FLOYD COUNTY PARKS AND RECREATION

Active Adult Information & Policy

Ages 55+

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.
- We reserve the right to alter programming due to unforseen circumstances.
- 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. Communications will be made by phone or email.

MEDICAL

Participants should travel with a 24- hour supply of medication in the event of a delay or interuption due to weather or other circumstances.

REFUNDS

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

FLOYD VIRGINIA

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 guarentee 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.

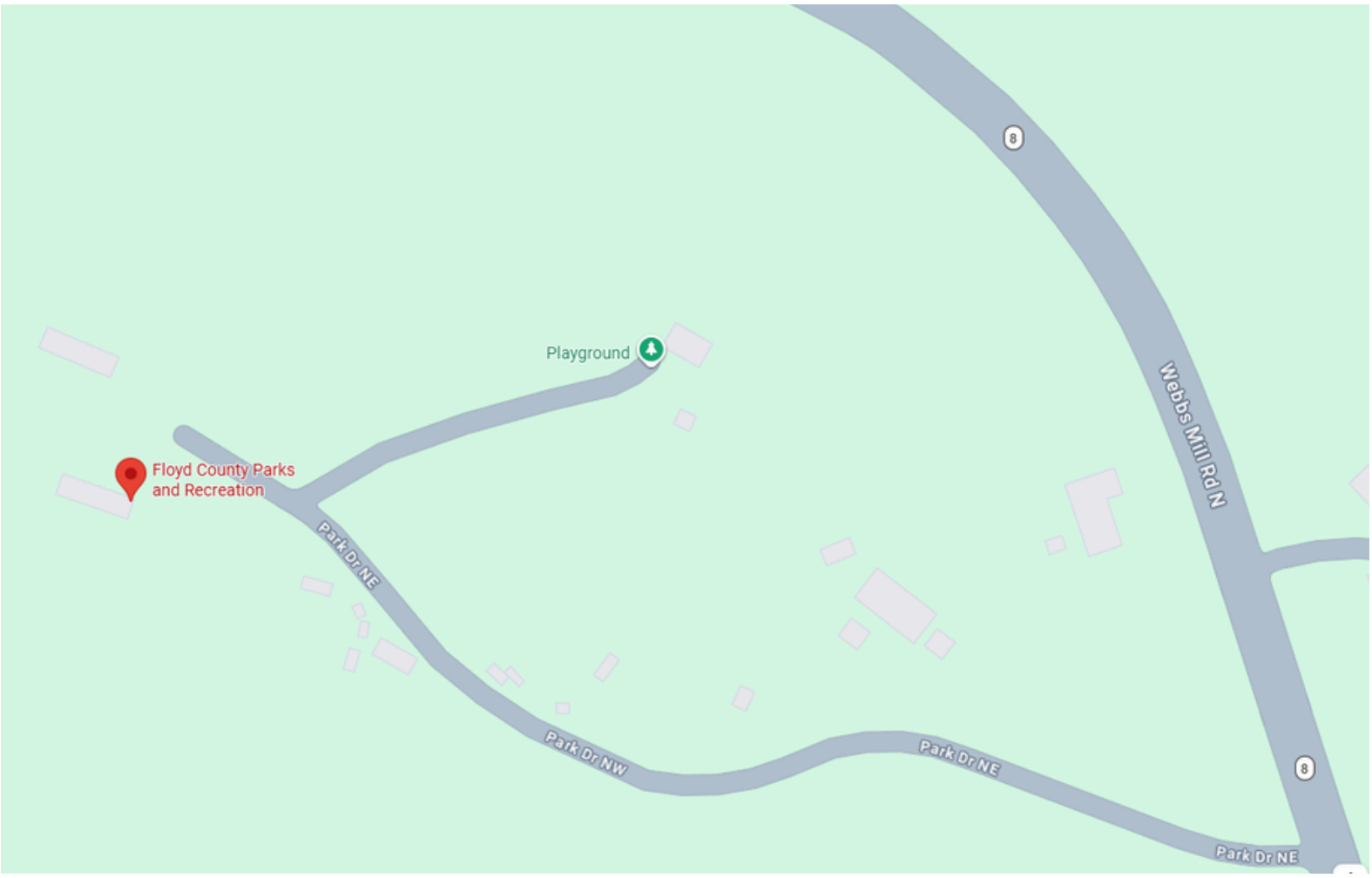
QUESTIONS?

