



# The Good Times News

## From Joy's Desk

I hope all of you have had a wonderful summer. Now it's time to enjoy all of the activities that we have planned for you this fall.

This year we plan to recognize the late Eldridge Rowe as our 2010 Senior Center Volunteer of Year. Eldridge was instrumental in developing our trip program. Although he passed away several years ago, we haven't forgotten his contributions. Join us for our annual lasagna dinner on Oct 22 as we remember his efforts.

We had a harsh winter last year so I want to remind you of our inclement weather policy. If Montgomery County schools are closed for the day **due to weather**, then we cancel all classes and trips. With delays, we continue with programs. Feel free to call us at 961-1149 if you have any questions.

Please note center closings on page 2.

See you soon!

Joy Herbert

Senior Programs Supervisor

## Senior Center Advisory Board

The purpose of the Senior Center Advisory Board is to:

1. Inform and advise the Senior Programs Supervisor about participant and community needs.
2. Make recommendations to the Senior Programs Supervisor about senior center operations and programs.
3. Represent the participants to inform and advise the Senior Programs Supervisor and Staff on specific issues and problems.
4. Provide feedback about participant satisfaction with current services and activities.

The board consists of 8 members. The term is two years and we meet the 2nd Friday of most months. The meetings generally run 30-45minutes.

**We are looking for 3 volunteers to join the board starting in January 2011. Please let me know if you are interested in helping.**

Members serving the 2011 board so far are Leanne Mitchell, Ann Gorsline, JB Jones, Helen Borny and Connie Billings.

**WE NEED YOU!**

### Inside this issue:

News you can use	2
Registration Information	3
Special Events	4
Ongoing Programs	5
Health and Fitness	7
Classes for Education and Leisure	10
Computer Programs	13
Trips	14
Mail in registration form	19

To receive your free quarterly newsletter, call Joy Herbert at 961-1134 to be placed on the mailing list. Or you can access the newsletter on line at:

*Blacksburg.gov/recreation.*

The senior center is housed at the Blacksburg Community Center at 725 Patrick Henry Dr in Blacksburg.

Joy Herbert—Jherbert@blacksburg.gov  
Senior Programs Supervisor

Dean Crane—dcrane@blacksburg.gov  
Director, Parks and Recreation



# We thank the following people for donations and for their time and efforts during the Summer months

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**Computer lab** - Ken Robertson

**Program leaders**—Betty Falta, Richard Huber, Frank Lau, Franke Neumann, Ken Robertson, and Isabel Berney.

**Spring Luncheon**— Katherine Helsing

**Bridge Group Sponsored Breakfast** - Breakfast Organizers—Bea and Ted Ake

Donors and Volunteers - Paul & Susie Sensmeier, Martha Ann Cook, Barbara Booker, Pat Palmer, Rick Rio, Nancy Lloyd, Macie Hollinger, Dan Vogler, Lorraine Holub, Betty Murphy, Bob Schulman, Ann and Ed Able, Theresa Hall, Tom Newland, Betty and Henry Wise, Joyce Lewis, Mike Alexander, Polly Kahle, Jane Perry, George Zolovick, Henry Bauer, Gail Gray, Jim Armsrong, Lenore & Sage Bassett, and Bob Klein.

**Social Room Library** - Leanne Mitchell

**Advisory Board**- JB Jones, Ann Gorsline, Helen Borny, Leanne Mitchell, Katherine Helsing, Jan Spahr and Peggy Smith.

**In the Kitchen** - Franke Neumann, Helen Borny and Connie Billings

## News You Can Use

### CENTER CLOSINGS

The Center will be closed the following days:

Sept 4, 5 & 6                      Nov. 25 & 26

Dec. 24, 25, 26, & 31      Jan 1

### WHAT DOES R/NR MEAN?

R - Resident. Individuals who live within the Blacksburg Town limits or pay Town taxes.

NR - Non Resident. Individuals who do not live within the Blacksburg Town limits or pay Town taxes will pay an additional \$10 fee. Or if the program fee is under \$10, the registration fee will be doubled.



### Donations

In appreciation of Frank Lau's Tax assistance—Mr. & Mrs. Finckenor.

We also thanks Frank Lau for his time, effort and monetary donation to the center through his tax assistance program.

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

Thanks to generous donations the Town of Blacksburg's Senior Center Endowment Fund is now fully endowed. The idea to establish the fund was initiated by the late Connie Anderson, and with 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.**

Thanks for Your Support.



