

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+

#140525A1 | Th | Jan 2 - Feb 6 | 2pm - 3pm

#140525A2 | Th | Feb 27 - Apr 2 | 2pm - 3pm

#140525A3 | Th | Apr 16 - May 21 | 2pm - 3pm

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+

#140526A1 | Th | Jan 2 - Feb 6 | 3:30pm - 4:30pm

#140526A2 | Th | Feb 27 - Apr 2 | 3:30pm - 4:30pm

#140526A3 | Th | Apr 16 - May 21 | 3:30pm - 4:30pm

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.

Location: Price Rotary Senior Center

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

#140512A1 | Tu | Jan 7 - Feb 11 | 4:30pm - 5:30pm

#140512A2 | Tu | Mar 3 - Apr 7 | 4:30pm - 5:30pm

#140512A3 | Tu | Apr 14 - May 19 | 4:30pm - 5:30pm

Sun Style Tai Chi Instructor: Helmut Hirsch
Tai chi can reduce falls, improve strength, balance, flexibility and reduce stress. Basic principles taught include posture and breathing. Exercises require comfortable clothes and shoes and can be done standing or sitting. Instructor studied tai chi for many years.

Location: Lucy Simms Center Music Room

City Res \$22 | Non Res \$25 | Ages 40+

#140536A1 | F | Jan 17 - Feb 14 | 10am - 11:15am

#140536A2 | F | Mar 6 - Apr 3 | 10am - 11:15am

#140536A3 | F | May 1 - May 29 | 10am - 11:15am

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.

Location: Community Activities Center

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

#140500A1 | Tu, Th | Jan 7 - Feb 13 | 5:30pm - 6:15pm

#140500A2 | Tu, Th | Feb 25 - Apr 2 | 5:30pm - 6:15pm

#140500A3 | Tu, Th | Apr 14 - May 21 | 5:30pm - 6:15pm

Fit & Strong! Instructor: Cory Jeffries
A physical activity, self-management program for older adults or persons with lower extremity osteoarthritis or lower body pain. This program helps improve the participant's functional and physical activity. Classes combine flexibility, strength training, and aerobic walking with health education for sustained behavior change. Staff has been trained through National Recreation and Park Association grant funds to offer this program and has been awarded the Best Health and Wellness Initiative in the state at the 2019 Virginia Recreation and Park Society conference. Weights, mats, instruction manual, and exercise bands are provided. Please wear loose-fitting clothes and sneakers to class. After Fit & Strong! class completion, try out our Moving & Grooving class!

Location: Lucy Simms Center Auditorium

Free | Ages 40+

#140510A1 | Tu, Th | Jan 7 - Mar 26 | 2pm - 3:30pm

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. Please note: It is recommended that you take the Fit & Strong! class before registering for Moving and Grooving.**

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

Location: Lucy Simms Center Auditorium

#140514A1 | Tu, Th | Jan 7 - Mar 26 | 10am - 11:30am

#140514A2 | Th, Th | Mar 31 - Jun 18 | 10am - 11:30am

#140514A3 | Tu, Th | Mar 31 - Jun 18 | 2pm - 3:30pm

New Groove Introductory Free Class!

Exercise and dance like nobody's watching! Welcoming all interested in trying out our new Groove program!

Location: Price Rotary Senior Center

Free

M | Jan 6 | 5:30pm - 6:30pm

Groove Instructor: Dana Neff
Dynamic, interactive and creative group dance experience. You will experience everything from slow, meditative grooves to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, and soul.

Location: Price Rotary Senior Center

City Res \$40 | Non Res \$44 | Ages 40+

#140575A1 | M | Jan 13 - Feb 17 | 5:30pm - 6:30pm

#140575A2 | M | Mar 9 - Apr 13 | 5:30pm - 6:30pm

#140575A3 | M | May 4 - Jun 8 | 5:30pm - 6:30pm

Groove, Young At Heart Instructor: Dana Neff
Focuses on building body awareness, mobility and strength while nurturing interpersonal skills and creativity through a mostly seated experience. Feel energized, uplifted, stronger, and happy!

Location: Price Rotary Senior Center

City Res \$40 | Non Res \$44 | Ages 50+

#140576A1 | W | Jan 15 - Feb 19 | 10:15am - 11:15am

#140576A2 | W | Mar 11 - Apr 15 | 10:15am - 11:15am

#140576A3 | W | May 6 - Jun 10 | 10:15am - 11:15am

50 AND WISER

Line Dance

Instructor: Anna Bishop

Beginner classes are offered. No partner required. You will 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.

Location: Community Activities Center

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

Absolute Beginner

Does not require any experience.

