



INVITATION FOR BID #2017-022

Parks and Recreation Activity Guide Printing and Bulk Mailing

DUE: 2:00 PM, November 3rd, 2016

Invitation for Bid Prepared By:

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www.lynchburgva.gov

THE CITY OF LYNCHBURG
LYNCHBURG, VIRGINIA

GENERAL CONDITIONS AND INSTRUCTIONS TO BIDDERS

(Bidder: The general rules and conditions that follow apply to all purchases by the City of Lynchburg, through its Procurement Division and become a definite part of each formal solicitation, purchase order or other award issued by the Procurement Division, unless otherwise specified. Bidders or their authorized representatives are expected to fully inform themselves as to the conditions, requirements and specifications before submitting bids. Failure to do so will be at the bidder's own risk, and a bidder cannot secure relief from the conditions on the plea of error.)

Subject to all applicable laws, ordinances, policies, resolutions, regulations and all limitations imposed thereby, bids on all solicitations issued by the Procurement Division will bind bidders to the conditions and requirements herein set forth unless otherwise specified in the solicitation.

1. DEFINITIONS: The definitions in the Virginia Public Procurement Act and Lynchburg Public Procurement Code apply. In addition, the following definitions apply to these General Conditions and Instructions to Bidders:
 - a. BID: The written offer of a bidder to the City, submitted in response to a solicitation by the City, to provide the City specific goods or services at specified prices and/or other conditions specified in the solicitation, unless indicated to the contrary, as used herein, bid includes a bid submitted in response to an Invitation for Bid.
 - b. BIDDER: Any person who submits a bid to the City.
 - c. CITY: The City of Lynchburg, Virginia
 - d. CONTRACTOR: Any person, including without limitation, any company, individual, firm, corporation, partnership joint venture, or other organization with which the City contracts.
 - e. INVITATION FOR BID (IFB): A written request made to prospective vendors (bidders) for their bids on goods or services desired by the City when initiating Contractor selection by means of Competitive Sealed Bidding.
 - f. NON-PROFESSIONAL SERVICES: Any services not specifically identified as professional services in the definition of professional services
 - g. PROCUREMENT MANAGER: The Procurement Manager employed by the City.
 - h. SOLICITATION: The document published by the City notifying the public and prospective bidders that the City is seeking vendors to submit bids to provide goods or services to the City and providing information regarding the procurement process, the City's requirements, and terms and conditions of any resulting contract.
 - i. STATE: Commonwealth of Virginia.

SPECIFICATIONS

2. QUESTIONS OR COMMENTS: For City solicitations done through the Procurement Division, all contact between bidders or prospective bidders and the City shall be only with the Procurement Division. Any questions which may arise as a result of this solicitation may be addressed to Tomek Kruszec, Buyer at 434-455-4233, or by email to Tomek.Kruszec@lynchburgva.gov. Inquiries must be received at least 7 business days prior to the due date in order to be considered. Contact initiated by a bidder concerning this solicitation with any other City representative, not expressly authorized elsewhere in this document, is

prohibited. No bidder or potential bidder shall initiate or engage in any discussions with any other employee of the City or any member of the City Council while a solicitation is outstanding concerning the contents of such solicitation or with the intent to influence or interfere with the contract award authorized by and described in such solicitation. A violation hereof may result in the disqualification of such bidder.

3. ADDENDA: Any changes or supplemental instructions to this Invitation for Bid shall be in the form of written addenda. All addenda are downloadable from the Procurement web site at <http://www.lyncburgva.gov/current-solicitations>. Each bidder is responsible for determining that all addenda issued have been received and shall acknowledge receipt of all addenda in the space provided or by returning a copy of each signed addendum. Failure to do so may result in rejection of the bid. All addenda so issued shall become part of the IFB and any resulting contract documents. Oral answers shall not be authoritative and shall not provide any basis for reliance by a bidder.
4. BRAND NAME OR EQUAL ITEMS: Unless otherwise provided in the Invitation for Bid, the name of a certain brand, make or manufacturer does not restrict bidders to the specific brand, make or manufacturer named. Such a brand name conveys the general style, type, character and quality of the article desired, and any article which the City, in its sole discretion, determines to be the equal of that specified, considering quality, workmanship, economy of operation, and suitability for the purpose intended shall be accepted.
5. FORMAL SPECIFICATIONS: When an Invitation for Bid indicates that it is a "formal specification" (no substitute), or otherwise states that the article specified, and no other, shall be provided, then the bidder shall furnish the article in strict conformity with the specification and may not offer a purported equal or substitute. The bidder shall abide by and comply with the true intent of the specifications and not take advantage of any unintentional error or omission. The bidder shall fully complete every part as the true intent and meaning of the specifications and drawings. Whenever a specification requires articles, materials, or workmanship to conform to laws, ordinances, regulations, building codes, underwriter laboratory standards, ASTM standards, or similar law or standards, the specification shall be construed to require at least the minimum acceptable standard allowed by the cited law or standard under the circumstances unless otherwise indicated.
6. OMISSIONS AND DISCREPANCIES: Unless otherwise indicated, any specification for an item of equipment shall be interpreted to include not only the item of equipment specified, but also those parts, items, appurtenances and accessories reasonably necessary to make the equipment complete and working.

BID PROCESS

7. TIME FOR RECEIVING BIDS: All sealed bids will be received in the Procurement Division Office, Third Floor, City Hall. It is the responsibility of the bidder to ensure bids are received by Procurement Staff and time stamped prior to the deadline for bids. Bids received prior to the time of opening will be securely kept unopened. No responsibility will be attached to the Procurement Division for the premature opening of a bid not properly addressed, received, and identified. Any bid opened prematurely will be resealed and kept securely until the time of opening. Bids, to include addenda or changes to a response, shall not be accepted via a FAX machine or by Internet E-mail. Late bids will not be accepted and will be returned unopened.
8. SIGNATURE: All bids shall be signed on the Terms and Signature Sheet in order to be considered. Bids submitted without a signature shall be rejected. If the Bidder is a partnership or corporation, the Bidder shall show the title of the individual signing the bid, and if the individual is not an officer of the partnership or corporation, if requested, the Bidder shall submit proof that the individual has the authority to bind the partnership or corporation.
9. BID BONDS: Only when specifically requested in the bid documents shall each bid be accompanied by a bid bond with surety satisfactory to the City or a Cashier's or a Certified Check, made payable to the City of Lynchburg. In the event of default by the Bidder, the deposit shall be and represent liquidated damages

to the City. Bids received without a bid bond, when specifically requested, shall be rejected.

10. **BID MODIFICATION AND WITHDRAWAL**: Any bidder may withdraw or modify its bid, in writing containing the original signature of the bidder, which writing must be received by the City prior to the date and time set for submission of bids. Withdrawal or modification must be in writing and be delivered by one of the following means: (i) hand delivery by the bidder itself, a courier, or other delivery service; (ii) by mail (no consideration shall be given to any postmark); or (iii) by marking(s) on the exterior of the bid submission envelope, but only if the marking is dated and includes the original signature of the bidder. Written modifications of bids should not reveal the bid price contained in the previously submitted sealed bid, but should simply provide the desired addition, subtraction or modification, so that the final price or terms of the bid will not be known to the City until the sealed bids are opened. Modifications shall be on the interior envelope and sealed prior to submittal. No bid shall be altered or amended after the specified time for opening.
11. **BIDDERS PRESENT**: At the time fixed for the opening of sealed bids, their contents will be made public for the information of bidders and other interested parties who may be present either in person or by representative. All bids will be opened at the time and place specified and read publicly and remain available for inspection in the Procurement Division during regular City business hours by bidders prior to award (unless a determination is made not to make an award) and by the general public after an award is made. The City will post all notices of award to the Procurement Website.
12. **WITHDRAWAL OF BIDS**: A bidder may withdraw its bid from consideration if the price bid was substantially lower than the other bids due solely to a mistake therein, provided the bid was submitted in good faith, and the mistake was a clerical mistake, as opposed to a judgment mistake, and was actually due to an unintentional arithmetic error or an unintentional omission of a quantity of work, labor or material made directly in the compilation of a bid, which can be clearly shown by objective evidence drawn from inspection of original working papers, documents and materials used in the preparation of the bid sought to be withdrawn. The following procedure as stated in Section 18.1-11 of the Lynchburg Procurement Code shall be used to request withdrawal of a bid:
 - a. To withdraw a bid after bid opening due to error, a bidder must satisfy the substantive requirements of Va. Code §2.2-4330. In addition, the following procedures shall apply:
 1. The bidder shall give notice in writing of his claim of right to withdraw his bid within two business days after the conclusion of the bid opening procedure and shall submit original work papers with such notice.
 2. The mistake may be proved only from the original work papers, documents and materials delivered as required herein.
 - b. This section shall be deemed to be incorporated automatically into all invitations to bid issued by the city pursuant to the Lynchburg public procurement code. Nonetheless, the city manager or his designee(s) should ensure that this section is set out in all invitations to bid.

If a bid is withdrawn under the authority of this section and the solicitation is not cancelled, the lowest responsive and responsible remaining bid shall be deemed to be the low bid. No bidder who is permitted to withdraw a bid shall, for compensation, supply any materials or labor to or perform any contract or other work agreement for the person or firm to whom the contract is awarded or otherwise benefit, directly or indirectly, from the performance of the project for which the withdrawn bid was submitted.

13. **ERRORS IN BID**: When an error is made in extending the total prices, the unit bid price will govern. Erasures in bids must be initialed by the bidder. Carelessness in quoting prices or in preparation of the bid otherwise will not relieve the bidder. Bidders are cautioned to recheck their bids for possible errors. Errors discovered after public opening cannot be corrected, and the bidder will be required to perform if his bid is accepted, unless the bidder successfully withdraws its bid in accordance with paragraph 12, Withdrawal of Bids.

14. BIDDERS INTERESTED IN MORE THAN ONE BID: If more than one bid is offered by any one person, by or in the name of their clerk, partner, firm, or corporation, all such bids may be rejected. A contractor who has quoted prices on work or supplies to a bidder is not thereby disqualified from quoting prices to other bidders or firms submitting a bid directly for the work, material or supplies.
15. TAX EXEMPTION: The City of Lynchburg is exempt from payment of Federal Excise Tax and State and Local Sales and Use Tax on all tangible personal property purchased or leased by the City for its use or consumption. Tax exemption certification will be furnished upon request. Sales tax, however, is paid by the City on materials and supplies that are installed by a contractor and become a part of real property. Contractors are not exempt from paying taxes on these categories, as they are considered to be a cost of doing business and should be considered in pricing when preparing a bid.
16. PROPRIETARY INFORMATION: Section 2.2-4342-F of the Code of Virginia states: “Trade secrets or proprietary information submitted by a bidder, offeror, or contractor in connection with a procurement transaction or prequalification application submitted pursuant to subsection B of 2.2-4317 shall not be subject to the Virginia Freedom of Information Act (2.2-3700 et seq.); however, the bidder, offeror, or contractor shall (i) invoke the protections of this section prior to or upon submission of the data or other materials, (ii) identify the data or other materials to be protected, and (iii) state the reasons why protection is necessary.” Bids not in compliance with section 2.2-4342F will be subject to disclosure.
17. GOVERNING LAW: Any contract resulting from this Invitation for Bid shall be governed by the provisions hereof and by the laws of the Commonwealth of Virginia. Any dispute arising out of this Contract shall be resolved in the Courts of the Commonwealth of Virginia, in and for the City of Lynchburg.

AWARD

18. AWARD DECISION: Before the Contract is awarded, the bidder submitting the lowest responsive bid must satisfy the City that it has the requisite organization, capital, equipment, ability, resources, personnel, management, business integrity, and experience in the type municipal work for which it has submitted a bid. The bidder shall verify to the City that it has the sufficient and qualified personnel to provide for the Contract Work. Failure by the lowest responsive bidder to sufficiently satisfy the City of its ability to meet any of the above requirements may serve as grounds for rejection of the bid.

The Owner reserves the right to cancel the Advertisement for Bids, reject any and all bids, waive any and all informalities, and disregard all conforming, nonconforming, conditional bids or counterproposals.
19. FACTORS OTHER THAN PRICE IN AWARD DECISION: The following factors in addition to price (as they apply) shall be a consideration in the award decision:
 - a. The ability to provide references which may substantiate past work performance and experience in the type of work required for the contract. The lowest responsive bidder(s) may be required to furnish a contractor qualifications statement, to include references, prior to any such award. The City may contact all references furnished by bidders. The right is further reserved by the City to contact references other than, and/or in addition to, those furnished by the bidder. If, in the sole opinion of the City, a bidder is determined to be non responsible as a result of any investigation conducted by or for the City, award will not be made to that bidder.
 - b. The previous and existing compliance by the bidder with laws and ordinances relating to the contract or services.
 - c. Whether the bidder is in arrears on a debt or contract or is in default on a security to the City or whether the bidder's county taxes or assessments are delinquent.
 - d. The quality of performance/workmanship of previous contracts for goods and/or services delivered to or performed for the City.

