



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Thursday, Feb. 6: Lunch & Learn: Brain Health & Know the 10 Signs 11 a.m. FREE; pre-register Senior Act. Rm</p>		<p>1 AARP Tax Aide 9 a.m. - noon Sr. Act. Room, must have scheduled appointment NO WALK-INS</p>
<p>2</p>	<p>3 Go Red For Heart Health 7:30 a.m. Rec. ctr. Lobby FREE AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.</p>	<p>4 Coffee Hour/Gospel Sing: 10 a.m. Lunch Bunch: Cheesesteak Factory. \$7/\$14 Leave rec. ctr @ 10:30 a.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.</p>	<p>5 Blood Pressure Screening: 9:30– 10 a.m.; provided by Carilion Home Health Helping Hands 1-5 p.m. Classroom 2 FREE Veteran's Café' 11:45 a.m. Senior activities room, FREE</p>	<p>6 Gospel Sing: 9:30 a.m. Bible Study 10:15-10:45 a.m. Wohlfhart Haus: Forever Plaid \$47/\$67 Leave rec. ctr @ 11:30 a.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.</p>	<p>7 Scrabble Players 1:30 – 4:30 p.m. FREE Senior activities rm IDA Sweetheart Dance Christiansburg Recreation Center 7 p.m. \$2 per person To register call 540-381-0310</p>	<p>8 AARP Tax Aide 9 a.m. - noon Sr. Act. Room, must have scheduled appt. Medicare Decisions Made Easy 10 a.m.</p>
<p>9</p>	<p>10 Basket Weavers: 10 a.m. – 4 p.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt. Stews and Chili in the Instant Pot 6:30-8 p.m. \$13/\$23 Pre-register</p>	<p>11 Hearing Screening 9 a.m. FREE Senior Act. Rm AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt. Super Bingo-CSL Noon FREE; pre-register</p>	<p>12 Blood Pressure Screening: 9 – 10 a.m.; provider: Carilion Home Health</p>	<p>13 Gospel Sing: 9:30 a.m. Bible Study: 10:15-10:45 a.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt. Valentine's Day Craft-CSL 1:30 p.m. FREE; pre-register Supper Club: Hollywood's \$7/\$14 leave rec. ctr @ 4 p.m.</p>	<p>14 Candy Bar Bingo 1 p.m.; pre-register Participants bring 2 full size wrapped candy bars to be placed in the prize pool Participants are requested to bring their favorite chocolate confection to share for refreshments</p>	<p>15 AARP Tax Aide 9 a.m. - noon Sr. Act. Room, must have scheduled appt.</p>
<p>16 Scrabble Players 1:30 – 4:30 p.m. FREE Senior activities rm</p>	<p>17 President's Day Administrative office CLOSED Recreation Center open normal hours NO Senior aerobics, Zumba gold, Senior motions or Tax Aide</p>	<p>18 Triad S.A.L.T Council Meeting/ 1:30 p.m. classroom 2</p>	<p>19 Blood Pressure Screening: 9 – 10 a.m.; provider: Carilion Home Health Caregivers Support Group Senior Lounge 2 p.m. Claytor Lake Dam Tour \$7/\$14; pre-register leave rec. ctr @ 9 a.m.</p>	<p>20 Gospel Sing: 9:30 a.m. Bible Study: 10:15-10:45 a.m. AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt. NO WALK-INS</p>	<p>21 Agency on Aging Facility Tour Leave rec ctr @ 9 a.m. \$7/\$14; pre-register Lunch at Fatz following tour.</p>	<p>22 AARP Tax Aide 9 a.m. - noon Sr. Act. Room, must have scheduled appt. NO WALK-INS</p>
<p>23</p>	<p>24 Mystery Movies & Munchies 11 a.m. FREE; pre-register AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must have scheduled appt.</p>	<p>25 Baked Potato Bar Bingo 1 p.m. \$4 plus 4 quarters; pre-register Book Swap 4 p.m.; pre-register \$1 non-refundable</p>	<p>26</p>	<p>27 Gospel Sing: 9:30 a.m. Bible Study: 10:15-10:45 a.m. NRV Health Fair 9 a.m. – noon p.m. Gym AARP Tax Aide 1 – 4 p.m. Sr. Act. Room, must schedule appt.</p>	<p>28</p>	<p>29 AARP Tax Aide 9 a.m. - noon Sr. Act. Room, must have scheduled appt. NO WALK-INS</p>