



CITY OF HARRISONBURG  
**PARKS  
& REC**

## Summer 2024

### 50 & Wiser Programs

Our 50 and Wiser program provides recreation and social opportunities for those age 50 and beyond!

## Our Summer Opportunities

### 50 & Wiser Fitness

Our 50 & Wiser program offers a diverse selection of low to high impact fitness classes including Cardio & Strength, Gentle Stretch, Pilates and Yoga!

### 50 & Wiser Social & Enrichment

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including, Monday Matinee, Book Club, Lunch Bunch, Craft and Chat, Crochet, and Bowling. Check out what is taking place this summer!



## 50 & Wiser Registration & Information:

For more detailed information about our 50 & Wiser programs, please contact Lynn Hoy at 540-432-7799 or email [Lynn.Hoy@harrisonburgva.gov](mailto:Lynn.Hoy@harrisonburgva.gov).

**City Resident Registration April 29 | Non Resident Registration May 13**

## Moving & Grooving

Instructor: Cory Jeffries  
Perfect for beginners and focuses on improving your mobility and overall fitness. Classes include flexibility exercises, gentle strength training, and aerobic walking. All you need to get started are comfy clothes and sneakers. Join us on the path to better health and increased activity – it's perfect for beginners like you!

Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands, details will be provided the first class.  
No Class June 13, July 2, July 4.

**Location: Lucy F. Simms Center Auditorium**

**City Res \$10 | Non Res \$10 | Ages 50+**

**#240514A1 | Tu, Th | Jun 4 - Jul 25 | 9:00am - 9:45am**

## Moving & Grooving PLUS!

Instructor: Cory Jeffries  
For seniors who've graduated from our prerequisite program, "Moving and Grooving," it's time for the next level. "Moving and Grooving Plus" In these high-energy sessions, we focus on dynamic movements, muscle building, and cardiovascular conditioning to keep you active and fit. Wear comfy workout attire and sneakers.

You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

No Class June 13, July 2, July 4.

**Location: Lucy F. Simms Center Auditorium**

**City Res \$10 | Non Res \$10 | Ages 50+**

**#240514A2 | Tu, Th | Jun 4 - Jul 25 | 10:00am - 11:30am**

## Cardio and Strength

Instructor: Cory Jeffries  
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed. Intermediate/Advanced fitness levels. Please bring your own exercise or yoga mat to class.

No class July 2 or 4.

**Location: Community Activities Center Fitness Studio**

**City Res \$36 | Non Res \$43 | Ages 50+**

**#240500A1 | Tu, Th | Jun 4 - Jul 18 | 5:30pm - 6:15pm**



## Zumba Gold

Instructor: Melissa Shank  
Focusing on cardio and muscular conditioning as well as balance and flexibility, Zumba Gold customizes the original moves of Zumba to a lower intensity. Come ready to sweat and leave feeling empowered and energized for your day!

No class July 2 or 4.

**Location: Lucy F. Simms Center Auditorium**

**City Res \$30 | Non Res \$35 | Ages 40+**

**#240502A1 | Tu, Th | Jun 11 - Aug 8 | 4:15pm - 5:15pm**

## 50 & Wiser Yoga

Instructor: Robin Atwood  
Join us in learning foundational yoga poses and sequences that are welcoming to all ability levels in the 50 and Wiser community. Please bring your own yoga mat and yoga blocks to class.

No class July 16

**Location: Price Rotary Senior Center**

**City Res \$40 | Non Res \$50 | Ages 50+**

**#240525A1 | Tu | Jul 9 - Aug 20 | 3:00pm - 4:00pm**

## Pilates

Instructor: Dana Neff  
Focuses on total body strength, endurance, and flexibility. An emphasis on movement quality, posture, and breathing makes Pilates a safe and revitalizing workout while challenging the body in a new way. Promotes posture, increased strength, and range of motion. Bring your own exercise mat to class.

**Location: Price Rotary Senior Center**

**City Res \$32 | Non Res \$35 | Ages 50+**

**#240512A1 | Tu | Jul 23 - Aug 27 | 1:30pm - 2:15pm**

## Yogalates

Instructor: Dana Neff  
Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches & strengthens all of the major muscles while also calming the mind. Attention is paid to building strength and endurance. As in Pilates, resistance bands can be used.

