

January

M CPR ACTIVE ADULT EVENTS and ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed	2	3	4	5	6
7	8	9 Winter Hike Great Escapes *	10 Holiday Ornament *	11	12 Winter/Spring Registration Begins	13
14	15 Office Closed	16 Pottery Class	17 NRVCs - ACE's	18 Afternoon Adventures Step by Step Class	19	20
21	22	23 Bites & Buys	24	25	26 Lima Bean Auction*	27
28	29	30	31			

Some programs are co-sponsored with neighboring organizations.

*Registration marked with an asterisk/yellow square is done through the hosting department.

WINTER HIKE - \$10

Jan. 9, 9:30 am- 3 pm, Location TBD

Enjoy a winter hike and some fresh air while getting your legs moving. Level 1 - Leisurely Stroll. Trail consists of flat or gradual terrain and is typically a paved or groomed surface.

The deadline to register or withdraw is Jan 2.

GREAT ESCAPES—\$8

Jan. 9, 11:30 am, Christiansburg Recreation Center

Travel with us on this virtual journey to a destination monthly. The deadline to register is Jan 2.

HOLIDAY TREE ORNAMENT—\$8

Jan. 10, 11 am, Christiansburg Recreation Center

Join us each month as we continue our journey of making an ornament for a new holiday/season. The deadline to register or withdraw is Jan 3.

POTTERY CLASS—\$35

Jan. 16, 1 pm, Paint n' Fun, Uptown Christiansburg (Formerly Christiansburg Mall)

Join us for a 2 hour wheel class - you will learn how to center your clay on the wheel and create a bowl/vessel. Try it classes are great for all levels - Class includes instruction, demonstration and the basics for beginning to use the wheel. You will prepare your clay and learn to properly clean and care for the wheel. Please dress for a mess and bring a towel for your lap.

Firing your piece is NOT included in the \$35 price - This is a true TRY IT Class. You can make as many pieces as you like in the allotted time - There is a \$20 firing/glazing fee for each piece. This fee includes firing to bisque, return visit to glaze, and the glaze firing.

NRVCS—ACEs CLASS— FREE

Jan. 17, 11 am-1pm, Montgomery County Gov. Center

Adverse childhood experiences, or ACEs, are responses to traumatic events that occur in childhood (0-17 years).

ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented. Join us to learn more about ACEs and how you can take an active role in improving the overall wellness of our community!

Participants are asked to bring their favorite dish to share for lunch.

This program is co-sponsored with NRVCS (New River Valley Community Services)

AFTERNOON ADVENTURES—\$10

Jan. 18, 1 pm, Montgomery County Gov. Center

Spend the afternoon with friends or make new friends. Each month we will be something different. The deadline to register or withdraw is Jan 11.

STEP BY STEP PAINTING—CARDINAL — \$20

Jan. 18, 6—8 pm, Montgomery County Gov. Center

Join instructor Caroline for step by step instructions on how to paint a Cardinal. Fee includes all supplies. The deadline to register or withdraw is Jan 11.

BITES AND BUYS— ANGELLE'S DINER-\$8

Jan. 23, 10 am—3:30 pm, Salem, VA

"Bites and Buys" is a delightful excursion that combines culinary exploration with retail therapy, allowing participants to savor diverse cuisines while indulging in a shopping stop along the way. Participants will be responsible for their own lunch. The deadline to register or withdraw is Jan 16.

LIMA BEAN AUCTION—\$12

Jan. 26, 11 am, Christiansburg Recreation Center

Get ready to bid against your neighbor for items. Participants will each get a specific number of lima beans to use for currency in bidding. Light refreshments and drinks provided. The deadline to register or withdraw is Jan 19.

February

MCPR ACTIVE ADULT EVENTS and ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Mystery Snowman Craft*	3
4	5	6 Great Escapes	7 Holiday Tree Ornament	8 Galantine's Day Tea Party	9 Valentine's Day Craft	10
11	12 Sweet Treats	13	14 Valentine's Day Bingo	15 Chunky Knit Blanket	16 Step by Step Painting	17
18	19 Office Closed	20	21 QPR Mental Health Training	22 Afternoon Adventures	23 Green Valley Book Fair	24
25	26	27	28 Bites and Buys	29 Flicks and Food		

Some programs are co-sponsored with neighboring organizations.

