

50 AND WISER

Our 50 and Wiser program provides recreation and social opportunities for those baby-boomer age and beyond! For more detailed information about our 50 and Wiser programs, please contact Lynn Hoy at 540-432-7799 or email Lynn.Turner@HarrisonburgVA.gov

50 & ACTIVE

50 & Wiser Yoga Level 1 Instructor: Marla O'Bryan
Yoga is a happy medium for those who need balance strength, flexibility, and relaxation. Advanced beginners and intermediate students welcome.

Location: Price Rotary Senior Center

City Res \$31 | Non Res \$37 | Ages 50+

#340525A1 | Th | Aug 29 - Oct 3 | 2pm - 3pm

#340525A2 | Th | Oct 10 - Nov 14 | 2pm - 3pm

50 & Wiser Mixed Level Yoga

Instructor: Marla O'Bryan

Open to all levels of yoga with accommodations explained.

Location: Price Rotary Senior Center

City Res \$31 | Non Res \$37 | Ages 50+

#340527A1 | W | Nov 6 - Dec 11 | 5:30pm - 6:30pm

Extra Gentle Yoga Instructor: Marla O'Bryan

This class is suited for beginners or others who prefer a slow, exploratory pace in yoga. The class is sequenced to prevent strain on the joints, with options for those who wish to avoid kneeling and sitting on the floor.

Location: Price Rotary Senior Center

City Res \$31 | Non Res \$37 | Ages 50+

#340526A1 | Th | Aug 29 - Oct 3 | 3:30pm - 4:30pm

#340526A2 | Th | Oct 10 - Nov 14 | 3:30pm - 4:30pm

Pilates Instructor: Sarah Cruickshanks

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.

Location: Price Rotary Senior Center

City Res \$24 | Non Res \$29 | Ages 50+

#340512A1 | Tu | Oct 1 - Nov 5 | 4:30pm - 5:30pm

#340512A2 | Tu | Nov 12 - Dec 17 | 4:30pm - 5:30pm

Moving & Grooving! Instructor: Cory Jeffries

This fitness class will increase your strength and endurance while using ankle weights and exercise bands. Move and groove your body into shape! **Students will be required to purchase ankle weights and exercise bands. Additional equipment information will be provided the first class. All fitness levels welcome.**

City Res \$10 | Non Res \$10 | Ages 40+

Location: Lucy Simms Center Auditorium

#340514A1 | Tu, Th | Sep 10 - Nov 21 | 10am - 11:30am

#340514A2 | Tu, Th | Sep 10 - Nov 21 | 2pm - 3:30pm

Cardio and Strength Instructor: Warren Stimpson
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. Class will not meet December 24 and December 31.

