

# Blacksburg Parks and Recreation



**Town of Blacksburg**

A newsletter for Blacksburg Active Adult Programs, 725 Patrick Henry Dr. Call Joy Herbert, Senior Programs Supervisor to be placed on the mailing list. 540-443-1142 or [jherbert@blacksburg.gov](mailto:jherbert@blacksburg.gov)

Fall 2024

## ***A Listing of Trips, Classes and Special Events***

For more information on these programs contact Joy at 540-443-1142 or check out our website at [www.blacksburg.gov/recreation](http://www.blacksburg.gov/recreation).

In the event of inclement weather, please call the community center at 540-443-1140

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## **Town of Blacksburg's Senior Center Endowment Fund**

Thanks to generous donations, the Town of Blacksburg's Senior Center Endowment Fund is once again fully endowed. The idea to establish the fund was initiated by the late Connie Anderson, and her leadership and generosity helped to make this project successful. The fund is an Agency Grant specific for the Blacksburg Senior Center, and as the fund grows in the future, the annual disbursement amount from the fund will also grow and be used exclusively for Senior Center needs. The fund is managed by the Community Foundation of the New River Valley. All donations are tax deductible and can be sent to The Community Foundation of the New River, PO Box 6009, Christiansburg, VA 24068-6009. Designated fund is the Town of Blacksburg-Senior Center Endowment Fund.

# Registration Procedures

## HOW IT WORKS

### All Registration:

Walk-in, Phone-in, Mail-in, On-line  
and Fax-in)

Will begin Tuesday, Sep 3 2024

Starting at 9AM

### In all three locations

The Community Center (725 Patrick Henry Dr.)  
540-443-1140

Aquatic Center (625 Patrick Henry Dr.)  
540-443-1120

Parks & Recreation Office (615 Patrick Henry  
Dr.) 540-443-1100

### Online Registration is available.

Sign up for and view programs at

<https://recreation.blacksburg.gov>. In order to use our website you need a username and password, which is your household number. You can find this number at the top of any of your receipts or simply give us a call. First time customers will need to stop by one of our facilities to be entered into our computer system. On line also begins 9AM

- A credit card is required to process all phoned-in and On-Line registrations. Master Card and Visa are accepted.
- All classes and trips are on a first come, first serve basis.
- Programs are designed for seniors ages 50 and above. However, all adults are welcome to participate.
- You may use our mail-in registration form which is located on Page 16. However, mailing in your registration does not guarantee you a spot. Mail in forms are processed the day that registration begins and are added to the roster if space is available.
- **You may register one person in addition to yourself when registering in person.**

## Refunds

- Refund requests must be made 7 business days prior to the start of a program or rental unless indicated differently with program listing.
- Less than 7 day notice of a cancellation will result in NO REFUND being given unless a substitute can be found.
- Requests received less than 7 business days prior to the start of a programs, class or rental are not guaranteed any refund. Non-attendance/non-participation in a program or class does not entitle a patron to a refund.
- An additional \$25 service charge will be applied to all cash/check refunds. Refund checks from Finance may take up to 3 weeks to process. Credit cards will not be refunded until 2 business days have passed since the card was charged.
- Refunds under \$25 will only be issued as a household credit.

NOTE: Refunds for programs/trips will be at the discretion of the Supervisor due to prior pre-purchased/or reservation tickets.

# Joy Rides :D

## For Those with Special Needs

The department's 20 passenger busses have room to carry walkers, canes or similar assistive devices. However, staff is unable to personally assist individuals beyond loading and unloading the vehicle. Therefore, we require a caretaker or aide to accompany participants with special needs such as significant hearing or vision impairments or mental disabilities, who require personal assistance during the operation of the bus or Active Adult programs

## Important Trip information

- We ask that you arrive at least 15 minutes prior to departure.
- Seating is on a first come first serve basis. However, staff may reserve front seats for those with physical limitations.
- Staff will supervise loading of the bus. Front seats are in high demand. Therefore, if you are traveling alone, be prepared to share that front seat with another passenger.
- We ask that you utilize the overhead bins for personal belongings.
- Saving of seats is not permitted. However, if you are traveling with someone, you are allowed to save the one seat next to you.
- Your comfort is important to us. However, it is difficult to find the perfect temperature for everyone. We suggest that you dress in layers.

## Korner's Folly & Paul J. Ceiner Botanical Garden - Kernersville NC (123600-D3)

A guided tour of the 22 rooms of an architectural wonder and home of artist and designer Jule Gilmer built in 1880. Tour the beautiful gardens that surprise visitors near and far.

