

Fall 2023

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, 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 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 14 | Non Resident Registration August 28

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 Nov 21 & 23

Location: Lucy F. Simms Center Auditorium

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

#340514A1 | Tu, Th | Sept 5 - Oct 12 | 10:00am - 11:30am

#340514A2 | Tu, Th | Oct 24 - Dec 7 | 10:00am - 11:30am

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! This class will also include some Zumba Toning elements.

No class Nov 21 & 23

Location: Lucy F. Simms Center Auditorium

City Res \$30 | Non Res \$35 | Ages 50+

#340502A1 | Tu, Th | Oct 10 - Nov 30 | 4:30pm - 5:30pm

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 Nov 21 & 23

Location: Community Activities Center Fitness Studio

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

#340500A1 | Tu, Th | Sept 5 - Oct 12 | 5:30pm - 6:15pm

#340500A2 | Tu, Th | Oct 24 - Dec 7 | 5:30pm - 6:15pm

Tai Chi for Arthritis and Fall Prevention



Instructor: Marissa Lutz

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 September 8.

No class on 11/24, 12/22 & 12/29

Location: Prince Rotary Senior Center

Free | Ages 60+

F | Sept 8 - Jan 12 | 8:30am - 9:30am

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 September 26 or November 21

Location: Price Rotary Senior Center

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

#340525A1 | Tu | Aug 29 - Oct 10 | 3:00 pm - 4:00pm

#340525A2 | Tu | Oct 24 - Dec 5 | 3:00 pm - 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.

No class November 21

Location: Price Rotary Senior Center

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

#340512A1 | Tu | Sept 12 - Oct 17 | 1:00pm - 2:00pm

#340512A2 | Tu | Oct 24 - Dec 5 | 1:00pm - 2:00pm

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+

#340505A1 | M, W | Sep 11 - Oct 18 | 9:00am - 9:30am

#340505A2 | M, W | Oct 30 - Dec 6 | 9:00am - 9:30am

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 3 - Oct 24 | 11:00am - 1:00pm

Intermediate 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+

#340571A2 | Tu | Nov 28 - Dec 19 | 11:00 am - 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 | Nov 14 - Nov 21 | 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 | 9am - 11am

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 August 31 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 - 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. Please read the book prior to the first Monday of the month. We will not meet in September due to Labor Day.

October 2 Book Club discussion will be *Rebecca* by Daphne Du Maurier

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 (no movie in September) 12:30-3pm

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.

Ages 55+

Location: Community Activities Center Conference Room

#340555A1 | F | Oct 6 | 8:30am - 4:00pm

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+

Sep 20 - Crossroads Cafe - 4549 Spotswood Trail, Penn Laird

Oct 18 Joe's Diner 3355 S. Main St, Harrisonburg

Nov 8 Sugar & Bean 318 N. Main St, Bridgewater

Dec 13 Little Grill 621 N. Main 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+

Sept 14 - Los Marquez -1751 Virginia Ave. #2, Harrisonburg

Oct 12 - Clementine - 153 South Main St, Harrisonburg

Nov 16 - Vietopia - 1015 Port Republic Rd, Harrisonburg

Dec 7 - Rocktown Kitchen - 217 S. Liberty 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.

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