*Registration marked with an asterisk/yellow square is done through the hosting department.

MYSTERY SNOWMAN CRAFT—\$15

Feb. 2, 11 am, Christiansburg Recreation Center
Create a snowman out of plastic pumpkins for your front porch decoration. The deadline to register is Jan 17.

GREAT ESCAPES—\$8

Feb. 6, 11:30 am, Christiansburg Recreation Center
Travel with us on this virtual journey to a destination monthly. The deadline to register is Jan 30.

HOLIDAY TREE ORNAMENT—\$8

Feb. 7, 11 am, Christiansburg Recreation Center
Join us each month as we continue our journey of making an ornament for a new holiday/season. The deadline to register is Feb. 1.

GALENTINE'S DAY TEA PARTY—\$20

Feb 8, 11 am, Montgomery County Gov. Center
Grab your floppy hat and your best gal pal and join us for a tea party!
Indulge in the warmth of friendship and celebrate sisterhood with a charming Galentine's Day tea party, where laughter, love, and delightful conversations steep together in an atmosphere adorned with elegant tea sets and sweet treats. The deadline to register or withdraw is Jan 31.

MYSTERY VALENTINE'S DAY CRAFT—\$7

Feb. 9, 11 am, Montgomery County Gov. Center
Unlock the secrets of creativity with our mystery Valentine's Day craft, where you'll embark on a journey to create a heartfelt surprise that will make this special day even more unforgettable for your loved ones. The deadline to register or withdraw is Feb 2.

SWEET TREATS - \$15

Feb. 12, 11 am, Christiansburg Recreation Center

Join us as we create sweet treats in time for Valentine's Day. Please note, some treats may be made with chocolate, nuts, and coconut. The deadline to register is Feb 5.

VALENTINE'S DAY BINGO - \$8

Feb 14, 11 am, Montgomery County Gov. Center

Celebrate love and friendship with Valentine's Day Bingo, a fun and heartwarming game filled with adorable symbols of affection and sweet surprises! Perfect for a delightful time with family and friends on Valentine's Day. The deadline to register or withdraw is Feb 7.

CHUNKY KNIT BLANKET—Pay at the Store

Feb. 15, 1 pm, Paint n Fun, Christiansburg Mall

Join us for a Chunky Blanket Workshop! We will show you how to hand knit - no tools required - your very own chunky, cozy blanket - no prior experience required!

Participants can choose between four sizes: small \$60, medium \$90, large \$120, extra-large \$140, and will pay at the store for their choice.

Participants will meet at the store in the mall.

The deadline to register is Feb 8.

STEP BY STEP PAINTING—DANDELION - \$17

Feb 16, 1 pm, Montgomery County Gov. Center

Join instructor Bev Bridges for instruction on how to paint a Dandelion step by step. Fee includes all supplies. The deadline to register or withdraw is Feb 9.

QPR: MENTAL HEALTH TRAINING - Free

Feb. 21, 11 am, Montgomery County Gov. Center

Question. Persuade. Refer: Just like CPR, QPR is an emergency response to someone in crisis and can save lives. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Join us in a relaxed setting to learn about myths and facts surrounding suicide, how to recognize signs and symptoms of a mental health crisis, and how to respond and support someone experiencing suicidal thoughts.

Participants are asked to bring their favorite dish to share for lunch. This program is offered by New River Valley Community Services. The deadline to register is Feb 14.

AFTERNOON ADVENTURES - \$10

Feb. 22, 1 pm, Montgomery County Gov. Center

Spend the afternoon with friends or make new friends. Each month we will be something different. The deadline to register or withdraw is Feb 15

GREEN VALLEY BOOK FAIR - \$15

Feb 23, 9 am—5:30 pm, Mt. Crawford, VA

Founded in 1970, the Green Valley Book Fair has become famous among book lovers throughout Virginia and the mid-Atlantic region for its great selection and low, wholesale-to-everyone prices. Located just south of Harrisonburg, Virginia, in the heart of the beautiful Shenandoah Valley, the Green Valley Book Fair is a discount book outlet store featuring over 500,000 new books at incredible bargain prices. Save up to 90% off retail on over 30,000 different titles in more than 60 different categories, including fiction, history, health and self-help, children's books, religion, science, sports, cooking, home and garden, crafts, art, reference, nature and outdoors, and more.