Location: Community Activities Center

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

#340500A1 | Tu, Th | Oct 15 - Nov 21 | 5:30pm - 6:15pm

#340500A2 | Tu, Th | Dec 3 - Jan 16 | 5:30pm - 6:15pm

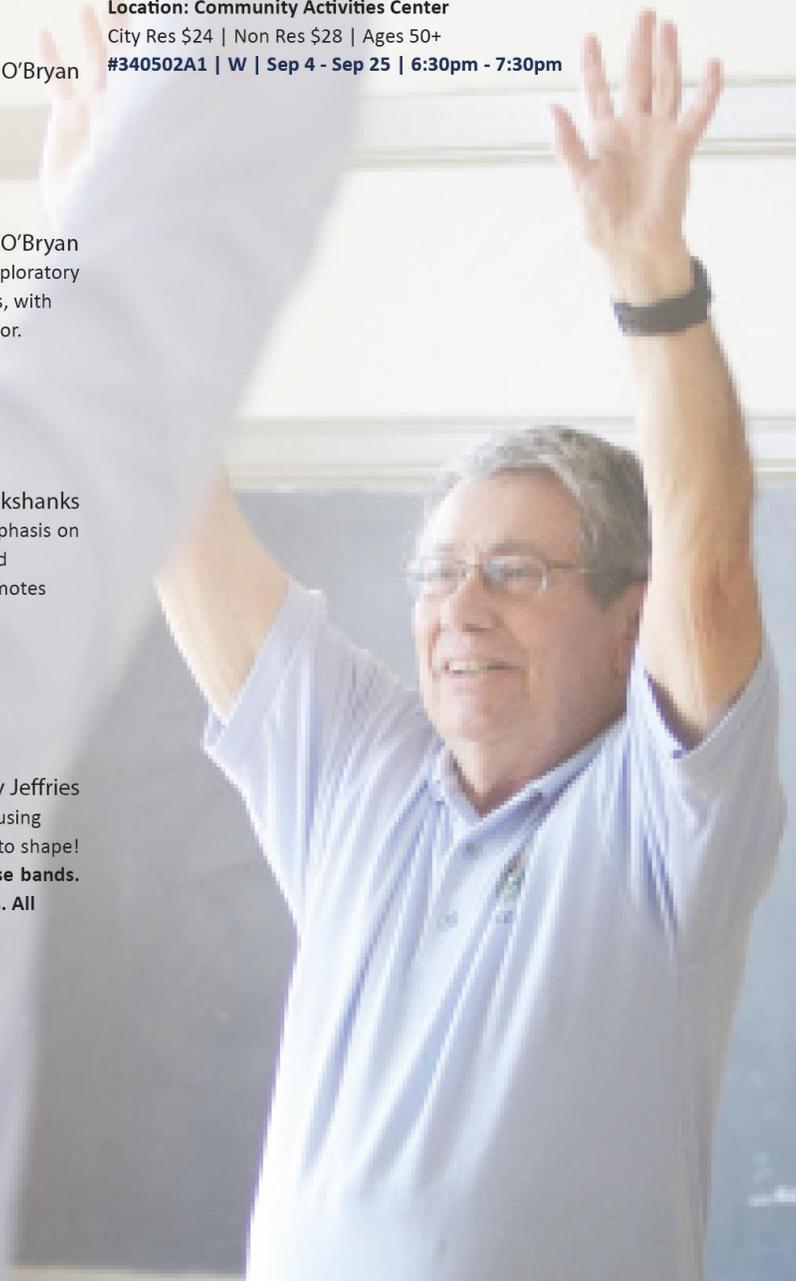
Zumba Gold Instructor: Margaret "Muff" Perry

Easy to follow program that lets you move to the beat at your own speed. It is a high energy fitness class that has less impact on your joints so you can really let loose! Class focuses on balance, range of motion and coordination.

Location: Community Activities Center

City Res \$24 | Non Res \$28 | Ages 50+

#340502A1 | W | Sep 4 - Sep 25 | 6:30pm - 7:30pm



50 & SOCIAL

50+ Social Club

There are a lot of people age 50+ looking for something to do in the evenings. A lot of people age 50+ are still working until 5:00pm but would like something fun to do when they get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact Lynn Hoy by emailing Lynn.Turner@HarrisonburgVA.gov or call 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

Breakfast Club

Breakfast is the most important meal of the day! Let's meet up with friends and go out! We will meet at the restaurant at 8:00am and order off of the menu.

Joe's Griddle & Grill | 3355 S Main St., Harrisonburg | Tu | Sep 10

The Village Inn | 4979 S Valley Pike, Rockingham | Tu | Oct 8

Cracker Barrel | 121 Pleasant Valley Rd., Harrisonburg | Tu | Nov 19

The Little Grill | 621 N Main St., Harrisonburg | Tu | Dec 10

Biscuits and Bingo

Join us at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase of food and play bingo for prizes and fun. No purchase or registration necessary to play.

Location: Chick-Fil-A, Harrisonburg

Free | Ages 50+

W | Sep 25, Oct 30, Nov 20, Dec 18 | 9am - 10am

Friday Morning Games

Come join the fun as we fill the Price Rotary Senior Center tables with card games or other games!

Location: Price Rotary Senior Center

Free | Ages 50+

F | Sep 6 - Ongoing | 10am - 11:30am

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 a different restaurant each month. Check your calendar and join us! **Please register the Monday of that week, so we may let the restaurants know we are coming.** All lunches are 11:30am - 1pm. Order off of the menu.

