




**Abbreviations**  
**TR: Town Resident**  
**NR: Non-Resident**  
**NM: Non-Membership**  
**MH: Membership Holder**

Christiansburg Recreation Center  
 1600 North Franklin Street  
 Christiansburg, VA 24073  
 Open to Senior Citizens  
 (Ages 50 and over)  
 tcaldwell@christiansburg.org

**Telephone:**  
**(540) 382-2349, ext. 2003**  
**Fax #**  
**(540) 381-5537**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Zumba Gold</b> 6 wks. \$30/\$60 MWF; pre-register	<b>2 Breakfast Smoothie Bingo</b> \$4; pre-reg. 8:30 a.m. Patio, weather permitting <b>Gospel Sing</b> 10 a.m. Sr. Act. Room Leader: Vanessa Eason	<b>3 Blood Pressure Screening</b> 9–10 a.m. FREE Sr. Act. Rm.: Carilion Home Health <b>Step by Step Canvas Painting</b> 10:30 a.m. Paint N Fun, NRV Mall \$25 includes	<b>4 Recreation Center CLOSED</b>	<b>5 Administrative Office Closed</b> <b>Recreation Center Open</b> <b>5:30 a.m. – 8 p.m.</b> No SENIOR AEROBICS/ SENIOR MOTIONS or ZUMBA GOLD	<b>6</b>
<b>7</b>	<b>8 Lunch &amp; Craft: Patriotic Flag</b> Noon FREE; pre-reg Commonwealth Senior Living – Christiansburg	<b>9 Lunch bunch: Lydia's</b> Leave rec. ctr @ 10:30 a.m. \$7/\$14; pre - register <b>Wellness Workshop</b> How to Maintain a Healthy Weight FREE; pre-register 4 – 5 p.m.	<b>10 Blood Pressure Screening</b> 9–10 a.m. FREE Sr. Act. Rm. Provider: Carilion Home	<b>11 Gospel Sing</b> 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason <b>Bible Study</b> 10:15–10:45 a.m. Sr. act. Room <b>Wohlfhart Haus: Country Roads</b> \$47/\$67 Leave rec. ctr @ 11:30 a.m.	<b>12 Super bingo</b> Noon – 2 p.m. FREE; pre – register Commonwealth Senior Living– Christiansburg Campus	<b>13 Medicare Decisions Made Easy</b> 10a.m. – noon Classroom 2
<b>14</b>	<b>15 Senior Citizen Police Academy</b> 8:30 a.m. – 3 p.m. To register for the academy please call Tammy Caldwell, 382-2349 ext. 2003	<b>16 Senior Citizen Police Academy</b> 9 a.m. – 3 p.m.	<b>17 Blood Pressure Screening</b> 9–10 a.m. FREE Sr. Act. Rm. Provider: Carilion Home <b>Senior Citizen Police Academy</b> 9 a.m. – 3 p.m.	<b>18 Gospel Sing</b> 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason <b>Bible Study</b> 10:15–10:45 a.m. Sr. Act. Rm. <b>Senior Citizen Police Academy</b> 9 a.m. – 3 p.m.	<b>19 Senior Citizen Police Academy Graduation</b> 9 a.m. – 1 p.m. Christiansburg Recreation Center.	<b>20</b>
<b>21</b>	<b>22 Blood mobile</b> 9 a.m. – 1 p.m.	<b>23 Ice Cream Social</b> 1 p.m. FREE; pre – register Participants bring their favorite topping to share Mont. County Gov't Center	<b>24</b>	<b>25 Build Your Own Timecapsule &amp; Life Story Program</b> 10 a.m. \$5; pre - register Christiansburg Recreation Center Patio	<b>26 Thursday, July 18: Stampin Up' Radford Recreation Center</b> 10 a.m. – noon \$12 to be paid to instructor day of the class; pre – register by Thursday July 11	<b>27</b>
<b>28</b>	<b>29</b>	<b>30 Rt. 58 Excursion</b> Leave Rec. Ctr. @ 8 a.m. \$7/\$14; pre - register	<b>31</b>	<b>4<sup>th</sup> of July Festivities:</b> Downtown Festival: 10 a.m. – 4 p.m. Fireworks will start at Approximately 9:15 p.m. Spectators can park at NRV Mall and Walmart. For more info: Call 540-382-2349		<b>2019</b>