

Fall 2022

50 & Wiser Programs

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

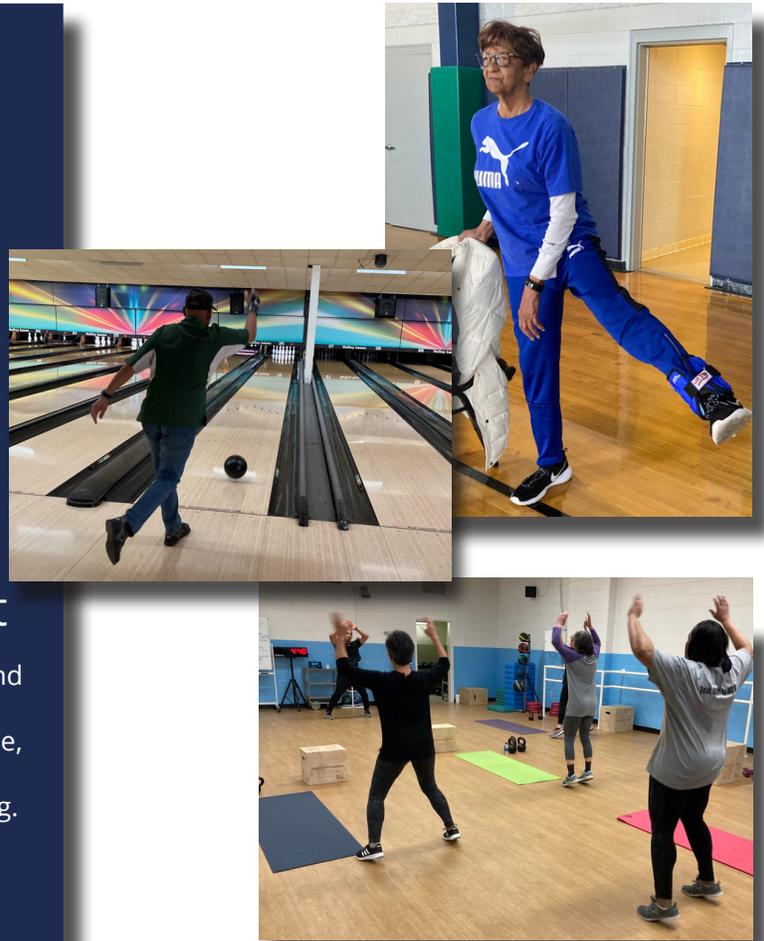
Our Fall Opportunities

50 & Wiser Fitness

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

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 fall!



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 August 15 | Non Resident Registration August 29

NEW!

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+
#340505A1 | M, W | Sep 12 - Oct 19 | 9:00am - 9:30am
#340505A2 | M, W | Oct 31 - Dec 7 | 9:00am - 9:30am

NEW!

Intro to Moving & Grooving!

Instructor: Cory Jeffries
Intro to Moving and Grooving aims to increase participants' functional and physical activity. For older persons with lower extremity osteoarthritis or lower body discomfort, this is a self-management program. Classes include stretching, flexibility, aerobic walking and an educational lesson. Class time will be 45 minutes of movement and 45 minutes of a sit down educational lesson. Please wear loose-fitting, comfortable clothing and shoes to class. Students will be required to purchase light resistance exercise bands. Additional equipment information will be provided the first class.

Location: Price Rotary Senior Center
Free | Ages 50+
#340513A1 | W | Oct 5 - Nov 16 | 10:00am - 11:30am

Moving & Grooving!

Instructor: Cory Jeffries
A physical activity, self-management program for older adults with lower extremity osteoarthritis or lower body pain. This program helps improve the participant's functional and physical activity. Classes combine flexibility, strength training, and aerobic walking. Please wear loose fitting clothes and sneakers to classes. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands.

No class the week of Thanksgiving
Location: Lucy F. Simms Center Gymnasium
City Res \$10 | Non Res \$10 | Ages 50+
#340514A1 | Tu, Th | Sep 6 - Oct 13 | 10:00am - 11:30am
#340514A2 | Tu, Th | Oct 25 - Dec 8 | 10:00am - 11:30am

Tai Chi for Arthritis and Fall Prevention

Instructor: Joyce Nussbaum
Tai Chi for Arthritis and Fall Prevention has been recognized by many national organizations including the Arthritis Foundation and the 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 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 October 19.

Location: Prince Rotary Senior Center
Free | Ages 60+
W | Oct 19 - 16 weeks | 9:00am - 9:45am

**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 week of Thanksgiving.

Location: Price Rotary Senior Center
City Res \$40 | Non Res \$50 | Ages 50+
#340525A1 | Tu | Sep 6 - Oct 11 | 2:45 pm - 3:45pm
#340525A2 | Tu | Oct 25 - Dec 6 | 2:45 pm - 3:45pm

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 classes the week of Thanksgiving.

There is a \$10 discount if you sign up for both the Tuesday and a Thursday class.

Location: Price Rotary Senior Center
City Res \$32 | Non Res \$35 | Ages 50+
#340512A1 | Tu | Sep 6 - Oct 11 | 1:30pm - 2:15pm
#340512A2 | Th | Sep 8 - Oct 13 | 3:00pm - 3:45pm
#340512A3 | Tu | Oct 25 - Dec 6 | 1:30pm - 2:15pm
#340512A4 | Th | Oct 27 - Dec 8 | 3:00pm - 3:45pm

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.

No class the week of Thanksgiving.
Location: Community Activity Center Fitness Studio
City Res \$36 | Non Res \$43 | Ages 50+
#340500A1 | Tu, Th | Sep 6 - Oct 13 | 5:30pm - 6:15pm
#340500A2 | Tu, Th | Oct 25 - Dec 8 | 5:30pm - 6:15pm

Beginner Line Dance

Instructor: Anna Bishop
Beginner line dance for those who have never line danced or those who are newer dancers. No partner required. You will burn, tone and strengthen your body while reducing stress and having fun.

Location: Community Activity Center Dance Studio
City Res \$24 | Non Res \$28 | Ages 50+
#340515A1 | W | Oct 5 - Nov 9 | 1:00pm - 2:00pm

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 | 9am - 11am

Beginning 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

Location: Price Rotary Senior Center

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

#340571A1 | Tu | Oct 4 - Oct 25 | 11:30 am - 1:30pm

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 September 1 but we are always needing substitutions for teams each week - so just come and check us out.

Location: Valley Lanes

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

Th | 12:30pm - 3pm

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

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month (except holidays) 3pm - 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 (except holidays) 1-3pm

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 8 - Sugar & Bean Café - 318 N Main St, Bridgewater

Oct 6 - Island Wing Company Grill & Bar - 350 University Blvd

Nov 17 - Cuban Burger - 70 W Water St

Dec 1 - Rocktown Kitchen - 217 S Liberty St #101

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.

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 or visit <https://www.vpas.info/event-calendar> and select the program you are interested in. For more information check [vpas.info/vpas-cafes](https://www.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 1st and 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: 1st Monday Lucy F. Simms Center Auditorium

Location: 3rd Monday Price Rotary Senior Center

Free (Registration Required) | Ages 60+

First and Third Monday of Month (except holidays) 2pm - 3pm

