




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
1 <i>Wednesday, April 4:</i> Bone Health / Osteoporosis 10:15 a.m. Ashley Hash, CNRVM Community Health Educator	2 AARP Tax Aide 1 – 4 p.m. Sr. Act. Rm.	3 Coffee Hour/Gospel Sing: 10 a.m. Lunch bunch: Village Grille Leave rec. ctr @ 10:30 a.m. \$5/\$10 AARP Tax Aide 1 – 4 p.m. Sr. Act. Rm.	4 Blood Pressure Screening 9- 10 a.m. FREE. Sr. Act. Rm. Provider: Carilion Home Health	5 AARP Tax Aide 1 – 4 p.m. Sr. Act. Rm. No walk-ins, must schedule appointment Wellness Workshop 6:30 p.m. FREE; pre-reg.	6 Waste Water Treatment Plant Tour Leave Rec Center at 9 :30a.m. FREE; pre-register	7 AARP Tax Aide 9 a.m. – noon. Sr. Act. Rm.
8 <i>Tuesday, April 10:</i> Springtime Bingo 11 a.m. MCGO FREE; Participants are to bring two full size wrapped candy for bingo prizes and a dish to share. Pre-register	9 Basket Weavers 10 a.m. – 4 p.m. Classroom 2 AARP Tax Aide 1 – 4 p.m. Sr. Act. Rm.	10 AARP Tax Aide 1 – 4 p.m. Sr. Act. Rm. Rockwood Manor \$15/\$25 Leave Rec Center at 11 a.m. Wear comfortable shoes	11 Blood Pressure Screening 9- 10 a.m. FREE. Sr. Act. Rm. Provider: Carilion Home Health	12 Gospel Sing 9:30-10 a.m. Sr. Act. Rm. Leader: Vanessa Eason Mardi Gras Casino, WV Leave Rec Center at 8 a.m. \$15/\$25. Lunch on your own at the casino. Depart Casino at 3 p.m. Pre-register.	13	14 AARP Tax Aide 9 a.m. – noon. Sr. Act. Rm. Medicare Decisions Made Easy 10 a.m. – noon. Classroom 2.
15	16 Mystery Movie & Munchies FREE. 11 a.m. Pre-register. AARP Tax Aide 1 – 4 p.m. Sr. Act. Rm. VIN Etching 3 – 7 p.m. FREE. CFD	17 Shred-a-thon 3 – 6 p.m. FREE. Christiansburg Rec. Ctr. This is a drive-thru event, no walk-ups allowed. Three tote/box limit per vehicle.	18 Blood Pressure Screening 9 – 10 a.m. FREE. Sr. Act. Rm. Provider: Carilion Home Health	19 Gospel Sing 9:30-10 a.m. Sr. Act. Rm. Leader: Vanessa Eason Bible Study 10:15-10:45 a.m. Valley Pike Farm Leave Rec Center at 8:30 a.m. \$7/\$14; pre-register	20 	21
22	23	24 Staff vs. Senior Pool Tournament 10 a.m. FREE; pre-register Fats: The good, the bad and the ugly 10:15 a.m. Senior Act. Rm.	25 Springtime Luau Meadowbrook Library 2 p.m. Free; wear your festive tropical attire. Light refreshments served.	26 Gospel Sing 9:30-10 a.m. Sr. Act. Rm. Leader: Vanessa Eason Bible Study 10:15-10:45 a.m.	27	28
29 NRV SENIOR GAMES: 3-on-3 Basketball. 2 p.m. Rec Center	30 NRV SENIOR GAMES: 2 p.m. Discus/Shot put, Softball hit & throw. Harkrader Sports Complex	Monday, April 30: Zumba Gold 9 – 10 a.m. \$30/\$40 MWF MP Room 2	NRV Senior Games: April 29 – May 4 Registration ends Monday, April 9. Packets are available at the Rec Center and online	