# How Registration Works

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**All Registration - Walk-in, Phone-in, Mail-in, Fax-in, and Online registrations will begin Tuesday, September 14 at 9AM**

In all 3 locations

The Community Center (725 Patrick Henry Dr)  
961-1149, Fax 961-1897

Aquatic Center (625 Patrick Henry Dr)  
961-1852

Parks & Recreation Office (615 Patrick Henry Dr)  
961-1135, fax 951-8313

- **You may register one person in addition to Yourself for walk in registrations.**
- A credit card is required to process all phoned-in and faxed-in registrations. Master Card and Visa are accepted.
- All classes and trips are on a first come, first serve basis.
- You may use our mail in registration form which is included in this newsletter. 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.

**Sign up for and view our programs online at:**  
<https://recreation.blacksburg.gov>.

In order to use our registration website, you will need a username and password, which is your Rec Trac 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.



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## Refund Policy

- Refund requests must be made 7 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.

- Cancellation prior to the 7 days:

When you pay by cash or by check—Refunds can only be made by requesting a Town Check be cut and it will require a \$25 service charge be subtracted from the refund amount or the full amount may be credited to your Household account.

When you pay by Credit Card - a full refund can be placed back on your card or credited to your Household account. No refunds will be given if the program required a non-refundable charge.

<b>DR. STEVE JACOBS</b>
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# Special Events

## • Breakfast Get Togethers

Join us for some good food and fun once a month at 10AM until the food runs out. Program is free and requires no registration.

**October 4** – Pastries, fruit and muffins will fill the table.

**November 1** - Bev Seniors will be preparing a great spread for us.

**December 13 (2nd Monday of the month)** - AARP group will sponsor this special holiday breakfast with entertainment by “The Recorders”.

**January 3** - Menu to be announced.

## Health Care Reform (123000-HE)

This program is for everyone who is concerned about the up and coming changes that will occur in your health care insurance coverage. Elyse Politi, VICAP Coordinator with the NRV Agency on Aging will discuss the impact that health care reform will have on the current health care system, benefits and non-benefits, open enrollment for Part D & Medicare Advantage Plans, and Medicare fraud.

**When** Monday, Nov 8

**Itinerary** Depart center at 9:15AM for Montgomery Parks and Recreation and return by 12:30PM.

**Registration begins Sept 14 and ends Nov 3.**

## • In The Kitchen with the Salmon Sisters (123304-10)

The Salmon sisters will be cooking their signature Cheesy Potato Soup and Caramel Nut Pound Cake

**When** Monday, October 26

**Time** 11:30 AM

**Cost** \$6R/12NR

**Registration is required and ends October 19**

## • Lasagna Luncheon (123000-A1)

A time for great food - Vegetable and meat lasagna, drinks and salad will be provided. Please bring a dessert or bread to share. This is also a time to recognize our Volunteer of the Year, the late Eldridge Rowe.

**When** Friday, Oct 22

**Time** 12 noon

**Cost** Free, bring dessert or bread to share.

**Registration is required.**



## • Senior Center Art Exhibit

This is an opportunity for all our senior artists to display their art work. Exhibit runs November thru April. If you would like to show your art please call Joy at 961-1134.

## Strategies for Keeping RX Costs Down (123000-F1)

This seminar will help you understand how much you are spending each month on prescriptions, track you're spending using tools that come with your insurance plan and ways to save on your medications. We will have a counselor on site to help answer questions. Light refreshments will be served.

**When** Thursday, Oct 7

**Itinerary** Depart center at 10:15AM with return estimated by 1:30PM.

**Cost** \$3

**Registration begins September 14 and ends Oct 4.**

# Ongoing Programs

## ◆ Virginia Insurance Counseling and Assistance Program

Dealing with medical insurance and bills can be a headache. VICAAP can help you. A representative from Agency on Aging will educate, counsel, and assist you regarding medical benefit programs, long-term care insurance, and problems with Medicare, Medicaid, and medical bill paying.

**Appointments can be arranged by calling The Agency on Aging at 540-980-7720.**

**Cost** Free, however, a voluntary donation to the Agency on Aging will be appreciated.

## ◆ Book Club

The next best thing to reading a great book is talking about it with friends. Come and Join us.

### Schedule and Books

<b>Oct 14</b>	“Diary of a Wimpy Kid” by Jeff Kinney and J.D. Salinger
<b>Nov 11</b>	“Ecological Intelligence” by Daniel Goleman
<b>Dec 9</b>	“The Widow’s War” by Sally Gunning
<b>Jan 13</b>	“Winesburg Ohio” by Sherwood Anderson
<b>Time</b>	2-4PM
<b>Where</b>	Senior Social Room



## • Mah Jongg

Join us on Wednesdays from 1-4PM to play this very popular game. It combines skill and luck. It’s fun and a great way to socialize. The program is free and registration is not required. A game set is available.

