



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



AUGUST						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2017	VICAP Volunteers Call to schedule an appointment, 980-7720	1 Coffee Hour/Gospel Sing 10 a.m. Sr. Act. Room Leader: Vanessa Eason	2 Blood Pressure Screening 9 - 10 a.m. FREE sr. act. rm Provider: Carilion Home Health	3 Gospel Sing 9:15 a.m. Bible Study 10:15-10:45 a.m. Wohlfhart Haus: Million Dollar Quartet \$48/\$68 Leave rec. ctr @ 11:45 a.m.	4	5 Sassy Senior Saturday Manicures & Hand Massage Radford Rec. Ctr. \$5 call 731-5517 to schedule an appointment
6	7 Step on It Walking Program August meeting 8:30 a.m.; Sun protection for fall FREE; pre-register	8 Health Talk: Yucky Bugs-Flu Season 10 a.m. Speaker: Kathleen McGovern, New Century Hospice	9 Blood Pressure Screening 9-10 a.m. FREE sr. act. rm Provider: Carilion Home Health	10 Gospel Sing 9:15 a.m. Bible Study 10:15-10:45 a.m. Barter Theater: The Cottage Leave rec. @ 10:30 a.m. \$42/62 Lunch on your own at local restaurant	11	12 Medicare Decisions Made Easy 10a.m. - noon Classroom 2
13	14 Basket Weavers 10 a.m. Classroom 2 FREE 	15 Triad Council: Annual Summer Picnic FREE; pre-register 11 a.m. Mid County Park, Shelter #1 Presentation: K-9 Demo	16 Blood Pressure Screening 9-10 a.m. FREE sr. act. rm Blood Drive 9 a.m. - 2 p.m. Court C; call 1-800-GIVELIFE to schedule appt. Book Swap 5:15 p.m. \$1 non-refundable Please see rec brochure for more information	17 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15-10:45 a.m. sr. act. rm	18	19
20	21 Mystery Movie and Munchies 11 a.m.-1 p.m. FREE; pre-register Chair Yoga 7:30 a.m. 6 wks. M/W \$35/\$55	22 Lunch Bunch: Bent Mountain Bistro \$7/\$14 Leave rec. ctr @ 10:30 a.m.	23 Carvins Cove Hike \$7/\$14 leave rec. ctr @ 8:30 a.m.; pre-register Lunch will be on your own after the hike	24 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15-10:45 a.m. sr. act. rm	25	26
27	28 **Tuesday, Aug. 29** Strolling Bingo 11 a.m. \$4, plus 4 quarters for bingo	29 Keep Balanced 11:30 a.m. \$20/\$40 T/TH 6 weeks; MPRM 2 Gentle Tai Chi 1 p.m. 6 wks. \$35/\$55 T/TH; MPRM 2	30	31 Gospel Sing 9:15 a.m. Sr. Act. Rm. Leader: Vanessa Eason Bible Study 10:15-10:45 a.m. Sr. act. Rm.		