



Tammy Caldwell
Supervisor of Senior Programs
 tcaldwell@christiansburgva.org

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
Open Enrollment - Medicare Call 540-980-7720 to schedule an appointment	Helping Hands 1-3 p.m. Sr. Act. Rm. FREE Meets every Wednesday.	1 Coffee Hour/Gospel Sing 10 a.m. Sr. Act. Room Leader: Vanessa Eason Breast Cancer Awareness: 7 a.m. – 5 p.m.; FREE	2 Blood Pressure: 9- 10 a.m.; FREE Provider: Carilion Home Veteran's Café 2 pm	3 Gospel Sing 9:30 - 10 a.m. Bible Study: 10:15-10:45 a.m. Hike: Segment of the Greenways Trail Leave rec. ctr @ 9:30 a.m. \$7/\$14; pre-register Lunch on your own following hike	4 Rosie's Gaming Emporium \$7/\$14 Leave rec. ctr @ 9 a.m. Lunch on your own at Rosie's Scrabble 1:30 – 4:30 pm	5 4th Annual Tony Huddleston Fishing Rodeo Izaak Walton Pond, Christiansburg Ages: 4-12; Call 540-382-2349 for more info.
6	7 Mystery Halloween Craft – CSL-Cburg Campus 1:30 p.m. FREE; pre-reg. Germ Prevention – Stay Healthy & Wash Your Hands 4 - 6 p.m. FREE Recreation Ctr. Lobby	8 Balance and Fall Prevention 9:30 a.m.; 4 wks. FREE; pre-reg. Presenter: University Physical Therapy Pre-Register	9 Blood Pressure: 9- 10 a.m.; FREE Provider: Carilion Home Flu Shots: 9 - 11 a.m. Provider: Walmart FREE with Medicare Part B, must present card at time of shot	10 Gospel Sing: 9:30-10 a.m. Bible Study: 10:15-10:45 a.m. Supplies for Seniors Walk-a-Thon 10 a.m.– noon Wreath Making 2 p.m. FREE; pre-reg. Mont. Co. Gov't Bldg Wellness Workshop: Bone Health 4 – 5 p.m. FREE; pre-	11 Red Sun Farm Tour; Dublin, Va Leave rec. ctr @ 9 a.m. \$7/\$14; pre-register There will be walking on this trip. Lunch at Fatz following Tour.	12 Medicare Decisions Made Easy: 10 a.m. FREE, pre-register
13	14 Basket Weavers: 10 a.m.-4 p.m. Classroom 2 VIN Etching: 3–6 p.m. Christiansburg Fire Dept. FREE	15 Medicare Part D 10 a.m. Sr. Act. Rm FREE; pre-reg. Shred-A-Thon: 3-6 p.m. Please have items to shred in a plastic tote or box. This is a drive-thru event. For more information, please call Tammy Caldwell at 540-382-2349 or tcaldwell@christiansburg.org	16 Blood Pressure 9-10 a.m.; FREE Provider: Carilion Home Lunch & Learn: InnovAge Virginia Pace 11 a.m. FREE; pre-register Lunch provided by CSL-Cburg Campus Caregiver Support Group 2 p.m.	17 Gospel Sing 9:30 – 10 a.m. Bible Study: 10:15 – 10:45 a.m. Flu Shots: 10 a.m. – noon Provider: Walmart FREE with Medicare Part B, must present card at time of shot Stampin Up 10 a.m. – noon \$12 paid to instructor; Pre-register	18 **Wednesday, Oct. 16** Breakfast Trip – Mabry Mill \$7/\$14 Leave rec. ctr. @ 7 a.m. Pre-Register	19
20 Scrabble 1:30 – 4:30 pm	21 Zumba Gold 6 wks. MWF 9-10 a.m. \$35/\$65; pre-register Lunch & Learn 11 a.m. Mystery Movie and Munchies 11 a.m.–1 p.m. FREE; pre-register	22 InnovAge Virginia Pace 6 p.m. classroom 2 FREE; pre-reg. Flu Shots: 5-7 p.m. Provider: Walmart FREE with Medicare Part B, must present card at time of shot	23 Lunch Bunch: Big Belly Restaurant \$7/\$14 Leave rec. ctr. @ 10 a.m.; pre-register	24 Gospel Sing: 9:30 -10 a.m. Bible Study: 10:15 – 10:45 a.m. Super Bingo: CSL-Cburg Campus Noon; FREE pre-register	25	26 Huckleberry Hustle 5K “Getting Scary on the Huckleberry: 9 a.m. \$20 before Oct. 16; \$25 day of the race Truck or Treat: 8–11 a.m. Please see our Fall brochure of events for more information
27	28 AARP Driver Safety: 9 a.m. – 1 p.m.; \$15/\$20 AARP member/nonmember Fee paid to instructor. This is a two day class, participants must attend	29 AARP Driver Safety: 9 a.m. – 1 p.m.; \$15/\$20 AARP member/nonmember Fee paid to instructor. This is a two day class, participants must attend both	30 Staff vs. Seniors Pool Tournament 1 p.m. FREE; pre-reg.	31 Gospel Sing: 9:30 -10 a.m. Bible Study: 10:15 – 10:45 a.m. Halloween Bingo 11 a.m. \$4 plus \$1 in quarters; pre-reg Refreshments and drinks provided	October <div style="border: 2px solid black; padding: 5px; display: inline-block; font-size: 2em; font-weight: bold;">2019</div>	