

# COMMUNITY/SENIOR INTERESTS

## HEALTH EDUCATION CLASSES ON CHRONIC DISEASE

Location: Christiansburg Recreation Center - Senior Activities Room

Speaker: Shana Murphy, MPH, BSN, RN Carilion - New River Valley Hospital

Additional Information: Join us each month to learn about the most common and serious health issues affecting the residents of this area. These sessions will include living with chronic diseases, minimizing complications, meal planning, and preventing acute conditions.

Minimum: 4      Maximum: 18

Registration	Eligibility	Date	Time	FEE
Ends Sept. 8	Ages 21 and over	<a href="#">Thursday, Sept. 14</a>	11 a.m.- 12:30 p.m.	FREE; pre-register
Sept. 12 - Oct. 19	Ages 21 and over	<a href="#">Thursday, Oct. 26</a>	11 a.m.- 12:30 p.m.	FREE; pre-register
Sept. 12 - Nov. 1	Ages 21 and over	<a href="#">Thursday, Nov. 9</a>	11 a.m.- 12:30 p.m.	FREE; pre-register
Sept. 12 - Nov. 29	Ages 21 and over	<a href="#">Thursday, Dec. 7</a>	11 a.m.- 12:30 p.m.	FREE; pre-register
Dec. 4 - Jan. 11	Ages 21 and over	Thursday, Jan. 18	11 a.m.- 12:30 p.m.	FREE; pre-register

## MYSTERY YARD SALES

Location: It's a surprise!

Additional Information: It's that time again! Join us as we travel to local yard sales looking for bargains and treasures. There will be walking involved on this trip. Please remember to wear comfortable walking shoes and dress accordingly. Lunch on your own at a local restaurant. Pre-register

Minimum: 4      Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Aug. 21 – Sept. 11	Ages 21 and over	<a href="#">Friday, Sept. 15</a>	Leave the Rec. Center at 7:30 a.m.	\$10/\$20

## HISTORIC DOWNTOWN WALKING TOUR

Eligibility: All ages

Additional Information: Architectural styles, like fashion, are an indicator of culture, just as national business trends were important economic drivers throughout much of our local history. Join Sherry Joines Wyatt, curator at the Montgomery Museum of Art and History, on a walking tour through the heart of Downtown Christiansburg, which will serve as a learning lab for history. You'll see how the town participated in national trends of architecture and business as illustrated by buildings, monuments, and sites dating from 1853 through the early 1960s. The tour will be supplemented with historic photographs from the museum's collection and there will be plenty of opportunity for questions and answers. Participants will meet at the museum. The tour will start and finish at the Montgomery Museum located at 4 East Main St. Christiansburg.

Participants must Pre-register at Christiansburg Parks and Recreation 540-382-2349.

Tour Leader:

Sherry Joines Wyatt holds a Masters in Historic Preservation from the University of Georgia and worked as an architectural history consultant for over ten years. She has been curator at the Montgomery Museum of Art and history since 2010. She enjoys sharing many cultural influences, connections, and threads of history in her work.

Minimum: 6      Maximum: 15

MUST PRE-REGISTER

THIS IS A FREE TOUR

Registration	Date	Time
Aug. 14 – Sept. 13	<a href="#">Monday, Sept. 18</a>	11 a.m.
Aug. 14 – Oct. 4	<a href="#">Monday, Oct. 9</a>	11 a.m.

## LUNCH BUNCH

Additional Information: Join us for our monthly lunch outings to various restaurants in the area. Participants are responsible for paying for their own lunch.

