

# SPECIAL INTEREST PROGRAMS

## NOVICE DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 5 ½ months and older

Location: 415 Cambria St. C'burg (building to the left of VA Varsity Storage)

Additional Information: Delete unwanted behaviors – basic dog obedience and instruction on how to train your dog. All Dogs must be de-wormed. Class on the first night will meet for lecture. No dogs the first week, just the owner.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session II	Feb. 1	Mar. 13	<a href="#">Mar. 15</a>	Wednesday	6 – 6:50 p.m.	\$120	6
Session II	Feb. 1	Mar. 13	<a href="#">Mar. 15</a>	Wednesday	7 – 7:50 p.m.	\$120	6
Spring	April 3	May 8	<a href="#">May 10</a>	Wednesday	6 – 6:50 p.m.	\$120	6
Spring	April 3	May 8	<a href="#">May 10</a>	Wednesday	7 – 7:50 p.m.	\$120	6

## PUPPY KINDERGARTEN – Instructor: Rosie Higdon

Eligibility: Puppies 10-17 weeks

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: This class is for puppies 10-17 weeks of age. The class is designed to get the puppy off to the right start. The puppy will learn how to interact with people by sitting to greet, how to bite nicely, etc. The puppy will play with other uppies providing socialization with other puppies. The class lessons cover how to teach sit, down, stand, walk on leash and come. Owners will learn how to teach their puppy in a positive and proactive manner. They will learn how to deal with the typical puppy problems: chewing, barking, mouthing, jumping up, etc. Each week are discussion topics related to raising your puppy. The topics include housebreaking, nutrition grooming, and health care. This is a six week course. The puppy comes to all classes.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session II	Feb. 1	Mar. 14	<a href="#">Mar. 16</a>	Thursday	6 – 7 p.m.	\$120	6
Spring	April 3	May 9	<a href="#">May 11</a>	Thursday	6 – 7 p.m.	\$120	6

## RALLY DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 6 months and older

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: Pre-requisite: Dogs must have completed a novice dog obedience class. This class introduces students to different maneuvers and exercises of Rally style obedience. Rally Obedience is the combination of maneuvers using the flow and interaction of agility. It includes simple items like forward, halt, left turns; and more complicated things like serpentine, around corners, about U-turns and more.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Feb. 1	Mar. 14	<a href="#">Mar. 16</a>	Thursday	7:15 – 8:15 p.m.	\$120	6

## INTERMEDIATE DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 6 months and older

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: Pre-requisite: Dogs must have completed a novice dog obedience class. Improve the manners of your dog. Class will concentrate on walking with a leash, greeting people and other dogs nicely, coming when called and sit/down and stay.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Spring	April 3	May 9	<a href="#">May 11</a>	Thursday	7:15–8:15 p.m.	\$120	6

## STRESS AND MENTAL HEALTH AWARENESS

This year has brought added stress due to the COVID-19 pandemic. If you or someone you know would like to get additional information or helpful tips on how to handle mental health issues, check out [www.psychhub.com/videos](http://www.psychhub.com/videos) PsychHub has a library of short, 5-minute, educational videos to help with various topics that include COVID-19, depression, anxiety, eating disorders and many more.

## EATING DISORDERS PRESENTATION – New River Valley Community Services

If you or someone you know would like to get additional information or helpful tips on how to handle eating disorders, please view <https://www.facebook.com/watch/live/?v=86979499714983&ref=watchpermalink> This is a presentation supplied by New River Valley Community Services.

## DISSECT & CONNECT – MCPP & NRVCs

The “Dissect & Connect” podcast focuses on population health issues impacting your community. To listen to various topics please click on the link at New River Valley Community Services – podcast-episodes ([nrvc.org](http://nrvc.org)) The podcast is a service of Montgomery County Prevention Partners and New River Valley Community Services.

## HIKES – Instructor: Gary Brumfield/Pam Peyton

Eligibility: Ages 18 and over

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	Date	Time	TR/NR	Location	Difficulty
Dec. 1–Mar. 7	<a href="#">Tuesday, Mar. 14</a>	Leave the Recreation Center at 9:30 a.m.	\$5/\$10	Section of the Huckleberry Trail	Easy to Moderate

## A LIFE WELL LIVED: PLANNING FOR THE FUTURE

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: This session will highlight critical factors/issues for seniors to consider when planning for their future needs. This session will include an overview of the available long-term services and supports critical to advance planning for the financial, legal, and personal care needs as we age. A light supper provided. Pre-register.

