

Provides recreation and social opportunities for those baby boomer age and beyond! Contact: Lynn Hoy - [lynnt@harrisonburgva.gov](mailto:lynnt@harrisonburgva.gov)

You will notice that some of our programs are now moving up to the Price Rotary Senior Center. This great facility now has some spare time available to us to program. We are going to use the space for some fun new programs and we want to make it a great place to come and enjoy meeting other active 50+ citizens. It is located in Westover Park behind the CFG/CAC at 305 South Dogwood Drive. Please let us know what activities you would enjoy and would like to see offered!

## BROWN BAG LUNCH

Pack your lunch and come to the Price Rotary LOUNGE at the Senior Center. We will eat our lunches and have a topic of discussion afterwards. The topics will be fun and informative ideas like making jewelry, couponing, making different oils and vinegars and guest speakers. I will provide the drinks; you just need to pack your lunch. April's speaker will be Pam Shank from LANDSCAPES IN MINIATURE. We will enjoy watching a living miniature garden being created from start to finish. This is a free program, however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Apr 21, May 19, Jun 9, Jul 28 11:30-1:30pm

## 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 by the Monday that week, so we can let the restaurants know we are coming. We will try to eat outside, weather permitting. All lunches from 11:30am-12:45pm. Fee: Order off menu.

Thu Apr 28 O'Neill's Grill - 221 University Blvd.  
 Thu May 26 KANIS Mediterranean Bakery & Cafe-182 Neff Ave.  
 Thu Jun 16 Cross Keys Vineyard - 6011 E.TimberRidge Rd.

## 50+ SOCIAL CLUB

We know that there are a lot of 50 years and older people looking for something to do in the evenings. Like me, a lot of us are still working until 5pm but would like something fun to do when we get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me ([lynnt@harrisonburgva.gov](mailto:lynnt@harrisonburgva.gov) or (540)433-9168) and get put on a list and keep you notified of what fun stuff we have planned. Meet us on Thursday, May 19 at Valley Lanes at 6:00pm and we will bowl a few games and have some fun. The cost is \$10.00/person and includes games and rental for 2 hours.

## BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Price Rotary Senior Center  
 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 beautiful scarf. A supply list will be handed out at the first class (approximate cost: \$8.00).

City Res \$30 / Non-Res \$36 / Ages 50+  
 240571A1 Tue May 3-24 1-3pm  
 240571A2 Tue July 5-26 6-8pm

## P.Y.O.C.(PAINT YOUR OWN CANVAS) ART CLASS

Instructor: Suzanne Soliday - Location: Price Rotary Senior Center  
 It's time to unleash the artist within! Light-hearted painting lessons are given in a step-by-step presentation to help you create and walk away with your own masterpiece. The April selection is "Hydrangeas in a Jar"; June selection is "Sicily By The Sea" and the July selection is "Ocean Entrance". Class fee includes all materials needed.

City Res \$35 / No-Res \$38 / Ages 50+  
 240900A1 Wed Apr 6 9-11:30am  
 240900A2 Tue Jun 7 2-5:00pm  
 240900A3 Thu Jul 21 5:30-8pm

## BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. Free Ages 50+ Wed Apr 27-Jul 27 9-10am

## BENNY'S BLANKETS

Location: Price Rotary Senior Center  
 This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do a lot more than just crochet!!! If anyone has yarn to donate, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Administrative Office.  
 Free Tue/Thu Apr 5-Ongoing 9-11am

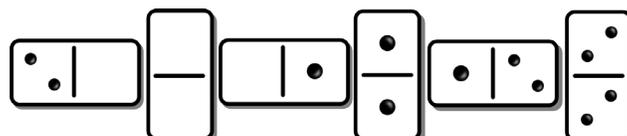
## BOOK CLUB

Location: Price Rotary Senior Center  
 This "new" 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. No one in this book club should feel obligated to read EVERY book, EVERY month. You do not have to read any or all the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight and make new friends. We will meet the first Monday of each month. Registration appreciated.

Free Mon Apr 4/May 2/June 6 3pm

## WEDNESDAY AFTERNOON GAMES

Location: Price Rotary Senior Center  
 Come join the fun. We already have a table of pinochle and bridge playing and we are looking to add poker, dominoes, corn hole bean bag toss and canasta. If you are interested in joining the group at our new GREAT LOCATION, come join us. We have a great space and can have a great afternoon of FUN.  
 Free Wed Apr 6-Ongoing 1-3pm



**CITY RESIDENTS CAN REGISTER STARTING ON MARCH 28 IF DONE ONLINE. CALL 540-433-9168 TO SETUP YOUR ACCOUNT.**

## WEIGHT ROOM CIRCUIT TRAINING

*Instructor: June Hosaflook - Location: CFG/CAC*

By using the equipment in our weight room, you'll be able to develop and improve the strength, balance, and flexibility needed to sustain a healthy, active lifestyle. This class is designed especially for those 60 and older, who have little or no experience with weight training.