Minimum: 3      Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Ends Sept. 13	18 & over	<a href="#">Wednesday, Sept. 20</a>	Leave the Rec. Center at 10 a.m.	\$9/\$18	It's a mystery!
Sept. 12 – Oct. 17	18 & over	<a href="#">Tuesday, Oct. 24</a>	Leave the Rec. Center at 10 a.m.	\$9/\$18	Dolly's Diner, Princeton, WV.
Sept. 12 – Nov. 21	18 & over	<a href="#">Thursday, Nov. 30</a>	Leave the Rec. Center at 10 a.m.	\$9/\$18	The Pie Shop/Pie Lady, Fincastle
Sept. 12 – Dec. 13	18 & over	<a href="#">Wednesday, Dec. 20</a>	Leave the Rec. Center at 10:15 a.m.	\$9/\$18	Chili's, Roanoke
Dec. 4 – Jan. 4	18 & over	Thursday, Jan. 11	Leave the Rec. Center at 11 a.m.	\$9/\$18	Preston's, Blacksburg
Dec. 4 – Feb. 1	18 & over	Thursday, Feb. 8	Leave the Rec. Center at 10:15 a.m.	\$9/\$18	Lil Cucci's, Daleville
Dec. 4 – Mar. 7	18 & over	Thursday, Mar. 14	Leave the Rec. Center at 9 a.m.	\$9/\$18	Choice Hibachi Buffet, Lynchburg
Dec. 4 – April 11	18 & over	Thursday, April 18	Leave the Rec. Center at 9 a.m.	\$9/\$18	Seed to Tail Kitchen & Market, Staunton

## WELLNESS BOOK CLUB

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Classroom 2

Additional Information: Make healthy steps in your own life by joining the Wellness Book Club! The club is for adults and will meet at the Recreation Center each month. Book discussions will be led on topics of health, fitness, nutrition and wellness. Refreshments will be served during the book discussion. For more information on the monthly book selection, etc. contact the Recreation Department at 382-2349. Number of participants based on book availability.

Maximum: 6

Date	Time	Book
Tuesday, Sept. 26	4:30 – 5:15 p.m.	"You Are Why You Eat" by Dr. Ramani Durvasula
Monday, Oct. 30	4:30 – 5:15 p.m.	"Fields of Honor" by Jonathan Rand
Monday, Nov. 27	4:30 – 5:15 p.m.	"Tuesdays With Morrie" by Mitch Albom
December	4:30 – 5:15 p.m.	NO BOOK CLUB
Tuesday, Jan. 30	4:30 – 5:15 p.m.	"The Power of Moments" by Chip/Dan Heath
Tuesday, Feb. 27	4:30 – 5:15 p.m.	"The 5 Love Languages" by Gary Chapman
Tuesday, Mar. 26	4:30 – 5:15 p.m.	"Never Settle" by Marty Smith

## ROSIE'S GAMING EMPORIUM

Location: Vinton

Additional Information: Join us as we visit the non-stop gaming facility in Vinton. Lunch will be on your own while we are at Rosie's.

Minimum: 6      Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
April 12 – Sept. 20	Ages 21 and over	<a href="#">Wednesday, Sept. 27</a>	Leave Rec. Center at 9 a.m.	\$9/\$18
Dec. 4 – Dec. 21	Ages 21 and over	Friday, Jan. 5	Leave Rec. Center at 9 a.m.	\$9/\$18

**STARGAZING AT THE PARK – Instructor: Marc Eaton**

Location: Huckleberry Park – Hill Top Pavilion

Additional Information: Join us at the new park to look at planets and stars. Marc will be setting up his telescope and we should have a good view of Saturn, Jupiter and the Moon, etc. No pre-registration required. FREE

Date	Time
Thursday, Sept. 28	7 – 9:30 p.m.
Thursday, Oct. 5	7 – 9:30 p.m.
Thursday, Oct. 12	7 – 9:30 p.m.
Thursday, Oct. 19	7 – 9:30 p.m.

**BREAST CANCER AWARENESS**

Additional Information: Lunch provided. Pre-register.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Ends Sept. 28	21 & over	Monday, Oct. 2	11 a.m.	\$10 includes lunch

**DIY CAR MAINTENANCE – Instructors: Pete Haislip/Brandon Turner**

Additional Information: Join Pete and Brandon as they show you how to save money by doing basic car maintenance yourself. Learn how to check the tire pressure, check the oil, change wiper blades, add windshield wiper fluid and much more.

