





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
		VICAP Volunteers Call to schedule an appointment, 980-7720	Senior Citizens Police Academy July 17-21 For more information, please contact Tammy Caldwell, 540-382-2349	1 Gospel Sing 9:15 a.m. Leader: Vanessa Eason Sr. Act. Room Bible Study 10:15 - 10:45 a.m. Sr. Act. Room	2 Downtown Lewisburg, WV \$7/\$14; pre-register Leave rec. center 8:30 a.m. Lunch will be on your own at local restaurant. This will be a walking tour, please keep in mind when registering for this program.	3
4	5	6 Coffee Hour/Gospel Sing 10 a.m. Sr. Act. Room Leader: Vanessa Eason	7 Blood Pressure Screening FREE 9 – 10 a.m. Sr. Act. Rm Provider: Carilion Home Health	8 Gospel Sing 9:15 a.m. Leader: Vanessa Eason Sr. Act. Room Bible Study 10:15 - 10:45 a.m. Sr. Act. Room	9	10 Medicare Decisions Made Easy 10 a.m. Conference Room
11	12 Blood Drive 9 a.m. - 2 p.m. Court C. Call 1-800-GIVELife to schedule an appointment. Basket Weavers 10 a.m. – 4 p.m. classroom 2	13 Health Talks: Does This Sun Make Me Look Good? 10 a.m. FREE; pre-register Speaker: Tammy Reese, New Century Hospice	14 Blood Pressure Screening 9 – 10 a.m. FREE Sr. act. room Provider: Carilion Home Health	15 Gospel Sing 9:15 a.m. Leader: Vanessa Eason Sr. Act. Room Bible Study 10:15-10:45 a.m. Sr. Act. Room Mystery Trip Repeat \$10/\$12; pre-register Leave rec. ctr @ 8:30 a.m. Lunch will be on your own.	16 Mother/Father's Day Luncheon MPRM 2; noon \$8pp Pre-register. Fried Chicken, macaroni and cheese, steamed broccoli, rolls, desserts and drinks	17
18	19 	20 Triad Council Meeting 1:30 p.m. Classroom 2 Presentation: New Law Updates Master Deputy Chris Lucas	21 Blood Pressure Screening FREE 9 – 10 a.m. Sr. Act. Rm Provider: Carilion Home Health	22 Gospel Sing 9:15 a.m. Leader: Vanessa Eason Sr. Act. Room Bible Study 10:15-10:45 a.m. Sr. Act. Room	23 NO SENIOR MOTIONS	24 Effort Day 10 a.m. – 1 p.m. Christiansburg High School. For more information, check out the back of June calendar
25	26 NO SENIOR MOTIONS	27 Gentle Tai Chi 1 p.m. 4 wks. \$25/\$50 T/TH; MPRM 2	28	29 Gospel Sing 9:15 a.m. Leader: Vanessa Eason Senior Act. Room Bible Study 10:15-10:45 a.m. Sr. Act. Room	30 **Thursday, June 29** Ice Cream Social 1 p.m. Meadowbrook Community Center. Ice cream provided participants bring their favorite topping to share	2017