

Active Adult Information & Policy

REGISTRATION AND DEADLINES

- Register at our office, phone or online. Participants must register with the Floyd County Parks and Recreation unless stated otherwise.
- All trips list a pick-up and return time for the given activity. Please note that all times are approximate.
- We reserve the right to have program flexibility.
- A deadline is set to secure tickets and programs.
- If an activity is full at the time of inquiry, the participants may be placed on a wait list.

INCLEMENT WEATHER POLICY

All cancellations due to weather will be made by 8 a.m the day of the activity.

MEDICAL

Participants should travel with a 24- hour supply of medication in the event of a delay on our return date and time due to weather or other circumstances.

REFUNDS

Cancellations must be made by the registration deadline listed under the program description to receive a refund. Refunds are automatic if an activity is cancelled.



PICK-UP LOCATION

Participants may park in designated locations at the Floyd County Parks and Recreation Park in Floyd, Va.

LATE ARRIVALS

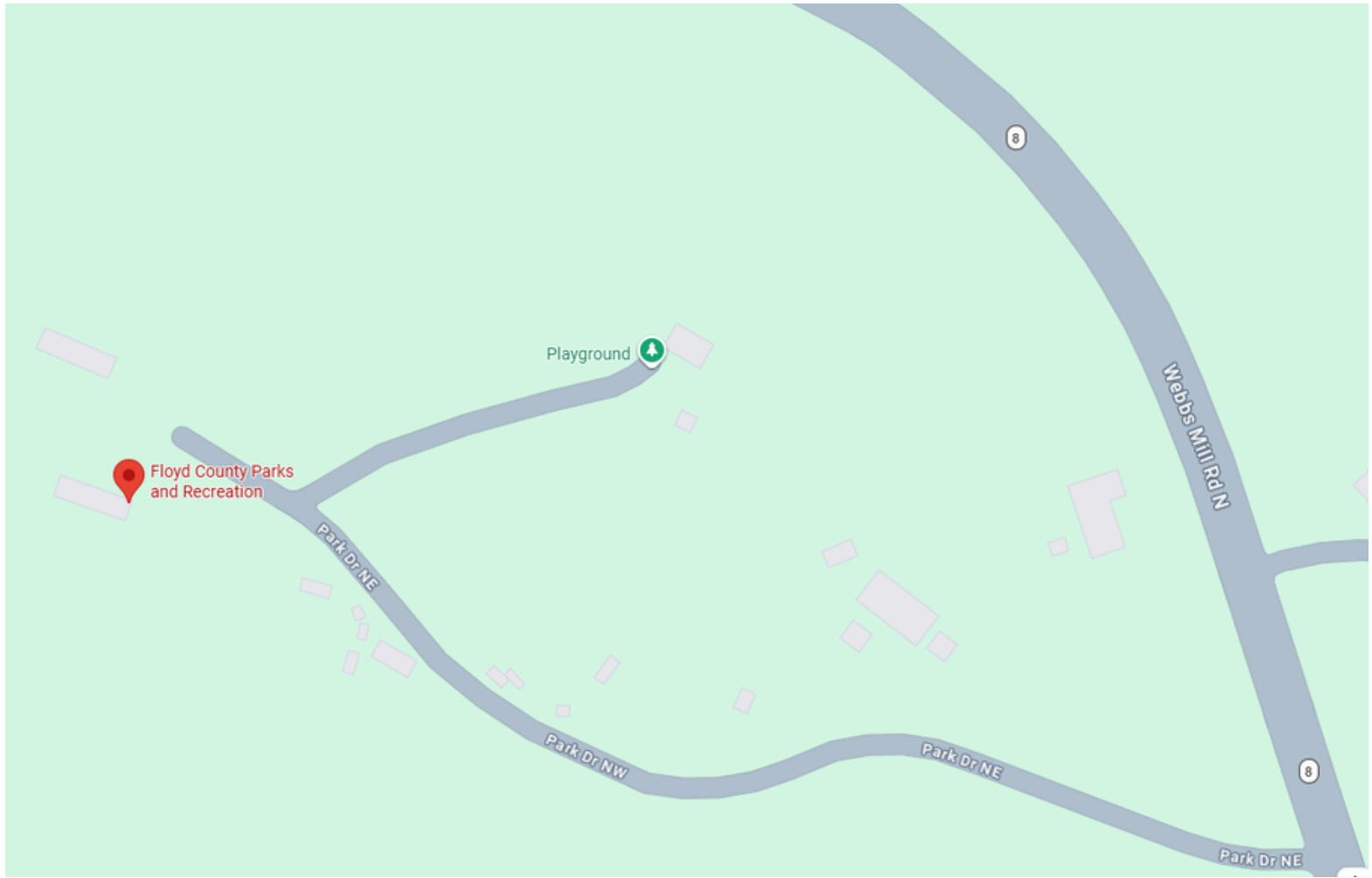
To keep the schedule on track, we cannot guarantee a delay for late arrivals. If you are not present at departure time, the trip will proceed as scheduled, and no refunds will be issued.

