



**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>2017</b>	<b>VICAP Volunteers</b> Call to schedule an appointment, 980-7720					<b>1</b>
<b>2</b>	<b>3 Administrative Offices Closed</b>  <b>Recreation Center OPEN 8 a.m. - 5 p.m.</b>	<b>4 Recreation Center CLOSED</b>  <b>4<sup>th</sup> of July!! Celebration</b> Please see back of the calendar for more information	<b>5 Blood Pressure Screening</b> 9-10 a.m. FREE sr. act. rm Provider: Carilion Home Health	<b>6 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>Chair Yoga</b> 12:15-1:15 p.m. \$35/\$55 T/TH	<b>7</b>	<b>8</b>  <b>Medicare Decisions Made Easy</b> 10a.m. – noon Classroom 2
<b>9</b>	<b>10 Basket Weavers</b> 10 a.m. Classroom 2 FREE <b>**Tuesday, July 11**</b> <b>Lunch Bunch: Steer House, Pulaski, Va</b> Leave rec ctr @ 10:30 a.m. \$7/\$14	<b>11 Gentle Tai Chi</b> 1-2 p.m. \$35/\$55 6 weeks MPRM 2 <b>Keep Balanced</b> 11:30 a.m. \$20/\$40 T/TH 6 weeks; MPRM 2 <b>Health Talks: Dealing a Deck of Nutrition</b> 10am FREE; pre-register	<b>12 Blood Pressure Screening</b> 9-10 a.m. FREE sr. act. rm Provider: Carilion Home Health <b>Barter Theater: The Savannah Sipping Society</b> Leave rec. ctr @ 10:30 a.m. \$40/\$60 Lunch on your own at local restaurant	<b>13 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>Pulaski Yankees Game</b> Leave rec. ctr @ 4:30 p.m. \$14/\$24 Dinner on your own at Fatz prior to game	<b>14</b>	<b>15</b>
<b>16</b>	<b>17 Senior Citizen Police Academy</b> 9 a.m. – 3 p.m. To register for the academy please call Tammy Caldwell, 382-2349 ext. 2003	<b>18 Senior Citizen Police Academy</b> 9 a.m. – 3 p.m.	<b>19 Blood Pressure Screening</b> 9- 10 a.m. FREE sr. act. room Provider: Carilion Home Health <b>Senior Citizen Police Academy</b> 9 a.m. – 3 p.m.	<b>20 Gospel Sing</b> CANCELLED <b>Bible Study</b> 10:15- 10:45 a.m. classroom 2 <b>Senior Citizen Police Academy</b> 9 a.m. – 3 p.m.	<b>21 Senior Citizen Police Academy Graduation</b> 9 a.m. – 1 p.m.	<b>22</b>
<b>23</b>  <b>30</b>	<b>24</b>  <b>31</b>	<b>25 ** Thursday, July 27** Barter Theater: Leaving Iowa</b> Leave rec. ctr @ 10:30 a.m. \$40/\$60 Lunch on your own at local restaurant	<b>26 Creating a Road Map for Transportation Independence</b> 10 a.m. FREE sr. act. room	<b>27 Gospel Sing</b> 9:15 a.m. Sr. Act. Rm. Leader: Vanessa Eason <b>Bible Study</b> 10:15-10:45 a.m. Sr. act. Rm.	<b>28 Summer Bingo</b> \$4 pre-register 11 a.m. Bring \$1 in quarters for prizes	<b>29</b>