- e. The timely completion of previous contracts for services or the timely delivery of past orders for goods.
 - f. The sufficiency of financial resources and its impact on ability of the bidder to perform the contract or provide the services.
 - g. The City reserves the right, at its option, to conduct on-site inspections of any bidder's facilities prior to award. The results of any such inspection will be considered by the City in determining bidder's capabilities of successfully administering the contract.
 - h. The ability and availability of the bidder to provide both quality and timely maintenance, service, and/or parts.
 - i. The resale value, life cycle costing and value analysis of a product.
 - j. The availability and capability of local and regional vendor support as it affects the quantity, quality, and timeliness of the goods and/or services.
 - k. Timely delivery of goods or timely completion of services as stated by bidder.
 - l. Substantial compliance or noncompliance with specifications set forth in bid as determined by the City.
 - m. Inventory capability as it relates to a particular bid.
 - n. Results of product testing.
 - o. Such other information as may be secured by the Procurement Manager having a bearing on the decision to award the contract.
20. AVAILABLE FUNDS: If the bid from the lowest responsible, responsive bidder exceeds available funding, pursuant to Section 18.1-9 of the Lynchburg Public Procurement Code, the Owner may negotiate with the apparent low bidder to obtain a contract price within available funds.
21. NOTICE OF AWARD/CONTRACT DOCUMENTS: A Notice of Award will be posted to the City's Procurement website within the time for acceptance specified in the solicitation shall be deemed to result in a contract binding on the bidder. To the extent they are included in or incorporated by the solicitation, the following documents are hereby incorporated in and shall form a part of the resulting contract:
- a. City Solicitation Form/Award Notice and other documents which may be incorporated by reference, if applicable.
 - b. General Conditions and Instructions to Bidders.
 - c. Special Provisions.
 - d. Pricing Schedule.
 - e. Any Addenda/Amendments.
 - f. Purchase Order.
22. TIE BIDS: In the case of a tie bid, the City may give preference to goods, services, and construction produced in the City or provided by persons, firms or corporations having principal places of business in the City. If such choice is not available, preference shall then be given to goods and services produced in the Commonwealth pursuant to Section 2.2-4324 of the Code of Virginia. If no City or Commonwealth choice is available, the tie shall be decided by lot.
23. PROMPT PAYMENT DISCOUNT: If discounts for prompt payment are offered by the bidder, it is required that a minimum of twenty (20) days be allowed for payment. Discounts for prompt payment will not be considered in the evaluation of bids. Discounts for prompt payment will be shown on the purchase order/contract and taken if invoices are processed and payment made within the stipulated time frame. If discounts are not offered, payment shall be made thirty (30) days after receipt of an approved invoice by the City.

24. INSPECTION-ACCEPTANCE: The goods and/or services delivered as a result of this bid shall remain the property of the seller until a physical inspection is made, and thereafter accepted to the satisfaction of the City. In the event the goods and/or services supplied to the City are found to be defective or do not conform to specifications, the City reserves the right to cancel the order upon notice (verbal or in writing) to the seller and return goods to seller at the seller's expense.
25. DEFINITE BID QUANTITIES: Subject to the City's right to termination for convenience, where quantities are specifically stated, acceptance will bind the City to order quantities specified and to pay for, at contract prices, all such supplies or services delivered that meet specifications and conditions of the contract. However, the City will not be required to accept delivery of any balances unordered, as of the contract expiration date, unless the Contractor furnished the Procurement Manager with a statement of unordered balances not later than ten (10) days after the termination date of the contract.
26. REQUIREMENTS BID QUANTITIES: On "Requirement" bids, acceptance will bind the City to pay for, at unit bid prices, only quantities ordered and delivered.
- a. Whenever a bid is sought seeking a source of supply for a requirements contract for goods and/or services, the quantities or usage shown are estimates only. No guarantee or warranty is given or implied by the City as to any minimum or total amount that may or may not be purchased from any resulting contracts.
 - b. The City reserves the right, at its sole option, to renew the contract for consecutive terms.
 - c. The City reserves the right to award bids for requirements contracts based on the pricing of the initial term of the contract or any combination of initial and renewal terms.
 - d. The City may award a bid to a single contractor or to multiple contractors.
 - e. The City reserves the right not to renew the contract at the end of the initial term or any subsequent term.
 - f. The City reserves the right to terminate the contract upon written notice to the contractor(s).
 - g. In the event that a requirements contract is awarded for goods and/or services, the City reserves the right to bid individual purchases if the City deems it will best serve their interest.
 - h. It is understood and agreed to between the parties in a resulting contract that the City shall not be obligated to purchase or pay for materials under such contract unless and until they are ordered and delivered.
 - i. Bids based on a firm price or those including a "downward escalator" clause for a requirements contract term may be given preference over lower ones bearing an "escalator" clause.
 - j. The City has the right to extend this contract up to and not to exceed one hundred eighty (180) days following any term of the contract.
27. SCHOOL BOARD: When goods and/or services are for the benefit of Lynchburg City Schools, the contract shall be entered into on behalf of the Lynchburg City School Board.

CONTRACT PROVISIONS

28. TERMINATION OF CONTRACTS: Contracts will remain in force for full periods specified and/or until all articles ordered before date of termination shall have been satisfactorily delivered and accepted and thereafter until all requirements and conditions shall have been met unless:
- a. Terminated prior to expiration date by satisfactory deliveries of entire contract requirements, or upon termination by the City for convenience or cause, or upon termination by Contractor for material breach by the City.

- b. Extended upon written authorization of the Procurement Manager and accepted by Contractor, to permit ordering of unordered balances or additional quantities at contract prices and in accordance with contract terms.
29. TERMINATION FOR CONVENIENCE: A contract may be terminated by the City in accordance with this clause in whole or in part whenever the Procurement Manager shall determine that such a termination is in the best interests of the City. Any such termination shall be effected by delivery to the Contractor at least (5) working days prior to the termination date of a Notice of Termination specifying the extent to which performance shall be terminated and date upon which such termination becomes effective. An adjustment in the contract price shall be made to compensate the contractor for his/her actual costs incurred in performance prior to termination that, as determined in the City's discretion, are reasonable, allocable, and allowable, plus a reasonable amount of profit on such costs. In no event shall the City be liable to the contractor for anticipated profits for unperformed work or undelivered goods or for any consequential, special, incidental, or punitive damages of any kind. In no event shall the City be liable for any amount over the contract price.
30. TERMINATION OF CONTRACT FOR CAUSE:
- a. The City may, by written notice of termination to the Contractor specifying a termination date at least five days thereafter, terminate this contract for cause in whole or in part if the Contractor (1) fails to deliver the goods or perform the services this contract requires within the time this contract specifies, or (2) fails to perform any of its other obligations under this contract or violates any provision of this contract.
- b. If this contract is terminated for cause, the Procurement Manager may require the Contractor to transfer title and deliver to the City, as directed by the Procurement Manager, any completed or partially completed goods and documents, data, studies, surveys, drawings, maps, models and reports ("deliverables") prepared by the Contractor under the contract. The City shall pay the contract price for such completed goods and deliverables. The Contractor and Procurement Manager shall agree on the amount of payment for partially-completed goods and deliverables the City requires the Contractor to transfer and deliver to it. If the parties fail to agree, then the Contractor may present a claim to the City for its reasonable costs for the partially-completed goods and deliverables. Costs recoverable shall be limited to those that, as determined in the City's discretion, are reasonable, allocable, and allowable. Such costs in no event shall exceed the contract price for the goods and deliverables if completed.
- c. Notwithstanding the above, the Contractor shall not be relieved of liability to the City for damages sustained by the City by virtue of any breach of contract by the Contractor for the purpose of setoff until such time as the exact amount of damages due to the City from the Contractor is determined.
- d. If the City terminates this contract for cause when cause, in fact, does not exist, then the termination shall for all purposes be deemed a termination for convenience under this contract, and the termination for convenience clause shall apply for all purposes.
- e. If Contractor properly terminates this contract for material breach by the City, Contractor's damages shall be limited to the amounts recoverable by Contractor for a termination for convenience.
31. CONTRACT MODIFICATIONS: No modifications in the terms of a contract shall be valid or binding upon the City unless made in writing, signed, and duly authorized by the City.
32. FUNDING: The continuation of the terms, conditions, and provisions of any resulting contract beyond June 30 of any year, the end of the City's fiscal year, are subject to approval and ratification by Lynchburg City Council and appropriation by them of the necessary money to fund said contract for each succeeding year.
33. NEW GOODS, FRESH STOCK: Unless otherwise specifically stated, the Contractor shall provide new rather than used goods, fresh stock, and the latest model, version, design or pack of any item specified.

34. NON-DISCRIMINATION: During the performance of this contract the Contractor agrees as follows:
- a. The Contractor will not discriminate against any employee or applicant for employment because of race, religion, color, sex, national origin, age, disability or other basis prohibited by state law relating to discrimination in employment except where there is a bona fide occupational qualification reasonably necessary to the normal operation of the Contractor. The Contractor agrees to post in conspicuous places, available to employees and applicants for employment, notices setting forth the provisions of this non-discrimination clause.
 - b. The Contractor, in all solicitations or advertisements for employees placed by or on behalf of the Contractor, will state that such Contractor is an Equal Opportunity Employer.
 - c. Notices, advertisements and solicitations placed in accordance with federal law, rule or regulation shall be deemed sufficient for the purpose of meeting the requirements of this section.
 - d. The Contractor will include the provisions of the foregoing paragraphs a, b, and c above in every subcontract or purchase order of over ten thousand dollars so that the provisions will be binding upon each subcontractor or vendor.
35. DRUG FREE WORKPLACE: Section 2.2-4312 Code of Virginia. For the purposes of this section, “drug-free workplace” means a site for the performance of work done in connection with a specific contract awarded to a contractor in accordance with this chapter, the employees of whom are prohibited from engaging in the unlawful manufacture, sale, distribution, dispensation, possession or use of any controlled substance or marijuana during the performance of the contract.

During the performance of this contract, the contractor agrees to:

- a. Provide a drug-free workplace for the contractor’s employees
 - b. Post in conspicuous places, available to employees and applicants for employment, a statement notifying employees that the unlawful manufacture, sale, distribution, dispensation, possession, or use of a controlled substance or marijuana is prohibited in the contractor’s workplace and specifying the actions that will be taken against employees for violations of such prohibition
 - c. State in all solicitations or advertisements for employees placed by or on behalf of the contractor that the contractor maintains a drug-free workplace
 - d. Include the provisions of the foregoing clauses in every subcontract or purchase order over \$10,000, so that the provisions will be binding upon each subcontractor or vendor
36. MINORITY AND WOMEN OWNED BUSINESS ENTERPRISES: It is the policy of the City to undertake every effort to increase opportunity for utilization of small, minority-owned, and women-owned businesses in all aspects of procurement to the maximum extent feasible.
- a. In connection with the performance of this contract, the Contractor agrees to use his/her best effort to carry out this policy and ensure that Small, minority-owned, and women-owned businesses shall have the maximum practicable opportunity to compete for subcontract work under this contract consistent with the efficient performance of this contract.
 - b. As used in this contract, the term "Small Business" is defined as a business, independently owned and controlled by one or more individuals who are U.S. citizens or legal resident aliens, and together with affiliates, has 250 or fewer employees, or average annual gross receipts of \$10 million or less averaged over the previous three years. One or more of the individual owners shall control both the management and daily business operations of the small business. (Code of Virginia 2.2-4310)
 - c. As used in this contract, the term “Minority-Owned Business” is defined as a business that is at least 51% owned by one or more minority individuals who are U.S. citizens or legal resident aliens, or in the case of a corporation, partnership, or limited liability company or other entity, at least 51% of the equity ownership interest in the corporation, partnership, or limited liability company or other entity is owned by one or more minority individuals who are U.S. citizens or legal resident aliens, and both the management and daily business operations are controlled by one or more minority individuals. (Code of Virginia 2.2-4310)

- d. As used in this contract, the term "Woman-Owned Business" is defined as a business that is at least 51% owned by one or more women who are U.S. citizens or legal resident aliens, or in the case of a corporation, partnership, or limited liability company or other entity, at least 51% of the equity ownership interest is owned by one or more women who are U.S. citizens or legal resident aliens, and both the management and daily business operations are controlled by one or more women. (Code of Virginia 2.2-4310)
 - e. Where federal grants or monies are involved, it is the policy of the City through its agents and employees to comply with the requirements set forth - Standards Governing State and Local Grantee Procurement - of the U.S. Office of Management and Budget Circular N. A-102, Uniform Administrative Requirements for Grants-in-Aid to State and Local Governments, as they pertain to small and minority business utilization.
37. **GUARANTEES & WARRANTIES:** Unless otherwise specifically indicated in the solicitation, by entering into the contract, the Contractor itself warrants and guarantees all goods and services furnished (1) in accordance with the General Guaranty and Service Contract Guaranty paragraphs herein, and (2) in accordance with the provisions of the Uniform Commercial Code. In addition, the Contractor shall properly transfer to the City all standard warranties given by the manufacturer(s) of any goods furnished. The Contractor shall deliver all manufacturers' warranties to the Procurement Manager before final payment on the contract.
38. **PRICE REDUCTION:** If any time after the date of the bid the Contractor makes a general price reduction in the comparable price of any material covered by the contract to customers generally, an equivalent price reduction based on similar quantities and/or considerations shall apply to the contract for the duration of the contract period (or until the price is further reduced). Such price reduction shall be effective at the same time and in the same manner as the reduction in the price to customers generally. For purpose of this provision, a "general price reduction" shall mean any horizontal reduction in the price of an article or service offered (1) to contractor's wholesalers, jobbers, retailers, etc., which was used as the basis for bidding on this solicitation. An occasional sale at a lower price, or sale of distressed merchandise at a lower price, would not be considered a "general price reduction" under this provision. The Contractor shall submit invoices at such reduced prices indicating on the invoice that the reduction is pursuant to the "Price Reduction" provision of the contract documents. The Contractor in addition will, within ten (10) days of any general price reduction, notify the Procurement Division of such reduction by letter. **FAILURE TO DO SO WILL BE A BREACH OF THE CONTRACT AND MAY REQUIRE TERMINATION OF THE CONTRACT.** Upon receipt of any such notice of a general price reduction, all ordering offices will be duly notified by Procurement.
39. **CHANGES:** The City may, at any time, without notice to any sureties, by written order indicated to be a change order, make changes within the general scope of the contract, including without limitation, changes in (1) specifications (including drawings and designs), (2) method of packing and shipment, (3) method or manner of performance, (4) place of delivery, and (5) time for performance and completion.
- a. Within fifteen (15) days of receipt of a change order, the Contractor shall submit a written proposal for any equitable adjustment to the contract price, delivery schedule, or both, that should in fairness be made due to the change order. The parties shall then agree to and sign a modification to the contract that makes an equitable adjustment to the contract price, delivery schedule, or both.
 - b. If the parties cannot agree to a modification to the contract, then the City may either cancel the change order at no expense to the City or order in writing that the Contractor proceed with the change order.
 - c. If the City orders in writing that the Contractor proceed with the change order and no adjustment is agreed upon, then the Contractor or City may submit a claim for an equitable adjustment to the contract price, delivery schedule, or both, due to the change order. Any equitable adjustment as to contract price shall be limited to the increase or decrease in cost reasonably attributable to the change order that, as determined in the City's discretion, are reasonable, allocable, and allowable. Any

equitable adjustment as to delivery schedule shall be limited to an increase or decrease in schedule reasonably attributable to the change order.

