



CITY OF HARRISONBURG
**PARKS
& REC**

Fall 2024

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 12 | Non Resident Registration August 26

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. September 5 class will be made up on Friday September 6.

No Class Sep 5, Oct 17, Nov 5 (Election day)

Location: Lucy F. Simms Center Auditorium

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

#340514A1 | Tu, Th | Sep 3 - Oct 10 | 9:00am - 9:45am

#340514A2 | Tu, Th | Oct 15 - Nov 21 | 9:00am - 9:45am

#340514A3 | Tu, Th | Sep 3 - Oct 10 | 10:00am - 11:30am

#340514A4 | Tu, Th | Oct 15 - Nov 21 | 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.

No Class Sep 3, Oct 17, Nov 5 (Election day)

Location: Community Activities Center Fitness Studio

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

#340500A1 | Tu, Th | Sep 3 - Oct 10 | 5:30pm - 6:15pm

#340500A1 | Tu, Th | Oct 15 - Nov 21 | 5:30pm - 6:15pm

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.

No Class October 14

Location: Community Activity Center Fitness Studio

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

#340505A1 | M, W | Sep 4 - Oct 16 | 9:00am - 9:30am

#340505A2 | M, W | Oct 21 - Nov 27 | 9:00am - 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. Please bring your own yoga mat and yoga blocks to class.

No class November 5 or November 26.

Location: Price Rotary Senior Center

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

#340525A1 | Tu | Sep 3 - Oct 8 | 3:00pm - 4:00pm

#340525A2 | Tu | Oct 22 - Dec 10 | 3:00pm - 4:00pm

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. No class Nov 27.

Location: Price Rotary Senior Center

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

#340513A1 | W | Sep 4 - Oct 9 | 10:00am - 11:00am

#340513A2 | W | Oct 23 - Dec 4 | 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 5 or November 26.

Location: Price Rotary Senior Center

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

#340512A1 | Tu | Sep 3 - Oct 8 | 1:30pm - 2:15pm

#340512A2 | Tu | Oct 22 - Dec 10 | 1:30pm - 2:15pm

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

Intermediate Crochet

Instructor: Meki Shifflett

For students who know the basic stitches.

New stitches and projects will be taught.

Location: Price Rotary Senior Center

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

#340571A2 | Tu | Oct 1 - Oct 22 | 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 | Nov 12 & 19 | 11:00am - 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 season starts September 5 but we are always needing substitutions for teams each week - so just come and check us out. New session starts Sep 5.

Location: Valley Lanes

City Res/Non Res \$12 | 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. The book we will be discussing on Oct 7 will be *The Kitchen Front* by Jennifer Ryan

No meeting in September

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 September) 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+

Sep 18 - Little Grill - 621 N. Main St. Hburg 22802

Oct 16 - Joe's Diner - 3355 S. Main St, Harrisonburg

Nov 6 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Dec 11 - The Galley - 2430 S. Main St Hburg 22801

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 12 - Cuban Burger - 70 W Water St. Hburg 22801

Oct 10 - Barbeque Ranch - 3311 N Valley Pike Hburg 22802

Nov 21 - Dayton Tavern - 246 Main St. Dayton 22821

Dec 5 - Rocktown Kitchen - 217 S. Liberty St Hburg VA 22801

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.

Thursday Afternoon Games

Come to the Senior Center and play Mexican Train Dominoes. We will learn it together or if you know how to play we can have several tables playing. You could also play other card games if you are interested. Begin date is September 19.

Location: Price Rotary Senior Center

Free | Ages 50+

Th | 2:00pm-4:00pm

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. Enroll by Oct 10
 Fee: \$20 (AARP members) \$25.00 (non members) Money paid to instructor day of class.

Ages 55+

**Location: Community Activities Center Conference Room
 #340555A1 | Th | Oct 24 | 8:30am - 4:00pm**

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/health-and-fitness> and select the program on June 7

**Location: Prince Rotary Senior Center
 Free | Ages 60+
 F | Sept 13- Jan 10 | 8:45am - 9:45am**

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](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 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/health-and-fitness> and select the program you are interested.

**Location: Price Rotary Senior Center
 Free (Registration Required) | Ages 60+
 Third Monday of Month 2pm - 3pm**