Vietopia | 1015 Port Republic Rd., Harrisonburg | Th | Sep 26

Thunderbird Cafe | 42 Island Ford Rd., McGaheysville | Th | Oct 24

Olive Garden | 45 Burgess Rd., Harrisonburg | Th | Nov 7

O'Neill's Grill | 221 University Blvd, Harrisonburg | Th | Dec 5

Brown Bag Lunch

Pack your lunch and come to the Price Rotary Senior Center. We will eat our lunch and have a topic for discussion after. The topics will be fun and informative. This is a free program, however, registration is appreciated. Please call 540-432-7799 to find out the subject each month. We will not meet in December.

Location: Price Rotary Senior Center

Th | Sep 19, Oct 17, Nov 21 | 11:15am - 1:15pm

Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please call 540-432-7799 for the title each month. We will have popcorn and fun! Will not meet on City holidays.

First Monday of the Month | Sep 9 - Ongoing | 1pm

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. Participants are not required to read every book, every month. You do not have to read any of the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight, and make new friends. The book we will be discussing in September will be "A Gentleman in Moscow" by Amor Towles. Call Lynn Hoy at 540-432-7799 to register.

Location: Price Rotary Senior Center

Free | Ages 50+

First Mondays of the Month | Sep 9 - Ongoing | 3pm

Evening Book Club

First Mondays of the Month | Sep 9 - Ongoing | 7pm



Craft and Chat

Social group for people age 50+ who like to knit and crochet. Items made are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do more than crochet! Yarn donations are appreciated.

Location: Price Rotary Senior Center

Free | Ages 50+

Tu, Th | Sep 3 - Ongoing | 9am - 11am

Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on week 17 where prizes are awarded for a number of categories. Fee includes 3 games, shoes, and ball. New session begins September 5.

Location: Valley Lanes

City Res \$9 | Non Res \$9 | Ages 50+

Th | Sep 12 - Ongoing | 1pm - 3pm

50 AND WISER

PICKLEBALL

Indoor Pickleball

Meet your friends for a rousing Pickleball game! We furnish all equipment. Pickleball will not meet October 18, October 25, and December 20.

Location: Community Activities Center

Community Activities Center Membership or Pay Guest Fee

M | Sep - Ongoing | 9am - 10:30am

Th | Sep - Ongoing | 12pm - 3pm

F | Sep - Ongoing | 6pm - 8:45pm

50 & DANCING

Line Dance

Instructor: Anna Bishop

Beginner line dance knowledge of all basic steps required. No partner required. You'll burn, tone and strengthen your body while reducing stress and having fun. All types of music will be used, it isn't just country anymore.

City Res \$24 | Non Res \$28 | Ages 50+

Location: Community Activities Center

#340515A1 | W | Sep 18 - Oct 23 | 1pm - 2pm

#340515A2 | W | Oct 30 - Dec 4 | 1pm - 2pm

50 & ARTISTIC

Acrylic Dirty Pour Painting Class

Instructor: Elizabeth Barrett

Create your own amazing abstract painting. It is a fun, messy process that has endless options for creativity. Bring some newspapers so you may carry your wet painting home.

Location: Westover Shelter #1

Beginner Class (8 x 10 canvas)

City Res \$22 | Non Res \$24 | Ages 50+

#340518A1 | M | Sep 16 | 10am - 12pm

Advanced Class (11 x 14 canvas)

City Res \$27 | Non Res \$29

#340518A2 | M | Sep 16 | 1:30pm - 3:30pm

Beginning Crochet

Instructor: Meki Shifflett

Class is for right handed 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 (approximately \$5).

Location: Price Rotary Senior Center

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

#340571A1 | Tu | Sep 3 - Sep 24 | 6pm - 8pm

#340571A2 | Tu | Nov 5 - Nov 26 | 11:30am - 1:30pm

Beginning Knitting

Instructor: Marilyn Jarrells

Class is for beginners. You will learn the basic stitches and end up with a beautiful infinity scarf. A supply list will be handed out the first class (approximately \$10).

Location: Price Rotary Senior Center

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

#340572A1 | Tu | Oct 1 - Oct 22 | 11:30am - 1:30pm

