

WINTER/ SPRING 2026 50 & WISER

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

OUR WINTER/ SPRING OPPORTUNITIES

Fitness **50 & WISER**

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

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/ Spring!



50 & Wiser Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-432-7799.
City Resident Registration November 24 | Non Resident Registration December 8

50 & WISER

GENTLE

Gentle Stretch

Instructor: Cory Jeffries

Gentle Stretch Class sets the tone for your days 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.

Location: Price Rotary Senior Center

City Res \$36 | Non Res \$40 | Ages 50+

#140505A1 | M, W | Jan 5 - Feb 18 | 9:00am - 9:30am

#140505A2 | M, W | Mar 9 - Apr 15 | 9:00am - 9:30am

Yin Nidra Yoga

Instructor: Dana Neff

Yin Nidra Yoga is a deeply restorative and meditative experience. In the first half of the class, you'll settle into floor-based yin poses, each held for several minutes to gently stretch and increase mobility, while calming your nervous system. The 2nd half invites you into stillness through guided meditation. Lying in a comfortable position, you'll be led through a body scan, breath awareness & visualizations designed to bring you into a state of deep rest. **PERFECT FOR ALL LEVELS**, this class supports stress relief and better sleep.

Location: Price Rotary Senior Center

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

#140511A1 | Th | Jan 8 - Feb 12 | 1:00pm - 2:00pm

#140511A2 | Th | Mar 5 - Apr 9 | 1:00pm - 2:00pm

#140511A3 | Th | Apr 23 - May 28 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Winter/ Spring Prevention has been recognized by many national organizations including the Arthritis Foundation Administration for Community Living as safe and effective. Slow, controlled movements build muscle strength, improve balance, gently free up stiff joints and relieve stress. All movements are done in an upright standing position or may be done seated by those unable to stand. The physical exertion level of this class is similar to that of walking. To register call VPAS at 540-615-5341.

Location: Price Rotary Senior Center

Free | Ages 60+

F | Jan 16 - May 8 | 9:00am - 9:45am



BEGINNER

Moving & Grooving PLUS!

Instructor: Cory Jeffries

In these high-energy sessions, we focus on dynamic movements, muscle building, and cardiovascular conditioning to keep you active and fit. Wear comfy workout attire and sneakers. You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

Location: Lucy F. Simms Center Auditorium

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

#140514A1 | Tu, Th | Jan 13 - Feb 19 | 9:00am - 9:50am

#140514A2 | Tu, Th | Mar 3 - Apr 9 | 9:00am - 9:50am

#140514A3 | Tu, Th | Apr 21 - May 28 | 9:00am - 9:50am

#140514A4 | Tu, Th | Jan 13 - Feb 19 | 10:00am - 11:30am

#140514A5 | Tu, Th | Mar 3 - Apr 9 | 10:00am - 11:30am

#140514A6 | Tu, Th | Apr 21 - May 28 | 10:00am - 11:30am

Chair Yoga

Instructor: Anna Smith

Chair Yoga for EVERY BODY is a gentle, accessible form of yoga that promotes wellness at any age. All movements are done while seated or with the support of a chair, making it approachable for all levels of mobility. Please bring a yoga mat and any props that support your practice, such as blocks, a strap, or a cozy blanket.

Location: Price Rotary Senior Center

City Res \$25 | Non Res \$32 | Ages 50+

#140526A1 | T | Jan 6 - Feb 10 | 1:00pm - 2:00pm

#140526A2 | T | Mar 3 - Apr 7 | 1:00pm - 2:00pm

#140526A3 | T | Apr 21 - May 26 | 1:00pm - 2:00pm



50 & WISER

INTERMEDIATE/ ADVANCED

Cardio & Strength

Instructor: Cory Jeffries

Stretch, strengthen, and get fit! This 45-minute class works the heart, muscles, and more. Variety and fun guaranteed. Please bring a mat (exercise or yoga), towel, and water-bottle.

Location: Community Activities Center Fitness Studio

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

#140500A1 | Tu, Th | Jan 13 - Feb 19 | 4:30pm - 5:15pm

#140500A2 | Tu, Th | Mar 3 - Apr 9 | 4:30pm - 5:15pm

#140500A3 | Tu, Th | Apr 21 - May 28 | 4:30pm - 5:15pm

#140500A4 | Tu, Th | Jan 13 - Feb 19 | 5:30pm - 6:15pm

#140500A5 | Tu, Th | Mar 3 - Apr 9 | 5:30pm - 6:15pm

#140500A6 | Tu, Th | Apr 21 - May 28 | 5:30pm - 6:15pm

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. Please bring your own yoga mat and yoga blocks to class.

Location: Price Rotary Senior Center

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

#140525A1 | Tu | Jan 6 - Feb 10 | 3:00pm - 4:00pm

#140525A2 | Tu | Mar 3 - Apr 7 | 3:00pm - 4:00pm

#140525A3 | Tu | Apr 21 - May 26 | 3:00pm - 4:00pm

Yogalates

Instructor: Dana Neff

Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches and strengthens all the major muscles while also calming the mind. Attention is paid to building strength and endurance. As in Pilates, resistance bands can be used.

