

# COMMUNITY/SENIOR INTERESTS



## 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
April 12 - August 1	21 and over	<a href="#">Tuesday, August 8</a>	Leave Recreation Center at 8 a.m.	\$12/\$24	Bristol, VA

## 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. For more information on the monthly book selection, etc. contact the Recreation Department at 382-2349. Number of participants based on book availability.

Maximum: 6

Date	Time	Book	FEE
Tuesday, May 30	4:30 – 5:15 p.m.	“Quiet Strength” by Tony Dungy	Free, Must Pre-Register
Tuesday, June 27	4:30 – 5:15 p.m.	“Gratitude Diaries” by Janice Kaplan	Free, Must Pre-Register
Tuesday, July 25	4:30 – 5:15 p.m.	“Real Life” by Dr. Phil McGraw	Free, Must Pre-Register
Tuesday, August 29	4:30 – 5:15 p.m.	“Instant Recall” by Michael Tipper	Free, Must Pre-Register
Tuesday, Sept. 26	4:30 – 5:15 p.m.	“You Are Why You Eat” by Dr. Ramani Durvasula	Free, Must Pre-Register

## WELLNESS SERIES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us for this new monthly wellness series

Speaker: Ginny Fox, MPH, RD, CSO Clinical Dietitian

LewisGale Regional Health Systems, Pulaski and Salem Cancer Centers

Minimum: 4 Maximum: 12

Registration	Eligibility	Date	Time	Topic
April 12 – June 21	50 & over	<a href="#">Wednesday, June 28</a>	5:30 -7 p.m.	Calcium & Vitamin D
April 12 – July 19	50 & over	<a href="#">Wednesday, July 26</a>	5:30 -7 p.m.	Celiac disease
April 12 – Aug. 17	50 & over	<a href="#">Thursday, Aug. 24</a>	5:30-7 p.m.	Clean Eating

## 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
Aug. 1 – Sept. 4	15 & over	<a href="#">Monday, Sept. 11</a>	5:30 - 6:30 p.m.	\$20	4

## HISTORIC DOWNTOWN WALKING TOUR

Eligibility: All ages

Additional Information: Architectural styles, like fashion, are an indicator of culture, just as national business trends were important economic drivers throughout much of our local history. Join Sherry Joines Wyatt, curator at the Montgomery Museum of Art and History, on a walking tour through the heart of Downtown Christiansburg, which will serve as a learning lab for history. You'll see how the town participated in national trends of architecture and business as illustrated by buildings, monuments, and sites dating from 1853 through the early 1960s. The tour will be supplemented with historic photographs from the museum's collection and there will be plenty of opportunity for questions and answers. Participants will meet at the museum. The tour will start and finish at the Montgomery Museum located at 4 East Main St. Christiansburg. Participants must Pre-register at Christiansburg Parks and Recreation 540-382-2349.

Tour Leader: Sherry Joines Wyatt holds a Masters in Historic Preservation from the University of Georgia and worked as an architectural history consultant for over ten years. She has been curator at the Montgomery Museum of Art and history since 2010. She enjoys sharing many cultural influences, connections, and threads of history in her work.

Minimum: 6 Maximum: 15

MUST PRE-REGISTER

THIS IS A FREE TOUR, HOWEVER A \$2 DONATION TO THE MUSEUM IS APPRECIATED IN THEIR COLLECTION BOX.

Registration	Date	Time
April 10 – June 5	<a href="#">Monday, June 12</a>	11 a.m.
April 10 – July 3	<a href="#">Monday, July 10</a>	11 a.m.
April 10 – Aug. 7	<a href="#">Monday, August 14</a>	11 a.m.