- d. Nothing shall excuse the Contractor from proceeding with the contract as changed by written change order.
 - e. No payment shall be made to the Contractor for any extra material or services or for any greater amount of money than the written contract stipulates unless the procedures of this clause have been strictly followed.
40. PLACING OF ORDERS: Orders against contracts will be placed with the Contractors on a Purchase Order executed and released by the Procurement Division. The Purchase Order must bear the appropriate contract number and date. Where Blanket Purchase Agreements (BPAs) have been executed and a Purchase Order has been released by Procurement, telephonic orders may be placed directly with the Contractor by the ordering office. Such agreements (BPA) are normally reserved for the purchase of highly repetitive items on a day-to-day basis.

DELIVERY PROVISIONS

41. SHIPPING INSTRUCTIONS-CONSIGNMENT: Unless otherwise specified in the solicitation, each case, crate, barrel, package, etc., delivered under the contract must be plainly stenciled or securely tagged, stating the Contractor's name, purchase order number, and delivery address as indicated in the order. Where shipping containers are to be used, each container must be marked with the purchase order number, contract number, name of the Contractor, the name of the item, the item number, and quantity contained therein. In case of carload lots, the Contractor shall tag the car, stating Contractor's name and purchase order number. Any failure to mark items as required by the instructions will cause the Contractor to bear the risk of any resulting loss of or damage to material, or late delivery or misdelivery of material and any damages resulting therefrom. Deliveries must be made during the City's normal business day (Monday to Friday, except holidays, from 9:00 A.M. to 4:00 P.M.) and sufficiently before closing time to permit unloading, inspection, and storage, unless specific arrangements have previously been agreed upon with the City's storekeeper at the delivery point. The Contractor shall ensure compliance with these instructions for items that are drop-shipped.
42. RESPONSIBILITY FOR SUPPLIES TENDERED: The Contractor shall be responsible for the materials or supplies covered by the contract until they are delivered at the designated point, but the Contractor shall bear all risk on rejected materials or supplies after notice of rejection. Rejected materials or supplies must be removed by and at the expense of the Contractor promptly after notification of rejection, unless public health and safety require immediate destruction or other disposal of rejected delivery. If rejected materials are not removed by the contractor within ten (10) days after date of notification, the City may return the rejected materials or supplies to the Contractor at Contractor's risk and expense or dispose of them as its own property.
43. INSPECTIONS: Inspection and acceptance of materials or supplies will be made after delivery at destination herein specified unless otherwise stated. If inspection is made after delivery at destination herein specified, the City will bear the expense of inspection except for the value of samples used in case of rejection. Final inspection shall be conclusive except in regards to latent defects, fraud, or such gross mistakes as amount to fraud. Final inspection and acceptance or rejection of the materials or supplies will be made as promptly as practicable, but failure to inspect and accept or reject materials or supplies shall not impose liability on the City for such materials or supplies as are not in accordance with the specifications.
44. COMPLIANCE: Delivery must be made as ordered and in accordance with the solicitation or as directed by the Procurement when not in conflict with the bid. The decision of Procurement as to reasonable compliance with delivery terms shall be final. Burden of proof of delivery in receipt of goods by the purchaser shall rest with the Contractor. Any request for extension of time of delivery from that specified

must be approved by Procurement, such extension applying only to the particular item or shipment affected.

45. DELAY: Should the Contractor be delayed by the City, there shall be added to the time of completion a time equal to the period of such delay caused by the City. However, the Contractor shall not be entitled to claim damages or extra compensation for such delay or suspension. This provision does not apply to public construction contracts.
46. METHOD AND CONTAINERS: Unless otherwise specified, goods shall be delivered in commercial packages in standard commercial containers, so constructed as to ensure acceptance by common or other carrier for safe transportation to the point of delivery. Containers become property of the City unless otherwise specified by bidder.
47. REPLACEMENT: Materials or components that have been rejected by the City in accordance with the terms of this contract shall be promptly replaced by the Contractor at no cost to the City.
48. PACKING SLIPS OR DELIVERY TICKETS-All shipments shall be accompanied by Packing Slips or Delivery Tickets, and shall contain the following information for each item delivered:
 - (1) The Purchase Order Number
 - (2) The Name of the Article and Supplier's Stock Number
 - (3) The Quantity Ordered
 - (4) The Quantity Shipped
 - (5) The Quantity Back Ordered
 - (6) The Name of the Contractor

Bidders are cautioned that failure to comply with these conditions shall be considered sufficient reason for refusal to accept the goods.

PAYMENTS

49. PAYMENT: Payment shall be made after satisfactory performance of the contract, in accordance with all of the provisions thereof, and upon receipt of a properly completed invoice. The City reserves the right to withhold any or all payments or portions thereof for Contractor's failure to perform in accordance with the provisions of the contract or any modifications thereto.
50. PARTIAL PAYMENTS-Unless otherwise specified, partial payments will be made upon acceptance of materials or services so invoiced if in accordance with completion date. However, 10 percent (10%) of the value of the entire order may be retained until the completion of the contract.
51. PAYMENTS FOR EQUIPMENT, INSTALLATION, AND TESTING: When equipment involves installation (which shall also be interpreted to mean erection and/or setting upon or placing in position, service or use) and test, and where such installation or testing is delayed, payment may be made on the basis of fifty percent (50%) of the contract price when such equipment is delivered on the site. A further allowance of twenty five percent (25%) may be made when the equipment is installed and ready for test. The balance shall be paid after the equipment is tested and found to be satisfactory. If the equipment must be tested, but installation is not required to be made by the Contractor or if the equipment must be installed but testing is not required, payment may be made on the basis of seventy five percent (75%) at the time of delivery and the balance shall be paid after satisfactory test or installation is completed.
52. PAYMENTS TO SUBCONTRACTORS: Within seven (7) days after receipt of amounts paid to the Contractor by the City for work performed by subcontractor under that contract, the Contractor shall either (a) pay the subcontractor for the proportionate share of the total payment received from the City attributable to the work performed by the subcontractor under that contract; or (b) notify the City and subcontractor, in writing, of Contractor's intention to withhold all or a part of the subcontractor's payment with the reason for nonpayment. The Contractor must pay interest at the rate of one percent per month

unless provided otherwise to the subcontractor on all amounts owed by the Contractor that remain unpaid after seven days following receipt by the Contractor of payment from the City for work performed by the subcontractor under that contract, except for amounts withheld as allowed in (b) above. The Contractor's obligation to pay an interest charge to a subcontractor may not be construed to be an obligation of the City.

In order to receive payment, individual Contractors must provide their social security numbers; and proprietorships, partnerships, limited liability companies, and corporations must provide their federal employer identification numbers on a completed Federal W-9 form.

GENERAL

53. GENERAL GUARANTY: Contractor agrees to:

- a. Indemnify and save the City, its agents and employees harmless from any claim or liability of any nature or kind for unauthorized use of any copyrighted or un-copyrighted compositions, secret process, patented or unpatented invention, article or appliance furnished or used in the performance of the contract.
- b. Protect the City against latent defective materials or workmanship and to repair or replace any damages or marring occasioned in transit or delivery.
- c. Furnish adequate protection against damage to all work and to repair damages of any kind, to the building or equipment, to his/her own work or to the work of other contractors, for which his/her workers or those providing work through Contractor are responsible.
- d. Pay for all permits, licenses and fees and give all notices and comply with all laws, ordinances, rules and regulations of the United States, State, County, and City.
- e. Protect the City from loss or damage to City-owned property while it is in the custody or control of the Contractor.

54. SERVICE CONTRACT GUARANTY: Contractor agrees:

- a. To furnish services described in the solicitation at the times and places and in the manner and subject to conditions therein set forth, provided, however, that the City may reduce the said service at any time.
- b. To enter upon the performance of services with all due diligence and dispatch; assiduously press to its complete performance and exercise therein the highest degree of skill and competence.
- c. All work performed and services rendered shall strictly conform to all laws, statutes, regulations, and ordinances and the applicable rules, regulations, methods and procedures of all government boards, bureaus, offices, and other agencies.
- d. Said services may be inspected by an employee of the City at any reasonable time and place selected by the City. The City shall be under no obligation to compensate Contractor for any services not rendered in strict conformity with the contract.
- e. The presence of a City/County/State Inspector shall not lessen the obligation of the Contractor for performance in accordance with the contract requirements or be deemed a defense on the part of the Contractor for infraction thereof. The Inspector is not authorized to revoke, alter, enlarge, relax, or release any of the requirements of the contract documents. Any omission or failure on the part of the Inspector to disapprove or reject any work or material shall not be construed to be an acceptance of any such defective work or material.

55. INDEMNIFICATION: Contractor shall indemnify, keep and save harmless the City, its agents, officials, employees, and volunteers against all injuries, death, loss, damage, claims, patent claims, suits, liabilities, judgements, costs and expenses, (collectively "Losses") which may or otherwise accrue against the City in consequence of the granting of a contract or which may or otherwise result therefrom, if it shall be determined that the Loss was caused through negligence or omission by the Contractor or its employees,

of any subcontractor of Contractor or its employees, if any, or providing goods or services through Contractor, and the Contractor shall, at his own expense, appear, defend and pay all charges of attorneys and all costs and other expenses arising therefrom or incurred in connection therewith. If any judgment shall be rendered against the City in any such action, the Contractor shall at his own expense, satisfy and discharge the same. Contractor expressly understands and agrees that any performance bond or insurance protection required by this contract, or otherwise provided by Contractor, shall in no way limit the Contractor's responsibility to indemnify, keep and save harmless and defend the City as herein provided.

56. OFFICIALS NOT TO BENEFIT: Each bidder shall certify, upon signing a bid, that to the best of his or her knowledge no City official or employee having official responsibility for the procurement transaction, or member of his or her immediate family, has received or will receive any financial benefit relating to the award of this contract. If such a benefit has been received or will be received, this fact shall be disclosed with the bid or as soon thereafter as it appears that such a benefit will be received. Failure to disclose the information prescribed above may result in suspension or debarment or rescission of the contract made, or could affect payment pursuant to the terms of the contract.

Whenever there is reason to believe that benefit of the sort described in paragraph a has been or will be received in connection with a bid or contract, and that the Contractor has failed to disclose such benefit or has inadequately disclosed it, the City, as a prerequisite to payment pursuant to the Contractor, or at any time, may require the Contractor to furnish, under oath, answers to any questions related to such possible benefit.

In the event the bidder has knowledge of benefits as outlined above, this information should be submitted with its bid. If the above does not apply at time of award of contract and becomes known after inception of a contract, the bidder shall address the disclosure of such facts to the Procurement Manager. The relevant Invitation for Bid Number (see cover sheet) should be referenced in the disclosure.

57. CITY LICENSE: All firms doing business in the City are required to be licensed in accordance with the City's Business, Professional, and Occupational Licensing Tax Ordinance. Wholesale and retail merchants without a business location in Lynchburg are exempt from this requirement. Questions concerning the BPOL tax should be directed to the Office of the Commissioner of Revenue, phone: 434-455-3880.
58. REGISTERING OF CORPORATIONS: In accordance with the Code of Virginia, any foreign corporation, partnership or limited liability company transacting business in Virginia is required to secure a certificate of authority from the Virginia State Corporation Commission. Contractor shall ensure it is duly registered in Virginia and such status shall be maintained during the term of the contract
59. COVENANT AGAINST CONTINGENT FEES: The Contractor warrants that no person or selling agent has been employed or retained to solicit or secure this contract upon an agreement or understanding for a commission, percentage, brokerage, or contingent fee, except bona fide employees or bona fide established commercial or selling agencies maintained by the contractor for the purpose of securing business. For violation of this warranty, the City shall have the right to terminate or suspend this contract without liability to the City, or in its discretion, to deduct from the contract price or consideration, or otherwise recover, the full amount of such commission percentage, brokerage, or contingent fee.
60. VIRGINIA FREEDOM OF INFORMATION ACT: All proceedings, records, contacts and other public records relating to procurement transactions shall be open to the inspection of any citizen, or any interested person, firm or corporation, in accordance with the Virginia Freedom of Information Act, except as provided in Virginia Code § 2.2-4342 and paragraph 16 of this bid document.
61. SECTION 2.2-4311.1 CODE OF VIRGINIA – ILLEGAL ALIENS: The Contractor agrees that he does not, and shall not during the performance of this contract knowingly employ an unauthorized alien as defined in the federal Immigration Reform and Control Act of 1986.
62. COOPERATIVE PROCUREMENT: This procurement is being conducted by the City of Lynchburg in

accordance with the provisions of 2.2-4304 CODE OF VIRGINIA. Except for contracts for architectural and engineering services, if agreed to by the contractor, other public bodies may utilize this contract. The Contractor shall deal directly with any public body it authorizes to use the contract. The City, its officials and staff are not responsible for placement of orders, invoicing, payments, contractual disputes, or any other transactions between the Contractor and any other public bodies, and in no event shall the City, its officials or staff be responsible for any costs, damages or injury resulting to any party from use of a City Contract. The City assumes no responsibility for any notification of the availability of the contract for use by other public bodies, but the Contractor may conduct such notification.

63. **PRECEDENCE OF TERMS AND CONDITIONS:** Any and all Special Terms and Conditions contained in this Invitation for Bid that may be in variance or conflict with these General Terms, Conditions, and Instructions shall have precedence over these General Terms, Conditions, and Instructions. If no changes or deletions to General Terms, Conditions, and Instructions are made in the Special Terms and Conditions, then the General Terms, Conditions, and Instructions shall prevail in their entirety.