Please contact our office using the information below.

210 Park Dr NW, Floyd, Virginia 24091 540-745-9363

https://floydcountyparksandrec.org/

Location & Directions



Floyd County Parks and Recreation

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

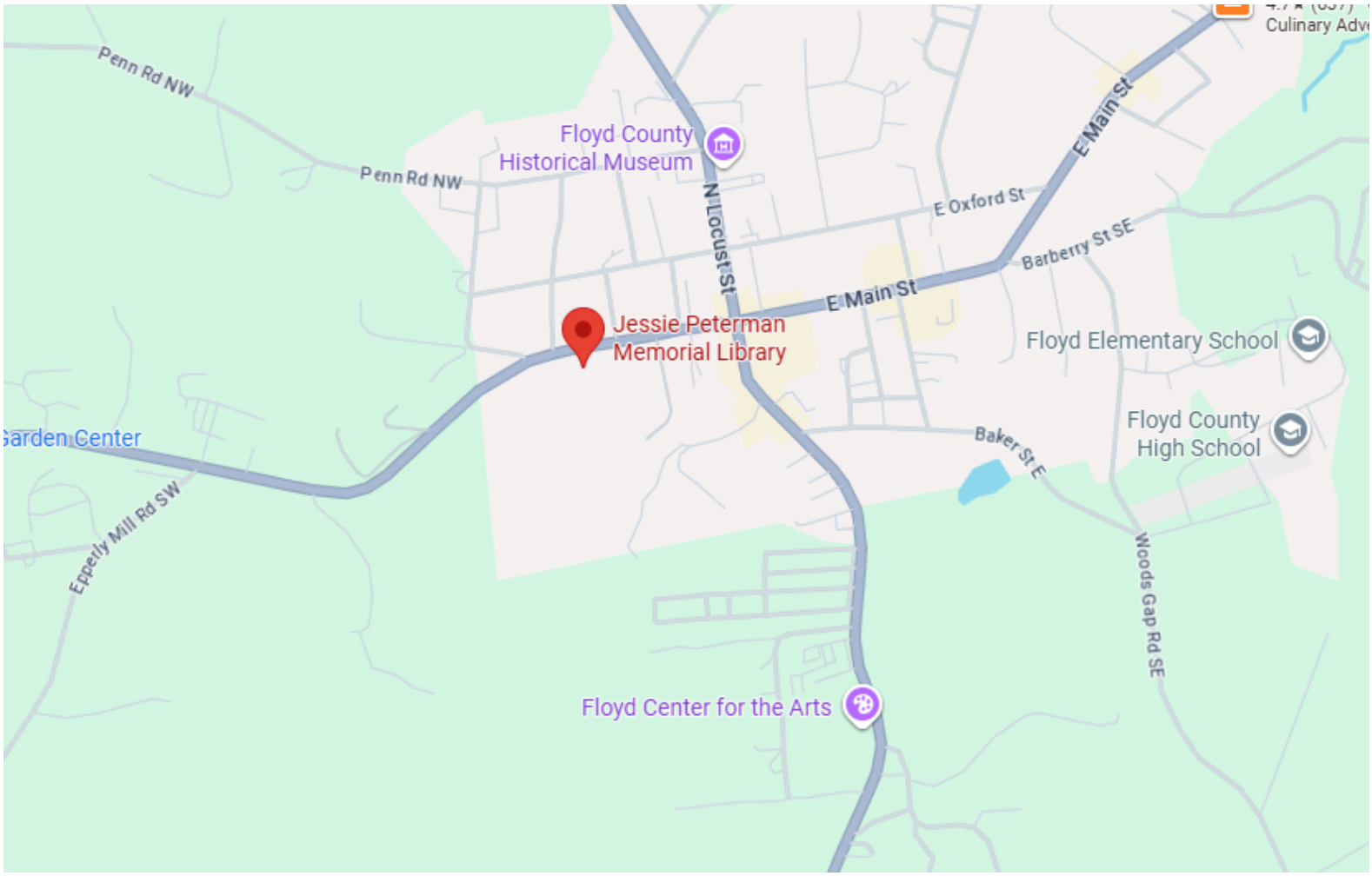
Directions:

