



CITY OF HARRISONBURG
**PARKS
& REC**

SUMMER 2026

50 & WISER

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

OUR SUMMER 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 Summer!



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 April 27 | Non Resident Registration May 11

50 & WISER

GENTLE/ BEGINNER

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.

No Class June 29 & July 1

Location: Price Rotary Senior Center

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

#240505A1 | M, W | Jun 8 - Jul 22 | 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. You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

No Class June 30 & July 2

Location: Lucy F. Simms Center Auditorium

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

#240514A1 | Tu, Th | Jun 2 - Jul 16 | 9:00am - 9:50am

#240514A2 | Tu, Th | Jun 2 - Jul 16 | 10:00am - 11:30am

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.

Location: Price Rotary Senior Center

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

#240513A1 | W | Jun 10 - Jul 15 | 10:00am - 11:00am

#240513A2 | W | Jul 22 - Aug 26 | 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.

Location: Price Rotary Senior Center

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

#240512A1 | Th | Jun 11 - Jul 16 | 11:30am - 12:30pm

#240512A2 | Th | Jul 23 - Aug 27 | 11:30am - 12:30pm

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 June 30 & July 2

Location: Community Activities Center Fitness Studio

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

#240500A1 | Tu, Th | Jun 2 - Jul 16 | 4:30pm - 5:15pm

#240500A2 | Tu, Th | Jun 2 - Jul 16 | 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.

No class August 25.

Location: Price Rotary Senior Center

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

#240525A1 | Tu | Jun 2 - Jul 7 | 3:00pm - 4:00pm

#240525A2 | Tu | Jul 28 - Sep 8 | 3:00pm - 4:00pm

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



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

Free Fishing Day

No fishing license of any kind will be required for recreational rod and reel fishing during free fishing days (June 6-8), to increase angling opportunities. All fishing regulations including size, season, catch limits, and gear restrictions will remain in effect. We will celebrate with a free fishing day for seniors on Friday, June 5 at Purcell Park. Rods and basic instruction will be provided. We will catch and release the fish back into the pond.

Location: Purcell Park Pond

Free | 50+

F | Jun 5 | 10:00am - 11:30am

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 Summer) 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!)

Little Stony Man Hike in SNP

Hike up to this gorgeous west-facing overlook, snack or picnic lunch, and then return. This 3 mile hike is considered Moderate ("Generally suitable for novice hikers seeking a bit of a challenge.") We will also talk about general outdoor and hiking safety. A What to Bring list, a link to the Med Form/Participant Agreement, and driving directions will be supplied after registration. Please bring your National Parks and Federal Recreational Lands Pass or pay the SNP daily fee).

Location: Shenandoah National Park

City Res \$35 | Non Res \$40 | Ages 50+

#231308A1 | F | June 26 | 9:00am - 1:00pm

Paddling at Lake Shenandoah or Switzer Dam

An afternoon session to learn basic paddle-strokes, partnering, and boat-handling skills (canoe and kayak) on flatwater, and enjoy some peaceful paddling in this beautiful setting. Bring and enjoy your bag lunch on the lake-bank afterwards. 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: George Washington National Forest

City Res \$50 | Non Res \$55 | Ages 50+

#231302A1 | F | Jul 17 | 2:00pm - 5:00pm

Backcountry Navigation Clinic

An afternoon of learning and practicing map and compass skills out in the George Washington Ntl. Forest. For day-hikers, backpackers, mountain bikers, hunters, scout leaders, and anyone else who likes to wander off the beaten path. A personal clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be provided by WILD GUYde Adventures after registration.

Location: George Washington National Forest

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

#231303A1 | Tu | Aug 18 | 1:00pm - 5:00pm

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+

Jun 10 - Little Grill - 621 N Main Street. Harrisonburg

Jul 15- Drifters Cafe - 217 S Liberty St. Harrisonburg

Aug 5 - Magpie Diner - 85 W Gay St. 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+

Jun 18 - CrossKeys - 6011 E Timber Ridge Rd, Mt Crawford

Jul 23 - Munch - 122 S Main St. Harrisonburg

Aug 27 - Lil Gus's - 703 Dogwood Ave. Grottoes

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.

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 | Jun 4 - Aug 27 | 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 May 7.

Location: Valley Lanes

Ages 50+

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