**When** W Sep 4

**Itinerary** Depart center at 8:30am (please arrive at least 15 minutes prior to departure). Return to the center estimated by 7pm.

**Cost** \$40R/50NR. Fee includes transportation, guided tour, and entrance fees. Lunch extra at J. Peppers Southern Grill

**Registration begins August 12**

## **Historic Saltville (123600-F6)**

Learn how geology influenced the history of the Saltville area for millions of years with a visit to the Museum of the Middle Appalachians. Learn about the role of the Salt Works in the Civil War. We will see the King Stuart House, Madame Russel Church and Cabin and more.

**When** Wed Oct 2

**Itinerary** Depart center at 8:15am (please arrive at least 15 minutes prior to departure). Return estimated by 6:15pm.

**Cost** \$50R/\$60NR. Fee includes transportation, lunch at Coaches, guided tour and entrance fees.

**Registration begins Sep 3**

## **New- Taste of Wytheville (123600-D2)**

Enjoy a walking tour in downtown Wytheville. We'll stop at popular spots for a progressive meal and some shopping. Indulge in coffee, breakfast bites and bagels, cookies, paninis, salad and wine and we will finish with ice cream treats. Destinations include The Grind, Bolling Wilson Museum, Ghetti's, the Rock House, The Homestead, Petals, Frozen in Time, Jo-Jo's and the Millwald!

**When** W Oct 9

**Itinerary** Depart center at 9am (please arrive at least 15 minutes prior to departure). Return estimated by 4:30pm.

**Cost** \$78R/\$88NR. Fee includes transportation, all food and beverages and guided tour.

**Registration begins Sep 3**

## **NEW - Fall Luncheon at Mountain Lake (123600-F3)**

Fall colors should be in peak condition as we travel up the Mountain to dine at the Harvest Grill in the beautiful lodge. There will be free time afterwards to explore the grounds and to visit their gift shop.

**When** Tu Oct 15

**Itinerary** Depart center at 10:30am (please arrive at least 15 minutes prior to departure) with return estimated by 3pm.

**Cost** \$45R/\$55NR. Fee includes transportation and Lunch

**Registration begins Sep 3.**

## **“Oklahoma” Wohlfarthaus Dinner Theater (123600-D4)**

The groundbreaking Rodger’s & Hammerstein’s musical that set the stage for all that followed. Set in Western Territory just after the turn of the 20th century. It is a lively musical full of cowboys, farmers, romance and fearless optimism. No refunds after Sep 16 unless a substitute is found.

**When** Th Oct 17

**Itinerary** Depart center at 11am (please arrive at least 15 minutes prior to departure). Return to the center estimated by 6pm.

**Cost** \$82R/92NR. Fee includes transportation, meal and performance.

**Registration begins Sep 3 and no refunds after Oct 16 unless a substitute is found.**

## **Walker Valley Market - Pearisburg (123600-F1)**

Mennonite owned and operated. While they prepare lunch for us, shop bulk foods, pottery and gifts, primitive décor, hand crafted Amish furniture, hard to find house wares and more. Great stop for early holiday shopping.

**When** Th Oct 24

**Itinerary** Depart center at 10am (please arrive at least 15 minutes prior to departure) with return estimated by 2pm.

**Cost** \$9R/\$18NR. Fee includes transportation only.

**Registration begins Sep 3.**

## **NEW - Walking Tour of Pearisburg (123600-F9)**

Our local historian, April Martin, has planned another adventure for us. This guided tour will start at the Andrew Johnston home which is also the home of the Giles County Historical Society. We will then continue through the town to learn it's history and experience its charm.

**When** W Oct 30

**Itinerary** Depart center at 10am (please arrive at least 15 minutes prior to departure). Return to the center estimated by 3pm.

**Cost** \$24R/34NR. Fee includes transportation, guided tour and entrance fees. Lunch extra at Happy Hog.

**Registration begins Sep 3**

## **NEW - Childress Rock Churches (123600-F7)**

Our local historian, April Martin, will narrate our journey of the 6 churches that tell the story of the Reverend's remarkable ministry of bringing spiritual faith and social awakening to the people of the counties of Floyd, Carrol, and Patrick in the Blue Ridge Mountains.