64. **INSURANCE:**

a. The contractor/vendor shall procure, maintain and provide proof of insurance coverage for injuries to persons or damages to property which may arise from or in connection with the work performed on behalf of the City by the contractor, his agents, representatives, employees or subcontractor. Such coverage shall be maintained by the contractor/vendor for the duration of the contract period.

1. **Broad Form Commercial General Liability:** (Occurrence Form CG0001, Ed. 11/88): \$1,000,000 CSL, BI & PD.

2. **Automobile Liability:** Code 1 “ANY AUTO” (Form CA0001 Ed. 6/92): \$1,000,000 CSL, BI & PD.

3. **Workers’ Compensation:** Statutory Amount.

4. The insurance policies shall include or be endorsed to include the following provisions:

(1) The City of Lynchburg, Virginia, its officers/officials, employees, agents and volunteers (the City) shall be endorsed as “insureds” under the terms and conditions of the policies for liabilities which may arise out of the contractor/vendor’s operations or activities in these projects.

(2) The contractor/vendor shall send an **actual copy of the policy endorsement document** from the insurance carrier that provides this coverage (ISO Form CG20100704 or similar); **OR**, send an **actual copy of the policy endorsement** that provides blanket additional insured coverage when required by a written agreement (ISO Form CG20331001 or similar), to: Risk Management, 900 Church Street, Lynchburg, VA 24504, Phone: (434) 455-3815; Fax: (434) 847-1684.

(3) In addition to #2, above, the contractor/vendor shall provide the City with a certificate of insurance with applicable endorsements effecting coverages, signed by a person authorized by the insurance company to bind coverage on its behalf. Certificates of insurance shall be received by the City within 5 days of notice of intent to award.

(4) Any deductibles or self-insured retentions applicable to required coverages shall be paid by the contractor/vendor, and the City shall not be required to participate therewith.

(5) The contractor/vendor shall agree to provide the City with 30 days written notice of any cancellation of or reduction in the required coverages.

- (6) The insurance required hereunder shall be primary and any insurance or self-insurance maintained by the City shall be excess of the contractors/vendors insurance and shall not contribute therewith.
- (7) Failure of the contractor/vendor to comply with any reporting provisions of the insurance policies required hereunder shall not affect coverage provided to the City.
- (8) All rights of subrogation against the City shall be waived.
- (9) All coverages for subcontractors of the contractors/vendors, if any, shall be subject to all of the requirements stated herein.

BIDDER/CONTRACTOR REMEDIES

65. PROTEST OF AWARD OR DECISION TO AWARD: The following are the exclusive procedures for a bidder or offeror to protest the City's award or decision to award a contract. A protest may not be based upon the alleged non-responsibility of a person to whom the City awards or makes a decision to award a contract.
- a. Any protest to award a contract shall be in writing and shall be delivered so that it is received by the City Manager not later than five (5) business days after announcement of the award or decision to award, whichever comes first. Otherwise any such protest shall be deemed to be waived.
 - b. Except for a protest of an emergency or sole source procurement, a protest of a City award or decision to award a contract may only be made by a person who submitted a bid or proposal for the procurement at issue and who was reasonably likely to have its bid or proposal accepted but for the City's decision. In the case of an emergency or sole source procurement, a protest may only be made by a person who can show that he was reasonably likely to have submitted a successful bid or proposal if the procurement had been other than emergency or sole source.
 - c. Protests shall only be granted if (1) the protester has complied fully with Sec. 18.1-6 of the Lynchburg Public Procurement Code and there has been a violation of law, the Lynchburg Public Procurement Code, or mandatory terms of the solicitation that clearly prejudiced the protestor in a material way, or (2) a statute requires voiding of the decision.
 - d. The City Manager shall issue a written decision on a protest within ten (10) days of its receipt by the City Manager.
 - e. If the protest is denied, the protestor may only appeal the denial or otherwise contest or challenge the procurement by then filing suit in the Lynchburg Circuit Court, Lynchburg, Virginia, and serving the city with such suit within ten (10) days of such denial. Otherwise, the City Manager's decision shall be final and conclusive, and the protestor's right to appeal the denial or to otherwise contest or challenge the procurement shall be deemed to be waived.
 - f. Strictly following these procedures shall be a mandatory prerequisite for protest of the City's award or decision to award a contract. Failure by a bidder to follow these procedures strictly shall preclude that bidder's protest and be deemed to constitute a waiver of any protest.
66. EXHAUSTION OF ADMINISTRATIVE REMEDIES: No bidder, offeror, potential bidder or offeror, or Contractor shall institute any legal action against the City until all administrative remedies available under the above paragraphs have been exhausted and until all requirements of the Lynchburg Public Procurement Code, and, to the extent applicable, the Virginia Public Procurement Act, have been met.
67. CONTRACTUAL CLAIMS AND DISPUTES: Any claim by a Contractor shall be resolved in accordance with the Lynchburg Public Procurement Code.

68. INSPECTION AND REVIEW OF RECORDS: The City reserves the right to perform or have performed inspections and reviews of the records of the Contractor for any service contract with the City and to have copies made of such records. Contractor shall maintain and preserve all such records, at its own expense, during contract performance and for a period of at least three years after the contract has terminated. At the City's request at any time during contract performance or within a period of three years after the contract has terminated, the Contractor shall promptly make all records available, at a location within the City of Lynchburg, to the City or those retained by the City, for inspection, review and copying.

INSTRUCTIONS TO BIDDERS

Sealed bids, subject to the specifications and conditions contained herein and attached hereto, will be received in the Procurement Division Office, Third Floor City Hall, 900 Church Street, Lynchburg, Virginia, 24504, until, but no later than 2:00 p.m. Local Time Prevailing, November 3, 2016 and then publicly opened and read aloud in the Bidder's Room.

Any questions which may arise as a result of this solicitation may be addressed to Tomek Kruszec at 434-455-4233, or by email to Tomek.Kruszec@lynchburgva.gov. Inquiries must be received at least 7 business days prior to the due date in order to be considered. Contact initiated by a bidder concerning this solicitation with any other City representative, not expressly authorized elsewhere in this document, is prohibited. Any such unauthorized contact may result in disqualification of the bidder.

To be considered, your bid must be submitted on a copy of this Invitation for Bid. Bidders shall sign in the space provided on the Terms and Signature Sheet and return all required documents with bid. Mark outside of your envelope with Invitation for Bid # 2017-022 and opening date of bid. Bids, to include addenda or changes to a response, shall not be accepted via Fax machine or by Internet E-mail. Any bid received after the announced time and date for submittal, whether by mail or otherwise, will be rejected. The time of receipt shall be determined by the time clock stamp in the Procurement Division. Bidders are responsible for ensuring that their bids are stamped by Procurement personnel before the deadline indicated.

Nothing herein is intended to exclude any responsible vendor, his product or service or in any way restrain or restrict competition. All responsible vendors are encouraged to bid.

For information pertaining to this solicitation, including bid documents, addenda, bid tabulation and notice of award, bidders may access public notification electronically on the Procurement website: <http://www.lynchburgva.gov/current-solicitations>.

PURPOSE

The purpose of this Invitation for Bid (IFB) is to obtain bids for the printing and bulk mailing of Lynchburg Parks and Recreation Activity Guides to residents of the City of Lynchburg.

SAMPLE

At the time the bid is due, the contractor is responsible to provide a sample copy of work which closely meets the Specific Requirements of this IFB.

TERM OF CONTRACT

The initial term of this contract shall be from the date of award through November 1st, 2017 with options to renew for an additional four (4) years, in one (1) year increments. The City reserves the right to extend this contract for up to (180) days following any term on the contract.

BASIS OF AWARD

Award will be made to the lowest responsive and responsible bidder based on the total base bid.

SPECIAL TERMS AND CONDITIONS

1. **ACCEPTANCE OF GOODS:** The goods delivered under a resulting contract shall remain the property of the Contractor until a physical inspection is made, and thereafter accepted to the satisfaction of the City. In the even the goods and/or services supplied to the City are found to be defective or do not conform to specifications, the City reserves the right to cancel the order upon notice (verbal or in writing) to the Contractor and return goods to the Contractor at the Contractor's expense.

2. **ACCEPTANCE PERIOD OF BIDS:** All bids submitted shall be binding for sixty (60) calendar days following the bid opening date. The sixty (60) calendar day acceptance period may be extended by mutual consent of both parties.
3. **CONTRACTOR REPRESENTATIVE:** The Contractor shall provide the name and telephone number of the project manager/supervisor for this contract in the space provided on the Bid Form. The manager/supervisor shall be available by cellular phone during working hours which are defined as Monday through Friday, 8:30 am to 5:00 pm.
4. **DEFECTIVE PRINTING:** the Contractor shall be responsible for any defective printing. The defective printing shall be replaced with the same item, at no charge to the City, and shall ship immediately upon notification. All costs associated with the mailing and reprinting of defective printing shall be the sole responsibility of the Contractor.
5. **BULK MAILING:**
 - a. Sufficient copies of the final booklet shall be bulk mailed to Lynchburg City residents. Mailing must meet U.S. Postal Service requirements for bulk mail and must include indicia. All extra copies of the booklet shall be delivered to Lynchburg Parks and Recreation, 301 Grove Street, Lynchburg VA, 24501.
 - b. The City of Lynchburg will setup and maintain a Postage Escrow Account with the Contractor to prepay applicable postage charges for each job. The Contractor must be able to maximize bulk mailing postage rates under their postal permits with the USPO.
 - c. The Contractor must audit the mailing addresses and correct any format errors in accordance with the USPO rules for presort bulk mailing.
 - d. Contractor must provide proof that all items have shipped by the date specified in the Publication Schedule and notify the City of Lynchburg Parks and Recreation representative on the day of completion.

6. TIME LINE: Due to the nature of the Activity Guides and the deadline included for registering for activities, classes, and events, Contractor must complete printing and have brochures mailed within eight (8) calendar days, and in no case more than ten (10) calendar days, after the final draft/proof has been approved.

a. The Contractor shall commence work upon immediate receipt of PDF file by the designated City of Lynchburg Parks and Recreation representative, and shall have all activity guides printed and shipped within ten (10) days of final approved PDF. Owner and contractor recognize that time is of the essence in this contract and that the City will suffer financial loss if the work is not completed within the times specified. They also recognize the delays, expense and difficulties involved in providing the actual loss suffered by the City of Lynchburg if the work is not completed on time. Accordingly, instead of requiring any such proof, the City and Contractor agree that as liquidated damages for certain losses the City is expected to suffer due to delay (but not as a penalty), Contractor shall pay \$500.00 for each day that expires after the time specified for completion. If the Contractor is subject to liquidated damages, the City has the right, but not the obligation, to withhold the liquidated damages from the Contractor's regular payments.

b. Sample timeline:

December 5 th , 2016	PDF file sent to Contractor
December 7 th , 2016	Contractor has sent both digital and hardcopy proofs to City Representative
December 9 th , 2016	City Representative has approved all proofs
December 19 th , 2016	All Activity Guides have been printed and bulk mailed

Parks and Recreation Activity Guide Printing and Bulk Mailing

SPECIFIC REQUIREMENTS:

- **Pages:** 64 Pages, includes cover.
- **Size:** 11x8.5” (trim size – 10.75x8.25”)
- **Ink:** 4C Process/Both Sides
- **Paper Stock:** 50# White Gloss text grade 5 (72BR)
 - The paper shall remain the same during the course of the term(s) of the contract unless it is discontinued by the manufacturer. The Contractor shall offer a like item which shall be approved, in writing, by the City prior to any printing.
- **Binding:** Saddle stitched, with three staples
- **Packaging:** (only for delivery to Parks and Recreation) 3000 copies, 100 Copies per bundle/box
- **Artwork:** Print ready, single-page PDF provided by client. Contractor must supply printing presets. The contractor must have the capability for the City to upload the single-page PDF to a cloud based service, or another equal option, for download by the Contractor. No Cd’s, USB sticks, or e-mail options are allowed.
 - An example of the Fall 2016 Activity Guide can be found in Attachment A.
 - An example of the PDF printing PDF file can be found in Attachment B.
- **Proofing:** Contractor shall provide proof(s) and obtain approvals prior to printing. Contractor must be able to provide a hardcopy and digital proof within two business days of receipt of the PDF submission at no additional cost to the City. All courier expenses are to be the responsibility of the contractor. Proof comments/approvals will be returned to the contractor within two (2) business days of receipt by the City representative. It is only after the Proof approval that Contractor shall starting printing.
- **Mailing:** Contractor will have all appropriate certifications for bulk mail. Contractor will receive an excel City of Lynchburg bulk mailing file which they will keep on file for all three annual mailings. An average of 34,000 copies will be mailed three times a year for a Winter/Spring, Summer, and Fall publication. During all three publications, 3000 copies will also be delivered to Lynchburg Parks and Recreation Department, 301 Grove Street, Lynchburg, VA 24501.

PUBLICATION SCHEDULE 2016-2017

The City will provide artwork approximately two (2) weeks before the required delivery date. Dates shown are approximations for the 2016-2017 printing schedule. Quantity and delivery locations may change if different quantities are ordered.

Winter/Spring: 2016-2017	
Art Available – December 5, 2016	Mailed – December 19, 2016
Summer 2017	
Art Available – April 3, 2017	Mailed – April 17, 2017
Fall 2016	
Art Available – July 3, 2017	Mailed – July 17, 2017

Parks and Recreation Activity Guide Printing and Bulk Mailing

TERMS AND SIGNATURE SHEET

All bids shall be signed on the Terms and Signature Sheet in order to be considered.

In compliance with this Invitation for Bid #2017-022 and subject to all conditions thereof, the undersigned offers and agrees to furnish any or all items and/or services upon which prices are quoted, at the price quoted as specified.