Pre-register

Minimum: 4 Maximum: 12

Registration	Eligibility	Date	Time	TR/NR	Location
Sept. 1 – Oct. 2	Age 18 and over	<a href="#">Wednesday, Oct. 4</a>	10 a.m. – 12 noon	\$5/\$10	Back parking lot of the Rec. Center

**MYSTERY TRIPS**

Additional Info: Join us on these new mystery trips. Lunch will be on your own at a local restaurant. Pre-register

Minimum: 6 Maximum: 8

Registration	Eligibility	Dates	Time	FEE
Sept. 12 – Sept. 28	21 & over	<a href="#">Thursday, Oct. 5</a>	Leave Rec. Ctr @ TBA	\$9/\$18
Dec. 4 – Jan. 24	21 & over	Wednesday, Jan. 31	Leave Rec. Ctr @ TBA	\$9/\$18

**LUNCH AND LEARN WITH DR. ANGELICA PERRY**

Location: Christiansburg Recreation Center - Senior Activities Room

Additional Info: Join us for this FREE two-part series with Dr. Angelica Perry, D.O., New River Osteopathy. Lunch provided.

Minimum: 10 Maximum: 20

Registration	Eligibility	Dates	Time	Topic
Sept. 6 – Oct. 3	21 & over	<a href="#">Tuesday, Oct. 10</a>	10 a.m. - Noon	Healthy Aging
Sept. 6 – Oct. 3	21 & over	<a href="#">Thursday, Oct. 19</a>	10 a.m. - Noon	What is Osteopathic Medicine?

**FIRE SAFETY AND PREVENTION/LUNCH – Christiansburg Fire Dept.**

Location: Senior Activities Room

Additional Information: In conjunction with Fire Prevention week enjoy this program on “Fire Safety and Prevention”, including smoke alarms, evacuation from a fire, hands-on fire extinguisher training, etc. Program includes a tasty lunch. Pre-register

Minimum: 6 Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Sept. 1 – Oct. 4	Age 18 and over	<a href="#">Wednesday, Oct. 11</a>	10:30 – 12:30 p.m.	\$5/\$10

**IKENBERRY ORCHARD/GINA’S FOOD WITH FLAVOR**

Additional Information: Join us as we travel to lunch at Gina’s in Salem and then to shop in Daleville at the Ikenberry Orchard store. Pre-register.

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Sept. 12 – Oct. 6	21 and over	<a href="#">Friday, Oct. 13</a>	Leave Rec. Center at 10:30 a.m.	\$9/\$18	Salem/Daleville

## WELLNESS SERIES

Location: Christiansburg Recreation Center – Senior Activities Room Additional Information: Join us for this new monthly wellness series Speaker: Ginny Fox, MPH, RD, CSO Clinical Dietitian Lewis Gale Regional Health Systems, Pulaski and Salem Cancer Centers. Pre-register

Minimum: 4 Maximum: 10

Registration	Eligibility	Date	Time	Topic
Sept. 12 – Oct. 11	21 & over	<a href="#">Wednesday, Oct. 18</a>	5:30 -7 p.m.	Diabetes
Sept. 12 – Nov. 8	21 & over	<a href="#">Wednesday, Nov. 15</a>	5:30 -7 p.m.	A Nutrition Plan for the Holidays
Dec. 4 – Jan. 17	21 & over	Wednesday, Jan. 24	5:30 -7 p.m.	Fad Diets – Living the Fad Free Way
Dec. 4 – Feb. 14	21 & over	Wednesday, Feb. 21	5:30-7 p.m.	Eating Out Healthy
Dec. 4 – Mar. 13	21 & over	Wednesday, Mar. 20	5:30-7 p.m.	Eating Well – Aging Well

