



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
www.christiansburg.org/recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 2026			1 RECREATION CENTER CLOSED 	2	3
4 Mondays & Wednesdays Mahjong FREE Noon – 4 p.m. MPRM 2	5	6	7 Senior Aerobics 6 weeks MPRM 2MWF 7 - 8 a.m. FREE with valid membership pre-reg. Senior Motions 6 weeks MPRM 2 MW 9 – 10 a.m. FREE with valid membership pre-reg. Move & Groove 6 weeks MPRM 2 MW 10:15 – 11:15 a.m. \$30/\$50 pre-reg.	8 Lunch Bunch: Mason Jar, Clayton Lake leave rec. ctr @10:30 a.m. \$9/\$18 pre – reg. Bone Health Sr. Act. Rm. 6-7:30 p.m. FREE; pre-reg. Senior Motions 6 weeks MPRM 2T/TH 11:30 a.m. – 12:30 p.m. FREE with valid membership pre-reg.	9 Blizzard Bingo Sr. Act. Rm 11 a.m. \$5 plus 4 quarters; pre-reg. 	10
11	12 Basket Weavers: 10 a.m. – 4 p.m. FREE Classroom 2 School Cafeteria Favorites: Rolls Kitchen 11 a.m. \$5/\$10 pre-reg.	13	14 Pick N' Paint Uptown Mall, Christiansburg 1 p.m. pay at the store To register call MCDPR @ 540-382-6975	15 Wellness Conversations: COPD Sr. Act. Rm. 1:30 p.m. FREE; pre-reg.	16 Virginia Techniques Rock Star Gymnastics Meet Recreation center closed for the event	17 Virginia Techniques Rock Star Gymnastics Meet Recreation center closed for the event
18 Virginia Techniques Rock Star Gymnastics Meet Recreation center closed for the event	19 Martin Luther King Day, Virginia Techniques Rock Star Gymnastics Meet Recreation center closed for the event	20 Triad S.A.L.T Council Meeting: Sr. Act. Rm. 1:30 p.m. 2026 planning meeting	21 Rosie's Gaming Emporium Leave rec. ctr. @ 9 a.m. \$9/\$18 pre-reg. Lunch on your own at Rosie's Medicare 101 Presentation Sr. Act. Rm. 10 a.m. FREE; pre-reg. Presenter: Lauren Hand	22 How To Identify Artificial Intelligence "AI" Scams Sr. Act. Rm. 6 p.m. pre-reg. Presented by Better Business Bureau and Southwest Legal Aide. Hybrid event- In Person or Webinar "Option"	23 Sams Club & Roanoke Treasure Bin Store Leave rec. ctr. 8 a.m. \$9/\$18 pre-reg. Crafternoon Social 1 p.m. \$5 To register call MCDPR @ 540-382-6975	24
25	26	27	28 Memories & Mocktails Classroom 1 1 p.m. \$5 pre-reg.	29	30	31