## ◆ Sanctioned Duplicate ACBL Game

Group meets every Monday and Thursday at 12:30PM in the Senior Program Room. Master points are awarded. Donations Appreciated. Contact Richard Huber at 344-466-0341 or richard55fla@yahoo.com.

## ◆ Duplicate and Party Bridge

The program room is available for anyone or group to meet every Tuesday, Wednesday and Friday afternoon from 1-4PM. Call Joy at 961-1134 for more information.

## ◆ Canasta

Call Betty at 953-0390 for meeting times.

## • Writer’s Workshop

Join fellow writers or would-be writers for opportunities to share and talk about your writing: essays, memoirs, poetry, stories, plays, letters, or a chapter from your great American novel. This is definitely not a ‘class’; there is no ‘instructor’. There are no obligations. Readings are purely voluntary. Give it a try. You may enjoy it. Group meets the first Friday of each month except holidays.

## ◆ AARP Chapter #2613

AARP has general membership meetings at 11:30AM. These are usually luncheon meetings with everyone bringing a bagged lunch. Interesting and informative presentations follow. Meetings are open to the public and will be held October 19, November 16, and January 18 at the senior center. Information on the December Holiday luncheon will be available at a later date.

Board meetings will be held Tuesdays at 10AM on Oct. 5, Nov 2, and Jan 4.

**Be happy with your Medicare supplement rate.**

Whether you're shopping for your first Medicare supplement or wondering if you could save on your current premiums, see our rates. You just might *whoop* for joy.

**Compare Our Rates and Save!**



United of Omaha Life Insurance Company Medicare Supplement Monthly Premium*			
Virginia ZIP Codes	Age	Plan F	Plan G
Beginning With 238-246	66	\$ 72.18	\$61.36
	71	\$ 87.36	\$74.26
	76	\$104.65	\$88.95

\*Sample base rates; female rates (male rates may be higher); nontobacco-users rates (tobacco-user rates may be higher); rates are subject to change and vary by ZIP code.

For your free personalized rate quote, contact:

**Brian Allen**  
540-552-4422  
brian.allen@prodigy.net

We've got you covered. **GO PLAY!**



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INSURANCE COMPANY**  
A MEMBER OF COLINA GROUP

This is a solicitation of insurance and an insurance agent will contact you by telephone.

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and

Jaime L. Rebkovich  
Jaime@JRMattorney.com

# Health and Fitness

We care about you! Before increasing your physical activity or participating in our fitness programs, please take the following test.

## Revised Physical Activity Readiness Questionnaire (PAR-Q)

Yes	No		
___	___	1.	Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?
___	___	2.	Do you have chest pain brought on by physical activity?
___	___	3.	Have you developed chest pain in the past month?
___	___	4.	Have you on 1 or more occasions lost consciousness or fallen over as a result of dizziness?
___	___	5.	Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
___	___	6.	Has a doctor ever recommended medication for your blood pressure or a heart condition?
___	___	7.	Are you aware, through your own experience or a doctor's advice, of any other physical reason that would prohibit you from exercising without medical supervision?

**If you answered "yes" to any of these questions, call your personal physician or healthcare provider before increasing your physical activity.**

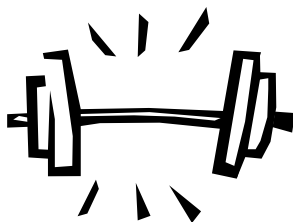
Thomas S., Reading J, Shepard, R.J. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can J Sports Sci.* 1992;17:338-345.

## ◆ Fitness Center

The center is open to adults ages 18 and above. All participants are required to sign up at the front desk before using the fitness center. Each participant must purchase their own pass. Hours will be posted each month. Fitness center closes 30 minutes prior to Community center closing.

**Passes are good up to 1 year from date of purchase**

<b>Cost</b>	<b>5X pass is \$10</b>
	<b>30X pass is \$35</b>
	<b>50X pass is \$50</b>



# Fitness Classes

All of our programs are designed for those ages 50 and above. However, all ages are welcome to participate.

- The following 4 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.
- **Cost**        13 class pass for \$20/30  
                    35 class pass for \$50/60

## • Low Impact Aerobics

**Instructor:** Veronica Bluey

This 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!

**When**        Mon, Wed, and Fri.

**Time**        9-10AM

## • Healthy Backs

**Instructor:** Judy Pierson

This is an exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance, and a back free of pain and stiffness. This class will offer fitness and relaxation as well as other benefits.

**When**        Mon, Wed, and Fri

**Time**        10:30AM-11:30AM

## • Pilates

**Instructor:** Erin Peterson

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.