## WRITE YOUR HEART OUT THERAPEUTIC JOURNALING WORKSHOP



Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Grieving is a club no one wants to belong to. Whatever you have lost, or are grieving for (a death, a divorce, the loss of a dear pet, or something else precious to you), journaling is a research-confirmed strategy to help you cope. In this workshop we will touch on some of the plentiful research on journaling (but nothing like school!), respond to weekly prompts, and talk about journaling overall. Participants are never required to share. This is a safe place for you to write. Which we do a lot of! Please bring a journal (or spiral, whatever works for you), and markers or crayons, something to decorate your pages if you're so inclined. We'll also be discussing creative approaches to journaling your feelings, for those interested.

Instructor: Britton Gildersleeve

Minimum: 5 Maximum: 12

Registration	Eligibility	Date	Time	Topic
Sept. 6 – Oct. 18	21 & over	<a href="#">Monday, Oct. 23</a>	10 - 11:30 a.m.	FREE; pre-register
Sept. 6 – Oct. 18	21 & over	<a href="#">Monday, Oct. 30</a>	10 - 11:30 a.m.	FREE; pre-register
Sept. 14 – Nov. 1	21 & over	<a href="#">Monday, Nov. 6</a>	10 - 11:30 a.m.	FREE; pre-register
Sept. 14 – Nov. 6	21 & over	<a href="#">Monday, Nov. 13</a>	10 - 11:30 a.m.	FREE; pre-register
Sept. 14 – Nov. 13	21 & over	<a href="#">Monday, Nov. 20</a>	10 - 11:30 a.m.	FREE; pre-register

## VIN ETCHING

Co-Sponsored By: Christiansburg Rec. Dept., Christiansburg Police Dept., Christiansburg Fire Dept. and Virginia State Police

Location: Christiansburg Fire Dept.

Additional Information: All vehicles carry a federally assigned number known as Vehicle Identification Number (VIN). Making sure those numbers are marked permanently on a vehicle's windows steers thieves away. The windows of stolen VIN etched vehicles must be stripped and replaced before a thief can get rid of the car, a costly and time - consuming process. VIN etching is simple, fast, safe and won't mar the look of the vehicle. Numbers are etched into the glass with a chemical solution and those numbers will be there for good.

Date	Time	FEE
Monday, Oct. 23	3 – 6 p.m.	FREE
Monday, April 22	3 – 6 p.m.	FREE

## AGING IN YOUR COMMUNITY



Location: Christiansburg Recreation Center – MPRM 1

Additional Information: Aging in Your Community is an event that provides a platform for senior in the New River Valley area to hear from expert panelists on resources, services, and programs available to them. This event is designed to help senior stay informed so they can maintain their independence and overall well-being. Our expert panelists represent a wide range of organizations and services in the community, including healthcare providers, social service organizations, and community groups.

The event will consist of a panel discussion, followed by a Q&A session where seniors can ask questions and receive feedback and share their experiences with resources and services in the community. Lunch and drinks provided.

Minimum: 10 Maximum: 80

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Oct. 20	50 & over	<a href="#">Friday, Oct. 27</a>	10 a.m. – 1 p.m.	FREE; pre-registration required

## CELL PHONES: HANDS-ON Q & A – Instructor: Katie Rabago

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: In this hands-on class we will discuss the basics of your cell phone and answer any lingering questions you may have about your devices. Participants must pre-register.

