CITY OF HARRISONBURG PARKS & REC

Winter/Spring 2023

50 & Wiser Programs

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

Our Winter & Spring Opportunities

50 & Wiser Fitness

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

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 Winter!

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.

City Resident Registration November 28 | Non Resident Registration December 12

Gentle Stretch

Instructor: Cheryl Foster

Gentle Stretch Class sets the tone for your day's body activity. Each stretch class is designed to boost your well-being and joint mobility as you move your body with low-impact stretches. If you ever feel a bit stiff as you start your daily routine, this class may be just what you need to help prepare you for the day ahead with gentle stretches. At the end of class, weather and schedule permitting, we will walk in the park for about ½ hour.

Location: Community Activities Center Fitness Studio
City Res $36 | Non Res $40 | Ages 50+
#140505A1 | M, W | Jan 23 - Mar 6 | 9:00am - 9:30am
#140505A2 | M, W | Mar 27 - May 3 | 9:00am - 9:30am
#140505A2 | M, W | May 15 - Jun 26 | 9:00am - 9:30am

Moving & Grooving!

Instructor: Cory Jeffries

A physical activity, self-management program for older adults 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. Please wear loose fitting clothes and sneakers to classes. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands.

Location: Lucy F. Simms Center Gymnasium
City Res $10 | Non Res $10 | Ages 50+
#140514A1 | Tu, Th | Jan 10 - Feb 16 | 10:00am - 11:30am
#140514A2 | Tu, Th | Feb 28 - Apr 6 | 10:00am - 11:30am
#140514A3 | Tu, Th | Apr 18 - May 25 | 10:00am - 11:30am

Zumba Gold

NEW!

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!

Location: Lucy F. Simms Center Gymnasium
City Res $30 | Non Res $35 | Ages 50+
#140502A1 | M, W | Feb 6 - Mar 15 | 9:00am - 10:00am
#140502A2 | M, W | Mar 20 - Apr 26 | 9:00am - 10:00am

Beginner Pickleball Clinic

NEW!

Come out and learn this great game. We furnish all equipment.

Location: Community Activities Center Gymnasium
Free for members | Daily Rate for non-members | Ages 50+
#140584A1 | Sa | Jan 7 - Jan 28 | 3:30pm - 5:00pm

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. Class may also incorporate some chair yoga exercises. Please bring your own yoga mat and yoga block to class.

Location: Price Rotary Senior Center
City Res $40 | Non Res $50 | Ages 50+
#140525A1 | Tu | Jan 3 - Feb 7 | 2:45 pm - 3:45pm
#140525A2 | Tu | Mar 7 - Apr 11 | 2:45 pm - 3:45pm
#140525A3 | Tu | May 2 - Jun 6 | 2:45 pm - 3:45pm

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.

There is a $10 discount if you sign up for both the Tuesday and a Thursday class.

Location: Price Rotary Senior Center
City Res $32 | Non Res $35 | Ages 50+
#140512A1 | Tu | Jan 3 - Feb 7 | 1:30pm - 2:15pm
#140512A2 | Th | Jan 5 - Feb 9 | 3:00pm - 3:45pm
#140512A3 | Tu | Feb 28 - Apr 4 | 1:30pm - 2:15pm
#140512A4 | Th | Mar 2 - Apr 6 | 3:00pm - 3:45pm
#140512A5 | Tu | Apr 25 - May 30 | 1:30pm - 2:15pm
#140512A6 | Th | Apr 27 - Jun 1 | 3:00pm - 3:45pm

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.

Location: Community Activities Center Fitness Studio
City Res $36 | Non Res $43 | Ages 50+
#140500A1 | Tu, Th | Jan 10 - Feb 16 | 5:30pm - 6:15pm
#140500A2 | Tu, Th | Feb 28 - Apr 6 | 5:30pm - 6:15pm
#140500A3 | Tu, Th | Apr 18 - May 25 | 5:30pm - 6:15pm

Beginner Line Dance

Instructor: Anna Bishop

Beginner line dance for those who have never line danced or those who are newer dancers. No partner required. You will burn, tone and strengthen your body while reducing stress and having fun.

Location: Community Activities Center Dance Studio
City Res $24 | Non Res $28 | Ages 50+
#140515A1 | W | Jan 4 - Feb 8 | 1:00pm - 2:00pm
#140515A2 | W | Mar 1 - Apr 5 | 1:00pm - 2:00pm
#140515A3 | W | May 3 - Jun 7 | 1:00pm - 2:00pm

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 | 9am - 11am

Beginning to 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+
#140571A1 | Tu | Jan 10 - Jan 31 | 11:30 am - 1:30pm
#140571A2 | Tu | Feb 21 - Mar 14 | 11:30 am - 1:30pm

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 session starts January 5 but we are always needing substitutions for teams each week - so just come and check us out.

Location: Valley Lanes
City Res/Non Res $10 | Ages 50+
Th | 12:30pm - 3pm

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. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center
Free | Ages 50+
First Monday of Month (except holidays) 3pm - 4:30pm
***January we will meet January 9**

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 for the title each month.

Location: Price Rotary Senior Center
Free | Ages 50+
First Monday of Month (except holidays) 1-3pm

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 to register.

Ages 50+
Jan 19 - Vietopia -1015 Port Republic Rd
Feb 16 - Casa Gallardo Fajita Factory - 625 Mt. Clinton Pike
Mar 16 - O'Neill's Grill - 221 University Blvd
Apr 20 - Thunderbird Café - 42-A Island Ford Rd, McGaheysville
May 19 – Mashita - 105 N Liberty St

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 to the 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 or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

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 or visit https://www.vpas.info/event-calendar and select the program you are interested in. For more information check vpas.info/vpas-cafes

Location: Price Rotary Senior Center
Free (Registration Required)| Ages 60+
First and Third Monday of Month (except holidays) 10am - 12pm
***Due to both Mondays in January being holidays, we will meet on the 2nd and 4th Monday for January Only**

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 (except holidays) 2pm - 3pm