**When**        Tuesdays and Thursdays

**Time**        9-10AM

## • Strength Training for Seniors

**Instructor:** Caitlin Dunlevy

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.

**When**        Tuesdays and Thursdays

**Time**        9-10AM



• **Tai Chi Fundamentals**

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. **Sign up for one or both sessions**

Instructor: Bruce Cantrell  
**Session 1** Sept 21– Oct 28 (123503-B1)  
**Session 2** Nov 2 - Dec 16 (no classes Nov 25 and 26) (123506-B2)  
**Days** Tuesdays and Thursdays  
**Time** 9-10AM  
**Cost** \$30R/\$40NR

◆ **Fitness Center Orientation**  
**(123320-A1)**

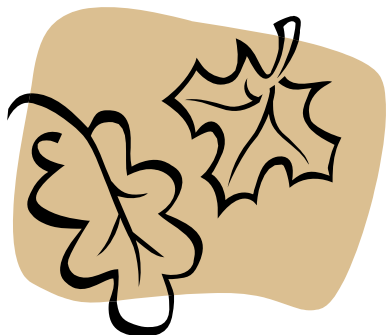
We recommend a free general orientation to the facility. Staff will provide instruction on the proper use of the fitness Center equipment. Once you have registered, our staff will contact you and set up an appointment.

\*\*\*\*\***If you are just beginning an exercise program or have specific needs, we recommend our personal training program.**

◆ **Blood Sugar and Blood Pressure Screenings**

Free screenings provided by Medi Home Health and Hospice.

**When** Oct 4, Nov 1, Dec 13 & Jan 3  
**Time** 10AM  
**Where** Senior Community Room Hallway



◆ **Personal Training**

Whether you are a first time exerciser or want to improve your current fitness program, our personal trainer will develop a safe and effective program based on your individual needs and health and fitness goals.

A doctor’s written permission is required to participate in this program.

Call Joy at 961-1134 for more information or an appointment.

**Each package purchased is good up to 1 year from date of purchase.**

**Cost**  
 5 sessions \$85R/\$95NR  
 10 sessions \$160R/\$170NR

**Use of fitness center will be an additional charge.**

• **Jazzercise Lite**

Instructor Janie Vinson  
 Fitness that’s invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. Whether you’re a senior, newcomer, pregnant, or prefer low impact, you can’t go wrong with this popular light version of the original Jazzercise program.

**When** Tuesdays and Thursdays beginning September 7. Program is ongoing

**Time** 10:15-11:15AM

**Cost** \$8 for walk-in; \$90 for 8 weeks; \$35 monthly for an Easy Fitness Ticket (EFT) with discounts for seniors (\$25/month)/ Discounts apply to EFT accounts only. Participants will have access to all classes offered through Jazzercise of the New River Valley, including evening classes.

All payments are made to the instructor at class time.

# Classes for Education and Leisure

## **Yes! you can! (beginning painters) (123201-A1)**

Beginners Watercolor (Learning to paint with watercolor is easier than you think and fun too!) Learn the basic tools, techniques and theory. You will be thrilled with your results!

**When** Oct 7 - Nov 11

**Day** Thursdays

**Time** 12:30-2:30PM

**Cost** \$40/50. Students are responsible for their own supplies.

Call Joy at 961-1134 for a supply list.



## **Growing in my painting skills! (advanced painters) (123201-A2)**

Each individual may use his/her own favorite medium. Instructor will introduce new ideas and techniques.

**When** Oct 5 - Nov 9

**Day** Tuesdays

**Time** 12:30-2:30PM

**Cost** \$40R/50NR Students are responsible for their own supplies. Call Joy at 961-1134 for a supply list.



## **◆ Shakespeare for Retirees - A Midsummer Night's Dream (123301-A1)**

Shakespeare reached maturity as a playwright with this carefully crafted, delightful company, that follows three sets of characters into the forest on St. John's Eve—midsummer night, June 21. The play, set in a fanciful vision of Theseus's court at Athens, begins when a father's decision to prevent his daughter's marriage to the suitor of her choice, sends four young lovers into the woods where they encounter a troop of amateur thespians and a band of quarreling faeries bent on mischief. This happy comedy sees Shakespeare blending classical myth with English faerie lore and homespun humor. You don't want to miss this fun filled excursion.