Minimum: 4 Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Sept. 1 – Oct. 27	Ages 18 and over	<a href="#">Wednesday, Nov. 1</a>	3 – 4:30 p.m.	\$2/\$4
Dec. 4 – Feb. 2	Ages 18 and over	Wednesday, Feb. 7	3 – 4:30 p.m.	\$2/\$4

## MRS. HANES MORAVIAN COOKIES

Additional Info: The largest hand-made cookie company in the world. Every cookie is hand-rolled, hand-cut and hand-packed. See the entire process from mixing the dough to tasting the final product. Special viewing area available year-round. Lunch will be on your own at a local restaurant. Pre-register

Minimum: 6 Maximum: 8

Registration	Eligibility	Dates	Time	FEE
Sept. 12 – Oct. 26	21 & over	<a href="#">Thursday, Nov. 2</a>	8:30 a.m.	\$9/\$18

## BOOK SWAP

Location: Recreation Center – Classroom 1

Additional Information: Drop off a maximum of 10 books between the hours of 8 – 5 p.m. at least two days before the scheduled Book Swap. From 4:30 – 5:30 p.m. on the day the swap is held, you will be allowed to select different books to take home to enjoy.

Registration	Date	Time	FEE
Sept. 1 – Nov. 1	<a href="#">Monday, Nov. 6</a>	4:30 – 5:30 p.m.	\$1 non-refundable
Dec. 4 – Jan. 31	Monday, Feb. 5	4:30 – 5:30 p.m.	\$1 non-refundable

## SOUTHERN CHRISTMAS SHOW

Additional Information: Oh, What Fun It Is! Join us for a day of Christmas shopping at the many booths to find just that right Christmas present or something special for yourself. Price includes transportation, and admission to the show. Lunch will be on your own at the show. We will arrive approximately at 10 a.m. and will depart at 2 p.m. to return home. Pre-register

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Nov. 8	21 & over	<a href="#">Tuesday, Nov. 14</a>	Leave Rec. Ctr @ 6:30 a.m.	\$30 includes transportation & show ticket

## CANDLE MAKING 201

Location: Candle Bar, Salem, VA

Additional Information: Participants will spend the morning making their own candle using color and fragrance. No previous candle making experience necessary. Must Pre-register

Minimum: 5 Maximum: 6

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Nov. 9	21 & over	<a href="#">Friday, Nov. 17</a>	Leave Rec. Ctr @ 10 a.m.	\$40 includes all supplies, refreshments, and transportation

## TRADER JOE'S

Additional Info: We will travel to Trader Joe's where they have great produce, great prices and a lot of healthy options at exceptional everyday prices. At Trader Joes you won't find a lot of branded items; instead, you'll discover unconventional and interesting products. Lunch will be on your own at a local restaurant. Pre-register

Minimum: 6 Maximum: 12

Registration	Eligibility	Dates	Time	FEE
Sept. 12 – Nov. 13	Ages 21 and over	<a href="#">Monday, Nov. 20</a>	Leave the Rec. Center at 8 a.m.	\$10/\$20
Dec. 4 – Mar. 25	Ages 21 and over	Monday, April 1	Leave the Rec. Center at 8 a.m.	\$10/\$20

## HIKES – Instructor: Gary Brumfield/Pam Peyton

Eligibility: Ages 18 and over

Additional Information: Join us for some exercise in the beautiful outdoors! We will go to lunch after the hike. Participants are responsible for paying for their lunch.

Minimum: 4 Maximum: 8

Registration	Date	Time	TR/NR	Location	Difficulty
Oct. 2 – Nov. 27	Monday, Dec. 4	<a href="#">Leave Rec. Center at 10 a.m.</a>	\$5/\$10	Jingle Bell Hike Bissett Park	Easy to Moderate
Dec. 4 – Mar. 4	Monday, Mar. 11	Leave Rec. Center at 10 a.m.	\$5/\$10	Polar Bear Hike Huckleberry Trail	Easy to Moderate

## HOLIDAY HIGH TEA

Location: Palisades Restaurant – Eggleston, VA

Additional Information: Get in the festive spirit at the Palisades Restaurants annual “Holiday High Tea.” Enjoy tasty pastries, scones, cookies and finger sandwiches while sipping on delicious tea. Price includes transportation, food, tea, taxes and gratuity.

