



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

Telephone # (540) 382-2349, ext. 2003
Fax # (540) 381-5537
Email: tcaldwell@christiansburg.org
 www.christiansburg.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Citizens Police Academy July 17 – 21 9 a.m.- 3 p.m. Please see back of calendar for more information.			Wednesday, June 21: Senior Aerobics MPRM 2 7:30-8:30 a.m. Free; pre-reg. Senior Motions MPRM 2 9-10 a.m. Free; pre-reg.	1	2 Scrabble Players Sr. Act. Rm 1:30-4:30 pm Paint N' Fun: Spring Lanterns \$35 includes supplies Register with Montgomery Co. Parks & Rec, 540-382-6975	3
4	5 Mahjong Mondays Sr. Act. Rm. 1 – 4 p.m. FREE	6	7 Program in a Box: Seasonal Allergies: Relief from Wheezing & Sneezing Sr. Act. Rm. 11 a.m. FREE, pre-register	8	9 Mystery Yard Sales Leave rec. ctr @ 7:30 a.m. \$10/\$20, pre-reg. Lunch on your own at local restaurant.	10
11 Monday, June 12 Historic Downtown Walking Tour 11 a.m. \$2 donation appreciated. Meet at Montgomery Museum FREE, pre-register	12 Basket Weavers 10 a.m. – 4 p.m. Classroom 2 Piedmont Triad Farmers Market Leave rec.ctr @ 8:30 a.m. \$9/\$18, pre-register.	13 Step by Step Paintings: Butterfly Montgomery Co. Gov't Ctr 1 p.m. To register call: 540-382-6975	14 Holiday Tree Series Sr. Act. Rm 1:30 p.m. \$15 includes tree & ornaments.	15	16 Levering Orchards: Cherry Picking Sour Cherries Leave rec. ctr @ 7:30 a.m. \$9/\$18 Cherries are an additional fee, bring containers to bring cherries home.	17
18 Scrabble Players Sr. Act. Room 1:30-4:30 pm	19 Holiday Administrative Office Closed Recreation Center open normal hours +NO SENIOR AEROBICS or SENIOR MOTIONS	20 Triad S.A.L.T Council Classroom 2 1:30 p.m. Staying Safe at Home Speaker: Kathy Stewart, Professional Rehab Associates Senior Motions MPRM 2 11:30 am-12:30 p.m. Free; pre-reg.	21 Lunch Bunch: Carribica Soul-Roanoke Leave rec. ctr @ 10:15a.m. a.m. \$9/\$18, pre-reg. Move & Grove MPRM 2 11 a.m. \$25/\$45 6 wks.	22 Section of the Huckleberry Trail Leave rec. ctr @ 10 a.m. \$5/\$10, pre-reg. Lunch on your own at local restaurant.	23 Wooden Summer Sign Montgomery Co. Gov't Ctr 11 a.m. \$10 includes supplies To register call: 540-382-6975	24
25	26 30 Minutes to Better Balance MPRM 2 11:30 a.m.-NOON \$10/\$20; pre-reg.	27	28 Wellness Series: Calcium & Vitamin D Sr. Act. Rm. 5:30-7 p.m. FREE, pre-reg.	29	30	