Registration	Eligibility	Dates	Time	FEE
Ends Nov. 28	Ages 21 and over	<a href="#">Tuesday, Jan 31</a>	6–7:30 p.m.	FREE

## ROSIE'S GAMING EMPORIUM

Location: Vinton

Additional Information: Join us as we visit the non-stop gaming facility in Vinton. Lunch will be on your own while we are at Rosies.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Dec. 6–Mar. 17	Ages 21 and over	<a href="#">Friday, Mar. 24</a>	Leave Recreation Center at 9 a.m.	\$9/\$18

## LUNCH BUNCH

Additional Information: Join us for our monthly lunch outings to various restaurants in the area. Participants are responsible for paying for their own lunch.

Minimum: 3 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Dec. 6 – Feb. 15	18 & over	<a href="#">Wednesday, Feb. 22</a>	Leave the Rec. Center at 10:30 a.m.	\$9/\$18	Grayson Restaurant
Dec. 6 – Mar. 15	18 & over	<a href="#">Wednesday, March 22</a>	Leave the Rec. Center at 10:30 a.m.	\$9/\$18	Main St. Grille
Dec. 6 – Mar. 29	18 & over	<a href="#">Wednesday, April 5</a>	Leave the Rec. Center at 9 a.m.	\$9/\$18	Slim Chickens

## PET INSURANCE - "DO I NEED IT?"

Location: Recreation Center Classroom 2

Additional Information: Join Joe Cromer from State Farm, as he provides information on Trupanion Pet Insurance for your furry loved ones. Medical insurance for your pet works as easy or even easier than your personal health insurance. Get information on how to deal with unexpected illnesses, injuries as well as breed specific conditions of your pet. Learn what options you may have for your pet when it comes to deciding on pet insurance. Get information on what would be covered in this policy and what would not. During this class you will be able to ask questions to help determine the best options for your pet.

Minimum: 5 Maximum: 12

Registration	Eligibility	Date	Time	Fee
Dec. 1 – Jan. 20	Ages 18 and over	<a href="#">Wednesday, Jan. 25</a>	5:30 – 6:30 p.m.	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 & much more.

Minimum: 4 Maximum: 8

Registration Ends	Eligibility	Date	Time	Fee	Weeks
Dec. 6 – Jan. 24	Ages 15 and over	<a href="#">Monday, Jan. 30</a>	6 – 7 p.m.	\$15	4

## FIRST AID CERTIFICATION COURSE – INSTRUCTOR: Lisa Bass

Eligibility: Ages 18 and up

Location: Christiansburg Recreation Center – Classroom 1

Additional Information: First Aid training can help save lives before advanced medical care can arrive by employing simple techniques to comfort and reduce conditions that could become life threatening. No CPR will be taught in this course, but demonstration of skills will result in an American Red Cross certification valid for 2 years. Each participant will have his/her own supplies to practice on an inanimate object such as a pool noodle or manikin. Safe distancing and disinfecting procedures will be followed.

Minimum: 4 Maximum: 6

Registration	Date	Time	FEE
Nov. 1 – Jan. 25	<a href="#">Tuesday, Jan. 31</a>	5 – 8 p.m.	\$50

## WELLNESS BOOK CLUB – Instructor: Pam Peyton/Tammy Caldwell

Eligibility: Ages 18 and over

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. 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. For more information on the monthly book selection, etc. contact the Recreation Department at 382-2349. Participants must pre-register.