My signature below certifies:

- a. I agree to abide by all conditions of this Bid and that I am authorized to sign this Bid.
- b. The accompanying bid is not the result of or affected by, any act of collusion with another person or company engaged in the same line of business or commerce, or any act of fraud punishable under, Chapter 12, Title 18.2, 498.4 of the Code of Virginia, 1950, as amended. Furthermore, I understand that fraudulent and collusive bidding is a crime under the Virginia Governmental Frauds Act, the Virginia Government Bid Rigging Act, the Virginia Anti-Trust Act, and Federal Law and can result in fines, prison sentences, and civil damage awards.
- c. The accompanying bid is in compliance with the State and Local Government Conflict of Interests Act 2.2-3100, supplemented by Article 6, 2.2-4367-69 of the Code of Virginia. Specifically, no City employee, City employee's partner, or any member of the City employee's immediate family holds a position with the bidder, offeror, or contractor such as an officer, director, trustee, partner or the like, or is employed in a capacity involving personal and substantial participation in the procurement transaction, or owns or controls an interest of more than five percent.

Acknowledge receipt of addenda here: No. ____ Date: _____ No. ____ Date: _____

Complete Legal Name of Company: _____

Order From Address: _____

Remit To Address: _____

Signature: _____

Email: _____

Name(type/print): _____

Title: _____

Fed ID No.: _____ Phone: _____ Fax: _____

We hereby provide the following information to the City regarding our business. We understand that it is provided for statistical purposes only and all firms submitting bids will receive equal consideration.

Minority-Owned Business: Yes _____ No _____

Women Owned Business: Yes _____ No _____

Lynchburg Business: Yes _____ No _____

BID PRICING SHEET

Part A: Activity Guide Printing

Item	Quantity	Description	Unit Price	Total Price
1	34,000	Activity Guide, 64 pages, Winter 2016	\$	\$
2	3000	Activity Guide, 64 pages, Winter 2016	\$	\$
3	34,000	Activity Guide, 64 pages, Summer 2017	\$	\$
4	3000	Activity Guide, 64 pages, Summer 2017	\$	\$
5	34,000	Activity Guide, 64 pages, Fall 2017	\$	\$
6	3000	Activity Guide, 64 pages, Fall 2017	\$	\$
Total Part A				\$

Part B: Bulk Mailing Cost

Item	Quantity	Description	Price to mail each	Total Price
1	34,000	Activity Guide, 64 pages, Bulk mailed, Winter 2016	\$	\$
2	3000	Activity Guide, 64 pages, delivered to Parks & Rec, Winter 2016	\$	\$
Total Part B				\$

BASE BID

Total Part A	Total Part B	Total Base Bid
\$	+ \$	= \$

Part C: Additional Pricing for printing only, bulk mailing excluded. (Not part of Base Bid but required).

Additional 2,500, if requested for 64 page Activity Guide	\$
Additional 5,000, if requested for 64 page Activity Guide	\$
Additional 10,000, if requested for 64 page Activity Guide	\$
Additional 4 page section, Activity Guide would be 68 pages instead of 64, if requested. Based on cost of 37,000	\$
Additional 8 page section, Activity Guide would be 72 pages instead of 64, if requested. Based on cost of 37,000	\$
Reduction of 4 page section, Activity Guide would be 60 pages instead of 64, if requested. Based on cost of 37,000.	\$
Reduction of 8 page section, Activity Guide would be 56 pages instead of 64, if requested. Based on cost of 37,000.	\$

Contractor Representative Contact Information (Required):

Name:	
Title:	
Phone Number:	
Cell Phone Number:	
Email Address:	

Questions to Bidder

Bidders are to respond to the following question: Have the individual(s), owner(s), or principal officer(s) of the firm submitting the bid ever been convicted of a felony or a misdemeanor involving moral turpitude, which would adversely affect the ability to perform the contract?

YES _____ NO _____

If yes, list individual or officer and title and give details.

NOTE: Answering yes to this question will not necessarily exclude your company from consideration but will be used to weigh the relationship between the offense and the contract to be performed.

Is your firm currently involved in litigation which would adversely affect performance on this contract?

YES _____ NO _____

Limited Liability Form

All Prospective Firms Must Respond To The Following

If a limited liability company, limited liability partnership, or a limited partnership indicate below:
Check one:

Limited Liability Company

Limited liability partnership

Limited partnership

Have you registered with the State Corporation Commission, to conduct business in Virginia?

Yes No If yes, State Corporation Commission # _____

Name(s) and address(es) of the individuals that formed the limited liability organization:

List who is authorized to execute contracts: _____

If conducting business under an assumed business name, fill out the following information:

Name of assumed business: _____

Owner's name and address: _____

Registration date: _____ Expires: _____

If conducting business as a sole proprietorship, fill out the following information:

Individual's name liable for all obligations of business: _____

If you are a sole proprietor using an assumed name, please list below:

Registration date: _____ Expires: _____

Attachment A – Example of an Activity Guide, Fall 2016

FALL 2016

ACTIVITY GUIDE

PLEASE DO
PARKS & REC HUG THE TREES


LYNCHBURG
PARKS
& REC

We're Breaking
the World Record!

Learn about our upcoming World Record attempt on Page 5.

WESTCOTT
RULER

ON THE COVER An Introduction to Please Do Hug The Trees

PLEASE DO HUG THE TREES



In 2015, the City's Communications and Marketing Department presented the results of the National Citizen Survey; a community-wide survey polling the Lynchburg community about their perception of various city services.

Lynchburg Parks and Recreation received a low score on "preservation of natural areas." In the field of parks and recreation, we have three pillars that anchor our profession; conservation (preservation), health/wellness and social equity. Local, state, and national parks services are charged with making significant contributions to upholding these pillars. Given that conservation/preservation is a pillar of parks and recreation, this low grade was unacceptable.

Local parks and recreation in particular are uniquely positioned to provide critical frontline services and resources to bolster these three pillars and impact collective community health. The programs and places of Lynchburg Parks and Recreation combat some of our City and nation's toughest challenges like obesity, poverty, loneliness, and environmental sustainability. Lynchburg's natural areas, trails, and parks are gateways to a healthy, prosperous, and connected community. The "Please Do Hug the Trees" campaign is our solution to address the issue of preservation and environmental sustainability.

NEWS FLASH!

The main ingredient in Roundup — called glyphosate — was determined to be "probably carcinogenic to humans" in March 2015 by the International Agency for Research on Cancer (IARC), part of the World Health Organization. Drawing on published reports in scientific literature from

NATURE EQUITY

28

SAVE THE MONARCHS

30

HEY, KIDS!

Become a Junior Naturalist!

24

GETTING DIRTY

Hug Nature Back. Community Gardens & More!

26



NON-TOXIC WEED KILLER RECIPE

- 1 Gallon of Vinegar
- 2 Cups of Epsom Salt
- 1 Squirt of Dawn Dish Detergent



independent researchers, IARC specifically linked exposure to Roundup and glyphosate to non-Hodgkin lymphoma (NHL) and several other blood cancers, including B-cell lymphoma, a subtype of NHL.

What are we going to do about it? Lynchburg Parks & Recreation Department supports the end-goal of pesticide free parks and long term policies to reduce pesticides, such as IPM plans, at all our municipal parks. We are currently focusing on two areas within parks, playgrounds, and natural areas. As a first step, we're testing out a new, non-toxic, weed killing recipe while drafting long-term policies with ecological solutions.

PRSRT STD
U.S. Postage
PAID
Lynchburg, Va
Permit No. 215

 **PLEASE DO**
LYNCHBURG
PARKS
& REC **HUG THE TREES**
SHARE YOUR PICS WITH US #PLEASEDOHUGTHETREES



Attachment B – PDF example

FALL 2016

ACTIVITY GUIDE

LYNCHBURG
PARKS
& REC PLEASE DO
HUG THE TREES



We're Breaking
the World Record!

Learn about our upcoming World Record attempt on Page 5.

Contents

5 World's Largest Tree Hug Attempt

Join us as we attempt to break the World Record for the world's Largest Tree Hug on October 8, 2016 at Peaks View Park!

15 Festival of Lights at Riverside Park

This winter, Riverside Park will light up for the first annual Festival of Lights.

22 Please Do Hug the Trees!

Check out this 10-page spread on our Please Do Hug the Trees campaign and how you can join in the tree-hugging efforts!

36 HealthFest 2016

Join us at HealthFest this August to learn more about holistic and natural health, while enjoying live music, program demos, & more!

43 An Update on Tinbridge Hill

Get an update on the Tinbridge Hill Sustainable Neighborhood Plan and the accomplishments that have been made thus far.

45 It's a Zombie Invasion!

We've got three awesome zombie-themed programs for you this Fall.

63 The Registration Form is Back

The mail-in copy of our registration form is back!



06 Nature and Outdoors

10 Facilities Map

13 City-Wide Centers

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34 Health and Fitness

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52 Lynchburg Museum System

54 Enrichment

60 Improvement Projects





How to Register

Registration for classes and activities can be done in one of the following three ways. Activities with special registration guidelines will be noted in the activity description.*



IN PERSON

Visit our offices at Miller Center, 301 Grove Street, to register in person. Open Mon-Fri, 8:30am - 5:00pm.



ONLINE

Visit us online at www.LynchburgParksAndRec.com to register.



BY MAIL

Use our Mail-In Registration form, located on page 63 of this Activity Guide to register for classes.

*Look for the "LR" = Lynchburg Resident Discount Price

Get Connected

 Front Desk
(434) 455 - 5858

 Cancellation Line
(434) 455 - 5860

 301 Grove Street
Lynchburg, VA 24501

 LynchburgParksAndRec.com

 /lynchburgparks

 /lynchburgparks

 /lynchburgparksandrec

*Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred cost. No refunds (full or partial) will be issued to customers who fail to attend an activity/class.

Lynchburg Parks and Recreation complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.

Scholarships

Here at Lynchburg Parks and Recreation, our goal is to provide access to our recreation programs for all local citizens. If you're a Lynchburg City resident in need of financial assistance to participate in Parks & Recreation programs, you and your family members may qualify for a scholarship. Applications are available on our website, at any of our community centers, or at our office at Miller Center. Applications must be submitted in-person, before you register, and 5 business days prior to a registration deadline.

stay updated through our monthly email newsletter!

Sign up today at www.LynchburgParksAndRec.com.



A Letter from Jennifer Jones

LYNCHBURG PARKS AND RECREATION DIRECTOR

Thank you Lynchburgers, for embracing the “Please Do Hug the Trees” campaign (PDHTT). Since we launched this campaign, droves of tree huggers, old and new, have sent photos of themselves, family members, students, and even dogs hugging our trees! We’ve selected a few of our favorites and have included them on the back cover of the Activity Guide. Keep sending in those photos (#PleaseDoHugTheTrees) for your chance to be featured!



In this Guide, we’ve provided more details about the seven-part “Please Do Hug the Trees” campaign, which includes the Million Pollinator Challenge, Parks for Monarchs, Tree Planting Challenge, Junior Naturalist, Community Gardens, Lynchburg is for Nature Lovers, and Nature Equity initiatives.

As our big kick-off event for the campaign, on Saturday, October 8, we’re inviting the Lynchburg community to Peaks View Park to **break the world record for the world’s Largest Tree Hug**. To shatter the current world record, we’ll need at least 1,500 people to join us as we hug the trees! As you might suspect, this event must also be highly coordinated to meet all of the requirements of breaking the record, which means that we will need help from all of you tree huggers and volunteers in this process. **Register to participate or volunteer at www.LynchburgParksAndRec.com.**

Conservation is one of the three pillars of parks and recreation, and considering the current lack of reverence for our environment, we believe it’s the role of parks and recreation departments across the country to incite a grassroots effort to preserve the natural environment and speak for the trees. The Blackwater Creek Natural Area, the James River, and our incredible parks and trails have always made Lynchburg a haven for both passive nature lovers and active outdoorsmen. Now, we encourage the Lynchburg community to become enthusiastic tree huggers and conservationists.

The attempt for the World’s Largest Tree Hug record is a literal interpretation of our “Please Do Hug the Trees” efforts, and will allow us to share our love for nature (and for the trees) with the community in a fun, engaging way. Let’s show the world what a real tree-hugging community looks like!

In addition to these new initiatives and the tree hugging record attempt, we’ve also posted a six-part blog post regarding the health benefits of hugging trees and connecting to nature under the heading, “The Tree Hugging Hippies Were Right After All.” Parts three through five of this blog are in-depth and linked to numerous relevant scientific studies. If you’re interested in how parks and recreation is going to save the world, you might delve into that blog, which is located on our website.

Other highlights of the Guide include updates on our neighborhood center programming and the City’s successful implementation of the Tinbridge Neighborhood Sustainable Plan. In addition, we’ve also designated city-wide senior programs in the Guide with a 50+ age range in the program descriptions for easier identification.

Naturally yours,

Jennifer Jones, Director

Lynchburg Parks and Recreation



Break a World Record at the World's Largest Tree Hug!

Join us + 1,500 other Lynchburgers as we attempt the world record title for the World's Largest Tree Hug!

Pre-Register to participate online at www.LynchburgParksAndRec.com or drop by the day of! We'll start off by breaking the record, and end with an absolutely awesome after-party!

Peaks View Park
Saturday, Oct 8, 2016
10am - 2pm

Contact (434) 455-5888 for information on sponsorships, partnerships, and vending opportunities





nature programs

Sounds of the Night Hike

All Ages

What goes bump in the night? Join a naturalist for an easy night hike through Peaks View Park. We'll see what's stirring in the twilight hours; insects, bats, maybe even some rabbits or deer! Children must sign up with an adult. Register by 10/12.

\$5.00		Naturalist Staff
Peaks View Park Ardmore Entrance		
F 10/14	7:30pm - 8:30pm	51100.321

Hawk Watch

Ages 18+

Take a trip to the Blue Ridge Parkway to watch the fall migration of hawks and eagles at Harvey's Knob. We'll identify the birds flying overhead using an easy silhouette guide. Bring a bag lunch and enjoy a fall picnic in the mountains! Transportation provided from the Miller Center. Register by 10/13.

\$5.00		Naturalist Staff
Meet at Miller Center		
Sa 10/15	9:00am - 3:00pm	51100.320

Planting Trees for the Earth



Ages 10+

Plant trees in our city parks as a legacy for future tree huggers. As the tiny saplings grow into beautiful towering trees, we will all enjoy the shade, improved air quality, and other benefits for years to come. Every tree you plant contributes to the 'Trees for the Earth' goal to plant 7.8 billion trees all around the world in the next 5 years, celebrating the 50th anniversary of Earth Day in 2020. No experience required! Register by 11/4.

