

## 50 and Wiser, Activities

Age Requirements

56-60

,

60+

Family

No

Intake Contact

Lynn Hoy

Intake Contact Email

lynn.turner@harrisonburgva.gov

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Harrisonburg Department of Parks and Recreation

<http://www.harrisonburgva.gov/parks-recreation>

<https://www.harrisonburgva.gov/50-and-wiser>

<https://www.facebook.com/harrisonburgparksandrecreation/?ref=bookmarks>

Main

(540) 433-7799

305 South Dogwood Drive

22801 VA

United States

Additional Availability Comments

Monday through Friday 8am until 5pm

Languages Spoken

English

Harrisonburg Parks and Recreation offers an on-going mixture of social, physical and mind-enhancing activities for adults age 50 and wiser! Educational programs include driver safety, adult safety and other topics. Join our bowling league or Benny's Blankets for knitters and crocheters. Fitness activities include cardio and strength training, yoga, line dancing, Zumba and more. The 50 & Wiser Programs List is available on the website.

If you have questions, suggestions or would like to register for a program don't hesitate to contact Lynn Hoy at 540-432-7799 or [Lynn.Turner@harrisonburgva.gov](mailto:Lynn.Turner@harrisonburgva.gov)

Service Area(s)

Harrisonburg City

,

Rockingham County

Email

[parksandrecreation@harrisonburgva.gov](mailto:parksandrecreation@harrisonburgva.gov)