From Christiansburg / I-81:
Take Exit 114 from I-81 and follow Route 8 South toward Floyd for approximately 20 miles. Continue into Floyd, then turn onto Park Drive NW. Follow Park Drive to the Parks & Recreation office.

From Roanoke:
Follow US-221 South toward Floyd. Continue on US-221 into the Town of Floyd. Turn onto Route 8 North, then turn onto Park Drive NW. Follow Park Drive to the Parks & Recreation office.

From Hillsville / I-77:
Take US-221 North toward Floyd and continue into the Town of Floyd. Turn onto Route 8 North, then turn onto Park Drive NW. Follow Park Drive to the Parks & Recreation office.

Location & Directions



Jessie Peterman Memorial Library

321 W. Main St., Floyd, VA 24091

Directions:

From Christiansburg / I-81:

Take Exit 114 from I-81 and follow Route 8 South toward Floyd for approximately 20 miles. At the stoplight in Floyd, turn right onto US-221 / West Main Street. The library will be on your left.

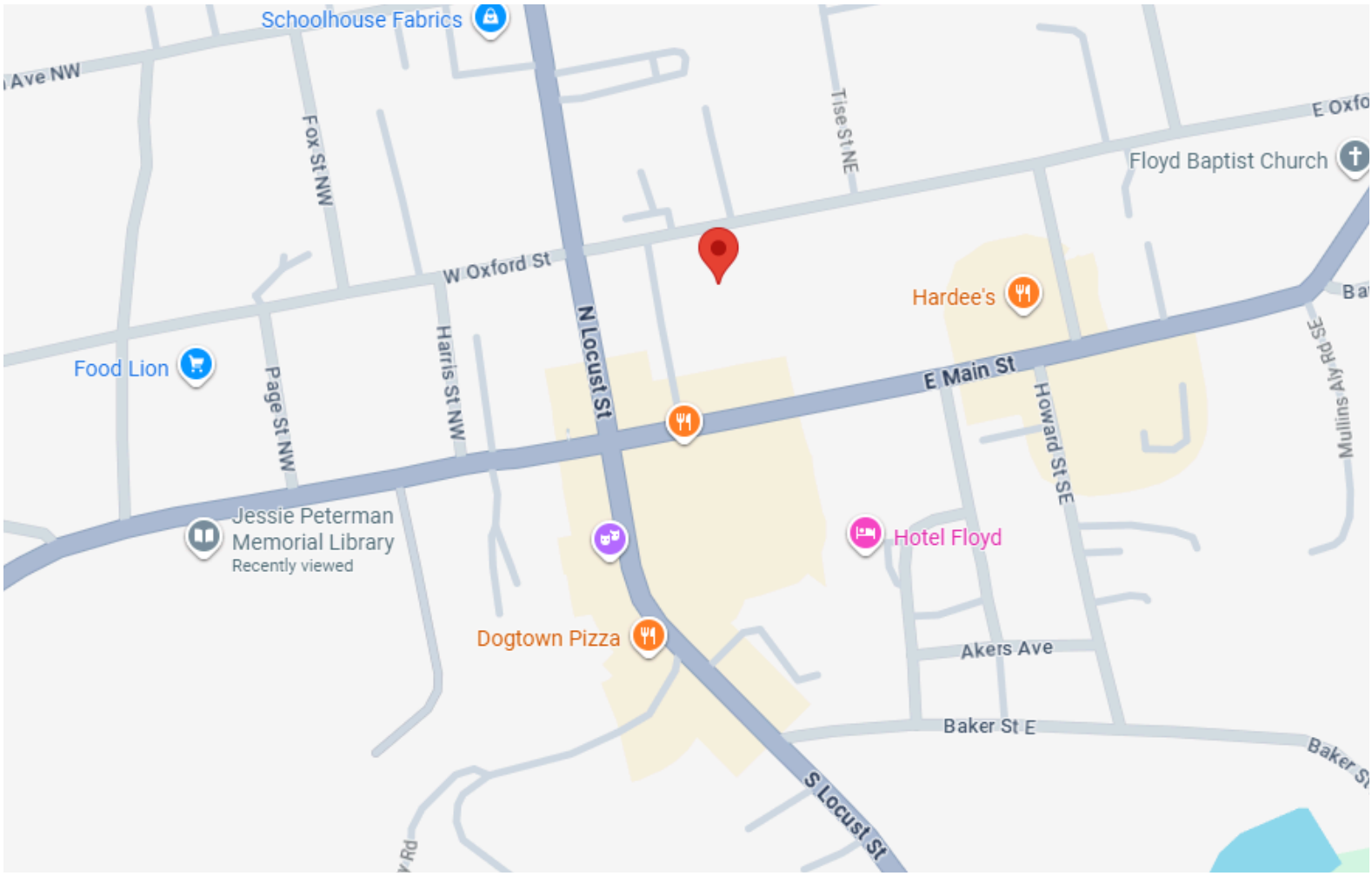
From Roanoke:

