



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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER		2018		1 Gospel Sing: 9:30-10 a.m. Bible Study: 10:15-10:45 a.m.	2 Open Enrollment Medicare Part D Call (540) 980-7720 to schedule an appt. Fall Prevention Awareness Day FREE 9 a.m. – noon Ct. A	3 Honor Our Veterans 3 p.m. Meadowbrook Library FREE; pre-register. For more information, please call 540-382-6975
4	5 Open Enrollment Medicare Part D Call (540) 980-7720 to schedule an appt. Super Bingo & Health Talk – Commonwealth Senior Living Noon – 2 p.m. FREE; pre-register.	6 Coffee Hour/Gospel Sing: 10 a.m.; FREE Leader: Vanessa Easson	7 Blood Pressure: 9-10 a.m.; FREE; Provider: Carilion Home Health	8 Gospel Sing: 9:30-10 a.m. Bible Study: 10:15-10:45 a.m. Pandapas Pond-Blacksburg leave rec. ctr @ 9:30 a.m. \$6/\$12; Lunch on your own at a local restaurant.	9 A Walk in My Shoes 1 – 4 p.m. FREE; pre-register. A virtual simulation of the physical & cognitive aspects in caring for persons living with dementia. Refreshments provided.	10 Medicare Decisions Made Easy: 10 a.m.; FREE
11	12 Veterans Day Administrative Office CLOSED No Senior Aerobics, Zumba Gold, Senior Motions or Basket Weavers	13 Southern Christmas Show Leave rec. ctr. @ 6 a.m.; pre-register. \$23 includes admission and transportation. Lunch will be on your own at the show.	14 Blood Pressure 9-10 a.m.; FREE Provider: Carilion Home Health. Snowman Art 1 p.m. \$15; supplies included; pre-register. Classroom 2	15 Gospel Sing 9:30-10 a.m. Bible Study 10:15-10:45 a.m. Stampin Up 10 a.m. – 12 p.m.; \$12 to be paid to the instructor. Thanksgiving Luncheon \$8 per person; pre-register; MPRM 2 @ noon	16 Open Enrollment Medicare Part D Call (540) 980-7720 to schedule an appt. Gifts in a Mason Jar 1 p.m. \$5; pre-register. Montgomery County Gov't Center.	17 Quilting Treasures 2 p.m. Meadowbrook Library FREE; pre-register.
18	19 Trader Joe's- Charlottesville, VA: Leave rec. ctr. @ 7 a.m. Lunch on your own at a local restaurant. Mystery Movies: 11 a.m.; FREE; pre-register.	20 Triad: Drug Recognition What You Need to Know When Taking Over The Counter Medicines 1:30 p.m.; FREE; pre-register. Classroom 2	21 Recreation Center open regular hours. Administrative offices closed. No Senior Aerobics, Zumba Gold or Senior Motions	22 Recreation Center closed for Thanksgiving	23 Recreation Center Closed For Thanksgiving	24
25	26 Open Enrollment Medicare Part D Call (540) 980-7720 to schedule an appt. Lunch bunch: CJ's Pizza & Subs \$6/\$12; pre-register. Leave rec. ctr @ 10:30 a.m.	27 Lunch & Learn: Montgomery County Victim-Witness Program 11 a.m. FREE; pre-register. Lunch provided by: Commonwealth Senior Living-Christiansburg Speaker: Carrie Collier Owens, General District Coordinator	28 Lunch & Learn: Veteran's Benefits 10 a.m. FREE; pre-register. Speakers: Treasa Rigney - Veteran Coordinator, Volunteer Coordinator and Assistant Carilion Clinic Hospice NRV - and Sarah Stevens, Social Worker at Carilion NRV Medical.	29 Holiday Festival of Lights, Bluefield, WV Leave rec. ctr @ 4 p.m. \$10/\$20; pre-register. Dinner on your own at local restaurant.	30 The Only Place to Know 9 a.m. – 3 p.m. FREE, pre-register. Lunch provided by Holiday Inn-Christiansburg beside Walmart.	