## CELL PHONES: HANDS-ON Q & A – Instructor: Christina Edney

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
June 1 – July 5	Ages 18 and over	<a href="#">Wednesday, July 12</a>	3 – 4:30 p.m.	\$2/\$4

## 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
April 12 - May 15	18 & over	<a href="#">Monday, May 22</a>	Leave the Rec. Center at 10:30 a.m.	\$9/\$18	Shakers - Roanoke
April 12 - June 14	18 & over	<a href="#">Wednesday, June 21</a>	Leave the Rec. Center at 11:30 a.m.	\$9/\$18	Carribica Soul - Roanoke
April 12 - July 5	18 & over	<a href="#">Tuesday, July 11</a>	Leave the Rec. Center at 10:30 a.m.	\$9/\$18	Draper Mercantile - Draper
April 12 - August 23	18 & over	<a href="#">Wednesday, August 30</a>	Leave the Rec. Center at 10:15 a.m.	\$9/\$18	Hometown Rest. - Peterstown, WV
April 12 – Sept. 13	18 & over	<a href="#">Wednesday, September 20</a>	Leave the Rec. Center at 10 a.m.	\$9/\$18	It's a mystery!

## BOOK SWAP

Location: Recreation Center – Classroom 1

Additional Information: Drop off a maximum of 10 books between the hours of 8 – 5 p.m. at least two days before the scheduled Book Swap. From 4:30 – 5:30 p.m. on the day the swap is held, you will be allowed to select different books to take home to enjoy.

Registration	Date	Time	FEE
April 3 – May 17	<a href="#">Wednesday, May 24</a>	4:30 – 5:30 p.m.	\$1 non-refundable
June 1 – July 12	<a href="#">Wednesday, July 19</a>	4:30 – 5:30 p.m.	\$1 non-refundable

## MYSTERY YARD SALES

Location: It's a surprise!

Additional Information: It's that time again! Join us as we travel to local yard sales looking for bargains and treasures. There will be walking involved on this trip. Please remember to wear comfortable walking shoes and dress accordingly. Lunch on your own at a local restaurant. Pre- register

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
April 12 – June 2	Ages 21 and over	<a href="#">Friday, June 9</a>	Leave the Recreation Center at 7:30 a.m.	\$10/\$20

## MONTGOMERY MUSEUM USED BOOK SALE

Location: 4 East Main St. Christiansburg

Additional Information: The Montgomery Museum of Art and History will be holding a used book sale on June 9<sup>th</sup> and 10<sup>th</sup>. The sale will be open on Friday, June 9 from 2 – 7 p.m. and Saturday, June 10 from 10 a.m. – 4 p.m. Bring your own bag for a bag sale! All books that can fit will be offered at a total of \$10 per bag. Brown paper bags and tote bags are perfect for the bag sale. (Please no plastic trash bags.) If you are looking for a bargain on books, this is your opportunity! Mass market paperback books are \$0.50, large format paperbacks are \$1 and hardback books are \$1.50. Children's books are \$0.50-\$1. The book sale will also feature puzzles, magazines, comic books, audiobooks, CDs and DVDs.

Date	Time
Friday, June 9	2 - 7 p.m.
Saturday, June 10	10 a.m. - 4 p.m.

## PIEDMONT TRIAD FARMERS MARKET

Additional Info: Join us as we travel to Colfax, NC to the Piedmont Triad Farmers Market. Bring shopping bags to bring your produce home. Lunch will be on your own at a local restaurant. *Pre-register*

Minimum: 6 Maximum: 8

Registration	Eligibility	Dates	Time	FEE
April 12 – June 5	21 & over	<a href="#">Monday, June 12</a>	Leave Rec. Ctr @ 8:30 a.m.	\$9/\$18

## 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
April 12 -June 14	<a href="#">Thursday, June 22</a>	Leave the Recreation Center at 10 a.m.	\$5/\$10	Section of the Huckleberry Trail	Easy to Moderate
July 3 – August 9	<a href="#">Thursday, August 17</a>	Leave the Recreation Center at 10 a.m.	\$5/\$10	Section of the Huckleberry Trail	Easy to Moderate

## MRS. HANES MORAVIAN COOKIES

Additional Info: The largest hand-made cookie company in the world. Every cookie is hand-rolled, hand-cut and hand-packed. See the entire process from mixing the dough to tasting the final product. Tours given January - October for a nominal fee. Special viewing area available year-round. Lunch will be on your own at a local restaurant. *Pre-register*

