



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		2022	<i>Pre-registration is required for ALL programs.</i>			1 RECREATION CENTER CLOSED HAPPY NEW YEAR
2	3	4 <u>Spaghetti Western Day</u> \$8; pre-reg. Noon Dress up in your western wear and join us for lunch and a movie. Sr. act. rm.	5 <u>Veterans Cafe Virtual Meeting</u> 11 a.m. Please pre – register <u>Lewis Gale – Montgomery Health Series: Nutrition & Weight Loss</u> 10:30 a.m. FREE; pre – reg. Sr. act. rm.	6	7 <u>Souper Bowl: Celebrating National Soup Month</u> \$5; pre-reg. 11 a.m. Sr. act. rm. <u>Scrabble Players</u> Sr. Act. Rm 1:30-4:30 pm FREE	8 <u>Medicare Decisions Made Easy</u> : 10 a.m.
9	10 <u>Senior Aerobics</u> 6 weeks MWF 7:30 – 8:30 a.m. MPRM 2 FREE; pre-reg <u>Senior Motions</u> 6 weeks MWF 9 – 10 a.m. MPRM 2 FREE; pre-reg. <u>Move & Groove</u> 6 weeks 11 a.m. – Noon MPRM 2 \$25/\$45 <u>Basket Weavers:</u> 10 a.m. – 4 p.m. FREE Classroom 2	11 <u>Senior Motions</u> 6 weeks 11:30 a.m. – 12:30 p.m. MPRM 2 Free; pre-reg. <u>Navigating a Cancer Diagnosis</u> FREE; pre-reg 10:30 a.m. Sr. act. rm. <u>Step by Step Painting</u> \$17 includes all supplies 1 p.m. Mid County Activity Bldg. 390 Cinnabar Rd. To register please call 540-382-6975	12 <u>Lunch Bunch: Ichiban Japanese Steakhouse, Roanoke</u> Leave rec. ctr @10:30 a.m. \$7/\$14; pre – reg	13	14 <u>Virginia Techniques Rock Star Gymnastics Meet</u> <i>Recreation center closed for the event</i> <u>K&W Sams Club</u> Leave rec. ctr @ 8:30 a.m. \$7/\$14; pre – reg. Breakfast on your own prior to shopping at Sams	15 <u>Virginia Techniques Rock Star Gymnastics Meet</u> <i>Recreation center closed for the event</i>
16 <u>Virginia Techniques Rock Star Gymnastics Meet</u> <i>Recreation center closed for the event</i>	17 <u>Martin Luther King Jr. Day Virginia Techniques Rock Star Gymnastics Meet</u> <i>Recreation center closed for the event</i>	18 <u>Triad S.A.L.T Council Meeting</u> : 1:30 p.m. Sr. Act. Rm. 2022 planning meeting	19 <u>National Popcorn Day</u> 11 a.m. \$5; pre – reg. Sr. act. rm.	20 <u>Lewis Gale – Montgomery Health Series: Acid Reflux & Treatment</u> 5:30 – 6:30 p.m. FREE; pre-reg. Sr. act. rm. Speaker: Dr. Fowlkes	21	22
23 <u>Scrabble Players</u> Sr. Act. Rm 1:30-4:30 pm FREE	24 31 <u>Meatless Monday</u> 9 a.m. \$8 pre – reg. Sr. act. rm.	25 <u>Wellness Book Club:</u> “The life – Changing Magic of Tidying Up” by Maria Kondo 5:45-6:30 p.m. FREE; pre-register classroom 2	26 <u>Rosie’s Gaming Emporium</u> Leave rec. ctr @ 9 a.m. \$7/\$14 pre-reg Lunch on your own at Rosie’s	27	28 <u>Baked Potato Bar Bingo</u> \$5; pre-reg. 11 a.m. Sr. act. rm	29
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