





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

Telephone #: (540) 382-2349, ext. 2003  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Holiday Recreation Center Closed</b>	4 <b>Veteran's Café - Virtual</b> 2 p.m. <b>Lunch Bunch: Macados Radford.</b> FREE; pre-register 11 a.m. Meet at the restaurant <b>Flu Shots Christiansburg Pharmacy</b> 9 a.m. – noon must bring insurance/Medicare card with you at time of shots <b>Shots will be given in the gym on court A</b>	5 <b>Birthday Bingo Bash</b> \$4 plus \$1 in quarters 1 p.m. Pre-register <b>Eating for Health During the Flu Season 10</b> a.m. FREE; pre-reg. Senior act. room	6 	7
8	9 <b>Basket Weavers</b> 10 a.m. – 4 p.m. Classroom 2; pre-register	10 <b>Brown Bag Lunch &amp; Craft</b> 11 a.m. \$8 includes supplies for crafts Participants bring their own lunch	11 <b>Veterans Day</b> Administrative Office <b>CLOSED</b> <b>No Senior Aerobics, Zumba Gold, Senior Motions</b>	12 <b>Flu Shots Christiansburg Pharmacy</b> 4 – 6 p.m. must bring insurance/Medicare card with you at time of shots <b>Shots will be given in the gym on court A</b> <b>Healthy Walks</b> 4 p.m. Meet at recreation center	13	14 <b>Medicare Decisions Made Easy:</b> 10 a.m.; FREE
15	16 <b>Huckleberry Trail Hike – Recreation Center to CHS Round Trip</b> FREE; pre-register Meet at recreation center @ 10 a.m.	17 <b>Triad S.A.L.T. Council</b> 1:30 p.m. zoom meeting. Participants will be emailed the link to join the meeting either on their computer, tablet or smart phone. Participants will also be able to join by calling in from their phone.	18 <b>Thanksgiving Luncheon</b> \$8 per person; pre-register; Meals will be delivered to participants.	19	20	21
22	23	24	25 <b>Recreation Center Open 6 a.m. – 5 p.m.</b> <b>Administrative Offices CLOSED.</b> <b>No Senior Aerobics, Zumba Gold or Senior Motions</b>	26 <b>Recreation Center Closed For Thanksgiving</b>	27 <b>Recreation Center Closed For Thanksgiving</b>	28
29	30			<b>NOVEMBER</b>	<b>2020</b>	