Participants will be responsible for their own lunch. The deadline to register or withdraw is Feb 13.

BITES AND BUYS— THE MASON JAR- \$8

Feb. 28, 10:30 am—3:30 pm, Claytor Lake, VA

"Bites and Buys" is a delightful excursion that combines culinary exploration with retail therapy, allowing participants to savor diverse cuisines while indulging in a shopping stop along the way.

Participants will be responsible for their own lunch.

The deadline to register or withdraw is Feb 21.

FLICKS AND FOOD - \$5

Feb 29, 1 pm, Montgomery County Gov. Center

Bring your favorite snack and enjoy the surprise both on the screen and on your plate. It's a delightful combination of community, entertainment, and tasty treats that you won't want to miss!

Participants are asked to bring their favorite snack to share.

The deadline to register or withdraw is Feb 22.

March

MCPR ACTIVE ADULT EVENTS and ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 St. Patrick's Day Craft	6 Step by Step Painting	7	8 Trader Joe's	9
10	11 National Craft Month	12 Great Escapes	13 Holiday Tree Ornament	14 Spring Hike	15 St. Paddy's Day Bingo	16
17	18	19 Succulent Wreath	20 Bites and Buys	21 Afternoon Adventures	22	23
24 31	25	26 Clay Flower Pot	27 Mill Mt. Theatre	28 Easter Bingo	29	30

Some programs are co-sponsored with neighboring organizations.

*Registration marked with an asterisk/yellow square is done through the hosting department.

ST. PATRICK'S DAY CRAFT—\$7

Mar. 5, 11 am, Montgomery County Gov. Center
Create your own luck this St. Patrick's Day with a charming themed craft, perfect for the holiday! The deadline to register or withdraw is Feb 27.

STEP BY STEP PAINTING—EASTER - \$17

Mar. 6, 1 pm, Montgomery County Gov. Center
Join instructor Bev Bridges for instruction on how to paint an Easter Painting step by step. Fee includes all supplies. The deadline to register or withdraw is Feb 28.

TRADER JOE'S—\$15

Mar. 8, 8:30 am—5:30 pm, Charlottesville, VA
Step inside and you'll find unconventional and interesting products in the Trader Joe's Label. A great source for gourmet cheese, wine, unique gifts items, holiday greenery. The Shops at Stonefield is an elegant mix of retail shopping amidst some of the work most sought after brands, LL Bean, Pottery

Barn, Williams & Sonoma to name a few. Participants will be dropped off at the shopping center and be picked up at a later time. Lunch will be on your own at the shopping center. The deadline to register or withdraw is March 1.

NATIONAL CRAFT MONTH—\$10

Mar. 11, 1 pm, Christiansburg Recreation Center
March is National Craft Month. Spend the afternoon socializing with friends. Craft kits will be available for participants to choose from. The deadline to register is March 4.

GREAT ESCAPES—\$8

Mar. 12, 11:30 am, Christiansburg Recreation Center
Travel with us on this virtual journey to a destination monthly. The deadline to register is Feb 28.

HOLIDAY TREE ORNAMENT—\$8

Mar. 13, 11 am, Christiansburg Recreation Center

Join us each month as we continue our journey of making an ornament for a new holiday/season. The deadline to register is March 6.

MASON'S CREEK GREENWAY HIKE - \$10

Mar. 14, 9 am—4 pm, Roanoke, VA

Experience the ever expanding Roanoke Greenway system on this fun hiking adventure! This section of the trail is located in Salem and extends one mile. We will hike an out and back for a two mile hike total. This section of trail has had over 100 species of birds identified on it. This 2 mile early spring hike will allow you to stretch your winter legs and get us moving out in nature. Lunch will be on your own at a local bistro. The deadline to register or withdraw is March 7.

ST. PADDY'S DAY BINGO - \$5 plus 4 quarters

Mar. 15, 11 am, Christiansburg Recreation Center

Celebrate St. Patrick's Day with a twist of luck in this festive Bingo game with treats and friends. The deadline to register is Feb 27.

