

## Summer 2025

### 50 & Wiser Programs

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

## Our Summer 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 Adventure

Join us on one of our outdoor adventures! Hike to High Knob Fire Tower or paddle at Lake Shenandoah. These outdoor adventures are specifically for those 50 and older.

### 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 Summer!



## 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](mailto:Lynn.Hoy@harrisonburgva.gov).

**City Resident Registration April 28 | Non Resident Registration May 12**

## GENTLE/ BEGINNER FITNESS

### 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.

You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

No class June 19, June 24, July 1, July 3.

**Location: Lucy F. Simms Center Auditorium**

**City Res \$10 | Non Res \$20 | Ages 50+**

**#240514A1 | Tu, Th | Jun 3 - Jul 17 | 9:00am - 9:50am**

**#240514A2 | Tu, Th | Jun 3 - Jul 17 | 10:00am - 11:30am**



### Tai Chi for Arthritis and Fall Prevention

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. This is a continued practice class for those who have taken the class before.

**Location: Prince Rotary Senior Center**

**Free | Ages 60+**

**F | Jun 6 - Aug 29 | 9:00am - 9:30am**

## INTERMEDIATE/ ADVANCED FITNESS

### 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.

**Location: Price Rotary Senior Center**

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

**#240513A1 | W | Jun 11 - Jul 16 | 10:00am - 11:00am**

**#240513A2 | Th | Jun 12 - Jul 17 | 1:00pm - 2:00pm**

**#240513A3 | W | Jul 23 - Aug 27 | 10:00am - 11:00am**

**#240513A4 | Th | Jul 24 - Aug 28 | 1:00pm - 2:00pm**

### 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+**

**#240525A1 | Tu | Jun 10 - Jul 15 | 3:00pm - 4:00pm**

### 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 June 19, June 24, July 1, July 3.

**Location: Community Activities Center Fitness Studio**

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

**#240500A1 | Tu, Th | Jun 3 - Jul 17 | 4:30pm - 5:15pm**

**#240500A2 | Tu, Th | Jun 3 - Jul 17 | 5:30pm - 6:15pm**

### 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!

No class June 19, June 24, July 1, July 3.

**Location: Community Activities Fitness Studio**

**City Res \$30 | Non Res \$35 | Ages 40+**

**#240502A1 | Tu, Th | Jun 3 - Jul 24 | 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!)

### Doyles River Trail and Waterfall Hike (SNP)

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. Cost of activity, plus entry fee into SNP (or bring your National Parks and Federal Recreational Lands Pass).

**Location: Shenandoah National Park \*must pay for park pass**

**City Res \$27 | Non Res \$32 | Ages 50+**

**#231308A1 | F | Jun 27 | 9:00am - 1:00pm**

### Paddling at Lake Shenandoah or Switzer Dam

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. 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 OR Switzer Dam**

**City Res \$47 | Non Res \$53 | Ages 50+**

**#231302A1 | F | Jul 25 | 9:00am - 12:00pm**

### Backcountry Navigation Clinic

An afternoon of learning and practicing map and compass skills out in the George Washington Ntl. Forest. For day-hikers, backpackers, mountain bikers, hunters, scout leaders, and anyone else who likes to wander off the beaten path. A personal clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be provided by WILD GUYde Adventures after registration.

**Location: George Washington National Forest**

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

**#231303A2 | Tu | Aug 19 | 1:00pm - 5:00pm**

## 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**

## 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 VPAS. Contact 540-615-5341 to register. For more information check [vpas.info/vpas-cafes](https://vpas.info/vpas-cafes).

**Location: Price Rotary Senior Center**

**Free (Registration Required) | Ages 60+**

**First and Third Monday of Month 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 call 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**





## 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 June is *The Only Woman in the Room* by Marie Benedict.

Contact [Lynn.Hoy@HarrisonburgVA.gov](mailto: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](mailto:Lynn.Hoy@HarrisonburgVA.gov) for the title each month.

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**First Monday of Month | 12:30pm - 2:30pm**

**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.

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**Th | 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.

**Location: Valley Lanes**

**City Res/Non Res \$12 | Ages 50+**

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

## 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](mailto:Lynn.Hoy@harrisonburgva.gov) if you are planning on attending by the Friday before. Everyone orders off the menu.

**Ages 50+**

**Jun 4 - First Watch - 101 Burgess Rd. Harrisonburg**

**July 2 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville**

**Aug 13 - Joe's Diner - 3355 S. 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](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Ages 50+**

**Jun 12 - Grilled Cheese Mania - 1476 S Main St. Harrisonburg**

**Jul 17 - Jimmy Madison's - 121 S Main St. Harrisonburg**

**Aug 28 - Taste of India - 498 University Blvd. 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 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](mailto:Lynn.Hoy@HarrisonburgVA.gov) or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

