






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
2018	VICAP Volunteers Call to schedule an appointment, 980-7720	*Wednesday, Aug. 1: Blood Drive 9 a.m. – 2 p.m. Bloodmobile; call 1-800-GIVELIFE to schedule appointment	1 Blood Pressure Screening 9:10 a.m. FREE Senior Activity Room Provider: Carilion Home Health Brown Bag Shift Bingo 1 p.m. Radford recreation center Participants bring prize \$5; pre-register	2 Gospel Sing 9:15 a.m. Bible Study 10:15–10:45 a.m. Attic Productions: Nice Work if You Can Get It Leave Rec Center at 4:30 p.m. \$20/\$40 Dinner at K&W	3	4
5	6 AARP Driver Safety 9 a.m. – 1 p.m.; pre-register Classroom 1	7 Coffee Hour/Gospel Sing 10 a.m. Senior Activity Room; Leader: Vanessa Eason AARP Driver Safety 9 a.m. – 1 p.m.; pre-register Classroom 2	8 Blood Pressure Screening 9-10 a.m. FREE Senior Activity Room Provider: Carilion Home Health Lunch & Learn: LLI 10:15 am. Speaker: Molly McClintock	9 Gospel Sing 9:15 a.m. Bible Study 10:15–10:45 a.m. Summer Time Bingo 10 a.m. \$1 in quarters for prizes Refreshments provided by Commonwealth Senior Living		11 Medicare Decisions Made Easy 10a.m. – noon Classroom 2
12	13 Basket Weavers 10 a.m. Classroom 2 FREE 	14 Preparing Your House to Sell 6-8 p.m. FREE; pre-register Instructor: Rachel Hogan, Nest Realty	15 Blood Pressure Screening 9–10 a.m. FREE Senior Activity Room Lunch Bunch: Fishin' Pig Leave at 9:30 a.m. \$7/\$14 *Thursday, August 16: Hanging Rock Hike 9:30 a.m. \$6/\$12; pre-register	16 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. sr. act. Rm Grandparents Day FREE; pre-register MCGC Enter an apron contest, pass on your secret grandma recipe & play a few games of bingo		18
19	20 Mystery Movie and Munchies 11 a.m. – 1 p.m. FREE; pre-register Chair Yoga 7:30 a.m. 6 weeks. M/W \$35/\$55	21 Triad Council: Annual Summer Picnic FREE; pre-register 11 a.m. Mid County Park, Shelter #1 Presentation: Know Your Rights	22	23 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. sr. act. rm	24	25
26	27	28 Mrs. Hanes Moravian Cookies 8 a.m. \$15/\$30; pre-register	29	30 Wohlfhart Haus: One Nation Leave Rec Center at 11:30 a.m. \$47/\$67 all-inclusive; pre-register	31	