

50 & WISER

Provides recreation and social opportunities for those baby boomer age and beyond!

For more information contact: Lynn Hoy - lynnt@harrisonburgva.gov

You will notice that some of our programs are temporarily moving to the Lucy F. Simms Continuing Education Center located at 620 Simms Avenue. This is being done while our Price Rotary Senior Center is getting a facelift!

CARDIO & STRENGTH

Instructor: 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+

140500A1 Tue/Thu Jan 3-Feb 9 5:30-6:15pm

140500A2 Tue/Thu Feb 16-Mar 28 5:30-6:15pm

CARDIO DRUMMING

Instructor: Deion Porter - Location: CFG/CAC

This fun class uses stability balls that serve as drums. It is an invigorating class that uses fitness with powerful, energetic beats and rhythms!

City Res \$15 / Non-Res \$18 / Ages 50+

140501A1 Mon Jan 9-30 6:45-7:30pm

140501A2 Thu Jan 5-26 10-10:45am

140501A3 Thu Feb 2-23 10-10:45am

140501A4 Mon Mar 6-27 6:45-7:30pm

140501A5 Thu Mar 9-30 10-10:45am

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+

140502A1 Tue Jan 10-31 6:30-7:30pm

140502A2 Tue Mar 7-28 6:30-7:30pm

50 & WISER YOGA MULTI-LEVEL

Instructor: Patricia Kearney - Location: CFG/CAC

These classes are suited to fit active beginners and experienced yoga practitioners. Yoga poses are sequenced in a slow but steady flow, with a blend of basic and intermediate poses.

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

140525A1 Mon Jan 23-Feb 27 5:30-6:30pm

140525A2 Wed Jan 18-Feb 22 5:30-6:30pm

140525A3 Mon Mar 13-Apr 17 5:30-6:30pm

140525A4 Wed Mar 8-Apr 12 5:30-6:30pm

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 and all levels and ages are welcome!

Mon/Wed/Fri

Dec 2-ongoing

9-10am

GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

This class is suited to beginners and 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/or sitting on the floor. Instructor is certified in Integrative Yoga Therapy.

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

140526A1 Thu Jan 26-Mar 2 6-7pm

140526A2 Thu Mar 16-Apr 20 6-7pm

BROWN BAG LUNCH

Location: Simms Center

Pack your lunch and join us for some interesting topics. We usually start eating around 11:15 and discussion starts at 11:30. If you are not interested in eating, you may still show up for the topic of the day. I will provide the drinks; you just need to pack your lunch. Our January speaker will be Deion Porter discussing and demonstrating Cardio Drumming. The program is free; however, registration would be appreciated. Call 540-433-9168 to find out the subject each month.

Thu Jan 5, Feb 9, Mar 9

11:15-1pm

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 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. All lunches from 11:30am-1pm. Fee: Order off menu.

140540A1 Dec 8 Cross Keys Vineyard-6011 E. TimberRidge

140540A2 Jan 12 Black Forest Restaurant-787 E Market St.

140540A3 Feb 16 Cracker Barrel-121 Pleasant Valley Rd,

140540A4 Mar 16 Food Bar Food-126 W Bruce St

50+ SOCIAL CLUB

Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me (lynnt@harrisonburgva.gov or (540)433-9168 and get put on a list to keep you notified of what fun stuff we have planned. Back my popular demand, we will meet on Thursday, January 5 at Ruby's Arcade. They have Duck Pin Bowling, Billiards, Darts, Foosball, Shuffleboard. Ruby's is located at 100B, 165 S Main St, Harrisonburg.

Do you want to learn Tai Chi?
See page 7 for more information

BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Simms 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+

140571A1 Tue Jan 10-31 1-3pm
140571A2 Tue Mar 7-28 1-3pm

BEGINNING KNITTING

Instructor: Marilyn Jarrells - Location: Simms Center

This class is for beginners. You will learn the basic stitches and end up with an infinity scarf. A supply list will be handed out at the first class (approximate cost: \$10).

City Res \$30 / Non-Res \$36 / Ages 50+

140572A1 Tue Feb 7-28 1-3pm

CRAFT & CHAT

Location: Simms Center

This is a social group for 50+ who like to knit, crochet or craft. 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!!!!

Free Tue/Thu Jan 3-Ongoing 9-11am

BOOK CLUB

This 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. We will meet the first Monday of each month. We also have an evening book club that meets at 7pm, which will be discussing the same book. For our December meeting, we will be discussing *A Redbird Christmas*, written by Fannie Flag. FREE, registration appreciated. **Note: The December meeting will be at Price Rotary.**

Mon Dec 5/Jan 2/Feb 6/Mar 6 3pm Simms
 Mon Dec 5/Jan 2/Feb 6/Mar 6 7pm CFG/CAC

WEDNESDAY AFTERNOON GAMES

Location: Simms Center

Come join the fun. We already have a table of pinochle playing and we are looking to add poker, dominoes, bridge and canasta.

Free Wed Jan 4 -Ongoing 1-3pm

BISCUITS & BINGO

Join us the last Wednesday 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 Wed Dec 28-Mar 29 9-10am

BEGINNER PICKELBALL CLINIC

Coordinator: Lynn Hoy - Location: Simms Center Auditorium

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

Free Sun Jan 8 1-3pm

SUNDAY AFTERNOON PICKLEBALL

Coordinator: Lynn Hoy - Location: Simms Center Auditorium

Come play a couple of Sunday afternoons this winter. We furnish all equipment.

Free Sun Jan 15-Feb 19 1-4pm

WINTER AFTERNOON PICKLEBALL

Coordinator: Lynn Hoy - Location: CFG/CAC

Meet your friends or call and come once a week for a rousing Pickleball game or three. We furnish all equipment.

City Res free / Non-Res free

Free Tue ongoing 12:30-3pm
Free Thu ongoing noon-3pm

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 Jan 5. All Participants \$9 / Ages 50+ / Thu / 1-3pm

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

Instructor: Suzanne Soliday - Location: Simms Center/ CFG/CAC

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 February selection is "The Red Barn" and the March selection is "Country Church". Class fee includes all materials needed. Feb 22 class at Simms; Mar 25 class at CFG/CAC

City Res \$35 / No-Res \$38 / Ages 50+

140900A1 Wed Feb 22 11-1:30am
140900A2 Sat Mar 25 9-11:30am



"The Red Barn"



"Country Church"