

# 50 & WISER

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!

## 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+

340500A1	Tue/Thu	Aug 16-Sep 22	5:30-6:15pm
340500A2	Tue/Thu	Oct 4-Nov 10	5:30-6:15pm
340500A3	Tue/Thu	Nov 15-Dec 27	5:30-6:15pm

## 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+

340502A1	Tue	Sep 6-27	6:30-7:30pm
340502A2	Tue	Nov 1-22	6:30-7:30pm

## 50 & WISER YOGA MULTI-LEVEL 1 & 2

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+

340525A1	Mon	Aug 22-Oct 3	5:30-6:30pm
340525A2	Wed	Aug 24-Sep 28	5:30-6:30pm
340525A3	Mon	Oct 10-Nov 14	5:30-6:30pm
340525A4	Wed	Oct 5-Nov 9	5:30-6:30pm
340525A5	Mon	Nov 21-Dec 26	5:30-6:30pm
340525A6	Wed	Nov 16-Dec 21	5:30-6:30pm

## 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+

340526A1	Thu	Aug 25-Sep 29	6-7pm
340526A2	Thu	Oct 6-Nov 10	6-7pm
340526A3	Thu	Nov 17-Dec 29	6-7pm

## 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! **Starting in November, we will meet from 9-10am and will continue walking through the winter.**

Mon/Wed/Fri Aug 1-Oct 31 8:30-9:30am

## 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 drink; you just need to pack your lunch. Elizabeth Barrett will be discussing Herb Vinegars on August 18. This is a free program, however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Aug 18, Sep 15, Oct 13, Nov 17 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 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-1pm. Fee: Order off menu.

Thu Aug 4 Agrodolce Italian Restaurant-1647 E Market St  
Thu Sep 22 Jalapeno Southwest Grill-1039 Port Republic Rd.  
Thu Oct 20 Log Cabin Bbq-11672 Spotswood Trail Elkton  
Thu Dec 8 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 5:00pm 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 Wednesday, August 3 at Ruby's Arcade Wood Fired Pizza and BBQ. Duck Pin Bowling, Billiards, Darts, Foosball, Shuffleboard. Ruby's is located at 100B, 165 S Main St, Harrisonburg. We can meet at 5pm and partake in the happy hour specials and then we can play some games and have some fun. Check them out online. It's a lot of FUN.



## BEGINNING CROCHET

Instructor: Meki Shifflett - Location: CFG/CAC

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). **November class meets at Price Rotary Senior Center.**

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

340571A1 Tue Sep 6-27 1-3pm  
340571A2 Tue Nov 1-22 1-3pm

## BEGINNING KNITTING

Instructor: Marilyn Jarrells - Location: Price Rotary Senior 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+

340572A1 Tue Oct 4-25 1-3pm

## 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 any yarn to donate to the program, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the CFG/CAC Administrative Office.

Free Tue/Thu Aug 2-Ongoing 9-11am

## 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 August selection is "Paint Your Own Pet's Portrait". This session is for 3 hours and you must email your pet's portrait to Suzanne.soliday@Suzannes-studio.net by Friday, August 12. She will sketch each pet thus making the class a little more expensive. The September selection is "Vintage Rustic Milk Can & Pumpkins" and the November selection is "It's Snow Fun to Paint (Snowman)". Class fee includes all materials needed. **August class meets at CFG/CAC.**

City Res \$45 / No-Res \$49 / Ages 50+

340900A1 Wed Aug 24 11:30-2:30pm

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

340900A2 Thu Sep 22 1-3:30pm

340900A3 Tue Nov 29 1-3:30pm



## 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 close to the first Monday of each month. For those who are still working, we will also meet about the same book on the same dates at 7:00pm at the CFG/CAC. The book we will be discussing on August 1 will be One Summer by David Baldacci. Registration appreciated.

Free Mon Aug 1,29/Oct 3/Nov 14 3&7pm

## WEDNESDAY AFTERNOON GAMES

Location: Price Rotary Senior Center

Come join the fun. We already have a table of pinocle 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 Aug 3-ongoing 1-3pm

## PICKLEBALL

Coordinator: Lynn Hoy - Location: CFG/CAC

Meet your friends for a rousing Pickleball game or three. Play will start again in September in our gym. We furnish all equipment. Besides Thursday afternoons, call for Friday evening availability from 5:30-8:45pm. Call 433-2474. All ages.

Free Thu Sep 8-ongoing noon-3pm

## OUTDOOR PICKLEBALL

Meet your friends at Morrison Park tennis courts for reserved court time. Courts will be reserved. For questions call, 433-2474 or contact harrisonburgpickleball.com@mail100.atl91.mcsv.net

Free Mon/Thu 5-8pm

## 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 Sep 1. All Participants \$9 / Ages 50+ / Thu / 1 - 3pm

## 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 Aug 31-Nov30 9-10am



@hburgparks