SUCCULENT WREATH— \$15

Mar. 19, 11 am, Christiansburg Recreation Center

Create a wreath made with succulents for your door. The deadline to register is Mar 12.

BITES AND BUYS — LITTLE RICHARD'S BBQ - \$8

Mar. 20, 9:30 am—4 pm, Mt. Airy, NC

"Bites and Buys" is a delightful excursion that combines culinary exploration with retail therapy, allowing participants to savor diverse cuisines while indulging in a shopping stop along the way. Participants will be responsible for their own lunch. The deadline to register or withdraw is March 13.

AFTERNOON ADVENTURES - \$10

Mar. 21, 1 pm, Montgomery County Gov. Center

Spend the afternoon with friends or make new friends. Each month we will be something different. The deadline to register or withdraw is March 14.

CLAY FLOWER POTS - \$45

Mar. 26, 1 pm, Paint n' Fun, Christiansburg Mall

Participants will be led in a clay molding class at Paint n' Fun at the mall. Step by step instructions will be provided from start to finish. Purchase must be paid for before the deadline and will not be refunded after the registration and withdraw deadline.

Participants will meet at the store in the mall.

The deadline to register or withdraw is March 19.

MILL MOUNTAIN THEATRE— ESCAPE TO MARGARITAVILLE - \$63

Mar. 27, 10 am - 5 pm, Roanoke, VA

Enjoy an afternoon in Downtown Roanoke shopping and eating lunch, followed up with a play at Mill Mountain Theater! Don your Hawaiian shirts and kick off your flip flops for a tour of a tropical paradise led by Tully, a part-time bartender, part-time singer, and full-time charmer who thinks he's got life all figured out—until a beautiful tourist steals his heart and makes him question everything. Escape to Margaritaville is a musical comedy featuring the most-loved Jimmy Buffett classics, including "Cheeseburger in Paradise," "Margaritaville," "It's Five O'Clock Somewhere," "Volcano," and many more. With a book by Emmy Award winner Greg Garcia and Emmy nominee Mike O'Malley, this hilarious, heartwarming musical is the party you've been waiting for!

Participants are responsible for their own lunch in downtown Roanoke.

The deadline to register or withdraw is Feb 27.

EASTER BINGO - \$8







Mar. 28, 11 am, Montgomery County Gov. Center

Hop into the joyous spirit of Easter with our fun-filled Easter Bingo, a delightful game for all that's filled with colorful eggs, cute bunnies, and sweet treats, making it a perfect activity for a memorable celebration with family and friends.

The deadline to register is March 21.

April

MCPR ACTIVE ADULT EVENTS and ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Flicks and Food	3 Draper Blooms Tea Garden	4 Step by Step Painting	5	6
7	8	9 Watercolor Cards	10 Holiday Tree Ornament	11 Bites and Buys	12	13
14	15	16 Pick and Paint	17 Wildflower Hike	18 Afternoon Adventures	19	20
21	22	23 TRIAD Shred- A- Thon	24 Barter Theatre	25	26	27
28 	29 	30 				

Some programs are co-sponsored with neighboring organizations.

*Registration marked with an asterisk/yellow square is done through the hosting department.

FLICKS AND FOOD - \$5

Apr. 2, 10 am, Montgomery County Gov. Center
Bring your favorite snack and enjoy the surprise both on the screen and on your plate. It's a delightful combination of community, entertainment, and tasty treats that you won't want to miss!

Participants are asked to bring their favorite snack to share.

The deadline to register is March 26

DRAPER BLOOMS TEA GARDEN - \$48

Apr. 3, 10 am—4 pm, Draper, VA
Join us as we enjoy a savory selection of tea sandwiches served with a light fruit garnish, tea, and scones. Fee includes the Sandwich Tea ticket and trip.

The deadline to register or withdraw is March 20.

STEP BY STEP PAINTING — \$17

Apr. 4, 10 am, Montgomery County Gov. Center
Join instructor Bev Bridges for instruction on how to paint a surprise painting step by step. Fee includes all supplies. The deadline to register or withdraw is Mar. 28.