Follow US-221 South toward Floyd. Continue on US-221 into the Town of Floyd. The library will be on your right, across from Food Lion.

From Hillsville / I-77:

Take Exit 14 from I-77 and follow US-221 North toward Floyd for approximately 30 miles. Continue on US-221 into the Town of Floyd. The library will be on your left, across from Food Lion.

Location & Directions



Town Community Room

203 E Oxford St, Floyd, VA 24091

Directions:

From Christiansburg / I-81:
Take Exit 114 from I-81 and follow Route 8 South toward Floyd for approximately 20 miles. Continue into the Town of Floyd and turn left onto East Oxford Street. The Town Community Room is located at the Town of Floyd offices at 203 E. Oxford Street.

From Roanoke:
Follow US-221 South toward Floyd. Continue into the Town of Floyd and turn left onto Route 8 North. Turn right onto East Oxford Street. The Town Community Room will be at 203 E. Oxford Street.

From Hillsville / I-77:
Take US-221 North toward Floyd and continue into the Town of Floyd. Turn right onto Route 8 North, then turn right onto East Oxford Street. The Town Community Room will be at 203 E. Oxford Street.

Weekly Programs

Friendship Café- Mondays - 9am-12pm for Ages 60+

Starting October 19th

Enjoy a welcoming community gathering featuring a nutritious meal, conversation, education, games, and opportunities to connect with others in a relaxed and friendly environment. **To Register please contact Gretchen Lawson at (540)-980-7720 or email nutrition@nrvaoa.org**

Location: Jessie Peterman Memorial Library
321 W Main St, Floyd, VA 24091

Cost- FREE

Weekly Wednesdays

Every Wednesday | 9:00 AM – 11:00 PM

Virginia Cooperative Extension Office

209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)

- 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.

Weekly Programs Continued

- **Silver Gloves Muay Thai-** Mondays & Wednesdays - 1:30pm-2:30pm
This program is for ages 55+ who are looking to improve their strength, flexibility, and conditioning all while learning the essentials of Muay Thai Kickboxing.
To Register please contact James at (540)-230-2828.
Location: Floyd County Parks and Rcreation
210 Park Dr NW, Floyd, VA 24091
Cost- $75 per month or $25 drop-in Fee

September

FCPR Active Adult Calander
Fall 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Office Closed	8	9	10	11	12
13	14	15 Sassy Seniors with Kim Via	16 Fall Social & Bingo- 4H Building	17	18 Amy Myers- Session 1: Fitness @ FCPR	19
20	21	22	23 Name that Tune!- 4H Building	24 Road Trip to Bristol, VA!	25 Amy Myers- Session 1: Fitness @ FCPR	26
27	28	29	30 Paint & Create- 4H Building			

