



Abbreviations
 TR: Town Resident
 NR: Non-Resident
 NM: Non-Membership
 MH: Membership Holder

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August	2019	Senior Aerobics & Senior Motions registration begins Monday, August 5 Participants MUST be registered for class prior to participating in the class.		1 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. act. Room	2 Make & Take: Essential Oils 11 a.m. \$25 Sr. Act. Rm Scrabble Players 1:30 – 4:30 p.m. FREE Sr. act. rm	3
4	5	6 Gospel Sing 10 a.m. Sr. Act. Room Leader: Vanessa Eason	7 Blood Pressure Screening 9–10 a.m. FREE Sr. Act. Rm. Provider: Carilion Home Step by Step Canvas Paining 10:30 a.m. \$25 includes canvas, paint. Meet at Paint N Fun at New River Valley Mall	8 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. act. Room Edible Art 11 a.m. FREE Commonwealth Senior Living - Christiansburg	9	10 Medicare Decisions Made Easy 10a.m. – noon Classroom 2
11 <i>*Tuesday, Aug. 13*</i> Wellness Workshop: Sitting Disease 4 – 5 p.m. FREE; Pre – Register Classroom 2	12 Basket Weavers 10 a.m. – 4 p.m. Classroom 2 FREE	13 Hike: Segment of Roanoke Valley Greenway Leave rec ctr @ 9 a.m. \$6/\$12; Pre – Register Bingo is Just Peachy 11 a.m. \$4 and \$1 in quarters; Pre – Register	14 Blood Pressure Screening 9–10 a.m. FREE Sr. Act. Rm. Provider: Carilion Home Lunch & Learn: Va. Navigator 10:30 a.m. FREE; pre-register	15 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. Act. Rm. Stampin Up 10 a.m. \$12 to be pd to instructor. Radford Recreation Center	16 Mystery Yard Sales Leave rec ctr @ 7 a.m. \$7/\$14; Pre – Register Lunch on your own at local restaurant.	17
18 Scrabble Players 1:30 – 4:30 p.m. FREE Sr. Act. Rm	19 Mystery Movie & Munchies 11 a.m. FREE; pre-register Blood Mobile 9 a.m. – 1 p.m. Rec. ctr. Parking lot	20 Triad S.A.L.T Council Annual Picnic 11 a.m. FREE; Pre – Register Mid County Park	21 Blood Pressure Screening 9–10 a.m. FREE Sr. Act. Rm. Provider: Carilion Home	22 Gospel Sing 9:15 a.m. Sr. Act. Room Bible Study 10:15–10:45 a.m. Sr. Act. Rm. National Watermelon Day 1 p.m. FREE; Pre – Register Montgomery Co. Gov't Ctr. I'll Be Me – Glenn Campbell Story see back of calendar for more information	23	24
25	26	27	28 Lunch Bunch: Angelle's, Salem, Va. \$7/\$14; Pre – Register Leave Rec. Ctr @ 10: 30 a.m.	29 Gospel Sing 9:15 a.m. Sr. Act. Room Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. Act. Rm.	30 Mystery Trip- Moved Thursday Aug. 29 Leave rec. ctr @ 8:30 a.m. \$7/\$14; pre-register Lunch on your own at local restaurant.	31