






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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 RECREATION CENTER CLOSED 	2 Administrative Office Closed Recreation Center open 8 a.m. – 5 p.m. <u>NO COFFEE HOUR/GOSPEL SING.</u>	3 <u>NO BLOOD PRESSURE SCREENING</u>	4 Breakfast Trip-Golden Corral/Sams Club and Aldi Leave at 8 a.m.; \$5/\$10 <u>Wellness Workshop</u> 6:30 p.m. FREE; pre-register Classroom 2 Facilitator: Ashley Hash, Community Health Educator CRNVMC	5 <u>**THURSDAY, JANUARY 4:</u> <u>NO GOSPEL SING OR BIBLE STUDY</u>	6
7	8 Basket Weavers: 10 a.m. – 4 p.m. <u>Zumba Gold:</u> 6 weeks; M/W/F; \$20/\$40; 9 – 10 a.m. <u>Evening Tabata:</u> 6 weeks; M/W; \$20/\$40; 6:15 – 6:45 p.m.	9 	10 <u>Blood Pressure Screening:</u> 9 – 10 a.m.; provided by Carilion Home Health	11 <u>Gospel Sing:</u> 9:30 a.m. <u>Bible Study:</u> 10:15 a.m.	12 RECREATION CENTER OPEN NORMAL HOURS; ADMINISTRATIVE OFFICES CLOSED <u>NO SENIOR AEROBICS/SENIOR MOTIONS OR ZUMBA GOLD</u>	13 Medicare Decisions Made Easy: 10 a.m.
14	15 RECREATION CENTER OPEN NORMAL HOURS; ADMINISTRATIVE OFFICES CLOSED <u>NO SENIOR AEROBICS/SENIOR MOTIONS OR ZUMBA GOLD</u>	16 Triad S.A.L.T Council <u>Meeting:</u> 1:30 p.m.; Classroom 2 <u>Supplies for Seniors Bagging</u> 10 a.m. – 2 p.m. Court C	17 <u>Blood Pressure Screening:</u> 9 – 10 a.m.; provider: Carilion Home Health <u>Supplies for Seniors Bagging</u> 10 a.m. – 2 p.m. Court C	18 <u>Gospel Sing:</u> 9:30 a.m. <u>Bible Study:</u> 10:15-10:45 a.m. <u>Supper Club: Harbor Inn</u> <u>Seafood</u> leave rec ctr at 3:15 p.m. \$5/\$10	19 Virginia Techniques Rock Star Invitational in Memory of Cassidy Foster <i>Administrative office and recreation center closed for the event</i>	20 <u>Virginia Techniques Rock Star Invitational in Memory of Cassidy Foster</u> <i>Recreation center closed for the event</i>
21 Virginia Techniques Rock Star Invitational in Memory of Cassidy Foster <i>Recreation center closed for the event</i>	22 <u>Mystery Movie & Munchies:</u> 11 a.m.; FREE; pre-register; conference room	23 <u>Lunch Bunch: Plantation</u> Leave rec ctr at 10:30 a.m. \$5/\$10; pre - register <u>Lunch and learn: Music Therapy – Blacksburg Com. Ctr</u> noon – 1:30 p.m. FREE; pre – register lunch included	24 Lunch and Learn: Character Towel folding 11 a.m. FREE; pre-register Lunch included Senior activities room \$5/\$10	25 Gospel Sing: 9:30 a.m. <u>Bible Study:</u> 10:15 a.m.	26 <u>Mystery Trip:</u> leave Rec. Ctr. at 10 a.m.; \$7/\$14; pre-register; lunch on your own at a local restaurant.	27 Biometric Screening 8:30 a.m. -2 p.m. FREE; must register online at www.carilion.org/calendar or by calling (800)-422-8482
28	29 	30 National Soup Month <u>Bingo</u> 11 a.m. \$4 plus 4 quarters for prizes; pre- register.	31	