Minimum: 6 Maximum: 8

Registration	Eligibility	Dates	Time	FEE
April 12 – June 29	21 & over	<a href="#">Friday, July 7</a>	8:30 a.m.	\$9/\$18

## 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
April 12 - July 7	Ages 21 and over	<a href="#">Friday, July 14</a>	Leave Recreation Center at 8 a.m.	\$9/\$18	Surprise

## 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: 12

Registration	Eligibility	Dates	Time	FEE
April 12 - July 17	21 & over	<a href="#">Monday, July 24</a>	8 a.m.	\$10/\$20

## JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Additional Info: One of the most enduring shows of all time, *Joseph and the Amazing Technicolor Dreamcoat* is a whimsical reimagining of the Biblical story of Joseph, his father Jacob, eleven brothers and the coat of many colors. Told entirely through song with the help of a main character Narrator, the musical follows preferred son Joseph, his being sold into slavery by his brothers, interactions with Egyptian noble Potiphar and Potiphar's wife, being jailed, discovering his ability to interpret dreams, finding himself in front of the mighty but troubled, Elvis-inspired, Pharaoh and finally reuniting with his family.

The magical musical is full of catchy songs in a variety of styles, from a parody of French ballads ("Those Canaan Days"), to country-western ("One More Angel in Heaven") and calypso ("Benjamin Calypso"), along with the unforgettable classics "Any Dream Will Do" and "Close Every Door." Dinner on your own at local restaurant after the play. *Pre-register*

Minimum: 5 Maximum: 8

Registration	Eligibility	Dates	Time	FEE
April 12 - Aug. 7	21 & over	<a href="#">Sunday, Aug. 13</a>	Leave Rec. Ctr @ 1:45 p.m.	\$20

## MARKER - MILLER ORCHARDS

Additional Info: Join us as we travel to Winchester to pick peaches and other produce, vegetables, bakery items. Lunch on your own at local restaurant. *Pre-register*

Minimum: 6 Maximum: 8

Registration	Eligibility	Dates	Time	FEE
April 12 - Aug. 7	21 & over	<a href="#">Friday, Aug. 11</a>	Leave Rec. Ctr @ 8 a.m.	\$12

## WV STATE FAIR

Additional Information: Travel with Lewisburg, WV for the state fair. Lunch will be on your own while we are at the fair. There is an additional gate admission: \$13, to be paid upon entering the fair.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	Fee
April 12- Aug. 9	21 & over	<a href="#">Wednesday, Aug. 16</a>	Leave Rec. Center at 8:30 a.m.	\$9/\$18

## 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 Rosie's.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
April 12 - Sept. 20	Ages 21 and over	<a href="#">Wednesday, Sept. 27</a>	Leave Recreation Center at 9 a.m.	\$9/\$18

## REAL ESTATE SERIES:

Enjoy the following FREE Series about the ever-changing developments in Real Estate. Participants must pre-register for each program.

Instructor: Rachel Hogan, Associate Broker – Nest Realty

Location: Recreation Center – Sr. Activities Room

### PREPARING FOR THE BUYER'S EYE DURING A MARKET SHIFT (SELLER CLASS)

Additional Information: Learn how to maximize your proceeds when selling your home. Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
April 12 – May 31	Ages 18 and over	<a href="#">Wednesday, June 7</a>	6:30 - 8 p.m.	Free

### BUYING A HOME IN A DYNAMIC MARKET (BUYER CLASS)

Additional Information: How do I make an offer that is attractive and still protect myself? Learn the ins and outs of contingencies (inspections, financing, etc.) Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
April 12 – July 5	Ages 18 and over	<a href="#">Wednesday, July 12</a>	6:30 - 8 p.m.	Free

### HOW SUPPLY AND DEMAND EFFECTS OUR LOCAL REAL ESTATE MARKET (BUYERS/SELLERS)

Additional Information: Supply and demand have been a big driver of our local market. Learn how to navigate challenges in the current market. Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
April 12 – Aug. 9	Ages 18 and over	<a href="#">Wednesday, August 16</a>	6:30 – 8 p.m.	Free