Minimum: 8 Maximum: 16

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Nov. 21	Ages 18 and over	<a href="#">Tuesday, Dec. 5</a>	Leave the Rec. Center at 12:45 p.m.	\$23

## ILLUMINIGHTS



Additional Information: Brighten your nights and explore your holiday spirit through a dazzling world of over 650, 000 lights at Illuminights Winter Walk of Lights. Travel down the half-mile wooded path while taking in the sights and sounds of the seasons. Shop for artisans’ crafts, roast marshmallows around the campfire and other activities on select nights. There will be walking involved on this trip and is an outside event, please wear appropriate shoes and clothing. Dinner will be on your own prior to visiting Illuminights. Pre-register

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Nov. 27	21 & over	<a href="#">Wednesday, Dec. 6</a>	Leave Rec. Ctr at TBA	\$30 includes admission

## MONTGOMERY MUSEUM USED BOOK SALE

Location: 4 East Main St., Christiansburg

Additional Information: The Montgomery Museum of Art and History will be holding a used book sale on Dec. 8<sup>th</sup> and 9<sup>th</sup>. The sale will be open on Friday, Dec. 8 from 2-7 p.m. and Saturday, Dec. 9 from 10 a.m.-4 p.m. Bring your own bag for a bag sale! All books that can fit will be offered at a total of \$10 per bag. Brown paper bags and tote bags are perfect for the book sale. (Please no plastic trash bags.) If you are looking for a bargain on books, this is your opportunity! Mass market paperback books are \$0.50, large format paperbacks are \$1 and hardback books are \$1.50. Children's books are \$0.50-\$1. The book sale will also feature puzzles, magazines, comic books, audiobooks, CDs and DVDs.

Date	Time
Friday, Dec. 8	2 - 8 p.m.
Saturday, Dec. 9	10 a.m. - 4 p.m.

## IRON HEART BREWERY TRIP



Location: Christiansburg

Additional Information: Come and enjoy the beverages at Christiansburg’s in-town brewery. Price includes transportation and munchies.

Minimum: 8 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Sept. 12 – Jan. 9	Ages 21 and over	Tuesday, Jan. 16	Leave the Rec. Center at 3 p.m.	\$3/\$6

## CAESARS CASINO



Additional Information: Travel with us to the newly opened Caesars casino in Danville, VA. Pre-register

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Sept. 12 – Jan. 16	21 & over	Tuesday, Jan. 23	Leave Rec. Ctr at 8:30 a.m.	\$12/\$24

## MOVIES & MUNCHIES

Additional Information: Come and join us for this monthly movie outing. We will select movies during a certain time frame that day and participants can choose which one they want to see. Participants are responsible for paying for the movie, snacks etc.

Minimum: 8 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Sept. 12 – Jan. 18	Ages 21 and over	Thursday, Jan. 25	Leave the Rec. Center at TBA	\$3/\$6
Sept. 12 – Feb. 15	Ages 21 and over	Thursday, Feb. 22	Leave the Rec. Center at TBA	\$3/\$6
Sept. 12 – Mar. 21	Ages 21 and over	Thursday, Mar. 28	Leave the Rec. Center at TBA	\$3/\$6

## VISION BOARD

Additional Information: Learn how to make a vision board to keep track of your goals, post positive quotes, etc.

Lunch provided. Pre-register

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 – Jan. 23	21 & over	Tuesday, Jan. 30	10 a.m.	\$15 includes all supplies

## CONSIGNMENT/THRIFT SHOPPING

Additional Information: Join us as we go to many consignment shops and thrift stores in search of that perfect outfit or unique treasure. Lunch will be on your own at a local restaurant.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 4 – Jan. 25	Ages 21 and over	Thursday, Feb. 1	Leave Recreation Center at 8:30 a.m.	\$9/\$18	TBA

