location
Feb. 13	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
March 13	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Apr. 10	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2

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
BP/BMI screenings and presentation	50 & over	Feb. 21	1:30 p.m.	Christiansburg Recreation Center – Senior Act. Rm
GWEP Presentation	50 & over	March 21	1:30 p.m.	Christiansburg Recreation Center – Senior Act. Rm
Shred-a-thon – community event		April 25	3-6 p.m.	Christiansburg Recreation Center – back parking lot

HIKES – Instructor: Gary Brumfield/Pam Peyton

Additional Information: Join us for some exercise in the beautiful outdoors! We will go to lunch after the hike. Participants are responsible for paying for their lunch.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location	Difficulty
Dec. 1 – Mar. 7	18 & over	Tuesday, Mar. 14	Leave Rec. Center at 9:30 a.m.	\$5/\$10	Section of the Huckleberry Trail	Easy to Moderate

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

LUNCH BUNCH

Registration	Eligibility	Date	Time	Fee	Location
Dec. 6 – Feb. 15	18 & over	Wednesday, Feb. 22	Leave recreation center at 10:30 a.m.	\$9/\$18	Grayson Dinner
Dec. 6 – March 15	18 & over	Wednesday, Mar. 22	Leave recreation center at 10:15 a.m.	\$9/\$18	Main Street Grill
Dec. 6 – March 29	18 & over	Wednesday, April 5	Leave recreation center at 9 a.m.	\$9/\$18	Slim Chickens

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

MEDICARE SUPPLEMENT WORKSHOPS

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Are you turning 65 within the next 12 months? Did you delay Medicare enrollment because you we're still working? You already know about Medicare Parts A, B, C and D, but how much do you know about Medicare Supplement Insurance Plans? Do you know the difference between Plans G, K, L and N? Make time to attend this workshop where we will explore your Medicare Supplement options. Your presenter, Linda Walker, is a local, licensed sales agent/broker with 15 years of experience. This is an educational event. Please pre-register by calling 540-382-2349.

Speaker: Humana Representative

Minimum: 4 Maximum: 9

Eligibility	Date	Time	Fee	Location
50 & over	Saturday, Feb. 11	10 a.m.	FREE	Christiansburg Rec Center – Senior Act. Rm
50 & over	Saturday, Mar. 11	10 a.m.	FREE	Christiansburg Rec Center – Senior Act. Rm
50 & over	Saturday, April 8	10 a.m.	FREE	Christiansburg Rec Center – Senior Act. Rm

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
Jan. 9 – Mar. 6	50 & over	Mon. Mar. 13	Mon./Wed.	10:15 – 11:15 a.m.	\$25/\$45	6

MYSTERY MOVIES AND MUNCHIES

Additional Information: Join us for Monday movies and refreshments. This program is FREE. Register by the Monday before each movie.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	Fee
Dec. 6 – Feb. 6	50 & over	Monday, Feb. 13	11 a.m. – 1 p.m.	FREE
Dec. 6 – March 13	50 & over	Monday, Mar. 20	11 a.m. – 1 p.m.	FREE

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

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 WINTER SESSION – Instructor: Jancil Wooge

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 perclass. A 12-class pass can be purchased at the administrative window and front desk Participants can only sign up for one time slot.

Minimum 5 Maximum 20

Registration	Eligibility	Start Date	Time	Location	Days	Weeks
Jan. 9 – Mar. 6	50 & over	Mon. Mar. 13	9 – 10 a.m.	Christiansburg Rec Center – MPR 2	M/W	6

SENIOR MOTIONS WINTER SESSION – Instructor: Jancil Wooge

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 administrative window and front desk Participants can only sign up for one time slot. Minimum 5 Maximum 20

Registration	Eligibility	Start Date	Time	Location	Days	Weeks
Jan. 9 – Mar. 7	50 & over	Tues. Mar. 14	11:30 a.m. - 12:30 p.m.	Christiansburg Rec Ctr – MPR 2	T/TH	6

SHRED-A-THON

Location: Christiansburg Recreation Center parking lot

Additional Information: Help prevent identity theft and shred unwanted documents. Protect your important information and clean out the clutter. For more information, contact Tammy Caldwell, 540-382-2349 ext. 2003 or email: tcaldwell@christiansburg.org. This is a drive-through event; no walk-ups will be allowed. Papers to be shredded are preferred to be in plastic storage bin or box, no bigger than 22.5x18x11.5. Limit 3 per car. Please make sure you only have documents to be shredded. Items that can't be shredded include Metal, including 3 ring binders, composition notebooks, hanging file folders, paint brushes, padlocks, hardback books, keys, eyeglasses, bungee cords, etc.

Date	Time	Location
Tuesday, April 25	3 – 6 p.m.	Christiansburg Rec Center parking lot

VETERAN'S CAFE

Location: Christiansburg Recreation Center - Senior Activities Room

Additional Info: Thank you for your service! Join us for coffee, light refreshments and a brief program/activity. Pre-register.