**Location: Price Rotary Senior Center**

**City Res \$32 | Non Res \$35 | Ages 50+**

**#240513A1 | Th | Jul 25 - Aug 29 | 1:30pm - 2:15pm**

## Tai Chi for Arthritis and Fall Prevention



Instructor: Marissa Lutz

Slow, controlled movements build muscle strength, improve balance, gently free up stiff joints, and relieve stress. All movements are done in an upright standing position, or may be done seated by those unable to stand. The physical exertion level of Tai Chi for Arthritis and Fall Prevention is similar to that of walking.

To register call VPAS at 540-615-5341 or visit

<https://www.vpas.info/event-calendar> and select the program on June 7

**Location: Prince Rotary Senior Center**

**Free | Ages 60+**

**F | Jun 21 - Aug 9 | 8:45am - 9:45am**

## Craft and Chat

Social group for people age 50+ who like to knit, crochet, or craft. Bring whatever you are working on and come socialize with other peers. We also work on items to donate to local organizations. Drop in and join the group!

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**Tu, Th | Ongoing | 9:00am - 11:00am**

## Beginner Crochet

Instructor: Meki Shifflett

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a dish cloth. A supply list will be handed out at the first class.

**Location: Price Rotary Senior Center**

**City Res \$30 | Non Res \$36 | Ages 50+**

**#240571A1 | Tu | Jun 4 - Jun 25 | 11:00am - 1:00pm**

## Project Crochet

Instructor: Meki Shifflett

For students who know the basic stitches.

You will be learning the corner to corner pattern to make project of your choice.

No class August 13

**Location: Price Rotary Senior Center**

**City Res \$30 | Non Res \$36 | Ages 50+**

**#240571A1 | Tu | July 30 - Aug 20 | 11:00am - 1:00pm**

## Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or inexperienced bowlers are welcome. Bowl for 16 weeks. Fee includes 3 games, rental shoes, and rental ball. New season starts May 2 but we are always needing substitutions for teams each week - so just come and check us out. New session starts May 2.

**Location: Valley Lanes**

**City Res/Non Res \$12 | Ages 50+**

**Th | 12:30pm - 3:00pm**

## Book Club

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. Please join us to laugh, share wisdom, gain insight, and make new friends. Please read the book prior to the first Monday of the month. The book we will be discussing on June 3 will be *The Rent Collector* by Camron Wright.

\*July we will meet July 15\*

Contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**First Monday of Month 3:00pm - 4:30pm**

## Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) for the title each month.

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**First Monday of Month (no movie in July) 12:30-2:30pm**

## Breakfast Club

Come start the day with friends, old and new. We will meet at different breakfast spots once a month at 9am. Please contact [Lynn.Hoy@harrisonburgva.gov](mailto:Lynn.Hoy@harrisonburgva.gov) if you are planning on attending by the Friday before. Everyone orders off the menu.. Contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Ages 50+**

**June 19 - Sugar & Bean - 318 N Main St, Bridgewater**

**Jul 17 - Joe's Diner - 3355 S. Main St, Harrisonburg**

**Aug 21 - Gardenside Diner (Bridgewater Home) 302nd St, Bridgewater**

## Lunch Bunch

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different area restaurants. Check your calendar and join us! **Please register the Friday before so reservations can be made.** All lunches are 11:15am - 1pm. Order off of the menu. Contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Ages 50+**

**Jun 6 - Grilled Cheese Mania - 1476 S. Main St, Harrisonburg**

**Jul 25 - The Cracked Pillar - 403 N. Main St. Bridgewater**

**Aug 15 - Mashita - 105 North Liberty St. Harrisonburg**

## Social Club

There are a lot of people ages 50+ looking for something to do in the evenings and on weekends. Let's get together and go on a fun day trip, movies, ball game, dinner or anything fun to socialize, get out of the house and meet new friends. Please contact Lynn Hoy by emailing [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

## Aging with Confidence

The 3rd Monday VPAS will lead educational programs for a wide range of topics. This is a partnership between Parks and Recreation and VPAS. To register contact Diane Sena or Linda Nipe at 540-615-5341 or visit <https://www.vpas.info/event-calendar> and select the program you are interested.

**Location: Price Rotary Senior Center**

**Free (Registration Required)| Ages 60+**

**Third Monday of Month 2pm - 3pm**

## VPAS Cafes

The 1st and 3rd Monday of each month we will be getting together to learn new things, meet new people, and enjoy a meal. This is a partnership between Parks and Recreation and VPAS. To register call VPAS at 540-615-5341. For more information check [vpas.info/vpas-cafes](https://vpas.info/vpas-cafes)

**Location: Price Rotary Senior Center**

**Free (Registration Required)| Ages 60+**

**First and Third Monday of Month (except holidays) 10am - 12pm**

