CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027
50 & WISER

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

OUR WINTER/SPRING 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 Winter/Spring!







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 November 23 | Non-Resident Registration December 7

50 & WISER

GENTLE/BEGINNER

Gentle Stretch
Instructor: Cory Jeffries

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.

***No Class January 18 & February 15

Location: Price Rotary Senior Center
City Res $36 | Non Res $40 | Ages 50+
#140505A1 | M, W | Jan 4 - Feb 10 | 9:00am - 9:30am
#140505A2 | M, W | Feb 22 - Mar 31 | 9:00am - 9:30am
#140505A3 | M, W | Apr 12 - May 19| 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. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands. Additional equipment information will be provided the first class.

***No Class March 25

Location: Lucy F. Simms Center Auditorium
City Res $10 | Non Res $20 | Ages 50+
#140514A1 | Tu, Th | Jan 5 - Feb 11 | 9:00am - 9:50am
#140514A2 | Tu, Th | Jan 5 - Feb 11 | 10:00am - 11:30am
#140514A3 | Tu, Th | Feb 23 - Apr 1 | 9:00am - 9:50am
#140514A4 | Tu, Th | Feb 23 - Apr 1 | 10:00am - 11:30am
#140514A5 | Tu, Th | Apr 13 - May 20 | 9:00am - 9:50am
#140514A6 | Tu, Th | Apr 13 - May 20 | 10:00am - 11:30am

Chair Yoga
Instructor: Anna Smith

Chair Yoga for EVERY BODY is a gentle, accessible form of yoga that promotes wellness at any age. All movements are done while seated or with the support of a chair, making it approachable for all levels of mobility. Please bring a yoga mat and any props that support your practice, such as blocks, a strap, or a cozy blanket.

Location: Price Rotary Senior Center
City Res $25 | Non Res $32 | Ages 50+
#140526A1 | Th | Jan 7 - Feb 11 | 1:00pm - 2:00pm
#140526A2 | Th | Mar 4 - Apr 8 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Winter/Spring Prevention has been recognized by many national organizations including the Arthritis Foundation 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 this class is similar to that of walking.

To register call VPAS at 540-615-5341.

Location: Price Rotary Senior Center
Free | Ages 60+
M | Jan 4 - Apr 26 | 1:00pm - 1:30pm (Advanced)
F | Jan 8 - Apr 30 | 9:00am - 9:45am (New Participants)

INTERMEDIATE/ADVANCED

Power Yogalates
Instructor: Dana Neff

A challenging Pilates/Yoga flow that will leave you feeling energized and strong from the inside out!

Location: Price Rotary Senior Center
City Res $32 | Non Res $35 | Ages 50+
#140513A1 | Tu | Jan 5 - Feb 9| 1:00pm - 2:00pm
#140513A2 | Tu | Mar 2 - Apr 6 | 1:00pm - 2:00pm
#140513A3 | Tu | Apr 20 - May 25| 1:00pm - 2:00pm

Restorative Yogalates
Instructor: Dana Neff

A relaxing Pilates/Yoga flow that focuses on restorative Pilates & Yoga poses.

Location: Price Rotary Senior Center
City Res $32 | Non Res $35 | Ages 50+
#140516A4 | Th | Feb 4 - Mar 11| 11:30am - 12:30pm
#1405163A5 | Th | Apr 1 - May 6 | 11:30am - 12:30pm
#140516A6 | Th | May 20 - Jun 24 | 11:30am - 12:30pm

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 and increased both 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 | W | Feb 3 - Mar 10 | 10:00am - 11:00am
#140512A2 | W | Mar 31 - May 5 | 10:00am - 11:00am
#140512A3 | W | May 19 - Jun 23 | 10:00am - 11:00am

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 March 25

Location: Community Activities Center Fitness Studio
City Res $36 | Non Res $43 | Ages 50+
#140500A1 | Tu, Th | Jan 5 - Feb 11 | 4:30pm - 5:15pm
#140500A2 | Tu, Th | Jan 5 - Feb 11 | 5:30pm - 6:15pm
#140500A3 | Tu, Th | Feb 23 - Apr 1 | 4:30pm - 5:15pm
#140500A4 | Tu, Th | Feb 23 - Apr 1 | 5:30pm - 6:15pm
#140500A5 | Tu, Th | Apr 13 - May 20 | 4:30pm - 5:15pm
#140500A6 | Tu, Th | Apr 13 - May 20 | 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.

Location: Price Rotary Senior Center
City Res $40 | Non Res $50 | Ages 50+
#140525A1 | Tu | Feb 9 - Mar 16 | 3:00pm - 4:00pm
#140525A2 | Tu | Apr 6 - May 11 | 3:00pm - 4:00pm

50 & WISER

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 Senor 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 Senor Center
Free (Registration Required)| Ages 60+
First and Third Monday of Month | 10:00am - 12:00pm

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 2027 (more activities will be offered in the Winter/Spring) and receive the WILD GUYde Adventures 2027 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

High Knob Fire Tower Hike

An afternoon hike to a summit and restored stone fire tower in the George Washington Ntl. Forest, along with some learning about basic outdoor safety. 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 $40 | Non Res $45 | Ages 50+
#131308A1 | W | Apr 7 | 1:00pm - 5:00pm

Doyles River Trail and Waterfall Hike

Hike down to the Doyles River waterfall, snack or picnic lunch, and then return. This 3.3 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. $35 each, plus entry fee into SNP (or bring your National Parks and Federal Recreational Lands Pass).

Location: Shenandoah National Park
City Res $40 | Non Res $45 | Ages 50+
#131309A1 | Th | Apr 22 | 9:00am - 1:00pm

Paddling at Lake Shenandoah

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. Come early and enjoy your bag lunch on the lake-bank.

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: Lake Shenandoah
City Res $50 | Non Res $55 | Ages 50+
#131302A1 | Tu | May 11 | 1:00pm - 4:00pm

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+

Jan 13 - Bridgewater Coffee - 90 Main St. Dayton
Feb 10 - Magpie Diner - 85 W Gay St. Harrisonburg
Mar 10 - The Galley - 2430 S. Main St. Harrisonburg
Apr 14 - Gardenside Diner - 302 N 2nd St. Bridgewater
May 22 - Thurderbird Cafe - 45 Burgess Rd. 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+

Jan 21 - Brothers Pizza - 1059 S High St. Harrisonburg
Feb 18 - Taste of Thai - 917 S High St. Harrisonburg
Mar 18 - Macado's - 103 S Main St. Bridgewater
Apr 22 - Jackson's Corner - 9386 S Congress St. New Market
May 20 - Olive Garden - 45 Burgess Rd. 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.

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. January 4 we will be discussing "The Autobiography of Mrs. Tom Thumb" by Melanie Benjamin.

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senor 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 more.

Location: Price Rotary Senor Center
Free| Ages 50+
Th | Ongoing | 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 January 7.

Location: Valley Lanes
Ages 50+
Th | Ongoing | 12:30pm - 3:00pm

