

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!

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:

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 August 11 | Non Resident Registration August 25

GENTLE

Gentle Stretch

Instructor: Cheryl Foster

Gentle Stretch Class sets the tone for your days 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 October 13

Location: Community Activity Center Fitness Studio

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

#340505A1 | M, W | Sep 3 - Oct 15 | 9:00am - 9:30am

#340505A2 | M, W | Oct 20 - Nov 26 | 9:00am - 9:30am

Yin Nidra Yoga

NEW!

Instructor: Dana Neff

Yin Nidra Yoga is a deeply restorative and meditative experience. In the first half of the class, you'll settle into floor-based yin poses, each held for several minutes to gently stretch and increase mobility, while calming your nervous system. The 2nd half invites you into stillness through guided meditation. Lying in a comfortable position, you'll be led through a body scan, breath awareness & visualizations designed to bring you into a state of deep rest. PERFECT FOR ALL LEVELS, this class supports stress relief and better sleep. No Class Oct 13

Location: Price Rotary Senior Center

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

#340511A1 | M | Sep 8 - Oct 20 | 4:15pm - 5:15pm

#340511A2 | M | Nov 3 - Dec 8 | 4:15pm - 5:15pm

Chair Yoga

NEW!

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.

No Class October 13, Nov 3

Free Demo Class Monday, August 18 1:00pm-1:30pm

Location: Price Rotary Senior Center

City Res \$25 | Non Res \$32 | Ages 50+

#340526A1 | M | Sep 8 - Oct 20 | 1:00pm - 2:00pm

#340526A2 | M | Oct 27 - Dec 15 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall 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+

F | Sep 5 - Dec 12 | 9:00am - 9:45am



BEGINNER

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.

No Class Sep 9, Oct 9, Oct 14, Nov 4, Nov 11, Nov 25, Nov 27

Location: Lucy F. Simms Center Auditorium

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

#340514A1 | Tu, Th | Sep 2 - Oct 7 | 9:00am - 9:50am

#340514A2 | Tu, Th | Oct 14 - Dec 11 | 9:00am - 9:50am

#340514A3 | Tu, Th | Sep 2 - Oct 7 | 10:00am - 11:30am

#340514A4 | Tu, Th | Oct 14 - Dec 11 | 10:00am - 11:30am

INTERMEDIATE/ ADVANCED

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 Sep 9, Oct 9, Oct 14, Nov 4, Nov 11, Nov 25, Nov 27

Location: Community Activities Center Fitness Studio

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

#340500A1 | Tu, Th | Sep 2 - Oct 7 | 4:30pm - 5:15pm

#340500A2 | Tu, Th | Oct 14 - Dec 11 | 4:30pm - 5:15pm

#340500A3 | Tu, Th | Sep 2 - Oct 7 | 5:30pm - 6:15pm

#340500A4 | Tu, Th | Oct 14 - Dec 11 | 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.

No class September 9, November 4, November 11

Location: Price Rotary Senior Center

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

#340525A1 | Tu | Sep 2 - Oct 14 | 3:00pm - 4:00pm

#340525A2 | Tu | Oct 28 - Dec 16 | 3:00pm - 4:00pm

Yogalates

Instructor: Dana Neff

Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches and strengthens all 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 26

Location: Price Rotary Senior Center

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

#340513A1 | W | Sep 3 - Oct 8 | 10:00am - 11:00am

#340513A2 | W | Oct 22 - Dec 3 | 10:00am - 11:00am

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 2025 (more activities will be offered in the fall) and receive the WILD GUYde Adventures 2025 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

Paddling at Lake Shenandoah

In this afternoon session, you to learn basic paddle-strokes, partnering, and boat-handling skills (canoe and kayak) on flatwater, and enjoy some peaceful paddling in this beautiful setting. Bring and enjoy your bag lunch on the lake-bank afterwards. 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 \$47 | Non Res \$53 | Ages 50+

#331302A1 | Th | Sep 18 | 1:00pm - 4:00pm

Hidden Rocks Trail Hike

An afternoon hike with stream crossings and rhododendron, to a beautiful rock cliff band 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 \$32 | Non Res \$37 | Ages 50+

#331308A1 | W | Oct 8 | 1:00pm - 4:00pm

Indoor Climbing at the EMU Climbing Wall

An afternoon to explore the vertical world at a beginner level. Learn how to harness up, belay, and try your hand at getting up off the ground on some moderate climbs.

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: Eastern Mennonite University

City Res \$32 | Non Res \$37 | Ages 50+

#331307A1 | Tu | Dec 16 | 1:00pm - 4:00pm

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 Senior Center

Free | Ages 50+

Tu, Th | Ongoing | 9:00am - 11:00am

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 2 - Sep 23 | 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 7 - Oct 28 | 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 18 & Nov 25 | 11:00am - 1:00pm

ENRICHMENT

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.

Registration closed two weeks prior to class.

Location: Community Activities Center Conference Room

Ages 50+

#340555A1 | W | Sep 24 | 8:30am - 4:00pm

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. The book we will be discussing in October is "The Second life of Mirielle West" by Amanda Skenadore.

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free| Ages 50+

First Monday of the month | Ongoing | 2:30pm - 4:00pm

Thursday Afternoon Games

Come to the Senior Center and play a variety of games including Mexican Train Dominoes, Sequence, and a variety of other games.

Location: Price Rotary Senior Center

Free| Ages 50+

Th | Ongoing | 1:00pm - 3:00pm

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 August 28.

Location: Valley Lanes

Free| Ages 50+

Th | Ongoing | 12:30pm - 3:00pm

Free Chair Yoga for Every Body demo class!



Monday, August 18

1:00pm-1:30pm

Price Rotary Senior Center

Chair Yoga 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.

Chair Yoga offers exercises that help build strength, improve flexibility, and support everyday movement.

Mind-body centering through breathwork will holistically solidify our practice.

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+

Sep 17 - Little Grill - 621 N. Main St. Harrisonburg

Oct 15 - Joe's Diner - 3355 S. Main St, Harrisonburg

Nov 5 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Dec 10 - Gardenside Diner - 302 N 2nd St. Bridgewater

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 11 - Cuban Burger - 70 W Water St. Harrisonburg

Oct 9 - Oriental Cafe - 563 University Blvd, Harrisonburg

Nov 21 - Francesco's - 101 N. Main St. Bridgewater

Dec 4 - Rocktown Kitchen - 217 S. Liberty Street, 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 (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 VPAS. Contact 540-615-5341 to register. For more information check vpas.info/vpas-cafes.

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

First and Third Monday of Month | 10:00am - 12:00pm