## JUST DESSERTS

Additional Information: Get your sweet tooth on and enjoy this trip with tasty treats. We will travel to various places and just order desserts. Participants are responsible for paying for their own desserts, etc.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 4 – Feb. 7	Ages 21 and over	Thursday, Feb. 14	Leave Recreation Center at 1 p.m.	\$9/\$18	TBA

## MAROON DOOR BREWERY/LUNCH

Additional Information: Come and enjoy a cold beverage at this Blacksburg Brewery and order a delicious lunch. Participants are responsible for paying for their own beverages/food.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 4 – Feb. 8	Ages 21 and over	Thursday, Feb. 15	Leave Recreation Center at 10:45 a.m.	\$5/\$10	Blacksburg

## FACEBOOK – Instructor: Christina Edney

Location: Recreation Center – Classroom 1

Additional Information: First, we will give an overview of the features and use of Facebook, one of the first social media sites and longest running. We'll help you create an account, learn how to adjust your privacy settings, and teach you how to share content about your life with friends. We'll even discuss the use of Facebook stories and filters. Participants must pre-register.

Minimum: 3 Maximum: 6

Registration	Eligibility	Date	Time	TR/NR
Dec. 4 – Feb. 22	Ages 21 and over	Wednesday, Feb. 28	3 – 4:30 p.m.	\$2/\$4

## GUT HEALTH AND COLON CANCER PREVENTION

Location: Recreation Center – Senior Activities Room

Additional Information: When it comes to your health, there are a lot of misconceptions about what you should and should not do - especially pertaining to your diet. Luckily, Hitting Cancer Below the Belt (HCB2) will tell us nothing "butt" the facts. An educational walk through an inflatable colon presentation on colon cancer as well as a presentation on gut health.

Speaker: Mindy Conklin, Hitting Below the Belt

Minimum: 5 Maximum: 6

Registration	Eligibility	Date	Time	TR/NR
Dec. 4 – Feb. 27	Ages 21 and over	Wednesday, Mar. 6	11 a.m. – 1 p.m.	FREE; pre-reg. Light lunch provided

## OLIVE OIL COMPANY

Additional Information: Lunch on your own at local restaurant. Pre-register.

Minimum: 6 Maximum: 10

Registration	Eligibility	Date	Time	FEE
Dec. 4 - Feb. 29	21 & over	Thursday, Mar. 7	Leave Rec. Ctr. at 9 a.m.	\$9/\$18

## HARD ROCK BRISTOL CASINO

Additional Information: Join us as we travel to the new casino in Bristol, VA. Lunch will be on your own while at the casino.

Pre-register.

Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR	Location
Jan. 3 – Mar. 14	21 & over	Thursday, Mar. 21	Leave Rec. Ctr. at 8 a.m.	\$12/\$24	Bristol, VA

## INSTAGRAM – Instructor: Christina Edney

Location: Recreation Center – Classroom 1

Additional Information: What is Instagram and what is it for? In this class you will learn all about it and we can help you set up an account if interested. Participants must pre-register.

Minimum: 3 Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Jan. 3 – Mar. 6	Ages 21 & over	Wednesday, Mar. 13	3:00 – 4:30 p.m.	\$2/\$4

## PINTEREST WITH FOOD & CRAFTS – Instructor: Katie Rabago

Location: Recreation Center – Classroom 1

Additional Information: Always wanted to get into cooking or crafting, but you weren't sure where to start? Well, Pinterest is the place for you! This platform allows you to search picture content that takes you to recipes or how-to tutorials. You pin posts that are of interest to you or your board so you can remake that delicious recipe and recommend that fun craft to others. Participants must pre-register.