Minimum: 4 Maximum: 12

Registration	Eligibility	Dates	Time	FEE
Please register by Feb. 22	50 & over	Wednesday, Mar. 1	1 pm..	FREE

VIN ETCHING

Co-Sponsored By: Christiansburg Recreation Dept., Christiansburg Police Dept., Christiansburg Fire Dept., and Virginia State Police

Location: Christiansburg Fire Dept.

Additional Information: All vehicles carry a federally assigned number known as Vehicle Identification Number (VIN). Making sure those numbers are marked permanently on a vehicle's windows steers thieves away. The windows of stolen VIN etched vehicles must be stripped and replaced before a thief can get rid of the car, a costly and time-consuming process. VIN etching is simple, fast, safe and won't mar the look of the vehicle. Numbers are etched into the glass with a chemical solution and those numbers will be there for good.

Date	Time	Fee
Monday, April 17	3 – 6 p.m.	FREE

WELLNESS BOOK CLUB – Instructors: Pam Peyton/Tammy Caldwell

Location: Christiansburg Recreation Center – Classroom 2

Additional Information: Make healthy steps in your own life by joining the Wellness Book Club! The club is for adults and will meet at the Recreation Center each month. Book discussions will be led on topics of health, fitness, nutrition, and wellness. Refreshments will be served during the book discussion. For more information on the monthly book selection, etc. contact the Recreation Department at 382-2349. If available, we might have some copies of the book available for check-out at the Recreation Center. Also, if you are a member of the Montgomery-Floyd Regional Library you can access audiobooks as well. Participants must pre-register.

Minimum: 3 Maximum: 8

Registration	Eligibility	Date	Time	Book	FEE
Dec. 1 – Jan. 24	18 & over	Tuesday, Jan. 31	4:30 – 5:15 p.m.	“Thinner in 30” by Jenna Wolfe	FREE, Must Pre-Register
Dec. 1 – Feb. 1	18 & over	Tuesday, Feb. 28	4:30 – 5:15 p.m.	“Not Buying It” by Judith Levine	FREE, Must Pre-Register
Dec. 1 – Mar. 1	18 & over	Tuesday, Mar.. 28	4:30 – 5:15 p.m.	“Awaken the Giant Within” by Tony Robbins	FREE, Must Pre-Register
Dec. 1 – April 3	18 & over	Tuesday, April 18	4:30 – 5:15 p.m.	“Julie & Julia: My Years of Cooking Dangerously” by Julie Powel	FREE, Must Pre-Register

AMERICAN SIGN LANGUAGE

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: During the American Sign Language Class, you will learn about deaf and hard of hearing community and learn how to communicate using ASL. Each week we will have a topic and will learn signs related to that topic. There will be handouts and pictures of the signs to take home & practice. In the class, you will learn ASL alphabet, numbers, common everyday words and phrases and much more.

Minimum: 4 Maximum: 8

Registration Ends	Eligibility	Date	Time	Fee	Weeks
Dec. 6 – Jan. 24	15 & over	Monday, Jan. 30	6 – 7 p.m.	\$20	4

GREAT ESCAPES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Travel with us virtually this winter to a different location each month. Lunch will be provided. Co-sponsored between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation. Please register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 6 – Jan. 20	50 & over	Friday, Jan. 27	11 a.m.	\$8
Dec. 6 – Feb. 17	50 & over	Friday, Feb. 24	11 a.m.	\$8
Dec. 6 – March 17	50 & over	Friday, March 24	11 a.m.	\$8

CANDLE MAKING 101

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Learn the basics of candle making in this beginner class. Participants will make an ice candle and jar container. Co-sponsored between Christiansburg Parks and Recreation and Montgomery County Parks and Recreation. Please register with Christiansburg Parks and Recreation.

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – Jan. 23	21 & over	Monday, Jan. 30	2 p.m.	\$10 includes all supplies

BRUNCH AND A MOVIE

Additional Information: Join us as we enjoy a tasty brunch at the First Watch Café and then travel to Regal Theatre to watch an afternoon movie of your choice. Participants are responsible for their meal and movie. Pre-register.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 6 - Jan. 25	21 & over	Wednesday, Feb. 1	Leave Rec. Ctr @ 11 a.m.	\$2/\$4	Christiansburg

GRANDPARENT AND ME DAY SERIES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Trying to find something to do with your grandchild/children on teacher workdays? This is the program for you. Each date will be a different activity. Ages 5–9 year-olds. Grandparents are required to stay with their grandchild/children.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – Jan. 26	See note above	Friday, Feb. 3	10 a.m.	\$8 includes all supplies
Dec. 6 – March 1	See note above	Wednesday, Mar. 15	1 p.m.	\$8 includes all supplies
Dec. 6 – April 4	See note above	Tuesday, April 11	10 a.m.	\$8 includes all supplies

SUPPER CLUB

Additional Information: Join us as we enjoy a delicious dinner, and we may stop a few places along the way. Pre-register.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	FEE	Location
Dec. 6 – Jan. 30	21 & over	Monday, Feb. 6	Leave Rec. Ctr @ 2 p.m.	\$9/\$18	Lil' Cucci's, Daleville

CELL PHONES: HANDS - ON Q & A

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: In this hands-on class we will discuss the basics of your cell phone and answer any lingering questions you may have about your devices. Must pre-register.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 1 – Feb. 2	18 & over	Wednesday, Feb. 8	3 – 4:30 p.m.	\$2/\$4

VALETINE'S DAY CRAFT

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Celebrate Valentine's Day with friends playing bingo and socializing. Themed refreshments served. This is a co-sponsored program between Christiansburg Parks Recreation and Montgomery County Parks and Recreation. Pre-register with Christiansburg Parks and Recreation.

