

## Senior Programs

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Individuals ages 50 years and older.

Intake Contact

Tammy Caldwell

Intake Process

Visit the website for program information or call the office.

Provider Refer

Yes

Self Refer

Yes

Christiansburg Parks and Recreation

<http://www.christiansburg.org/177/Parks-Recreation>

<http://www.christiansburg.org/1165/Senior-Programs>

<https://www.facebook.com/CburgVAGov/>

[https://twitter.com/CburgVA\\_Gov](https://twitter.com/CburgVA_Gov)

Main

(540) 382-2349 x2003

1600 North Franklin Street

24073 VA

United States

Additional Availability Comments

Monday - Thursday 5:30 am - 10 pm, Friday 5:30 am - 5 pm, Saturday 8 am - 8 pm,

Sunday 1-7 pm

Languages Spoken

English

Christiansburg Parks and Recreation provides social activities, health and education programs, recreation and trips for seniors ages 50 and above and disabled populations. Activities include basketball, Zumba class, aerobics classes, billiards tournaments and pickleball (a combination of tennis and table tennis). Trips are offered year round and vary according to the season.

The health programs include a wide variety of screenings and education programs to help monitor and understand your health. Screenings include blood pressure, blood sugar, cholesterol and body fat.

Transportation service is available to pick up local senior citizens without access to transportation from their homes. This allows individuals to participate in senior trips and special luncheons.

Service Area(s)  
Montgomery County  
,  
Radford City