FREE		Naturalist Staff
Park Locations TBA		
Sa 11/12	9:00am - 2:00pm	51303.330

Deck the Halls, Naturally

Ages 16+

Join us for some seasonal fun and learn to make a traditional wreath, swag, or centerpiece using natural materials. We'll gather greenery in Miller Park then go indoors to create our arrangements. Materials provided. Register by 12/1.

\$5.00		Naturalist Staff
Miller Center Rm 306		
Sa 12/3	1:00pm - 3:30pm	51100.341

Nature & Outdoors

Holiday Night at the Nature Zone

All Ages

All through the Zone not a creature was stirring, not even a... snake? Ring in the holiday season with the animals of the Nature Zone; we'll serve the critters a merry feast and then retire to the theater to watch a classic holiday movie. Be sure to wear your tackiest sweater! Children must sign up with an adult. Register by 12/7.

\$2.00

Nature Zone		Naturalist Staff
F 12/9	6:00pm - 9:00pm	51100.341

outdoor recreation

Canoe Quickstart

Ages 16+

Learn the basics of flat water canoeing and practice your new skills on the lake at Ivy Creek Park. Canoes, paddles, and PFDs provided. Register by 9/5.

\$20.00

Ivy Creek Park		Naturalist Staff
W 9/7	2:30pm - 4:30pm	51200.314

Kayak Quickstart

Ages 16+

Grab a paddle and start kayaking with this quick and easy introduction to today's fastest growing water sport. Learn the basics of flat water kayaking and practice your new skills on the lake at Ivy Creek Park. Kayaks, paddles, and PFDs provided. Register by 9/5.

\$20.00

Ivy Creek Park		Naturalist Staff
W 9/7	12:30pm - 2:30pm	51200.313

Bring Your Group to Us!

Are you looking for an activity, class, or program suitable for groups? We offer programs designed for everyone and every occasion - from schools, organizations and Scouts, to neighborhoods, social clubs, and family reunions. Our staff can customize a program to fit your needs! Use your own location, or join us at one of Lynchburg's parks, trails, or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

Visit us online at www.LynchburgParksAndRec.com or call (434) 455 - 5858 for more information!

FAMILY CAMPOUT AT RIVERSIDE PARK

FRI 9/16 - SAT 9/17

Bring your camping gear to spend a fun-filled evening under the stars! Enjoy activities, food trucks, and the family film "Big Hero 6" at Movies in the Park! Afterwards, join us around the campfire for singing and s'mores. On Saturday morning, after a complimentary light breakfast, and start your day with a special "Family Yoga in the Park" at 8:30am before departing. Register by 9/1.

For more information, visit us online at www.LynchburgParksAndRec.com/family-campout

\$25 / CAMPSITE

UP TO 6 FAMILY MEMBERS

CHECK IN: FRI 5-7PM

CHECKOUT: SAT 10AM





Located in Miller Center
at 301 Grove Street

FREE!
Hours:
Fridays & Saturdays
Noon - 4:00 pm

Touch a turtle...feed a toad...see a snake...or just take in the "wild" sights of The Nature Zone. The Nature Zone is an environmental education center that offers a world of fun and excitement for all ages!

The Nature Zone is excited to be here in our new home on the first floor of the beautiful, newly-renovated historic Miller Center! We have a new look, with displays focused on our local watershed, new homes for the Nature Zone animals, plus new Discovery Drawers for visitors to explore.

Bring your group to visit the Nature Zone, or a naturalist can bring the Nature Zone to you! Call for rates and scheduling.

For more information:
Call us at (434) 455-5828 or email
NatureOutdoors@lynchburgva.gov

www.LynchburgParksAndRec.com
 facebook.com/NatureZoneLynchburg

Family Hike with Mayor Foster National Park Centennial

Ages 10+



Bring the whole family to celebrate the 100th birthday of the National Parks with an easy 2-mile hike at the Peaks of Otter Johnson Farm Loop Trail. Transportation provided from Miller Center. Children must sign up with an adult. Register by 9/8.

\$5.00

Meet at Miller Center		Naturalist Staff
Sa 9/10	9:00am - 2:00pm	51200.312

Archery Mini-Camp

Ages 8 to 17

Campers will learn about this age-old sport as they practice skills and improve their form in this three-day mini-camp. Participants will be introduced to parts of the bow and arrow, different types of bows, and will learn how to safely handle and use the equipment. Tips and techniques will be shared on how to improve shooting accuracy and have fun with a variety of practice targets. All equipment provided. Register by 10/13.

\$30.00 LR / \$45.00

Armstrong Gym		Naturalist Staff
Tu - Th 10/18 - 10/20	10:00am - 12:00pm	51300.322
Tu - Th 10/18 - 10/20	1:00pm - 3:00pm	51300.323

Day Hike: Apple Orchard Falls

Ages 18+

Enjoy one of the most spectacular waterfalls in Virginia as you hike along the streams and cascades on this moderately difficult 6-mile hike in the Jefferson National Forest. Pack your lunch. Transportation provided from Miller Center. Register by 10/27.

\$5.00

Meet at Miller Center		Naturalist Staff
Sa 10/29	9:00am - 4:00pm	51200.321

Beginning Adult Archery

Ages 18+

Discover the timeless sport of archery with this hands-on introductory class. Participants will learn about different types of bows, beginning shooting stances, and archery ranges, with plenty of time to put their new knowledge into practice. All equipment provided. Register by 11/3.

\$22.00 LR / \$33.00

Armstrong Gym		Naturalist Staff
Sa 11/5	10:00am - 12:00pm	51200.331

Beginning Youth Archery

Ages 8 to 17

Archery and kids go together like peanut butter and jelly! Participants will learn about different types of bows, beginning shooting stances, and archery ranges, with plenty of time to put their new knowledge into practice. All equipment provided. Register by 11/3.

\$22.00 LR / \$33.00

Armstrong Gym

Naturalist Staff

Sa 11/5

1:00pm - 3:00pm

51200.332

Blackwater Bike Shop Presents: Fall Foliage Bike Ride

Ages 18+



Take a ride on the wild side! On this trip we'll shuttle riders and their bikes up to the beautiful Blue Ridge Parkway for a scenic roadside ride, heading north from the James River (approx 10 mile round-trip; trip can be shortened depending on ability). A picnic lunch will be provided upon completion of the trek. Terrain is a moderately level grade that can accommodate novice level riders. Bring your own bike or rent one for a discounted rate from Blackwater Bike Shop. See website for details. Register by 11/2.

\$20.00

Meet at Miller Center

Kelly Hazlegrave

Sa 11/5

9:00am - 3:00pm

22001.330



Looking for a wild adventure for your child's birthday? Why not try an **Animal Safari** at the Nature Zone or schedule an outdoor adventure at Ivy Creek Park with a **Nature Scavenger Hunt, Orienteering, Letterboxing, or Canoeing!**

Visit LynchburgParksAndRec.com or call (434) 455-5828 for more details.

THE NATURE ZONE'S CRITTER CORNER

Q: What type of animal are you?

A: I'm a Rose Hair Tarantula

Q: Where do tarantulas usually live?

A: We can be found all over the world, but I come from the deserts of Chile. I'm not a big climber like other spiders, so I live in a burrow underground.

Q: What do you like to do for fun?

A: I don't have a Netflix account, so I just like to chill.

Q: Who are you friends with at the Zone?

A: Since I'm venomous, I don't get out much, but I live under the cockroaches and we love to scare people together!

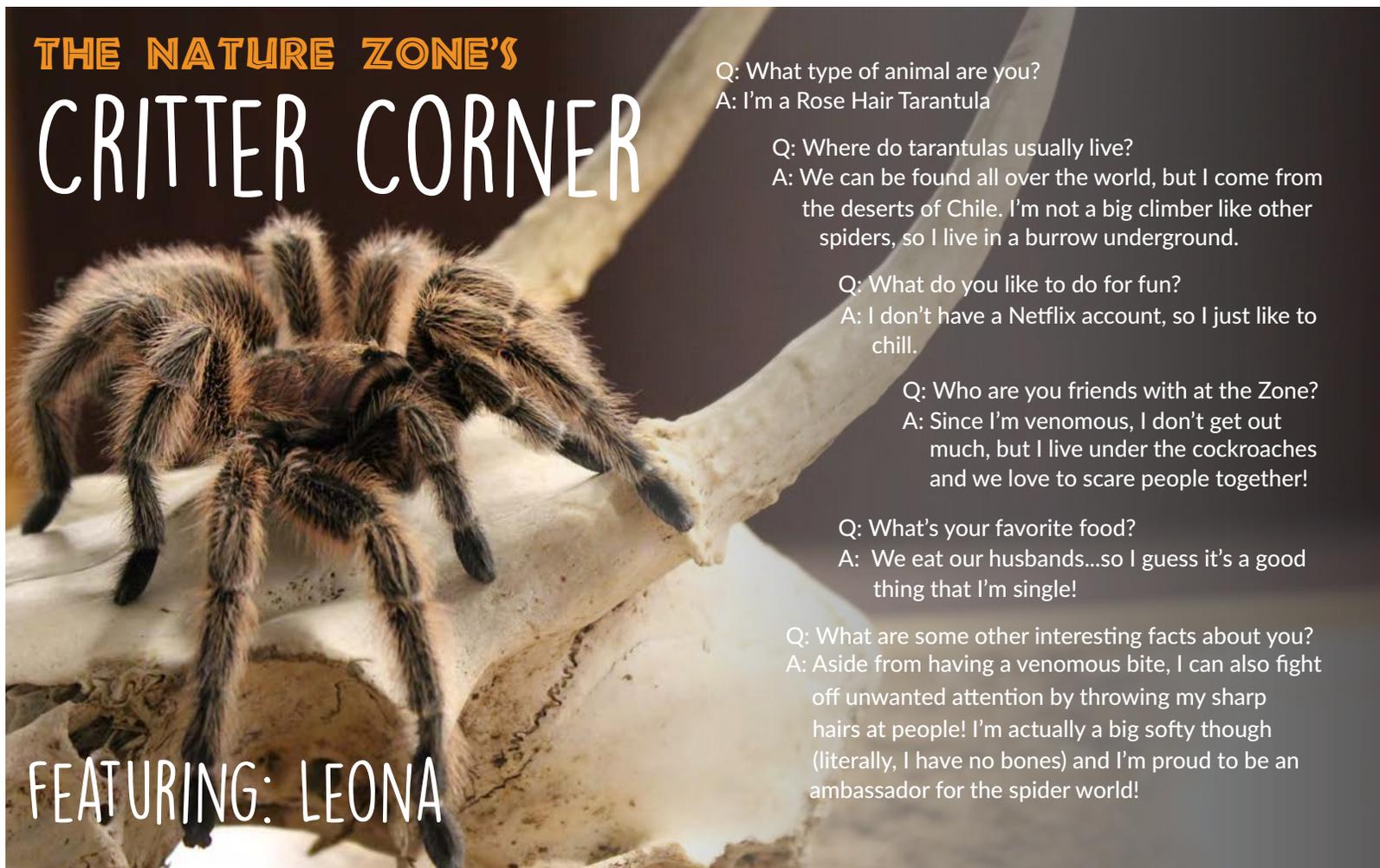
Q: What's your favorite food?

A: We eat our husbands...so I guess it's a good thing that I'm single!

Q: What are some other interesting facts about you?

A: Aside from having a venomous bite, I can also fight off unwanted attention by throwing my sharp hairs at people! I'm actually a big softy though (literally, I have no bones) and I'm proud to be an ambassador for the spider world!

FEATURING: LEONA



LEGEND

Community Centers

1. Miller Center • 301 Grove St
2. Templeton Senior Center • 225 Wiggington Rd
3. Art Studio at Jackson Hts • 720 Winston Ridge Rd
4. Fairview Center • 3621 Campbell Ave
5. College Hill Center • 811 Jackson St
6. Daniel's Hill Center • 317 Norwood St
7. Diamond Hill Center • 1005 17th St
8. Jefferson Park Center • 405 York St
9. Yoder Center • 109 Jackson St

