



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

Telephone:
 (540) 382-2349, ext. 2003
Fax # (540) 381-5537



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY Rec Center Closed	3 Coffee Hour/Gospel Sing 10 a.m. Sr. Act. Room Leader: Vanessa Eason	4 Blood Pressure Screening 9 - 10 a.m. FREE Sr. Act. Room Provider: Carilion Home Health Step by Step Canvas Painting 10:30 a.m. \$15 includes canvas, paint. Meet at Paint N Fun at New River Valley Mall	5 Gospel Sing 9:15 a.m. Bible Study 10:15–10:45 a.m. Lunch Bunch: Sagebrush Leave rec ctr @ 10:30 a.m. \$7/\$14 Super Bingo noon; FREE pre- reg. Commonwealth Senior Living – Christiansburg Campus	6 Downtown Statesville, NC Leave rec ctr @ 8:30 a.m. \$7/\$14 lunch on your own while in Statesville. There will be walking on this trip. Scrabble Players Sr. act. rm 1:30 – 4:30 p.m. FREE	7
8	9 Basket Weavers 10 a.m. Classroom 2 FREE	10	11 Blood Pressure Screening 9 - 10 a.m. FREE Sr. Act. Room Provider: Carilion Home Health Helping Hands 1 – 3 p.m. Sr. Act. Rm FREE	12 Gospel Sing 9:15 a.m. Bible Study 10:15–10:45 a.m. The Only Place to Know Meet at rec. ctr at 8:30 a.m. FREE, pre-register Wellness Workshop: Understanding Stress 4 p.m. FREE; pre-register	13	14 Medicare Decisions Made Easy 10 a.m. – noon Classroom 2
15 Scrabble Players 1:30 – 4:30 p.m. FREE Sr. act. rm	16 Mystery Movie and Munchies 11 a.m. - 1 p.m. FREE; pre-register	17 Hike: Segment of the Huckleberry Trail \$5/\$10 leave rec. ctr @ 10 a.m. Lunch on your own following hike. Triad Council: 1:30 p.m. classroom 2	18 Blood Pressure Screening 9–10 a.m. FREE Sr. Act. Room Helping Hands 1 – 3 p.m. Sr. Act. Rm FREE Senior Social 6 p.m. FREE; pre-register	19 Gospel Sing 9:15 a.m. Sr. Act. Room, Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. Act. Room Fall Prevention Awareness Day 9 a.m. – noon see back of calendar for more information	20 Mystery Trip Leave rec. ctr @ 8:30 a.m. \$7/\$14 There will be walking on this trip. Radford's Mason Blood Drive 1 – 6 p.m. Radford Parks & Rec. Walk- ins welcome or call 1-800-733-2767 for availability.	21 Bridge Challenge Walk Applications can be picked up at Rec Center
22	23 Picnic Party 10 a.m. \$5; pre-register Montgomery County Shelter #1 Instant Pot Cooking 6:30 – 8 p.m. \$13/\$23; pre-register Kitchen	24 Mardi Gras Casino Leave rec. ctr @ 8 a.m. \$20/\$30 Lunch will be on your own at the casino, we will depart at 3 p.m. Happy Rocks \$10; pre-register 1 p.m. Montgomery County Gov't Center	25 Lunch & Learn: Veteran's Café FREE; pre-register 11 a.m. Lunch provided. Helping Hands 1 – 3 p.m. Sr. Act. Rm FREE Supper Club – Open Door Café \$7/\$14; pre-register Leave rec. ctr @ 4 p.m.	26 Gospel Sing 9:15 a.m. Sr. Act. Room, Leader: Vanessa Eason Bible Study 10:15–10:45 a.m. Sr. Act. Room Lunch & Craft: CSL- Cburg Noon; FREE; pre-reg.	27	28
29	30	Flu Shots Dates/Times: Sept. 11: 9 – 11 a.m. Sept. 17 & 26: 5 – 7 p.m. Rec ctr. Front lobby FREE with Medicare Pt. D Provider: Christiansburg Pharmacy		Tuesday, Sept. 17: Fast, Simple and Easy Breakfast \$6/\$12; pre-reg. 11 a.m.	september	2019