

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	Mar. 15	Wednesday	6 – 6:50 p.m.	\$120	6
Session II	Feb. 1	Mar. 13	Mar. 15	Wednesday	7 – 7:50 p.m.	\$120	6
Spring	April 3	May 8	May 10	Wednesday	6 – 6:50 p.m.	\$120	6
Spring	April 3	May 8	May 10	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 puppies 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	Mar. 16	Thursday	6 – 7 p.m.	\$120	6
Spring	April 3	May 9	May 11	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	Mar. 16	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	May 11	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 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) 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	Tuesday, Mar. 14	Leave the Recreation Center at 9:30 a.m.	\$5/\$10	Section of the Huckleberry Trail	Easy to Moderate

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	Friday, Mar. 24	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–Mar. 15	18 & over	Wednesday, March 22	Leave the Rec. Center at 10:30 a.m.	\$9/\$18	Main St. Grille
Dec. 6–Mar. 29	18 & over	Wednesday, April 5	Leave the Rec. Center at 9 a.m.	\$9/\$18	Slim Chickens

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, 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

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	Tuesday, Mar. 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 and over	Thursday, Mar. 23	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	Thursday, Mar. 23	6 - 7 p.m.	FREE – Must Pre-Register
Dec. 1 - Mar. 23	Ages 18 and over	Budgeting, Saving and Understanding Credit	Thursday, Mar. 30	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	Monday, Mar. 27	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	Friday, Mar. 31	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