



Winter/ Spring 2024

50 & Wiser Programs

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

Our Winter/ Spring Opportunities

50 & Wiser Fitness

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

50 & Wiser 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 spring!



50 & Wiser Registration & Information:

For more detailed information about our 50 & Wiser programs, please contact Lynn Hoy at 540-432-7799 or email Lynn.Hoy@harrisonburgva.gov.

City Resident Registration November 27 | Non Resident Registration December 11

NEW!

Moving & Grooving

Instructor: Cory Jeffries
Perfect for beginners and focuses on improving your mobility and overall fitness. Classes include flexibility exercises, gentle strength training, and aerobic walking. All you need to get started are comfy clothes and sneakers. Join us on the path to better health and increased activity – it's perfect for beginners like you!

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

Location: Lucy F. Simms Center Auditorium

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

#140514A1 | Tu, Th | Jan 9 - Feb 15 | 9:00am - 9:45am

#140514A2 | Tu, Th | Feb 27 - Apr 4 | 9:00am - 9:45am

Moving & Grooving PLUS!

Instructor: Cory Jeffries
For seniors who've graduated from our prerequisite program, "Moving and Grooving," it's time for the next level. "Moving and Grooving Plus" 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+

#140514A3 | Tu, Th | Jan 9 - Feb 15 | 10:00am - 11:30am

#140514A4 | Tu, Th | Feb 27 - Apr 4 | 10:00am - 11:30am

#140514A5 | Tu, Th | Apr 16 - May 23 | 10:00am - 11:30am

Cardio and Strength

Instructor: Cory Jeffries
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed. Intermediate/Advanced fitness levels. Please bring your own exercise or yoga mat to class.

Location: Community Activities Center Fitness Studio

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

#140500A1 | Tu, Th | Jan 9 - Feb 15 | 5:30pm - 6:15pm

#140500A2 | Tu, Th | Feb 27 - Apr 4 | 5:30pm - 6:15pm

#140500A3 | Tu, Th | Apr 16 - May 23 | 5:30pm - 6:15pm

Beginner Pickleball Clinic

Pickleball is fun for all ages! Over the 4 weeks you will learn the ins and outs of everything Pickleball. We will provide paddles and balls.

Location January: Community Activities Center Gymnasium

Location April: Morrison Pickleball Complex

City Res \$8 | Non Res \$12 | Ages 50+

#140584A1 | Sa | Jan 13 - Feb 3 | 2:30pm - 4:30pm

#140584A2 | Sa | Apr 27 - May 18 | 3:00pm - 5:00pm

Gentle Stretch

Instructor: Cheryl Foster
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. At the end of class, weather and schedule permitting, we will walk in the park for about ½ hour.

Location: Community Activity Center Fitness Studio

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

#140505A1 | M, W | Jan 8 - Feb 21 | 9:00am - 9:30am

#140505A2 | M, W | Mar 4 - Apr 10 | 9:00am - 9:30am

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: Lucy F. Simms Center Auditorium

City Res \$30 | Non Res \$35 | Ages 40+

#140502A1 | Tu, Th | Jan 16 - Mar 7 | 4:30pm - 5:30pm

#140502A2 | Tu, Th | Mar 19 - May 9 | 4:30pm - 5:30pm

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. Class may also incorporate some chair yoga exercises. Please bring your own yoga mat and yoga block to class.

No class January 23

Location: Price Rotary Senior Center

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

#140525A1 | Tu | Jan 2 - Feb 13 | 3:00pm - 4:00pm

#140525A2 | Tu | Mar 5 - Apr 9 | 3:00pm - 4:00pm

#140525A3 | Tu | Apr 23 - May 28 | 3:00pm - 4:00pm

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+

#140512A1 | Tu | Jan 9 - Feb 13 | 1:30pm - 2:15pm

#140512A2 | Tu | Mar 5 - Apr 9 | 1:30pm - 2:15pm

#140512A3 | Tu | Apr 23 - May 28 | 1:30pm - 2:15pm

NEW!

Yogalates

Instructor: Dana Neff
Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches & strengthens all of 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 | Th | Jan 11 - Feb 15 | 1:30pm - 2:15pm

#140513A2 | Th | Mar 7 - Apr 11 | 1:30pm - 2:15pm

#140513A3 | Th | Apr 25 - May 30 | 1:30pm - 2:15pm

Tai Chi for Arthritis and Fall Prevention

Instructor: Marissa Lutz
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 Tai Chi for Arthritis and Fall Prevention is similar to that of walking.

To register call VPAS at 540-615-5341 or visit

<https://www.vpas.info/event-calendar> and select the program on Feb 2

No class on 3/29

Location: Prince Rotary Senior Center

Free | Ages 60+

F | Feb 2 - May 24 | 8:45am - 9:45am



Beginner to 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.

No class February 22

Location: Price Rotary Senior Center

City Res \$30 | Non Res \$36 | Ages 50+

#140571A1 | Tu | Jan 9 - Jan 30| 11:00am - 1:00pm

#140571A2 | W | Feb 7 - Feb 29| 11:00am - 1:00pm

Advanced Crochet

Instructor: Meki Shifflett

New stitches and projects will be taught.

A supply list will be handed out at the first class.

Location: Price Rotary Senior Center

City Res \$30 | Non Res \$36 | Ages 50+

#140571A3 | Tu | Feb 6 - Feb 27 | 11:00 am - 1:00pm

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

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. New session starts January 4 but we are always needing substitutions for teams each week - so just come and check us out.

Location: Valley Lanes

City Res/Non Res \$11 | Ages 50+

Th | 12:30pm - 3:00pm

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. Since 1st Monday in January is a holiday, we will meet on 2nd Monday, January 8 at 3pm. We will be discussing "Lessons in Chemistry" by Bonnie Garmus.

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month 3:00pm - 4:30pm

Monday Afternoon Matinee

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 Month (no movie in January) 12:30-2:30pm

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.. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

Jan 10 - Capital Waffle Shop - 50 S Mason St #120, Harrisonburg

Feb 7 - Magpie Diner - 85 W Gay St, Harrisonburg

Mar 13 - Cracker Barrel - 121 Pleasant Valley Rd, Harrisonburg

Apr 10 - The Galley Diner - 2430 S Main St, Harrisonburg

May 8 - Thunderbird Cafe - 42-A Island Ford Rd, McGaheysville

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 25 - Cuban Burger - 70 W Water St, Harrisonburg

Feb 22 - Oriental Cafe - 63 University Blvd, Harrisonburg

Mar 22 - Overlook Produce - 609 Friends Church Rd, Mt. Crawford

Apr 18 - Taste of India - 498 University Blvd, Harrisonburg

May 23 - Clementine Cafe - 153 S Main 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 on a fun day trip, 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.

VPAS Cafes

The 1st and 3rd Monday of each month 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. To register call VPAS at 540-615-5341. For more information check vpas.info/vpas-cafes

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

First and Third Monday of Month (except holidays) 10am - 12pm

Aging with Confidence

The 3rd Monday VPAS will lead educational programs for a wide range of topics. This is a partnership between Parks and Recreation and VPAS. To register contact Diane Sena or Linda Nipe at 540-615-5341 or visit <https://www.vpas.info/event-calendar> and select the program you are interested.

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

Third Monday of Month 2pm - 3pm