WATERCOLOR CARDS- \$15

Apr. 9, 11 am, Christiansburg Recreation Center
Create beautiful handmade water-colored cards. Participants will make six cards each.
The deadline to register is Apr 2.

HOLIDAY TREE ORNAMENT—\$8

Apr. 10, 11 am, Christiansburg Recreation Center
Join us each month as we continue our journey of making an ornament for a new holiday/season. The deadline to register is April 3.

BITES AND BUYS – THE PINK CADILLAC DINER - \$8

Apr. 11, 10 am–2 pm, Natural Bridge, VA

"Bites and Buys" is a delightful excursion that combines culinary exploration with retail therapy, allowing participants to savor diverse cuisines while indulging in a shopping stop along the way.

We will be enjoying The Pink Cadillac, with Elvis memorabilia, an old-fashioned jukebox, 12 flavors of ice cream, and classic diner food. Participants will be responsible for their own lunch. The deadline to register or withdraw is April 4.

PICK AND PAINT - \$ PAY AT THE STORE

Apr. 16, 1 pm, Paint n' Fun, Christiansburg Mall

Join us for a great afternoon of painting! Participants will pick out which piece they want and pay at the store for what they choose. Pre-registration is required so that we have a head count.

Participants will meet at the store in the mall.

The deadline to register is April 9.

ASHE COUNTY WILDFLOWER HIKE—\$15

Apr. 17, 8 am–5 pm, Ashe County, NC

Get out and shake off the winter blues while we look for the first wildflowers popping up for the year along the South Fork of the New River. Lunch is on your own in downtown West Jefferson. After lunch take in the views from Mount Jefferson State Park. The deadline to register or withdraw is April 14.

AFTERNOON ADVENTURES - \$10

Apr. 18, 1 pm, Montgomery County Gov. Center

Spend the afternoon with friends or make new friends. Each month we will be something different.

The deadline to register or withdraw is April 11.

TRIAD SHRED—A—THON

Apr. 23, 3-6 pm, Christiansburg Recreation Center Parking Lot

Help prevent identity theft, shred unwanted documents, protect identifying information and clean out clutter! Please bring your documents in a box or plastic tote (no larger than 22.5x18x11.5") and respect the limit of three totes/boxes per vehicle.

Items that cannot be shredded include: metal, three-ring binders, composition notebooks, hanging file

folders, paint brushes, padlocks, hardback books, keys, eyeglasses, bungee cords, etc. Please note that the Shred-A-Thon is a drive-thru event; please do not get out of your car and approach the collection site, but rather stay in the line of vehicles for an event coordinator to approach you. No walk ups will be allowed. For more information, contact Tammy Caldwell at (540) 382-2349, ext. 2003, or tcaldwell@christiansburg.org.

BARTER THEATRE – RING OF FIRE - \$58

Apr. 24, 10 am–6:30 pm, Abingdon, VA

Join us as we celebrate the opening of our newly-renovated Gilliam Stage with a fiery musical about the Man in Black himself – Johnny Cash! Ring of Fire: The Music of Johnny Cash follows the full story of Cash's life: his early days in the cotton fields of Arkansas, the launch of his musical career in Memphis, his marriage to his beloved June Carter, and all of the soul-stirring music he created along the way. Listen to unforgettable renditions of famous songs such as "I Walk the Line," "Folsom Prison Blues," "I've Been Everywhere" and more, delivered by actor-musicians in a toe-tapping, soul-stirring musical biography you don't want to miss.

Participants are responsible for their own lunch in downtown Abingdon.

The deadline to register or withdraw is March 22.

NRV SENIOR GAMES

Apr. 28–May 3, Various NRV Locations

Christiansburg Department of Parks and Recreation will be the host agency for the 2024 New River Valley Senior Games will be held Sunday-Friday, April 28- May 3, 2024. The games are open to New River Valley residents 50 years of age and older. Through a multitude of athletic and social events, participants have the opportunity to display their athletic ability, in addition to exchanging and sharing common ties and interests with other senior individuals

More information will become available February 2024. To be added to the mailing list for information please contact Christiansburg Parks and Recreation at 540-382-2349 or email

tcaldwell@christiansburg.org