**When** W Nov 6

**Itinerary** Depart center at 9am (please arrive at least 15 minutes prior to departure) with return estimated by 6pm.

**Cost** \$38R/\$48NR. Fee includes transportation and guided tour.  
Lunch extra at Tuggles Gap.

**Registration begins Sep 3.**

## **Day in Fancy Gap (123600-F4)**

Let's travel to Beamer Country. Stops will include Red Hill and Sunny Side General Stores, the Dress Shop, and Fancy Gap Pottery.

**When** W Nov 20

**Itinerary** Depart center at 9am (please arrive at least 15 minutes prior to departure) with return estimated by 4:30pm

**Cost** \$14/24 includes transportation only. Lunch extra at Lakeview

**Registration begins Sep 3**

## **Dutch Pantry and Lunch at Draper Mercantile (123600-12)**

Another great holiday shopping opportunity. At the Dutch Pantry, shop bulk foods, pottery, gifts, primitive décor, hard to find house wares and much more. Afterwards, we travel to Draper Mercantile for a delicious lunch and additional Shopping.

**When** W Dec 4

**Itinerary** Depart center at 9am (please arrive at least 15 minutes prior to departure) with return estimated by 3:30pm

**Cost** \$14/24 includes transportation only. Lunch extra.

**Registration begins Sep 3**

## **“Christmas in the Park” - Wohlfart haus Dinner Theater (123600-D1)**

Celebrate the season through song and dance. Enjoy the dazzling production with numbers featuring everyone’s favorite mainstream holiday tunes. The show will wrap up with the true reason for the season, a nativity.

**When** Th Dec 5

**Itinerary** Depart center at 11am(please arrive at least 15 minutes prior to departure). Return estimated by 6pm.

**Cost** \$82R/\$92NR. Fee includes transportation, performance and meal.

**Registration begins Sep 3. No refunds after Nov 4 unless a substitute is found.**

## **“A Christmas Carol” - Barter Theater (123600-F2)**

Join Ebenezer Scrooge on an adventure like no other, as he, with the help of the Ghosts of Christmas Past, Present, and Yet-to-Come, learns to open his heart to all those around him. This new adaptation of the classic story will leave you glowing with the joy of the season.

**When** W Dec 11

**Itinerary** Depart center at 9am(please arrive at least 15 minutes prior to departure). Return estimated by 7pm.

**Cost** \$58R/\$68NR. Fee includes transportation and performance. Lunch extra at one of the local eateries.

**Registration begins Sep 3. No refunds after Nov 11 unless a substitute is found.**



## Holiday Buffet - Hotel Roanoke (123600-N1)

We return again to one of our favorite holiday destinations for their delicious buffet lunch in the elegant Regency dining room. Enjoy time afterwards to enjoy the Christmas decorations or a walk down to the city market.

**When** W Dec 18

**Itinerary** Depart center at 10:30am(please arrive at least 15 minutes prior to departure). Return estimated by 3pm.


**Cost** \$48R/\$58NR. Fee includes transportation and buffet.

**Registration begins Sep 3.**

## Mystery Dine Outs

Indulge in some culinary experiences and surprises. It's amazing, the variety of flavors that surround us. We promise no fast food or large chain restaurants, only popular and unique destinations in a casual atmosphere.

**Registration begins Sep 3**

123600-F5	Wed Sep 18	Please check in at least 15 minutes prior to departure.	10am-2pm	\$9/18 for each trip. meal extra 
123600-J1	W Jan 22		10:15am-2pm	

# Ongoing Programs

- **Duplicate Bridge and Mahjongg**

A room is reserved for any group(s) to play weekly. For Duplicate Bridge, contact Richard Huber at 304-466-0341 or richard55fla@yahoo.com

**Sanctioned Duplicate ACBL Game**

F 12pm Fee - Donation

**Mah Jongg**

W 1:30pm Free

- **Party Bridge**

Enjoy this social form of bridge. A room is reserved for any group that would like to play and a full table is required. Contact Joy at 540-443-1142 for more information.

1st & 3rd Tu 1pm Free

- **Book Club**

The next best thing to reading a great book is talking about it with friends. No registration required and program is free. Group meets the second Thursday of each month at 2pm.

Sep 12 "The Ride of Her Life" by Elizabeth Letts

Oct 10 "The 100 Years of Lennie and Margot" by Marianne Cronin

Nov14 "I'm Possible: A Story of Survival, a tuba, and the Small Miracle of a Big Dream" by Richard Antoine White

Dec 12 "The Secrets of Mary Bowser" by Lois Leveen.