**When** Wednesdays, Oct 6 - Nov 17

**Time** 1-2PM

**Cost** \$5 R/\$10NR,

**Where** Senior Social Room



## **• Bridge Lessons**

Beginning and Intermediate Bridge lessons

For info. on dates and times please contact Richard Huber

[richard55fla@yahoo.com](mailto:richard55fla@yahoo.com) home number 304-466-0341

# Classes for Education and Leisure

## Social Networking 101 (123409-A1)

Facebook is the most used social network. It does not discriminate against age and is a great way to stay in touch with all those around you! In this workshop we will be starting with the basics of Facebook and learning how to personalize our pages and keep in contact with those that mean the most to us. It is a great opportunity to learn about the start of Facebook, why is beneficial to have in our life, and how to also share your life with others as well. Great class! Computers are provided but feel free to bring your lap top.

**Instructor** Courtney Herndon  
**When** Monday, Oct 11  
**Time** 5:30-7:30PM  
**Cost** \$10/20

## Social Networking 102 (123409-A2)

This class is a continuation from Social Networking 101. It is also designed for those with some Facebook experience who want to learn the more advanced applications.

**Instructor** Courtney Herndon  
**When** Monday, Oct 18  
**Time** 5:30-7:30PM  
**Cost** \$10/20

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## Tax Seminars with Franke Lau

Sign up for one or both sessions

### Session I Federal Tax (123200-11)

Thanks to Congress, the tax code constantly changes, whoever is in control. The year 2010 can be written right up to the end of December, even retroactively! The best way to prepare for taxes is to keep track of what was missed last time. Don't do your own taxes, either by PC or by hand? Do you have a tax preparer? Fine. But whose ones are we talking about? It's yours! The IRS holds you responsible for errors which increase the tax liability, but doesn't care if the error is in the Government's favor. In this seminar we'll go over some things which you should know before the Federal return is prepared.

**When** Monday, Nov 1  
**Time** 6:30-8:30PM  
**Where** Blacksburg Community Center  
**Cost** Program is free but registration is required.

### Session II Virginia Tax (123200-12)

Unlike Federal Tax, Virginia Commonwealth is fairly stable from year to year, but has some poorly understood features which can save you a lot of money. They are called Subtractions and Deductions. There is also the College 529 Plan which can also save for you and the beneficiary as well.

Unfortunately for computer tax ware users, they also need personal attention. If you have someone else handle your taxes, be savvy, make sure those features that apply to you are included in the Virginia 760 Form.

**When** Monday, Nov 8  
**Time** 6:30-8:30PM  
**Where** Blacksburg Community Center  
**Cost** Program is free but registration is required.

# Classes for Education and Leisure

## Horseshoes 101 (123506-A1)

Whether you want to improve your game or learn to play this popular game this workshop's for you. Roy Jones, avid player and local expert, will share his skills.

**When** Fridays, Sept 24 & Oct 1  
**Time** 10-12PM  
**Where** Nellie's Cave Park  
**Cost** \$10/20 Fee includes instruction and equipment.



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## Bowling 101 (123507-BD)

Sharpen your game or learn to play. Roy Jones, local bowling talent, will share his skills.

**When** Thu, Oct 7-28  
**Time** 1-3PM  
**Where** New River Super Bowl.  
**Cost** \$48/58. Fee includes instruction and shoe rentals.



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## AARP Driver Safety Course

It's a great time to take one of the driver safety courses being offered this fall at the Blacksburg community Center. Enrollment is limited so sign up early. This 8 hour classroom course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. Course fee is \$12 for AARP members and \$14 for non-members, payable by cash or check to "AARP" on the first day of course.

2 sessions to select

**Session 1** Oct 7 & 8 1-5PM.

**Session 2** Nov 4 & 5 1-5PM

**To register contact Call Curt Finch 552-8179 or Cecile McBryde 552-4396**

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## Glass Painting (123340-A1)

If you would like to try the art of glass painting, join Karen Cronin as she demonstrates how to turn a plain clear vase into a unique piece of art using colored glass paints. Let your imagination guide you as you free hand a design on a vase Then paint it to take home. Creating a colorful glass masterpiece is a lot simpler than you may think! Bring a covered dish to share for the luncheon.

**When** Thurs, Nov 18

**Itinerary** Depart center at 10:15AM for Meadow Brooke Community Center in Shawsville with return estimated by 1:30PM.

**Cost** \$5

**Registration begins Sept 14 and ends Nov 11.**

# COMPUTER CLASSES

The following 7 classes are taught by Ken Robertson. Once you have registered, instructor will contact you and arrange meeting times and dates. Last day to register for these classes will be October 19.

- **Basic Word Processing (123400-A1)**

*For users of Microsoft Word versions 95 through 2003.*

This class is designed to teach you the basics of entering and formatting text, how to move and copy text, how to save, retrieve and print your documents, and much more.