Location: Price Rotary Senior Center

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

#140513A1 | W | Jan 7 - Feb 11 | 10:00am - 11:00am

#140513A2 | W | Mar 4 - Apr 8 | 10:00am - 11:00am

#140513A3 | W | Apr 22 - May 27 | 10:00am - 11:00am

Zumba Gold

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: Simms Center Auditorium

City Res \$32 | Non Res \$35 | Ages 40+

#140502A1 | W, F | Feb 4 - Mar 27 | 4:30pm - 5:30pm

OUTDOOR ADVENTURE

The events below are paced and scaled to be age-appropriate. They do not require super-athletic ability, but participants should be reasonably active, without significant movement limitations (low fitness, mobility or musculo-skeletal restrictions). We will enjoy being together in the outdoors, and we will not be comparing ourselves to twenty-somethings!

Benefits to jumping aboard:

- spending time in our gorgeous and local outdoors
- being with others who like movement and fun
- adding to your learning about outdoor safety and activity skills
- possibly some new clothing! Participate in 3 or more of these Senior Adventures during 2026 (more activities will be offered in the Winter/ Spring) and receive the WILD GUYde Adventures 2026 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

Zipline Canopy Tour at NROCKS

Harnessed up and clipped in, enjoy 7 ziplines down through the forest in Wild Wonderful West Virginia. A 90 min. drive from Harrisonburg VA to get there, with the actual experience lasting 2-3 hours. Thrilling fun, and only moderately strenuous. All technical gear and instruction is provided; a personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration

Location: NROCKS, WV

City Res \$105 | Non Res \$110 | Ages 50+

#131304A1 | Th | Mar 26 | All Day

High Knob Fire Tower Hike

An afternoon hike to a summit and restored stone fire tower in the George Washington Ntl. Forest along with some learning about outdoor safety A personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest

City Res \$32 | Non Res \$37 | Ages 50+

#131308A1 | Th | Apr 23 | 1:00pm - 5:00pm

Via Ferrata at NROCKS

The Via Ferrata ("way of iron" or "steel trail") is a strenuous non-technical climbing and hiking experience on natural rock, but also with rungs and a safety cable. Participants are harnessed up and clipping into the cable throughout this 3-5 hour event. Wildly scenic and physically challenging experience over breath-taking West Virginia terrain. A 90 minute drive from Harrisonburg VA to get there. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration

Location: NROCKS, WV

City Res \$155 Non Res \$160 | Ages 50+

#131307A1 | W | May 6 | All Day

50 & WISER

ARTS & CRAFTS

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 | 9:00am - 11:00am

ENRICHMENT

AARP Smart Driver

AARP Instructor: Kati Mole

Participants will learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age-related changes. Persons who complete the course will be issued a Certificate of completion to be provided to your insurance company for a discount. Please feel free to bring a brown bag lunch to class. All course materials are provided to participants and no tests are involved.

Fee: \$20 (AARP members) \$25.00 (non members) Money paid to instructor day of class.

Registration closed two weeks prior to class.

Location: Community Activities Center Conference Room

Ages 50+

#140555A1 | W | May 6 | 8:30am - 4:00pm

SOCIAL

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. Please read the book prior to the first Monday of the month. The book we will be discussing on January 5 is "The Frozen River" by Ariel Lawhon

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free| Ages 50+

First Monday of the month | Ongoing | 3:00pm - 5:00pm

Thursday Afternoon Games

Come to the Senior Center and play a variety of games including Mexican Train Dominoes, Sequence, and a variety of other games.

Location: Price Rotary Senior Center

Free| Ages 50+

Th | Jan 8 - May 28 | 2:15pm - 4:00pm

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. Even during a season we are always needing substitutions for teams each week - so just come and check us out.

New session starts Jan 8.

Location: Valley Lanes

Free| Ages 50+

Th | Ongoing | 12:30pm - 3:00pm

SOCIAL

Breakfast Club

Come start the day with friends, old and new. We will meet at different breakfast spots once a month at 9am. Please contact Lynn.Hoy@harrisonburgva.gov if you are planning on attending by the Friday before. Everyone orders off the menu.

Ages 50+

Jan 14 - Bridgewater Coffee - 90 Main St. Dayton

Feb 11 - Magpie Diner - 85 W Gay St. Harrisonburg

Mar 11 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Apr 15 - Gardenside Diner - 302 N 2nd St. Bridgewater

May 13 - Sugar & Bean Cafe - 318 N. Main St. Bridgewater

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 22 - House of Noodle - 227 Burgess Rd. Harrisonburg

Feb 19 - Wood Grill Buffet - 1711 Reservoir St. Harrisonburg

Mar 19 - Golden China - 1005 E Market St. Harrisonburg

Apr 23 - Los Marquez - 1751 Virginia Ave. Suit A, Harrisonburg

May 21 - Brothers Pizza - 1059 S High St. Harrisonburg

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.

Monday Afternoon Matinee

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. 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 the month | Ongoing | 12:30pm - 2:30pm

VPAS Cafes

The 1st and 3rd Monday of each month (except on holidays) 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. Contact 540-615-5341 to register. For more information check vpas.info/vpas-cafes.

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

First and Third Monday of Month | 10:00am - 12:00pm