-Local -Day Trip -Outdoor/Fitness -Co-Sponsored Programs

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September Activities

September 15th- Sassy Seniors with Kim Via [1pm-3pm]
Join us for some games and fellowship! **For more information please contact Kim Via at (540)-239-3536. Registration is not required.**
Location: Jessie Peterman Memorial Library
321 W Main St, Floyd, VA 24091
Cost: Free

September 16 – Fall Social & Bingo [9am-11am]
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 (Bottom Floor)
Cost: $5.00

September 23 – Name That Tune! [9am-11am]
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 (Bottom Floor)
Cost: $3.00 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. **LAST DAY TO REGISTER IS September 23rd, 2026.**
Location: Floyd County Parks & Recreation
210 Park Dr. NW, Floyd, VA 24091

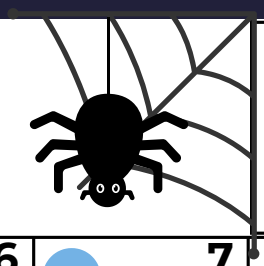
- **Cost: $35 Per Person :** Participants are responsible for purchasing their lunch.

September Activities Continued

September 30 – Paint & Create: Rock Garden Markers [10am-12pm]
Enjoy a guided Paint & Create class where we'll be making colorful Rock Garden Markers! Paint and personalize your own garden rocks to take home and use in your garden or flower beds. No experience necessary and all supplies are provided.
Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)
Cost: $3.00

October

FCPR Active Adult Calander
Fall 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Amy Myers- Session 1: Fitness @ FCPR	3
4	5	6	7 Game Table Social- 4H Building	8	9 Amy Myers- Session 1: Fitness @FCPR	10
11	12 Office Closed	13	14 Trivia & Treats -4H Building	15 A Day in Mayberry, NC Sassy Seniors	16 Amy Myers- Session 1: Fitness @ FCPR	17
18	19 Friendship Cafe- Jessie Peterman Memorial Library	20	21 Halloween Bingo Bash- 4H Building	22	23 Amy Myers- Session 1: Fitness @ FCPR	24
25	26 Friendship Cafe- Jessie Peterman Memorial Library	27 Cinema & Lunch	28 Paint & Create- 4H Building	29	30	31

-Local -Day Trip -Outdoor/Fitness -Co-Sponsored Programs

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October Activities

October 7 – Game Table Social [9am-11am]
Pull up a chair for a morning of classic card and board games while enjoying conversation and making new friends. Light refreshments will be provided.
Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)
Cost: FREE

October 14 – Trivia & Treats [9am-11am]
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 (Bottom Floor)
Cost: $3.00 Per Person

October 15 – Day Trip: Mayberry (Mount Airy, NC) [9am bus leaves FCPR]
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.
LAST DAY TO REGISTER IS October 14th, 2026.
Location: Floyd County Parks & Recreation
210 Park Dr. NW, Floyd, VA 24091

- **Cost: $35 Per Person:** Participants are responsible for purchasing their lunch.

October 15th- Sassy Seniors with Kim Via [1pm-3pm]
Join us for some games and fellowship! **For more information please contact Kim Via at (540)-239-3536. Registration is not required.**
Location: Town of Floyd Community Room
203 E Oxford St, Floyd, VA 24091
Cost: Free

October Activities Continued

October 21 – Halloween Bingo Bash [9am-11am]
Celebrate the season with Halloween-themed bingo, festive decorations, treats, and prizes.
Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)
Cost: $5.00

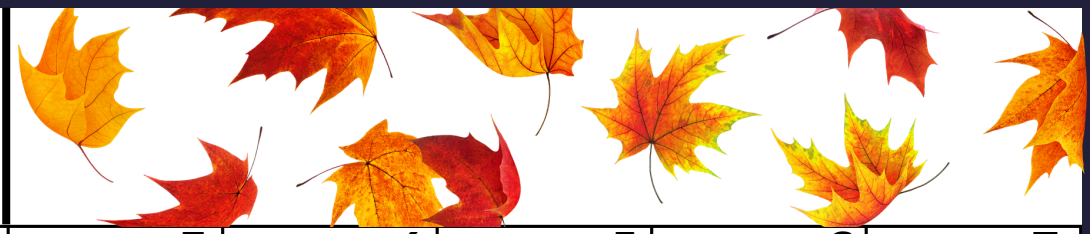
October 27 – Cinema & Lunch [9am-3pm] * Subject to Change
Join us for a Surprise movie followed by lunch at a local restaurant. Sit back, relax, and enjoy a fun afternoon with friends. Transportation is Provided. **LAST DAY TO REGISTER IS October 23rd 2026**
Location: Floyd County Parks & Recreation
210 Park Dr. NW, Floyd, VA 24091