CAC Members \$20 / Non Members \$45 / Ages 50+

<b>240520A1</b>	<i>Tue/Fri</i>	<i>Apr 12-May 6</i>	<i>10:30-11:30am</i>
<b>240520A2</b>	<i>Tue/Fri</i>	<i>May 10-Jun 3</i>	<i>10:30-11:30am</i>

## PICKLEBALL

*Coordinator: Lynn Hoy - Location: CFG/CAC*

Meet your friends or call and come once a week for a rousing Pickleball game or three. You can play through May in our gym. We furnish all equipment.

Free	<i>Thu</i>	<i>Ongoing</i>	<i>noon-3:00pm</i>
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## SUMMER PICKLEBALL

*Coordinator: Lynn Hoy - Location: Morrison Park*

Meet your friends at Morrison Park tennis courts for reserved court time. For questions, call 433-2474.

Free	<i>Wed/Thu</i>	<i>Apr 6-Aug 25</i>	<i>6-8pm</i>
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## THURSDAY AFTERNOON BOWLING

*Location: Valley Lanes*

Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on the 17th week where prizes are awarded for a number of categories. \$9 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams April 28. All Participants \$9 / Ages 50+ / Thu / 1-3pm

## SILVER SNEAKERS

Let's get moving, join fellow 50 years + walkers at Purcell Park. We will meet at Kids Castle and walk for about an hour or until you get tired. The program will be weather permitting and it is a drop in program so join the fun and meet new friends. FREE! All levels and ages are welcome! **Starting in June, we will meet at 8:30am due to heat.**

<i>Mon/Wed/Fri</i>	<i>Apr 1-ongoing</i>	<i>9-10am</i>
<i>Tue/Thr</i>	<i>Jul 5- Jul 28</i>	<i>7-8pm</i>

## 50+ LET'S PLAY GOLF

*Instructor: David Johns, PGA Professional*

*Location: Heritage Oaks Golf Course*

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.

City Res \$35 / Non-Res \$40 / Ages 50+

<b>240564A1</b>	<i>Tue-Fri</i>	<i>Apr 19-22</i>	<i>1-2pm</i>
<b>240564A2</b>	<i>Tue</i>	<i>Jun 7-28</i>	<i>1-2pm</i>

## 50+ DISC GOLF

*Instructor: Ed Steele - Location: Westover Park*

Come learn and play Disc Golf. It is great exercise, lots of fun & free. We will meet at the Price Rotary Senior Center each Wednesday, weather permitting. Registration appreciated by calling 433-9168.

<b>240531A1</b>	<i>Mon</i>	<i>May 2 &amp; Jun 6</i>	<i>10am-noon</i>
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## CARDIO & STRENGTH

*Instructor: Frank Campbell/Warren Stimpson - Location: CFG/CAC*

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome.

City Res \$36 / Non-Res \$43 / Ages 50+

<b>240500A1</b>	<i>Tue/Thu</i>	<i>Apr 12-May 19</i>	<i>5:30-6:15pm</i>
<b>240500A2</b>	<i>Tue/Thu</i>	<i>May 24-Jun 30</i>	<i>5:30-6:15pm</i>
<b>240500A3</b>	<i>Tue/Thu</i>	<i>Jul 5-Aug 11</i>	<i>5:30-6:15pm</i>

## EARLY BIRD CARDIO & STRENGTH

*Instructor: Frank Campbell - Location: CFG/CAC*

City Res \$36 / Non-Res \$43 / Ages 50+

<b>240523A3</b>	<i>Tue/Thu</i>	<i>Apr 12-May 19</i>	<i>6:15-7am</i>
<b>240523A4</b>	<i>Tue/Thu</i>	<i>May 24-Jun 30</i>	<i>6:15-7am</i>
<b>240523A5</b>	<i>Tue/Thu</i>	<i>Jul 5-Aug 11</i>	<i>6:15-7am</i>

## ZUMBA GOLD

*Instructor: Margaret "Muff" Perry - Location: CFG/CAC*

This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party!

City Res \$19 / Non-Res \$24 / Ages 50+

<b>240502A1</b>	<i>Tue</i>	<i>Apr 12-May 3</i>	<i>6:30-7:30pm</i>
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## 50 & WISER YOGA LEVEL 1

*Instructor: Patricia Kearney - Location: CFG/CAC*

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

<b>240525A1</b>	<i>Mon</i>	<i>Apr 4-May 9</i>	<i>5:30-6:30pm</i>
<b>240525A2</b>	<i>Wed</i>	<i>Apr 6-May 11</i>	<i>5:30-6:30pm</i>
<b>240525A3</b>	<i>Wed</i>	<i>May 18-Jun 22</i>	<i>5:30-6:30pm</i>

### Mini Summer Session (5 weeks)

City Res \$25/ Non-Res \$31 / Ages 50+

<b>240525A4</b>	<i>Mon</i>	<i>May 16-Jun 20</i>	<i>5:30-6:30pm</i>
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## EXTRA GENTLE YOGA

*Instructor: Patricia Kearney - Location: CFG/CAC*

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs or sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

<b>240526A1</b>	<i>Thu</i>	<i>Apr 7-May 12</i>	<i>6-7pm</i>
<b>240526A2</b>	<i>Thu</i>	<i>May 19-Jun 23</i>	<i>6-7pm</i>



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