Please arrive at least 15 minutes before departure.

QUESTIONS?

Please contact our office using the information below.

Policies and Information Continued:



Directions:

Calendar Color Meaning



Light Blue- Local Event



Yellow- Day Trips



Red- Outdoor Programs and Fitness



Green- Co-Sponsored Programs

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September

FCPR Active Adult Calander
Fall 2026



		1	2	3	4	5
6	7 Office Closed	8	9	10	11	12
13	14 Friendship Cafe-	15	16 Fall Social & Bingo	17	18 Amy Myers- Session 1: Fitness	19
20	21 Friendship Cafe-	22	23 Name that Tune!	24 Road Trip to Bristol, VA!	25 Amy Myers- Session 1: Fitness	26
27	28 Friendship Cafe-	29	30 Paint & Create			



-Local



-Day Trip



-Outdoor/Fitness



-Co-Sponsored Programs

FLOYD
VIRGINIA

Sunday

Monday

Tuesday

Wednesday

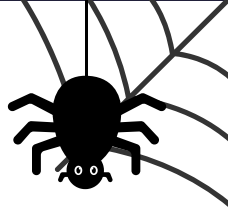
Thursday

Friday

Saturday

October

FCPR Active Adult Calander
Fall 2026



				1	2 Amy Myers- Session 1: Fitness	3
4 Friendship Cafe-	5	6	7 Game Table Social	8	9 Amy Myers- Session 1: Fitness	10
11	12 Office Closed	13	14 Trivia & Treats	15 A Day in Mayberry, NC	16 Amy Myers- Session 1: Fitness	17
18 Friendship Cafe-	19	20	21 Halloween Bingo Bash	22	23 Amy Myers- Session 1: Fitness	24
25 Friendship Cafe-	26	27 Cinema & Lunch	28 Paint & Create	29	30	31



-Local



-Day Trip



-Outdoor/Fitness



-Co-Sponsored Programs

FLOYD
VIRGINIA

Sunday

Monday

Tuesday

Wednesday

Thursday

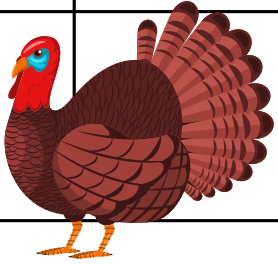
Friday

Saturday

November

FCPR Active Adult Calander
Fall 2026



1 Friendship Cafe-	2 Friendship Cafe-	3 Office Closed	4 Pie & Bingo	5 Shop & Dine	6 Amy Myers-Session 2: Fitness	7
8 Friendship Cafe-	9 Friendship Cafe-	10	11 Office Closed	12	13 Amy Myers-Session 2: Fitness	14
15 Friendship Cafe-	16 Friendship Cafe-	17	18 Paint & Create	19	20 Amy Myers-Session 2: Fitness	21
22 Friendship Cafe-	23 Friendship Cafe-	24 Barter Theatre: Elf The Musical	25 Office Closed	26 Office Closed	27 Office Closed	28
29 Friendship Cafe-	30 Friendship Cafe-					



-Local



-Day Trip



-Outdoor/Fitness



-Co-Sponsored Programs

FLOYD
VIRGINIA

Weekly Programs

Friendship Café

Every Monday | 9:00 AM – 12:00 PM

Jessie Peterman Memorial Library

321 W. Main St., Floyd, VA 24091

Cost: Free

- Enjoy a welcoming community gathering featuring a nutritious meal, conversation, education, games, and opportunities to connect with others in a relaxed and friendly environment.

Weekly Wednesdays

Every Wednesday | 9:00 AM – 12:00 PM

Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

- Join us each Wednesday for a different social, or creative activity designed for adults ages 55+. Registration is required for most programs unless otherwise noted.

Cost: Please see Itinerary on next page for various pricing.

Active Adults Fitness with Amy Myers- CYT

Fridays | 9:00 – 10:00 AM

Floyd County Parks & Recreation

210 Park Dr. NW, Floyd, VA 24091

Cost: \$27 Per Person (Per Session)

Session 1: September 18 – October 23, 2026

Session 2: November 6 – December 18, 2026

- This six-week chair yoga and wellness class focuses on gentle movement, flexibility, balance, strength, mobility, fall prevention, and overall wellness. Exercises are adaptable for all fitness levels, making it a great way to stay active in a supportive environment.

