

# May



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

Telephone # (540) 382-2349, ext. 2003  
Fax # (540) 381-5537  
Email: tcaldwell@christiansburg.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1 Step On It: When to Buy Organic</b> 8:30 a.m.</p> <p><b>Chair Yoga</b> 7:30 a.m. 6 wks. M/W \$35/\$55</p>	<p><b>2 Coffee Hour/Gospel Sing</b> 10 a.m. Sr. Act. Room Leader: Vanessa Eason <b>Keep Balanced</b> 11:30 a.m. \$20/\$40 T/TH 6 weeks; MPRM 2 <b>Gentle Tai Chi</b> 1 p.m. 4 wks. \$25/\$50 T/TH; MPRM 2 <b>Chair Yoga</b> 12:15 p.m. 6 wks. T/TH/Sat \$35/\$55 Sr. Act. Room</p>	<p><b>3 Blood Pressure Screening</b> FREE 9 a.m. Carillion Home Health <b>Blood Drive</b> 9 a.m. – 2 p.m. C'burg Rec Center Court C. Call 1-800-GIVELife to schedule an appointment. <b>Zumba Gold</b> 9 a.m. 6 wks. \$30/\$60 M/W/F <b>Gentle Tai Chi</b> 1 p.m. 4 wks. \$25/\$50 W/F</p>	<p><b>4 Gospel Sing</b> 9:15 a.m. Senior Act. Room Leader: Vanessa Eason <b>Bible Study</b> 10:15-10:45 a.m. Sr. Act. Room</p>	5	6
7	<p><b>8 Basket Weavers</b> 10 a.m.-4 p.m. classroom 2</p>	<p><b>9 Health Talks: Edema</b> 10 a.m. FREE; pre-register Speaker: Tammy Reese, New Century Hospice</p>	<p><b>10 Blood Pressure Screening</b> FREE 9 a.m. Carilion Home Health</p>	<p><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>Caregivers Guide to Wandering</b> 6 – 8 p.m. FREE; pre-register Meadowbrook, Shawsville</p>	<p><b>12 Scott's Strawberry Festival</b> Leave rec. ctr @ TBA \$7/\$14; pre – register Lunch will be on your own at the festival</p>	<p><b>13 Medicare Decisions Made Easy</b> 10 a.m. Sr. Act. Rm</p>
14	<p><b>15 New River Trail Hike</b> \$5/\$10; pre-register Leave rec. ctr at 9 a.m. <b>Mystery Movie &amp; Munchies</b> 11 a.m. FREE; pre-register Conference Room</p>	<p><b>16 Triad Senior Care Fair</b> 8:30 a.m. - noon, FREE Christiansburg Recreation Center Gym. <b>Lifeline Screening</b> Radford Parks &amp; Rec. For more info call 731-5517</p>	<p><b>17 Blood Pressure Screening</b> FREE 9 a.m. Carilion Home Health <b>Lunch Bunch: Corner Market, Lynchburg</b> \$7/\$14; pre-register Leave at 10 a.m.</p>	<p><b>18 Wohlfahrt Haus: Then Sings My Soul</b> Leave rec. ctr @ 11:30 a.m. \$48/68 all inclusive; pre-register <b>Gospel Sing</b> 9:15 a.m. Sr. Act. Rm <b>Bible Study</b> 10:15-10:45 a.m. Sr. Act. Room</p>	19	20
21	<p><b>22 All About Horses</b> \$5/\$10 Leave rec. ctr @ 4:45 p.m. Dinner will be on your own at a local restaurant</p>	23	24	<p><b>25 Gospel Sing</b> 9:15 a.m. Sr. Act Room; Vanessa Eason <b>Bible Study</b> 10:15-10:45 a.m. Sr. Act. Room <b>Attic Productions: The Mouse Trap</b> \$20/\$40 Leave rec ctr @ 4:30 p.m.; Dinner at K&amp;W; pre-register</p>	26	27
28	<p><b>29 Memorial Day- Recreation Center Closed</b></p>	30	<p><b>31 Silver Turtle Lunch</b> 11 a.m. \$6/\$12; pre -register Senior Patio</p>			<div style="border: 2px solid black; padding: 10px; display: inline-block;">2017</div>