#140300A1 | W | Jan 8 - Feb 12 | 11:30am - 12:30pm

#140300A2 | W | Feb 26 - Apr 1 | 11:30am - 12:30pm

#140300A3 | W | Apr 15 - May 20 | 11:30am - 12:30pm

Beginner

Knowledge of basic steps required.

#140300A4 | W | Jan 8 - Feb 12 | 1pm - 2pm

#140300A5 | W | Feb 26 - Apr 1 | 1pm - 2pm

#140300A6 | W | Apr 15 - May 20 | 1pm - 2pm



PICKLEBALL

Indoor Pickleball

Meet your friends for a rousing Pickleball game! We furnish all equipment.

Location: Community Activities Center

Community Activities Center Membership or Pay Guest Fee

M | Jan - Ongoing | 9am - 11am

Th | Jan - Ongoing | 12pm - 3pm

F | Jan - Ongoing | 6pm - 8:45pm (Please Check Availability)

Beginner Pickleball Clinic

Come out and learn the fundamentals of this great game! We furnish all equipment.

Location: Community Activities Center

Free | Ages 50+

Su | Jan 5, Jan 12 | 1pm - 3pm

GOLF

50+ Let's Play Golf

It's never too late to learn the great game of Golf! This class includes an introduction and lessons to learn how to play and enjoy this great senior pastime. We will spend time at the range and on the course at Heritage Oaks Golf Course.

Location: Heritage Oaks Golf Course

City Res \$30 | Non Res \$35 | Ages 50+

#140564A1 | Tu, Th | May 12 - 21 | 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: Price Rotary Senior Center

Beginner Class (8 x 10 canvas)

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

#140518A1 | M | Feb 10 | 10am - 12pm

Advanced Class (11 x 14 canvas)

City Res \$27 | Non Res \$29 | Ages 50+

#140518A2 | M | Feb 10 | 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+

#140571A1 | Tu | Jan 7 - Jan 28 | 11:30am - 1:30pm

#140571A2 | Tu | Mar 10 - Mar 31 | 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 at the first class (approximately \$10).

Location: Price Rotary Senior Center

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

#140572A1 | Tu | Feb 4 - Feb 25 | 11:30am - 1:30pm

AARP

AARP Driving Safety

Learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age-related changes. Please feel free to bring a brown bag lunch to class. Persons who complete the course will be issued a Certificate of Completion to be provided to your insurance company for a discount. Please remember to bring your driver's license with you to class. All course materials are provided to participants and no tests are involved. Checks made payable to AARP and brought April 8.

Location: Price Rotary Senior Center

AARP Members \$15 | Non-AARP Members \$20 | Ages 50+

#140555A1 | W | Apr 8 | 8:30am - 3:30pm

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.

Cracker Barrel | 121 Pleasant Valley Rd., Harrisonburg | Tu | Jan 14
Mr. J's Bagel & Deli | 1731 S High St., Harrisonburg | Tu | Feb 11
Joe's Griddle & Grill | 3355 S Main St., Harrisonburg | Tu | Mar 10
Thunderbird Cafe | 42 Island Ford Rd., McGaheysville | Tu | Apr 14
The Little Grill | 621 N Main St., Harrisonburg | Tu | May 12

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 | Jan 29, Feb 26, Mar 25, Apr 29, May 27 | 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 | Jan 3 - Ongoing | 9:30am - 11:15am

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.

Brothers Pizza | 1059 S High St., Harrisonburg | Th | Jan 23

Mashita | 105 N Liberty St., Harrisonburg | Th | Feb 27

Taste of Thai | 917 S High St., Harrisonburg | Th | Mar 26

Lola Mo's | 122 S Main St., Harrisonburg | Th | Apr 23

Grilled Cheese Mania (Outside Venue) | 1476 S Main St., Harrisonburg

Th | May 28

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 | Jan 6 - 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. January's session we will discuss *The Shoemaker's Wife* by Adriana Trigiani. Call Lynn Hoy at 540-432-7799 to register.

Location: Price Rotary Senior Center

Free | Ages 50+

First Mondays of the Month | Jan 6 - Ongoing | 3pm

Evening Book Club

First Mondays of the Month | Jan 6 - 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 | Jan 7 - 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 January 9.

Location: Valley Lanes

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

Th | Jan 9 - Ongoing | 1pm - 3pm

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. In January, we will be having Jenny Siepka from Valley Cryo speaking about the benefits of Cryotherapy and other therapies.

Location: Price Rotary Senior Center

Th | Jan 16, Feb 20, Mar 19, Apr 16, May 21 | 11:15am - 1:15pm