Jan 9 "A River Road Memoir" by Jan Goette

- **Spunsters**

Join us as we spin fiber into yarn to use in projects like knitting and weaving. Anyone interested in fiber arts is welcome as we learn and Share. Group meets Thursdays each week from 1-4pm. Program is free.

- **Knitters**

Bring a project and share your skills or learn from others. This informal group meets for socialization while knitting. Other varieties of needle work are welcome. Group meets the second Wednesday of each month from 10am-12noon and is free.



# Programs for Education

## Computer, Smartphone, Tablet Help Sessions

Volunteers from “Computer Science Community Service” at Virginia Tech will be sharing their skills with the community. Bring questions and suggestions for material you would like them to present. Individual help sessions also available. No registration required.

**When**            Fridays, Aug 30 - Dec 6  
**Time**            4-5pm  
**Cost**             Free  
**Where**           Blacksburg Community Center Social Room

## NEW - Advanced Directives (123200-10)

Join Medi Hospice Care Team in a discussion of “Advance Care Planning” details, tips and next steps to take. Don’t let time run out in preparing yourself, neighbors and friends for the future. Let YOUR wishes be made known now for your future care and end of life treatment. Resources, forms and guidance will be available during this session.

**When**            Th Oct 3  
**Time**            2pm  
**Cost**            Free but registration required.

## NEW - Understanding Alzheimer’s and Dementia (123200-P1)

This workshop is for anyone who would like to know more about how Alzheimer’s affects the brain, detection, causes and risk factors, stages of the disease, treatment, and much more. Workshop is presented by the Alzheimer’s Association

**When**            Tu Oct 22  
**Time**            2pm  
**Cost**            Free but registration required.  
**Where**           Blacksburg Community Center Social Room

# Special Event

## Fall Luncheon & Bingo (123000-P1)

Join us for Great food, Fun and Company. Joy has a PhD in Bingo Calling so brush up on your Bingo skills.

**When** Tu Oct 1

**Time** 11:30am-1:30pm

**Fee** \$5, bring \$1 in quarters for bingo prizes. Fee includes meal of Lasagna, Salad, Bread and dessert.

**Registration begins Sep 5**



**FALL FITNESS CLASSES**  
**Health and Fitness Exercise Classes**

- The following 9 classes are ongoing and interchangeable. **Passes are good for one year** from the date of purchase. Each participant needs to purchase their own pass. A pass must be active in order to participate in the class. Please check with a doctor before beginning any fitness program.

**FEES: 13 time pass R\$25/NR\$35; 35 time pass R\$55/NR\$65**

**1. Strength Training Class**

Whether you are just committing to a stronger self or want to improve your current routine, this class is for you. There are tremendous benefits to weight training besides strength. You'll also improve balance, range of motion, good posture and functional performance of everyday activities

Date	Time
Tuesday & Thursday	9:00-9:55am

- 2. Aerobics** Program focuses on improving muscular strength and endurance, flexibility, range of motion, stability and balance. Learn to develop a healthy lifestyle in a comfortable atmosphere. It's never too late to start!

Date	Time
M, W, F	8:30 -9:25 am

- 3. Healthy Backs** An exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance, and a back free of pain and stiffness. Fitness and relaxation as well as other benefits.

Date	Time
M, W, F	10:30-11:25am

- 4. Pilates** A gentle introduction to the fundamentals of Mat-Work Pilates. Strengthen and lengthen your body through sequential movement and development of core support with proper breathing

Date	Time
Tu/Th	10:00-10:55am

**5. 30 Minute "Get Fit with HIIT!" (High Intensity Interval Training)**

Get a strenuous workout before or after work – all in 30 minutes! Raise your heart-rate and challenge your strength using a variance of free weights, bands, and body weight exercises.

Date	Time
M/W	6:15-6:45am
M/W	5:15-5:45pm

**6. Chair Exercise**

A 45-minute class that will include 5 segments: warm up, low impact cardio (adaptable to those unable to exercise standing), resistance, cool down, and relaxation.

Date	Time
Tu, Th	9am-9:45am

- 7. Zumba** is a Latin-inspired, dance fitness class. It fuses Latin and international rhythms with easy-to-follow moves to create a dynamic, exciting, and effective workout programs. The name "Zumba" Comes from a Colombian word that means to move fast and have fun. A higher intensity workout designed for ages 18 and above.

**8. Kettle Bell Class** Find a new way to tone and muscle up using kettlebells. Swing, lunge, and lift to raise your heart-rate and develop your fitness. Improve body composition and cardiovascular endurance with a fun, fast-paced class that will get you ready to dive into your day!