**Prerequisite:** Basic knowledge of Windows.

**Cost** \$10R/20NR

- **File Management and Windows Folders (123406-A1)**

This class teaches you how to use the Windows Directory system to organize your computer in the way you want.

**Prerequisite:** A basic knowledge of Windows.

**Cost** \$10R/20NR

- **Printing Pictures with Microsoft Word (123402 - A1)**

*For users of Microsoft Word versions 95 through 2003.*

This class will teach you how you can have Word do a remarkable job of picture and text layout and provide you with the kind of pages you will want to keep in your scrapbook.

**Prerequisite:** A basic knowledge of Windows and Word

**Cost** \$10R/29NR.

- **Excel for the Math Impaired (123403-A1)**

*For users of Microsoft Word versions 95 through 2003.*

This basic class will teach you how to create, edit, format, and maintain an Excel worksheet.

**Prerequisite:** A basic knowledge of Windows.

**Cost** \$10R/20NR

- **Creating Merge Letters and Mailing Labels (123404-A1)**

*For users of Microsoft Word versions 95 through 2003.*

This class will teach you how to create and maintain a list of addresses and merge it with Word to produce personalized form letters and/or mailing labels.

**Prerequisite:** Basic understanding of MS Word.

**Cost** \$10R/20NR

- **Scrapbooking with Microsoft Word (123401-A1)**

*For users of Microsoft Word versions 95 through 2003.*

This class will show you how to use the many features available through Word's drawing toolbar. Learn about auto shapes, Word-Art, text boxes and many other useful Word Features.

**Prerequisite:** A basic knowledge of Windows and "Printing Pictures with Microsoft Word."

**Cost** \$10R/20NR

- **Creating a Slide Show with Microsoft PowerPoint (123405-A1)**

*For users of Microsoft PowerPoint versions 95 through 2003.*

Share a slide show of your digital pictures with your friends and relations using a PowerPoint presentation. This class will teach you how to prepare a slide show of your pictures together with titles, clipart, animation and various slide transitions, and to run the show automatically or manually.

**Cost** \$10R/20NR

# On the Road Again.....

## ◆ Important Trip information

- Vans will be available to load no earlier than 30 minutes prior to departure unless otherwise specified in the trip description. Please arrive at least 15 minutes prior to departure.

Your comfort is important to us. However, it is difficult to find the perfect temperature for every participant on the bus. We suggest cold natured bring sweater/coats and warm blooded dress in layers. We are happy to make adjustments to the temperature but don't know unless you tell us. Please keep in mind that your safety is our primary concern so let the driver know at a time when he is not distracted while driving.

## • For Those with Special Needs

The Senior Center has a wheelchair accessible bus with 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 Senior Center programs.

## • “Hawk’s Nest State Park - WV” (123600-F3)

This trip promises a scenic drive, beautiful views, delicious food and some optional activities. Fall colors should be peeking through. After our delicious buffet lunch you can shop, hike, relax or take a scenic canyon rim tram ride. We will make additional stops and Blue Smoke Salsa and Tamarack on our way back home.

**When** Wednesday, October 6

**Itinerary** Depart center at 8AM (please arrive no later than 7:45AM) with return estimated by 6PM

**Cost** \$30/\$40NR. Fee includes transportation and buffet lunch.

## ◆ Peaks of Otter - Bedford, VA (123600-F6)



Fall wouldn't be complete without our annual trip to Peaks of Otter Lodge on the Blue Ridge Parkway for their October feast Buffet. Enjoy great company, wonderful food, and scenic views

**When** Wednesday, October 13

**Itinerary** Bus departs the center at 10AM (please arrive no later than 9:45AM) for lunch at 11:30AM. Bus will return to the center by 3:30PM.

**Cost** \$23R/ \$33NR. Fee includes transportation and buffet lunch.

## ◆ Mabry Mill and Chateau Morrisette - Blue Ridge Parkway (123600-O2)

Let's enjoy the fall colors and travel on the Blue Ridge Parkway. Our first stop will be to eat at Mabry Mill. You'll have time to also tour the mill and its unique gift shop. We'll enjoy a wine tasting at the popular winery. We'll stop in Floyd at some shops including Slaughter's garden center and The Bread Basket.

**When** Wednesday, October 20

**Itinerary** Bus departs center at 8:30AM and return estimated by 5PM.

**Cost** \$12R/ \$22NR. Fee includes transportation and wine tasting.

## • **The Mansion at Fort Chiswell (123600-F4)**

Tour the 1839 mansion built by Stephen and Joseph Cloyd McGavock. Learn about its history and restoration process on this beautiful 10,000 square foot estate. Lunch will be provided on site.