Minimum: 3 Maximum: 6

Registration	Eligibility	Date	Time	TR/NR
Dec. 4 – Mar. 21	Ages 21 & over	Wednesday, Mar. 27	3 – 4:30 p.m.	\$2/\$4

## SHRED-A-THON

Location: Christiansburg Recreation Center parking lot

Additional Information: Help prevent identity theft and shred unwanted documents. Protect your important information and clean out the clutter. For more information, contact Tammy Caldwell, 540-382-2349 ext. 2003 or email: [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org). *This is a drive-through event; no walk-ups will be allowed. Papers to be shredded are preferred to be in plastic storage bin or box, no bigger than 22.5x18x11.5. Limit 3 per car.* Please make sure you only have documents to be shredded. Items that can't be shredded include Metal, including 3 ring binders, composition notebooks, hanging file folders, paint brushes, padlocks, hardback books, keys, eyeglasses, bungee cords, etc.

Date	Time	Location
Tuesday, Oct. 10	3 – 6 p.m.	Christiansburg Rec Center Parking lot
Tuesday, April 23	3 – 6 p.m.	Christiansburg Rec Center Parking lot



# REAL ESTATE SERIES

Enjoy the following FREE Series about the ever-changing developments in Real Estate. Participants must pre-register for each program.

Instructor: Rachel Hogan, Associate Broker – Nest Realty

Location: Recreation Center – Sr. Activities Room or Classroom 2

## MARKET TRENDS: PAST, PRESENT & FUTURE

Location: Senior Activities Room

Additional Information: This class covers what is happening in our local real estate market and how it effects our community, buyers and sellers. Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	FEE
Aug. 14 – Sept. 8	Ages 18 & over	<a href="#">Wednesday, Sept. 13</a>	6 – 7:30 p.m.	FREE

## THE SHIFTING REAL ESTATE MARKET (BUYERS/SELLERS)

Location: Senior Activities Room

Additional Information: This class covers what is happening in our local real estate market and how it effects our community, buyers and sellers. Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	FEE
Sept. 1 – Oct. 20	Ages 18 & over	<a href="#">Wednesday, Oct. 25</a>	6 – 7:30 p.m.	FREE

## PREPARING FOR THE BUYER'S EYE DURING A MARKET SHIFT (SELLER CLASS)

Location: Classroom 2

Additional Information: Learn how to maximize your proceeds when selling your home. Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Sept. 1 – Nov. 9	Ages 18 & over	<a href="#">Wednesday, Nov. 15</a>	6 – 7:30 p.m.	FREE

## BUYING A HOME IN A DYNAMIC MARKET (BUYER CLASS)

Location: Senior Activities Room

Additional Information: How do I make an offer that is attractive and still protect myself? Learn the ins and outs of contingencies (inspections, financing, etc.) Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Sept. 1 – Dec. 8	Ages 18 & over	<a href="#">Wednesday, Dec. 13</a>	6 – 7:30 p.m.	FREE

## HOW SUPPLY AND DEMAND EFFECTS OUR LOCAL REAL ESTATE MARKET (BUYERS/SELLERS)

Location: Senior Activities Room

Additional Information: Supply and demand have been a big driver of our local market. Learn how to navigate challenges in the current market. Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Dec. 4 – Jan. 12	Ages 18 & over	Wednesday, Jan. 17	6 – 7:30 p.m.	FREE

## HOW MUCH HOUSE CAN I AFFORD?

Location: Classroom 2

Additional Information: Knowing your budget is half the battle! But also consider what a home needs once you are in it!

Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Dec. 4 – Jan. 12	Ages 18 & over	Wednesday, Jan. 17	6 – 7:30 p.m.	FREE

## HOW DO I PROTECT MYSELF WHEN BUYING A HOME?

Location: Senior Activities Room

Additional Information: How do I protect myself when buying a home (inspections, appraisals, survey, etc.). Learn about various ways to ensure you are protecting your biggest investment on the front end, so you don't end up with the money pit.

Participants must pre-register.

Minimum: 4      Maximum: 12

Registration	Eligibility	Date	Time	TR/NR
Dec. 4 – Mar. 8	Ages 18 & over	Wednesday, Mar. 13	6 – 7:30 p.m.	FREE