Minimum: 4 Maximum: 12

Registration	Eligibility	Date	Time	FEE
Dec. 6 – Feb. 7	50 & over	Tuesday, Feb. 14	1 p.m.	\$5 plus four quarters

HOW MUCH SHOULD I EAT: QUANTITY & QUALITY

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Come learn about food quality, portion sizes, and healthy eating habits. Eating healthy can help promote a healthy lifestyle, prevent diseases, and help you feel better. Come learn and grow with us.

Speaker: Ginny Fox, MPH, RD, CSO Clinical Dietitian Lewis Regional Health Systems, Pulaski & Salem Cancer Centers

Minimum: 6 Maximum: 12

Registration	Eligibility	Date	Time	Fee
Dec. 13 - Feb. 9	21 and over	Thursday, Feb. 16	6 - 7:30 p.m.	FREE; Pre-Register

SNOWMAN CANDLE

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us as we create a fast and easy snowman candle. This is a co-sponsored program between Christiansburg Parks Recreation and Montgomery County Parks and Recreation. Pre-register with Christiansburg Recreation Center.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – Feb. 16	50 & over	Thursday, Feb 23	9 a.m.	\$5 supplies included.

ADULT CORNHOLE TOURNAMENT AND COOKOUT

Location: Christiansburg Recreation Center Gymnasium – Court A

Additional Information: Come out for some friendly competition and lunch of hotdogs, chips, dessert, and drinks. Awards to 1st, 2nd place winners. Tournament will be double elimination. This is a co-sponsored program between Christiansburg Parks Recreation and Montgomery County Parks and Recreation. Pre-register with Christiansburg Parks and Recreation.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – Feb. 21	18 & over	Tuesday, Feb. 28	Noon	\$6 includes lunch

ST. PADDY'S DAY BINGO

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: This is a co-sponsored program between Christiansburg Parks Recreation and Montgomery County Parks and Recreation. Pre-register with Christiansburg Parks and Recreation.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – March 7	21 & over	Tuesday, March 14	11 a.m.	\$15 includes all supplies

MEDICINE & MEDICINE MANAGEMENT

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information:

Minimum: 6 Maximum: 12

Registration	Eligibility	Date	Time	Fee
Dec. 13 - Mar. 16	Ages 21 & over	Thursday, Mar. 23	9 a.m.	FREE; Pre-Register

BANKING AND BUDGETING BASICS – Instructor: Samantha Thomas, Trust Bank

Location: Christiansburg Recreation Center – Classroom 2

Additional Information: In this course you will learn the key elements of banking and budgeting. How to help you manage your money more effectively, establish and maintain credit and prepare for long-term financial freedom.

Minimum: 2 Maximum:15

Registration	Eligibility	Class	Date	Time	Fee
Dec. 1 - Mar. 16	Ages 18 & over	Intro. To Finances and Banking Basics	Thursday, Mar. 23	6 - 7 p.m.	FREE; MUST PRE-REGISTER

Dec. 1 - Mar. 23	Ages 18 & over	Budgeting, Saving and Understanding Credit	Thursday, Mar. 30	6 - 7 p.m.	FREE; MUST PRE-REGISTER
------------------	----------------	--	-----------------------------------	------------	-------------------------

GUT HEALTH: PROBIOTICS

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Fun fact, did you know 70% of your immune system is located in your gut?! Learn how to keep your gut healthy to foster a better immune system and promote your overall wellbeing..

Speaker: Ginny Fox, MPH, RD, CSO Clinical Dietitian Lewis Regional Health Systems, Pulaski & Salem Cancer Centers

Minimum: 6 Maximum:12

Registration	Eligibility	Date	Time	Fee
Dec. 13 - April 6	21 & over	Thursday, April 13	6 - 7:30 p.m.	FREE; Pre-Register

SPRING CUPCAKE DECORATING

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: This is a co-sponsored program between Christiansburg Parks Recreation and Montgomery County Parks and Recreation. Pre-register with Christiansburg Recreation Center.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – April 10	21 & over	Monday, April 17	11 a.m.	\$10 supplies included

NRV SENIOR GAMES: APRIL 23-28, 2023

The 2023 New River Valley Senior Games are organized by Montgomery County Parks and Recreation. Games are open to NRV residents 50 years of age and older. Through a multitude of athletic and social events, participants can display their athletic ability, in addition to exchanging and sharing common ties and interests with other senior individuals.

Be on the lookout for more information around February 2023. To be added to the mailing list for information please contact Montgomery County Parks and Rec at 540-382-6975 or email mcpr@montgomerycountyva.gov