

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

OUR FALL OPPORTUNITIES

Fitness

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 Fall!



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 August 10 | Non Resident Registration August 24

GENTLE/ BEGINNER

Gentle Stretch

Instructor: Cory Jeffries

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.

No Class September 7, October 12, November 11, 23 & 25

Location: Price Rotary Senior Center

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

#340505A1 | M, W | Sep 2 - Oct 7 | 9:00am - 9:30am

#340505A2 | M, W | Oct 19 - Dec 2 | 9:00am - 9:30am

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. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands. Additional equipment information will be provided the first class.

No Class November 3, 24, & 26

Location: Lucy F. Simms Center Auditorium

City Res \$10 | Non Res \$20 | Ages 50+

#340514A1 | Tu, Th | Sep 1 - Oct 8 | 9:00am - 9:50am

#340514A2 | Tu, Th | Sep 1 - Oct 8 | 10:00am - 11:30am

#340514A3 | Tu, Th | Oct 20 - Dec 3 | 9:00am - 9:50am

#340514A4 | Tu, Th | Oct 20 - Dec 3 | 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+

#340526A1 | Tu | Sep 8 - Oct 13 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall 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.

No class Nov 27

To register call VPAS at 540-615-5341.

Location: Price Rotary Senior Center

Free | Ages 60+

F | Aug 28 - Dec 18 | 9:00am - 9:45am (New Participants)

F | Aug 28 - Dec 18 | 8:15am - 8:45am (Advanced)



INTERMEDIATE/ ADVANCED

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.

No class November 25, December 23, December 30

Location: Price Rotary Senior Center

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

#340513A1 | W | Sep 2 - Oct 7 | 10:00am - 11:00am

#340513A2 | W | Oct 14 - Nov 18 | 10:00am - 11:00am

#340513A3 | W | Dec 2 - Jan 20 | 10:00am - 11:00am

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.

No class November 11, December 24, December 31

Location: Price Rotary Senior Center

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

#340512A1 | Th | Sep 3 - Oct 8 | 11:30am - 12:15pm

#340512A2 | Th | Oct 15 - Nov 19 | 11:30am - 12:15pm

#340512A3 | Th | Dec 3 - Jan 21 | 11:30am - 12:15pm

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.

No Class November 3, 24, & 26

Location: Community Activities Center Fitness Studio

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

#340500A1 | Tu, Th | Sep 1 - Oct 8 | 4:30pm - 5:15pm

#340500A2 | Tu, Th | Sep 1 - Oct 8 | 5:30pm - 6:15pm

#340500A3 | Tu, Th | Oct 20 - Dec 3 | 4:30pm - 5:15pm

#340500A4 | Tu, Th | Oct 20 - Dec 3 | 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+

#340525A1 | Tu at 3:00pm & Th at 4:15pm | Sep 22 - Oct 8

#340525A2 | Tu | Nov 10 - Dec 15 | 3:00pm - 4:00pm

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

Beginner 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+

#340571A1 | Tu | Sep 22 - Oct 13 | 11:00am - 1:00pm

Crocheting a Christmas Stocking

Instructor: Meki Shifflett

Basic crochet skills required. Class is for right-handed crocheters. You will leave class with a beautiful, crocheted holiday stocking. We will email you a supply list for things to bring to class. It should not be more \$10.00

Location: Price Rotary Senior Center

City Res \$20 | Non Res \$26 | Ages 50+

#340571A3 | Tu | Oct 20 & Oct 27 | 11:00am - 1:15pm

ENRICHMENT

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 Valley Program for Aging Services. 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



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 fall) 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!)

Pocosin Remains Hike-Shenandoah Ntl.Park

Talley Spicer from Wander and Wonder Co. will lead us to remains of the Pocosin Mission in Shenandoah Ntl. Park. Built in 1902, this was a part of the Episcopalian Church's attempt to minister to rural mountain communities. "Step into the quiet woods of Pocosin Mission and uncover the layered history hidden along the trail. This guided history hike explores the story of the mission community, the rugged mountain families who once called the area home, and the lasting impact of faith, resilience, and Appalachian culture in the region. There will be an access fee to bring your vehicle on to Skyline Drive, or you may bring your Lifetime Pass.

Location: Shenandoah National Park

City Res \$40 | Non Res \$45 | Ages 50+

#331309A1 | Tu | Oct 13 | 9:30am - 12:00pm

Hidden Rocks Trail Hike

An afternoon hike with stream crossings and rhododendron, to a beautiful rock cliff band in the George Washington Ntl. Forest, along with some learning about basic 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+

#331308A2 | W | Oct 21 | 1:00pm - 5:00pm

Indoor Climbing at the EMU Climbing Wall

An afternoon to explore the vertical world at a beginner level. Learn how to harness up, belay, and try your hand at getting up off the ground on some moderate climbs.

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: Eastern Mennonite University

City Res \$40 | Non Res \$45 | Ages 50+

#331307A1 | W | Dec 16 | 1:00pm - 4:00pm

50 & WISER

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+

Sep 9 - IHOP - 109 University Blvd. Harrisonburg

Oct 7 - Magdalena Cafe - 439 N Main St. Bridgewater

Nov 4 - The Galley - 2430 S. Main St. Harrisonburg

Dec 2 - The Village Inn - 4979 S. Valley Pike, Harrisonburg

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+

Sep 17 - Macado's - 103 S. Main St. Bridgewater

Oct 15 - Big Meadows Lodge - Shenandoah National Park

Nov 19 - Indian and American Cafe - 91 N Main St, Hburg

Dec 10 - Rocktown Kitchen - 217 S Liberty St, Hburg

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.

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 except for September when we will meet September 14.

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 | Ongoing | 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 September 3.

Location: Valley Lanes

Ages 50+

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