Parks

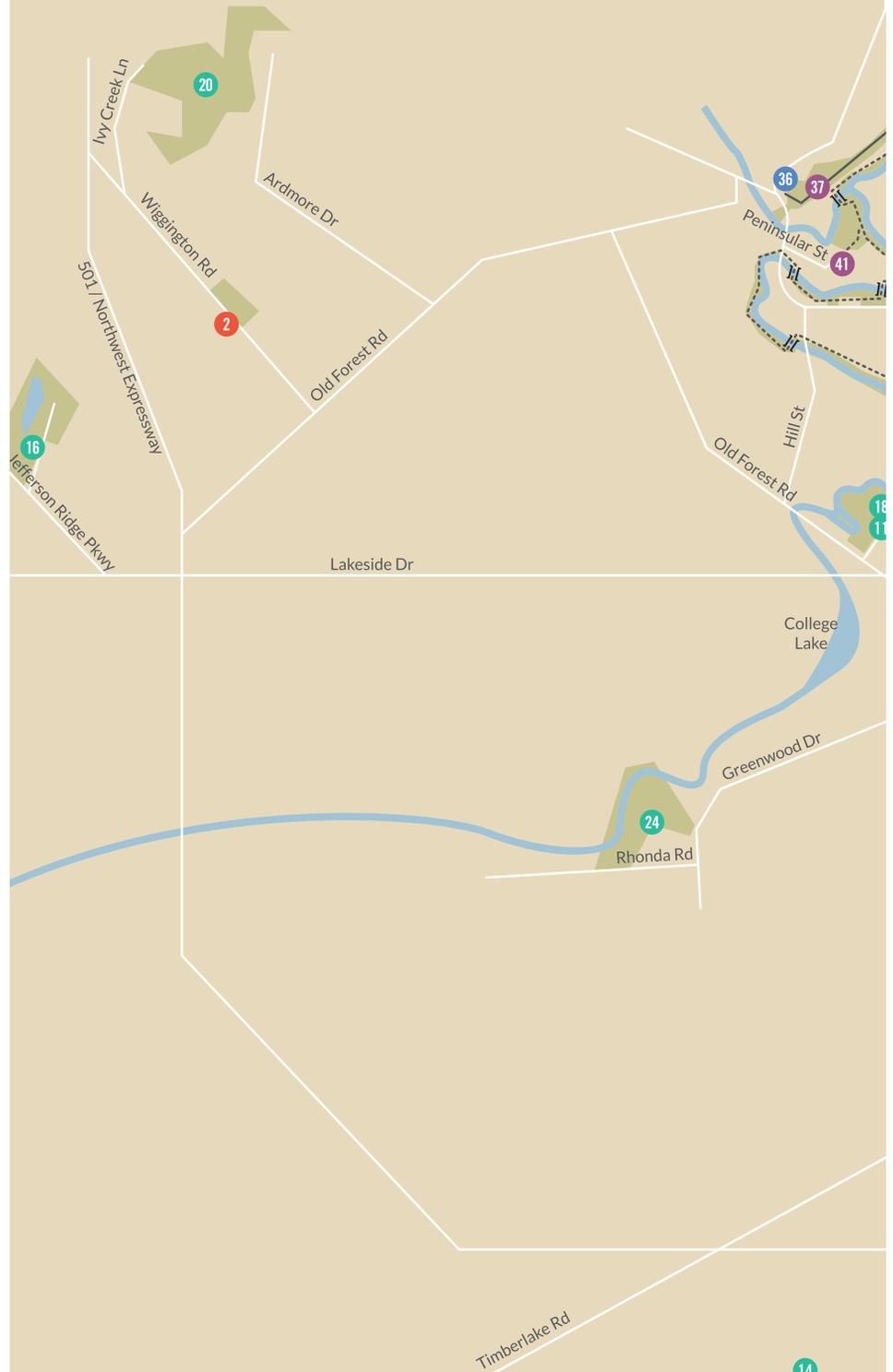
10. Biggers Park • 501 5th St
11. Blackwater Creek Athletic Area
515 Monticello Ave
12. College Park • 101 Breckenbridge St
13. Fort Avenue Park • 4831 Fort Ave
14. Heritage Park • 557 Leesville Rd
15. Hollins Mill Park • 521 Hollins Mill Rd
16. Ivy Creek Park • 118 Clemmons Lake Pl
17. Jefferson Park • 405 York St
18. Lynchburg Dog Park • 515 Monticello Ave
19. Miller Park • 2100 Park Ave
20. Peaks View Park • 170 Ivy Creek Ln
21. Percival's Island Natural Area
22. Riverfront Park • 1100 Jefferson St
23. Riverside Park • 2238 Rivermont Ave
24. Sandusky Park • 5805 Rhonda Rd
25. Westover Park • 3117 Memorial Ave
26. Younger Park • 2338 Light St

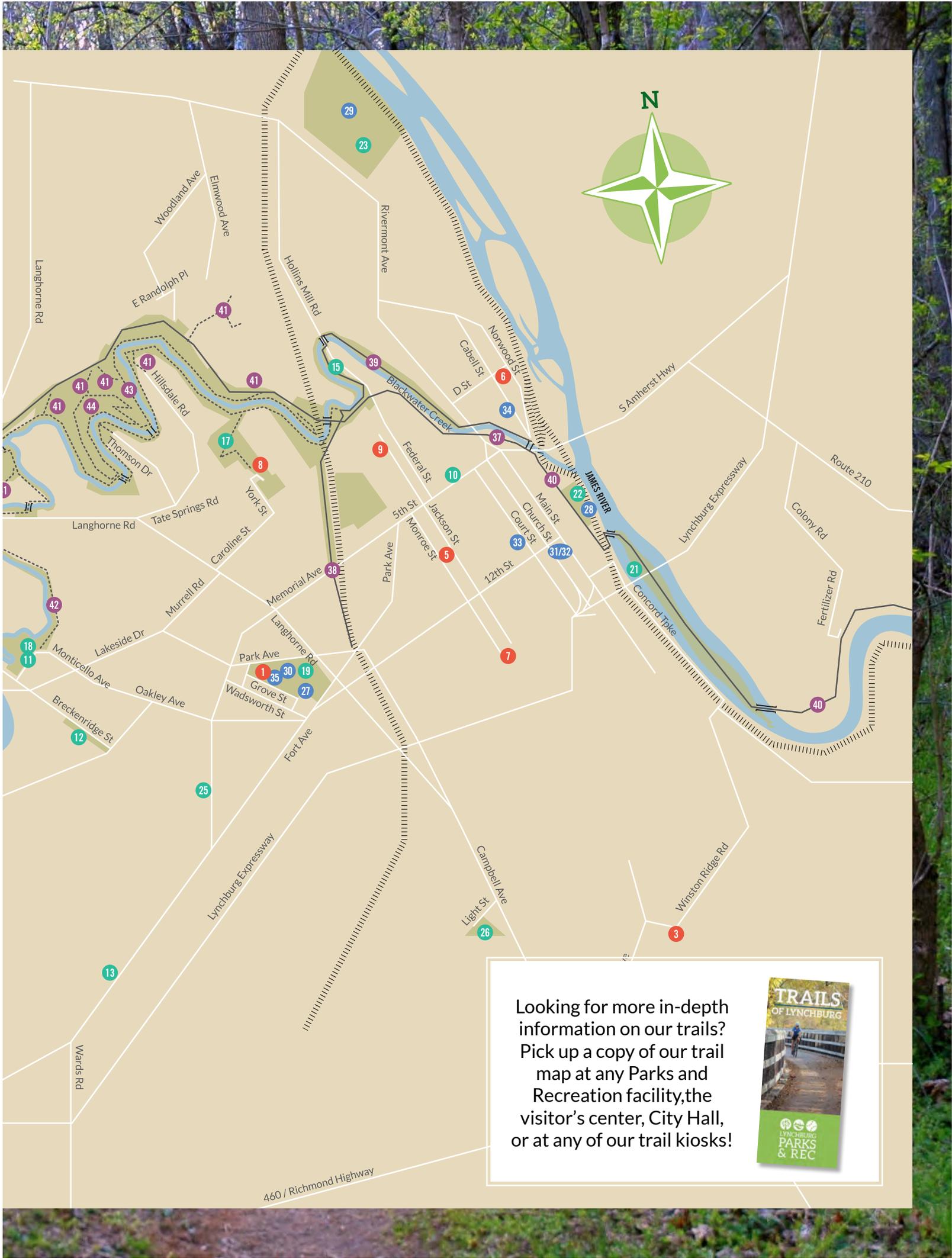
Facilities

27. Miller Park Pool • 2100 Park Ave
28. Riverfront Fountain • 1100 Jefferson St
29. Riverside Park Sprayground
2238 Rivermont Ave
30. The Aviary • 420 Grove St
31. Community Market • 1219 Main St
32. The Armory • 1219 Main St
33. Lynchburg Museum • 901 Court St
34. Point of Honor • 112 Cabell St
35. The Nature Zone • 301 Grove St
36. Awareness Garden • 1700 Langhorne Rd

Trails

37. Blackwater Creek Bikeway (paved)
38. Kemper Station Trail (paved)
39. Point of Honor Trail (paved)
40. Riverwalk (paved)
41. Connector Trails (unpaved)
42. Creekside Trail (unpaved)
43. Beaver Trail (unpaved)
44. Freer Loop Trail (unpaved)





Looking for more in-depth information on our trails? Pick up a copy of our trail map at any Parks and Recreation facility, the visitor's center, City Hall, or at any of our trail kiosks!





CITY COUNCIL SPOTLIGHT: JOAN FOSTER

We sat down with Joan Foster, four-time Mayor of Lynchburg, to find out what she thinks about parks, recreation, and the city of Lynchburg.

Q. What is your first memory with Parks and Recreation in Lynchburg?

A. My first memory with Parks and Recreation was just simply spending time in Miller Park as a college student.

When I was at Lynchburg College, Miller Park was nearby and we would go over there and have picnics. We'd even play on the equipment like we were kids! We were always respectful and good of course. We loved eating lunch and sitting on the play equipment, just hanging out together. Sometimes my friends would give me a ride to work and if we were early we would just go to the park, get on the equipment and chitchat together.

Q. What are your favorite parks or trails in the city?

A. All of the parks mean a lot to me, but Riverside Park is my favorite park because it's near my grandchildren. I really like to take them there. Riverside Park has the playground, the Sprayground, and many

other amenities that we all love to enjoy together!

Personally, I've been to Riverside a number of times, and I was even able to dedicate the Sprayground when it was opened. This year, I was also able to take part in the Riverside Train Ribbon Cutting Ceremony. So, Riverside and I have a lot of history.

I also love going down to the Riverfront area downtown for events at Riverfront Park. That park was a great addition to the work done downtown over the years. It's nice to be able to walk along the bluffwalk and just take in those amazing views as well.

Q. Why do you think Parks and Recreation is essential to our community?

A. I grew up in Baltimore, Maryland, and our Parks and Recreation department was close to where I lived.

I remember that they offered painting classes, theater classes, swim lessons... all of these great classes that I could participate in as a child because they were affordable for my family. My parents felt that if I was taking classes and participating there [with Parks and Recreation] then I was safer than being out on the streets of Baltimore as a child.

It also worked out that I loved everything I

was able to take part in there!

So to me, as a parent and grandparent, our Parks and Recreation Department is vital to our community for those same reasons.

Our parks are important because they offer a safe place for children and families to be together. They can visit the Sprayground or the Riverfront Fountain on a hot day, host a picnic, play on the playground equipment, join a pick-up game of basketball, or just spend time outdoors together in our parks. The parks we have are wonderful resources, and best of all, they are free to enjoy.

Also, anyone can take classes with Parks and Recreation, anyone can join a sports league, or take swimming lessons, or go to the after-school programs. There's never any pressure in those classes or leagues, and they also offer a great opportunity for kids to go and play with other children their own age, and maybe even meet some kids they never would have if they weren't engaged with Parks and Rec.

Our Parks and Recreation Department and everything they have to offer really works as an asset and a regional treasure for our community.

We have so many things to offer our citizens, as well as those from the surrounding counties, and many of those programs, events, and activities are offered for free or at an affordable price.



Community Recreation Centers

Miller Center

301 GROVE ST
(434) 455 - 5858

Located in the heart of the Midtown neighborhood, Miller Center opened to the public again in 2015 after a two-year renovation process. Now one of the greenest, most energy-efficient buildings in the City of Lynchburg, Miller Center is also home to a new 186-seat theatre, beautifully renovated classrooms, commercial kitchen, and the Nature Zone Environmental Education Center. The historic building also houses the main administrative offices of Parks and Rec, and is completely accessible with a new elevator, improved walkways and parking, and a new pedestrian crossing into the historic Miller Park, near the Aviary.

Many recreation programs are offered at Miller Center, including arts, dance, theatre, fitness, cooking, naturalist, enrichment, and more. You can find Miller Center classes and activities listed throughout this guide, but make sure to sign up for our email newsletter at www.LynchburgParksAndRec.com to get monthly updates on all the happenings!

Templeton Center

225 WIGGINGTON RD
(434) 455 - 4115

Templeton Center serves seniors and adults of all ages in the Lynchburg area. This location has been a gathering place in the community since 2004 and offers participants a great place to meet and have fun. Stop by Templeton for a game of bridge, canasta, mahjong or engage in a lively discussion on current issues or American literature. Looking for something a little more active? Templeton offers Zumba, yoga, and cardio fit & tone classes and supports the softball, bowling, Pickleball, and Putt Putt activities at off-site locations. For those of you looking to explore your creative side, why not try beading, watercolors, botanicals, oils or acrylic painting? Other opportunities for enrichment and lifelong learning may include health topics, language classes, driver improvement, wellness, gardening, travel and more.

Find the Templeton Center classes listed throughout this guide, or stop by the center to pick up a Templeton newsletter for a full list of activities, including special interest groups. You can also visit Templeton Center on Facebook at facebook.com/TempletonSeniorCenter.



The Art Studio at Jackson Heights

720 WINSTON RIDGE RD
(434) 455 - 4001

Stained glass artists and pottery enthusiasts enjoy this quaint Art Studio, equipped with multiple potter's wheels, slab roller table, extruder, clay, and a variety of glazes for making the most intricate of pottery projects. Stained Glass artists work diligently in classes or during the Open Studio Time with the provided grinders and light boxes using tools to make the colorful stained glass pieces. This center is easily accessible for all and has a newly lit parking area. **Look for stained glass and pottery classes in the Arts section of this guide.**

Stop by or call during studio hours: Tuesday, 9am-12pm, Wednesday, 6pm-9pm, and Thursday, 6pm-8pm.

Trips

Shop and Snack

Meet at Miller Center

Downtown & Shoemakers

Ages 50+

\$10.00

Take a trip Downtown for a day of shopping and dining. We'll drop you off at 9th and Main for an hour of shopping, and then we'll head to Shoemakers for Happy Hour. Register by 8/31.

F 9/2	4:30pm - 6:30pm	22001.312
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Target, Walmart & O'Charleys

Ages 50+

\$10.00

Take a trip to Wards Road for a day of shopping and dining. We'll drop you off at Target or Walmart for an hour of shopping, and then we'll head to O'Charleys for Happy Hour. Register by 10/5.

F 10/7	2:00pm - 5:00pm	22001.323
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River Ridge Mall & Shakers

Ages 50+

\$10.00

Take a trip to River Ridge Mall for a day of shopping and dining. We'll drop you off at the Food Court Entrance for an hour of shopping, and then we'll head to Shakers for Happy Hour. Register by 11/3.

F 11/4	2:00pm - 5:00pm	22001.332
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Nelson 151 Brews Cruise

Ages 21+

Back by popular demand, join us for an afternoon brew tour in beautiful Nelson County. We'll head to four different breweries including Devil's Backbone, Wild Wolf, Blue Mountain, and Bold Rock Cidery, and provide transportation, road snacks, and fun company! Participants must be 21 and over and will be responsible for purchasing beverages aside from complementary tastings. Register by the Thursday before.