**When** Wednesday, October 27

**Itinerary** Bus departs center 9AM (please check in no later than 8:45AM) with return estimated by 2PM.

**Cost** \$23R/33NR includes transportation, tour and lunch.

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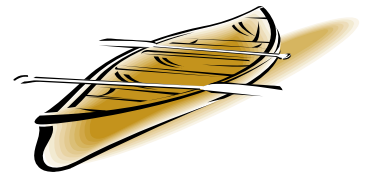
## • **Senior Canoe Tour of the New River (123600-F1)**

What better way to welcome autumn than a relaxing paddle along New River. This trip is tailored for the less adventurous looking for a calm day paddle. There will be a catered lunch before our experienced guides provide you with a safe and relaxing float on the river.

**When** Tuesday, October 5

**Itinerary** Depart center at 10:30AM with return estimated by 4PM.

**Cost** \$20R/30NR. Fee includes transportation, instruction, lunch, and equipment.



## • **Devil's Backbone Brewery and Restaurant – Roseland VA. (123600-N1)**

Located at the base of Wintergreen resort, this brewery is the 2010 World cup Champion Brewery and Brew master of small brew pubs. Enjoy dining from their extensive menu and sampling from 10 different specialty beers.

**When** Wednesday, Nov 3

**Itinerary** Bus departs at 8:30AM (please check in no later than 8:15AM) with return estimated by 4:30PM.

**Cost** \$6R/12NR fee includes transportation only.



## • **Replacement's, Ltd and 4 Seasons' Mall (123600-N2)**

Located in the heart of the Piedmont Triad area in Greensboro, N.C. this has the world's largest inventory of discontinued and active porcelain, bone china, earthenware and crystal stemware, as well as sterling, silver-plate, and stainless steel flatware. Each month, thousands of customers replace their broken or missing pieces. Guided tours of this 225,000 square feet facility are provided.

Afterwards, we'll travel to the popular Mall for some holiday shopping.

**When** Wednesday, Nov 10

**Itinerary** Depart center at 8:30AM (please arrive no later than 8:15AM) and return by 7:30PM. Lunch en route at 11:30AM.

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



• **Christmas in the Mountains – Wohlfahrt haus Dinner theater  
(123600-N3)**

Deck the halls and trim the tree and let Wohlfahrt haus do the rest to get you & yours into the holiday spirit. This spectacular production features your favorite Christmas songs both old and new. Dazzling costumes and fantastic choreography help to spread the Christmas cheer.

**When** Friday Nov 19

**Itinerary** Depart center at 10:30AM (please check in no later than 10:15AM) with return estimated by 6PM

**Cost** \$40R/\$50NR. Fee includes transportation, lunch and performance.

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• **“Christmas Belles” - Attic Theater in Fincastle (323600-D3)**

It's Christmas-time in the small town of Fayro, Texas and the Futrelle Sisters-Frankie, Twink and Honey Raye- are not exactly in a festive mood. As Honey Raye is desperately trying to keep the Tabernacle of the Lamb's Christmas Programs from spiraling into chaos, her sister, Frankie is weeks overdue with twins and her other sister, Twink is still carrying a grudge against her old boyfriend. And this is only the beginning! This is a hilarious story about family love and the true meaning of Christmas. Their misadventure-filled Christmas Eve is guaranteed to bring joy to your world!

**When** Thursday, Dec 2

**Itinerary** Depart center at 3:45PM for dinner at Leonardo's at 5PM. Performance at 7:30PM with return estimated by 10:30PM.

**Cost** \$16R/26NR. Fee includes transportation and Performance. Dinner extra.

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◆ **Hotel Roanoke (123600-D1)**

Don't miss one of our favorite Dine out Lunch buffets. See all the glorious decorations in this elegant Hotel. You'll have some extra time to shop or tour a museum.

**When** Wednesday, December 15

**Itinerary** Leave the center at 10:30AM (please arrive no later than 10:15AM)for lunch at 1130AM. Return estimated by 3PM.

**Cost** \$26R/ \$36NR. Fee includes lunch buffet and transportation



• **A Tuna Christmas” Barter Theater Stage II – Abingdon, VA  
(123600-D2)**

Take a break from the holiday stress. The Christmas Phantom is on the loose! The outrageously funny and much loved characters of Tuna, Texas, Thurston Wheelis and Arles Struvie, local radio personalities, report that the Christmas festivities are in jeopardy because the Christmas Phantom is back, and no nativity scene is safe! Audiences will roar with laughter watching two quick-changing actors portray all 22 roles.