September Activities

September 16 – Fall Social & Bingo [9am-12pm]

Kick off the season by meeting new friends while enjoying light refreshments, conversation, and several rounds of bingo with prizes.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$8 Per Person

September 23 – Name That Tune! [9am-12pm]

Test your music knowledge by identifying songs from different decades. A fun and interactive morning full of music, laughter, and friendly competition.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$4 Per Person

September 24 – Day Trip: Bristol, VA [8:30-3pm]

Spend the day exploring historic downtown Bristol, local shops, restaurants, and attractions while enjoying a relaxing outing with friends. More information can be found on our website.

Location: Floyd County Parks & Recreation

210 Park Dr. NW, Floyd, VA 24091

Cost: \$35 Per Person :_Lunch cost is not included in registration.

September 30 – Paint & Create [10am-12pm]

Enjoy a guided painting class or craft where you'll create your own artwork to take home. No experience necessary—all supplies are provided.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$

October Activities

October 7 – Game Table Social [9am-12pm]

Pull up a chair for a morning of classic card and board games while enjoying conversation and making new friends.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$4.00 Per Person

October 14 – Trivia & Treats [9am-12pm]

Put your knowledge to the test with themed trivia while enjoying light seasonal refreshments.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$8.00 Per Person

October 15 – Day Trip: Mayberry (Mount Airy, NC) [9am-3pm]

Take a nostalgic trip to the town that inspired The Andy Griffith Show. Enjoy local shops, museums, and lunch in downtown Mount Airy. More information can be found on our website. Transportation is provided.

Location: Floyd County Parks & Recreation

210 Park Dr. NW, Floyd, VA 24091

Cost: \$35 Per Person: Lunch cost is not included in registration.

October 21 – Halloween Bingo Bash [9am-12pm]

Celebrate the season with Halloween-themed bingo, festive decorations, treats, and prizes.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$8.00 Per Person

October Activities Continued

October 27 – Cinema & Lunch [9am-3pm]

Join us for a movie followed by lunch at a local restaurant. Sit back, relax, and enjoy a fun afternoon with friends. Transportation is Provided.

Location: Floyd County Parks & Recreation
210 Park Dr. NW, Floyd, VA 24091

Cost: FREE: Lunch cost is not included in registration.

October 28 – Paint & Create [10am-12pm]

Create another seasonal painting or craft in this guided art class designed for all skill levels.

Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091

Cost: \$

November Activities

November 3 – Pie & Bingo [9am-12pm]

Celebrate the fall season with pie, coffee, and everyone's favorite game of bingo.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$8.00 Per Person

November 5 – Shop & Dine [9am-3pm]

Spend the day exploring local shops before enjoying lunch together at a nearby restaurant. Transportation is provided.

Location: Floyd County Parks & Recreation

210 Park Dr. NW, Floyd, VA 24091

Cost: FREE: Lunch cost is not included in registration.

November 18 – Paint & Create [10am-12pm]

Get creative with another guided painting or craft project that's perfect for beginners and experienced painters alike.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$

November 24 – Barter Theatre: Elf The Musical [10am-2:30pm]

Join us for a festive trip to Barter Theatre to enjoy Elf the Musical. This holiday favorite is filled with music, laughter, and Christmas spirit, making it the perfect seasonal outing. Transportation is provided.

Location: Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091

Cost: \$71 Per Person. Lunch cost is not included in registration.

Thank You for Joining Our Active Adults Program!

We're excited to spend the season with you! Whether you're joining us for a weekly activity, fitness class, or one of our day trips, we look forward to making lasting memories together.

Additional Important Information

Registration

- Registration is required for all trips and most activities.
- Register online or contact our office for assistance.

Trip Information

- Lunch is not included in the registration fee for any trip that includes a meal stop. Participants are responsible for purchasing their own lunch.
- Departure and return times listed for day trips indicate when the bus will leave Floyd and when it will depart the destination to return home. Please arrive at least 15 minutes before departure.

Activity Locations

- Please refer to each event listing for the correct meeting location, as activities are held at several locations throughout Floyd County.

Stay Connected

For the latest updates, event details, and online registration, visit:
floydcountyparksandrec.org/active-adults/



Questions?

Floyd County Parks & Recreation

210 Park Dr. NW

Floyd, VA 24091

Phone: (540) 745-9363

Email: Dwebster@floydcova.gov

We're happy to help with registration, trip details, accessibility questions, or anything else you may need.



"Creating opportunities for adults 55+ to stay active, build friendships, and enjoy new experiences throughout Floyd County."