Minimum: 3 Maximum: 8

Date	Time	Book	FEE
Tuesday, Jan. 31	4:30 – 5:15 p.m.	"Thinner in 30" by Jenna Wolfe	Free

Tuesday, Feb. 28	4:30 – 5:15 p.m.	“Not Buying It” by Judith Levine	Free
Tuesday, Mar. 28	4:30 – 5:15 p.m.	“Awaken the Giant Within” by Tony Robbins	Free
Tuesday, April 18	4:30 – 5:15 p.m.	“Julie & Julia: My Years of Cooking Dangerously” by Julie Powell	Free

## 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. 1 -Jan. 25	Ages 21 and over	Wednesday, Feb. 1	Leave Recreation Center at 11 a.m.	\$2/\$4	First Watch Café Christiansburg

## 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	TR/NR	Location
Dec. 1 -Jan. 30	Ages 21 and over	Monday, Feb. 6	Leave Recreation Center at 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. Participants must pre-register.

Minimum: 4 Maximum: 12

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

## JUST DESSERTS

Location: It’s a Surprise!

Additional Information: Join us on this afternoon of sweet treats. Please eat lunch before you come. We will travel to various restaurants where we will just order desserts. Participants are responsible for paying for their desserts.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 1 – Feb. 6	Ages 21 and over	Monday, Feb. 13	12 p.m.	\$9/\$18

## 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	Ages 21 and over	Thursday, Feb. 16	6 - 7:30 p.m.	FREE – Pre-Register

## ADULT CORNHOLE TOURNAMENT AND COOKOUT

Additional Information: Come out for some friendly completion and lunch of hotdogs, chips, dessert, and drinks. Awards to 1st and 2nd place winners. Tournament will be double elimination. Pre-register.

Minimum: 5 Maximum: 13

Registration	Eligibility	Date	Time	FEE
Dec. 1 - Feb. 21	Ages 21 and over	<a href="#">Tuesday, Feb. 28</a>	12 p.m.	\$6

## TIE DYE SOAP

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	Ages 21 and over	<a href="#">Tuesday, Mar. 14</a>	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 and over	<a href="#">Thursday, Mar. 23</a>	9 a.m.	FREE – Pre-Register

## BANKING AND BUDGETING BASICS – Instructor: Samantha Thomas, Truist 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 and over	Intro. To Finances and Banking Basics	<a href="#">Thursday, Mar. 23</a>	6 - 7 p.m.	FREE – Must Pre-Register
Dec. 1 - Mar. 23	Ages 18 and over	Budgeting, Saving and Understanding Credit	<a href="#">Thursday, Mar. 30</a>	6 - 7 p.m.	FREE –Must Pre-Register

## TRADER JOE'S

Additional Info: We will travel to Trader Joe's where they have great produce, great prices and a lot of healthy options at exceptional everyday prices. At Trader Joes you won't find a lot of branded items, instead, you'll discover unconventional and interesting products. Lunch will be on your own at a local restaurant. Pre-register.

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 1 – Mar. 20	Ages 21 and over	<a href="#">Monday, Mar. 27</a>	Leave Recreation Center at 8 a.m.	\$10/\$20	Charlottesville, VA

## MYSTERY SHOPPING & LUNCH

Additional Info: It's a mystery! Travel with us as we shop at various destinations and eat at someplace you may not have been to before. Lunch will be on your own at a local restaurant. Pre-register.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 1 – Mar. 24	Ages 21 and over	<a href="#">Friday, Mar. 31</a>	Leave Recreation Center at 9 a.m.	\$9/\$18	Surprise

## HARD ROCK BRISTOL CASINO

Additional Information: Join us as we travel to the new casino in Bristol, VA. Lunch will be on your own while at the casino.

Pre-register.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 1 – April 7	Ages 21 and over	Friday, April 14	Leave Recreation Center at 8 a.m.	\$12/\$24	Bristol, VA

## 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	Ages 21 and 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	Ages 21 and over	Monday, April 17	11 a.m.	\$10 supplies included

## 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

## CONSIGNMENT/THRIFT SHOPPING

Additional Information: Join us as we go to many consignment shops and thrift stores in search of that perfect outfit or unique treasure. Lunch will be on your own at a local restaurant.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 1 – April 12	Ages 21 and over	Wednesday, April 19	Leave Recreation Center at 8:30 a.m.	\$9/\$18	TBA

## SHRED-A-THON

Location: Christiansburg Recreation Center Parking Lot

Additional Information: Help prevent identity theft and shred unwanted documents. Protect your important information and cleanout 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 Recreation Center Parking Lot