Date	Time
Tu/Th	6:15-6:45am

**9. Basic Balance** Falls are the #1 cause of injuries among older Americans. Don't fall prey to slips and falls! Improve your balance in the 30-minute class.

Date	Time
Tu	11-11:30am
W	8-8:30am
F	9:30-10am

**Fitness Center Passes**

The Senior Fitness Center features treadmills, stationary bikes, elliptical trainers, weight machine, step machines and free weights. Five times pass \$10; 30 times pass \$35; 50 times pass \$50. All passes are good for one year from date of purchase.

**Fitness Center Orientation**

After purchasing a pass for the fitness center, staff can provide general instruction on the proper use of the fitness center equipment. Once registered for the orientation, staff will set up an appointment. For exercise beginners or those with specific needs, try the Personal Training program with a certified trainer. Activity #: 223320-A1

**Personal Training**

A doctor's written permission **MAY** be required to participate in this program. Each package purchased is good up to one year. Fee (R/NR): Five sessions \$110/\$120; 10 sessions \$185/\$195; Use of fitness center will be an additional charge.

**Fitness Center Rules:** Before using Fitness Center, please consult with fitness professional as to the proper use of the equipment.

- To ensure a comfortable atmosphere for everyone, please be courteous & respectful of others.
- During peak hours (or while others are waiting) limit time on the treadmill, elliptical, cycles, etc. to 20-30 minutes.
- Wipe down equipment for the next user.
- Wear proper workout attire: no cutoff shorts, bare feet, or sandals allowed, and shirts must be worn at all times.
- No food or beverages (except water bottles).
- Return all equipment to its proper place.
- Do not touch TV's, please ask attendant for assistance.

Only Employees of the Town of Blacksburg are allow to train other participants in our fitness facility.

**Morning Tai Chi**

Increase your balance, strength, circulation and mental focus in this class. Tai Chi is based on slow, gentle and relaxed movements that incorporate the whole body. Three 6-week sessions are offered this season.

Activity #	Date	Age	Time	Fee (R/NR)
123503-B1 123503-B2	Tu,Th Sep 17-Oct 24 Tu,Th Nov 5-Dec 19	designed for ages 50 & above but all are welcome	10-11AM	\$15R/25NR per session

# Mail In Registration Form

**Please Print Clearly**

**Mail to: Joy Herbert, Parks and Recreation, 725 Patrick Henry Dr, Blacksburg, VA 24060**

1st Primary Name(First) \_\_\_\_\_ (MI) \_\_\_\_\_ (Last) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (ex:1/20/04)

Address: \_\_\_\_\_ City/

St \_\_\_\_\_ Zip \_\_\_\_\_

Resident \_\_\_\_\_ Non-Resident \_\_\_\_\_ E-

Mail \_\_\_\_\_

2nd Primary Name: (First) \_\_\_\_\_ (MI) \_\_\_\_\_ (Last) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (ex:1/20/04)

Address: \_\_\_\_\_ City/St \_\_\_\_\_ Zip \_\_\_\_\_

Resident \_\_\_\_\_ Non-Resident \_\_\_\_\_ E-

mail \_\_\_\_\_

Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Activity Number (ex: 223600-A1) 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_

Payment:\$ \_\_\_\_\_

(check one) \_\_\_\_\_ Check \_\_\_\_\_ MasterCard/Visa # \_\_\_\_\_ Exp \_\_\_\_\_

Security Code \_\_\_\_\_

## Assumption of Risk in Connection with Participation in Recreational Activity

1. In Consideration of the acceptance of my application for entry in the above event or class, I hereby waive, release and discharge any and all claims for damages for death, personal injury of property damage which I may have as a result of my participation. This release is intended to discharge in advance the Town of Blacksburg and its agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event or class, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.
2. I understand that serious accidents occasionally occur during recreational activities, sports, outdoor activities, or fitness activities, and that participants occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of the particular activity for which I have registered, I hereby agree to assume those risks and to release and hold harmless all the personas or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.
3. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.
4. I give the Town of Blacksburg the right to use photographs of me, participating in this program, in its own promotional materials
5. I agree to accept and abide by the rules and regulations of the Town of Blacksburg Parks & Recreation Department.
6. I give my consent to allow a doctor to administer emergency treatment to me, or my child, if needed.
7. List any medical problems such as allergies, asthma, allergic reaction to bee stings, etc.
8. Can participant swim? (only if it pertains to program)

Signed \_\_\_\_\_ Date: \_\_\_\_\_