**When** Wednesday, Dec 22

**Itinerary** Depart center at 9:15AM (please arrive no later than 9AM)with return estimated by 7PM

**Cost** \$41R/51NR Fee includes transportation, meal and performance.

10 day cancellation notice required unless a substitute can be found.

• **New York City**  
**Dec 6 - Dec 9**

“City sidewalks, pretty sidewalks, dressed in bright red and green. In the air their's a feeling of Christmas. Strings of streetlights, even stoplights, blink of bright red and green...” Yes, the spirit of the holiday season in the big city.

**Your 4 day/ 3 night package includes:**

3 Nights Hotel Accommodations  
 3 Breakfasts at our hotel

**2 Wonderful Dinners at New York City Restaurants**

**2 Full days of guided New York City Touring**

To include sights (as time permits): Rockefeller Center & The Christmas Tree, 5th Avenue Store Windows, South Street Seaport, Chinatown, Greenwich Village, Little Italy, Soho, St Patrick’s Cathedral, Central Park, Lincoln Center, Radio City Music Hall and Ground Zero.

**Orchestra Seating for the Radio City Music Hall Christmas Spectacular.**

Starring the world famous **Radio City Rockettes** in an unparalleled show featuring the Rockettes signature eye high kicks, precision choreography and exciting show stopping numbers

**Free Time for Shopping in New York City**

Whether it’s shopping in upscale Madison Avenue or the bargain-friendly Lower East Side, New York City, or the “Big Apple.” Offers everything for everybody!

Standard Taxes, Meal Gratuities & Baggage Handling  
 Deluxe Motor Coach Transportation.



<b>Fee</b>	<b>Double Occupancy</b>	<b>\$599R/609NR (123600-FD)</b>
	<b>Single Occupancy</b>	<b>\$799R/809NR (123600-FS)</b>
	<b>Triple occupancy also available</b>	

**No refunds after Nov 6 unless a substitute can be found**

**Travel Protection:** Travel Protection can be purchased at \$79/person. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel &Tours. Travel Protection should be purchased at the time of registration to ensure full benefits.

• **Hane’s Mall - Winston-Salem NC(123600-J1)**

Take advantage of after holiday sales at this popular shopping destination.

<b>When</b>	Wednesday, Jan 19
<b>Itinerary</b>	Depart center at 9AM (please arrive no later than 8:45AM) and return by 5:30 PM. Lunch on your own at one of the many restaurants inside the mall.
<b>Cost</b>	\$7R/14NR

# Fall Quarter At A Glance

## Trips and Special Events

Date	Trip/event	Ref Page
Sept 14	Fall Registration	3
October 4	Breakfast	4
6	Hawk's Nest	14
5	Canoe Trip	18
7	Prescription Costs	4
13	Peaks of Otter	14
20	Mabry Mill/Chateau Morrisette	14
22	Lasagna Lunch	4
26	In the Kitchen with Salmon's	4
27	Mansion at Fort Chiswell	15
November 1	Breakfast	4
3	Devil's Backbone Brewery	15
8	Health Care Reform	4
10	Replacements	15
19	Christmas in the Mountains	15
18	Blue Mountain Brewery	17
December 2	Christmas Belles	16
6-9	New York City	17
13	Breakfast	4
15	Hotel Roanoke	16
22	Tuna Christmas	16
16	Wohlfahrt Haus	19
Jan 3	Breakfast	4
19	Hanes Mall	16

This summary does not include Ongoing Programs. See their listing which begins on page 5



## Health/Fitness Programs

9/21-10/28 & 11/2-12/16	Tai Chi Fundamentals	9
Mon-Wed-Fri	Low impact aerobics/Healthy Backs	8
By appointment	Personal Training	9
Oct 4, Nov 1, Dec 13 & Jan 3	Blood pressure/blood sugar	9
Tuesdays & Thursdays	Jazzercise	9
Tuesdays & Thursdays	Strength Training	8
Tuesdays & Thursdays	Pilates	8

## Classes

TBA	Computer Classes	13
Oct 7-Nov 11	Beginner's Art	10
Oct 5 - Nov 9	Advanced Art	10
Oct 6 - Nov 17	Shakespeare	10
Oct 11 & Oct 18	Social Networking	11
Nov 1 & Nov 8	Tax Seminar	11
Sept 24 & Oct 1	Horseshoes	12
Oct 7-28	Bowling	12
Nov 18	Glass Painting	12

# 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) Phone Number ( ) \_\_\_\_\_

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

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

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

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

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

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

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_

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

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

## **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 persons 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: \_\_\_\_\_



Blacksburg Parks and Recreation Department  
725 Patrick Henry Dr  
Blacksburg VA 24060