- **Cost: FREE:** Participants are responsible for purchasing their lunch.

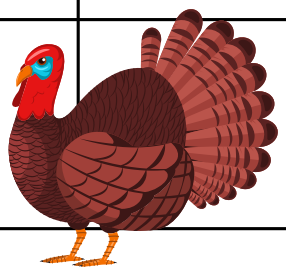
October 28 – Paint & Create: Pumpkin Painting [10am-12pm]
Get creative with a fun fall Pumpkin Painting class! Each participant will receive a real pumpkin to paint and personalize however they'd like, then take it home. No experience necessary and all supplies are provided
.Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)
Cost: $8.00

November

FCPR Active Adult Calander
Fall 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Friendship Cafe- Jessie Peterman Memorial Library	3 Office Closed	4 Pie & Bingo- 4H Building	5 Shop & Dine	6 Amy Myers- Session 2: Fitness @ FCPR	7
8	9 Friendship Cafe- Jessie Peterman Memorial Library	10	11 Office Closed	12	13 Amy Myers- Session 2: Fitness @ FCPR	14
15	16 Friendship Cafe- Jessie Peterman Memorial Library	17	18 Paint & Create- 4H Building	19 Sassy Seniors with Kim Via	20 Amy Myers- Session 2: Fitness @ FCPR	21
22	23 Friendship Cafe- Jessie Peterman Memorial Library	24 Barter Theatre: Elf The Musical	25 Office Closed	26 Office Closed	27 Office Closed	28
29	30 Friendship Cafe- Jessie Peterman Memorial Library					



-Local -Day Trip -Outdoor/Fitness -Co-Sponsored Programs

FLOYD VIRGINIA

November Activities

November 4 – Pie & Bingo [9am-11am]
Celebrate the fall season with pie, coffee, and everyone's favorite game of bingo. Enjoy a slice with friends, or bring a favorite pie of your own to share with the group.
Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)
Cost: $5.00

November 5 – Shop & Dine [9am-3pm]
Spend the day exploring the NRV'S local shops before enjoying lunch together at a nearby restaurant. Transportation is provided. **LAST DAY TO REGISTER IS November 4th, 2026.**
Location: Floyd County Parks & Recreation
210 Park Dr. NW, Floyd, VA 24091

- **Cost: FREE:** Participants are responsible for purchasing their lunch.

November 19th- Sassy Seniors with Kim Via [1pm-3pm]
Join us for some games and fellowship! For more information please contact Kim Via at (540)-239-3536. Registration is not required.
Location: Town of Floyd Community Room
203 E Oxford St, Floyd, VA 24091
Cost: Free

November 18 – Paint & Create: No Sew Wreath [10am-12pm]
Create your own No-Sew Fabric Wreath in this fun and easy guided class! Choose from a variety of fabric options to design a wreath using a 12-inch wire wreath form. No sewing or experience necessary—all supplies are provided, and you'll take your finished wreath home!
Location: Virginia Cooperative Extension Office
209 Fox St. NW, Floyd, VA 24091 (Bottom Floor)
Cost: $21.00

November Activities Continued

November 24 – Barter Theatre: Elf The Musical [10am bus leaves FCPR]
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. **LAST DAY TO REGISTER IS Monday, October 26th, 2026**
Location: Floyd County Parks & Recreation
210 Park Dr. NW, Floyd, VA 24091

- **Cost: $71 Per Person.** Participants are responsible for purchasing their lunch.

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/

Thank You to our Sponsor

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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.

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