\$20.00

Meet at Miller Center Parking Lot, Wadsworth Entrance

Sa 9/10	10:00am - 5:00pm	22001.311
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Bedford County Excursion

Ages 50+

Enjoy a trip with Lynchburg Parks and Recreation to the National D-Day Memorial, have lunch at the Liberty Station, and visit Johnson's Orchards near Peaks of Otter on this Bedford County Excursion. Price includes transportation and admission for the D-Day Memorial. Meet at the Miller Center by 9:00am. Register by 10/10.

\$25.00

Meet at Miller Center

Krista Johnson

F 10/14	9:00am - 4:00pm	75001.320
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Ropes Course



Ages 7+

Challenge yourself to a tree top aerial adventure of over 60 obstacles & 20 zip lines at Sandy River Outdoor Adventure & Retreat! Traverse 6 courses ranging from easy to advanced all while staying safely belayed! Trip includes transportation, continental breakfast, and a 3-hour ropes course session from 11:30-2:30. Following the adventure we'll stop for food and drinks at the "Fishin' Pig," Farmville's famous BBQ (restaurant purchases not included in trip fee). Register by 9/23.

\$50.00

Meet at Miller Center Parking Lot, Wadsworth Entrance

Sa 10/1	9:00am - 5:00pm	22001.321
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Short Pump Town Center Shopping Spree

Ages 18+

Join us for a Holiday shopping spree at Short Pump Town Center Mall, west of Richmond. We'll provide the transportation, road snacks, and great company. Lunch is on your own. We will depart from the Miller Center parking lot, Wadsworth Street entrance, at 9:00am. It takes two hours to drive to the mall, and two hours to return. See receipt notes for schedule and more information.

\$25.00

Meet at Miller Center

Sa 12/3	9:00am - 6:00pm	22001.341
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Art Fusion at the Maier Museum of Art

Ages 50+

In collaboration with the Maier Museum of Art and Randolph College, the Arts Fusion Early Stage Program welcomes persons in the early stages of Alzheimer's and related dementias, and their caregivers, to participate in docent-led discussions of museum exhibitions. Each session is designed to provide a welcoming space to talk about the artworks on view with a small group.

\$3.00

Meet at Miller Center

Th 9/8	9:30am - 11:30am	22001.313
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Th 10/13	9:30am - 11:30am	22001.324
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Th 11/10	9:30am - 11:30am	22001.343
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Visit www.LynchburgParksAndRec.com to register for additional activities, events, trips, and programs! Want to mail in a registration? No problem! Just fill out our form on page 63.

FESTIVAL OF

LIGHTS

AT RIVERSIDE

Join Lynchburg Parks and Recreation as we light up Riverside Park for the First Annual Festival of Lights! This free, family-friendly attraction will open nightly from 5pm to 9pm, December 1, 2016 through January 1, 2017, and will include over 30 light displays from various Lynchburg businesses and organizations to gaze at as you ride, walk, or bike through Riverside Park. Don't forget to vote for your favorite display at www.LynchburgParksAndRec.com/festival-of-lights-voting/! The winner will receive bragging rights and their very own plaque to display with pride.

Does your business or organization want to set up a display? Contact Venus Hamlett, Community Recreation Programmer, at Venus.Hamlett@Lynchburgva.gov or visit the Festival of Lights page online at www.LynchburgParksAndRec.com/festival-of-lights/ for more information.



Does your business/organization want to display?
Email Venus.Hamlett@Lynchburgva.gov

Holiday Cheer

At Miller Center

All Ages

Usher in the holiday season with a day of CHEER as you partake in a variety of fun, and festive activities. From food tasting to crafts, decor ideas, and more, this event is sure to please! Some activities/crafts may have a supply fee to pay onsite.

End the evening with family and friends in Miller Park for a tree lighting ceremony.

Friday, 11/18

3pm - 8pm

Veterans Appreciation Luncheon

HOME OF THE FREE
BECAUSE OF THE BRAVE.

Thursday, 11/10, from 11am - 1pm

Join us at Moose Lodge 715, 2307 Lakeside Drive, as we salute the men & women who have so proudly served our country. Enjoy the comradery, a buffet lunch, door prizes, entertainment, and moving remarks from our area Veterans. This event is free to all Veterans who register by 11/7; call (434) 455-4115 to register. Non-Veterans Tickets for \$6.00 will be on sale from 10/10 - 11/7.

International Day of Peace Celebration

Riverfront Park
Starts at 5:30pm
All Ages!
W 9/21



PEACE BEGINS WITH YOU. Celebrate the International Day of Peace with James River Yoga Studio and Friends for a shared hour of peace, breath, & freedom. Join us on the waterfront for a one hour yoga & meditation class, appropriate for all levels, followed by other programming and activities. Learn more about this event on our website.

THE MAGIC FLUTE

SATURDAY, 11/12



Join us for a family friendly presentation of this classic Mozart opera. The Magic Flute tells a charming, fantastic story that includes a bird seller, a captured princess, a prince who wants to rescue her, an evil Queen of the Night, a priest and, of course, a magic flute. This is a story that will keep you guessing with music that is beautiful and memorable. Bring the whole family and enjoy an operatic event that truly has something for everyone.

MILLER CENTER THEATRE
1:00PM - 2:00PM
FREE



Grandparents Day Picnic

Wed, 10/19 from 11:00am - 2:00pm
Miller Park Large Shelter
All ages welcome



Lynchburg city schools are out & we are celebrating grandparents! Bring a picnic lunch, and we will provide the crafts, & vintage lawn games for all to enjoy. Stay afterwards for a FREE MAGIC SHOW in the Miller Center theater from 2 - 3pm!

Limited space available for magic show. Register in advance online.

THE LISTENING

& LYNCHBURG PARKS & REC present.

CAN I KICK IT?!

tribute & a movie



Beats, Rhymes, and Life:
The Travels of A Tribe Called Quest

Miller Center Theater (301 Grove St), Lynchburg, VA
\$5 in adv/\$8 at door • Sept. 23 @ 6pm

FREE

LYNCHBURG PARKS AND RECREATION
& BILLY CRAFT CHRYSLER DODGE JEEP RAM
-PRESENT-

MOVIES IN THE PARK

AT RIVERSIDE

9/16 | 7:45
BIG HERO 6
& FAMILY CAMPOUT

9/30 | 7:30
FINDING NEMO
RAIN DATE SCREENING

Billy Craft
Chrysler Dodge
Jeep Ram

For full details including our food truck lineup, visit us online
at www.LynchburgParksAndRec.com/movies-in-the-park/

LYNCHBURG
PARKS
& REC



youth athletics

Girls Fall Softball

Girls Ages 5 to 15

Calling all girls! Join your friends and have fun playing with girls from Lynchburg and the surrounding counties. This game makes sure that all girls get a chance to play with a continuous batting order. All players are also required to play defense in at least two consecutive innings during every game. Returning players may register online. New players must bring a copy of their birth certificate. Teams are formed in mid / late Augus. Games begin in September and continue through October.

Important Dates Held at Peaks View Park:

Draft Night: 8/16 at 6:00pm

Meet the Coach Night: 8/17 at 6:00pm

Practices: Vary by Team, M -F 6:00pm - 8:00pm

Games: Vary by Team, Sa 9:00am - 4:00pm

\$40.00 LR / \$55.00

Peaks View Park

Ages 5 - 6	Dates and Times Vary by Team	31013.301
Ages 7 - 8	Dates and Times Vary by Team	31013.302
Ages 9 - 10	Dates and Times Vary by Team	31013.303
Ages 11 - 12	Dates and Times Vary by Team	31013.304
Ages 13 - 15	Dates and Times Vary by Team	31013.305

Attention Parents:

Lynchburg Parks and Recreation is putting together a Volunteer Advisory Committee for Dixie Youth Softball. We are looking for committed parents and coaches to help steer and strengthen the league. Contact Trevor Freitas, Athletics and Aquatics Coordinator, for more details at (434) 455 - 5882.

P.E. for Homeschoolers - Fitness

Ages 6 to 17

Parents, are you looking for an opportunity for your homeschooled children to be active and fulfill some of their physical education requirement? Have them join us for this fitness module as we engage in fun ways to keep fit. Register by Friday before class starts.

\$30.00 LR / \$45.00

Th 9/15 - 10/6

Armstrong Gym

Ages 6 - 8	11:00am - 12:00pm	31051.301
Ages 9 - 11	12:45pm - 1:45pm	31051.302
Ages 12 - 14	2:00pm - 3:00pm	31051.303
Ages 15 - 17	3:15pm - 4:15pm	31051.304

Athletics

Youth Basketball

Ages 9 to 18

Cheer for your all-star on the court this winter! This league centers on learning the fundamentals as well as continued skill development. Practices begin in December and games are scheduled to begin in January. All registration must be done in person for first-time registrants. Those who have played previously can register online. Please note that birth certificates are required at the time of registration. Registration will be held on the dates below and during office hours at the Parks & Rec administrative offices. Participants who register after Thursday, November 10th may be accepted if space allows and are subject to a \$10 late fee. Late registrants will be assigned to the next available team. Age as of 12/31/16.

Registration Held at Miller Center:

Tu & Th 11/1, 11/3, 11/8, and 11/10 from 5:00pm - 7:00pm
Sa 11/5 from 12:00pm - 3:00pm

Drafts Held at Sandusky Middle School:

9 - 10 Boys: Wednesday, 11/16 at 6:00pm
11 - 12 Boys: Thursday, 11/17 at 6:00pm
Girls: Friday, 11/18 at 6:00pm
13 - 14 Boys: Monday, 11/21 at 6:00pm
15 - 18 Boys: Tuesday, 11/22 at 6:00pm

Practices: December 5 - December 16

Games: Begin January 7, 2017

\$50.00 LR / \$65.00 Location TBA

9 - 10 Boys

M-Th Sa 11/14 - 3/18	Games at 6:00pm	31030.301
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9 - 10 Girls

M-Th Sa 11/14 - 3/18	Games at 6:00pm	31030.302
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11 - 12 Boys

M-Th Sa 11/14 - 3/18	Games at 6:00pm	31030.303
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11 - 12 Girls

M-Th Sa 11/14 - 3/18	Games at 6:00pm	31030.304
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13 - 14 Boys

M-Th Sa 11/21 - 3/18	Games at 6:00pm	31030.305
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13 - 14 Girls

M-Th Sa 11/14 - 3/18	Games at 6:00pm	31030.306
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15 - 18 Boys

M-Th Sa 11/21 - 3/18	Games at 6:00pm	31030.307
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15 - 18 Girls

M-Th Sa 11/14 - 3/18	Games at 6:00pm	31030.308
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Youth Basketball Instructional Program

Ages 7 to 8

Your child will have a great time learning new skills and improving their knowledge of one of the most popular sports in the world. Each week they will spend time learning the fundamentals of the game, working on skills, and then playing no pressure scrimmages to get them ready for the next level. All activities will take place on a lowered rim to make it easier and more enjoyable. Participants can register on any basketball registration date. Must be 7 by 12/31/2016. Register by 1/9.

\$50.00 LR / \$65.00

City Armory Byron Robinson

Sa 1/14 - 2/18	10:00am - 11:00am	31033.101
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Youth Open Gym

Ages 10 to 16

FREE

City Armory	M 10/10 - 11/7	6:00pm - 8:00pm
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Dunbar Middle School	Tu 9/13 - 11/8	6:00pm - 8:00pm
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Armstrong Gym	W 9/14 - 11/9	6:00pm - 8:00pm
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Linkhorne Middle School	Su 9/11 - 12/6	3:00pm - 5:00pm
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CHALLENGED SPORTS EXCHANGE

Challenged Sports Exchange (CSE) offers a variety of recreation and sports activities for individuals with developmental disabilities and/or physical challenges in the Central Virginia region.

CSE partners include: Lynchburg Parks and Recreation Department, ARC of Central Virginia, Grace Church, and VSA Arts of Virginia.

For additional information contact: (434) 455-1178, visit ChallengedSportsExchange.com or email CSELeague@gmail.com

adult athletics

Adult Volleyball

Ages 18+

Teams will play a 12 match (5 games per match) schedule with one match per week starting at 7:00pm or 8:30pm. The top four teams will play a single elimination tournament (best two out of three games) to determine a City Champion. In-person registration only.

Meetings Held at Miller Center:

Advisory Team Meeting: 9/15, 6:00pm (returning coaches only)

Organizational Meeting: 9/21, 6:00pm

Registration for Returning Teams: Varies, see information below

Registration for New Teams: 10/3 - 10/6, 4:00pm - 6:00pm

Team Fee: \$400.00 / +\$15 each Non-Resident Player Location TBA



Visit www.LynchburgParksAndRec.com to register for additional activities, events, trips, and programs! Want to mail in a registration? No problem! Just fill out our form on page 63.

Monday C-1 | Returning Teams Register 9/26

M 10/31 - 4/21	7:00pm -10:00pm	30003.301
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Tuesday B-1 | Returning Teams Register 9/27

Tu 11/1 - 4/21	7:00pm -10:00pm	30003.303
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Wednesday B-1 | Returning Teams Register 9/28

W 11/2 - 4/21	7:00pm -10:00pm	30003.305
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Thursday A | Returning Teams Register 9/29

Th 11/3 - 4/21	7:00pm -10:00pm	30003.307
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Friday Women's A | Returning Teams Register 9/30

F 11/4 - 4/21	7:00pm -10:00pm	30003.309
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NEW! Monday Men's League | Returning Teams Register 9/26

M 10/31 - 4/21	7:00pm -10:00pm	30003.302
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Tuesday B-2 | Returning Teams Register 9/27

Tu 11/1 - 4/21	7:00pm -10:00pm	30003.304
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Wednesday Other | Returning Teams Register 9/28

W 11/2 - 4/21	7:00pm -10:00pm	30003.306
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Thursday B-2 | Returning Teams Register 9/29

Th 11/3 - 4/21	7:00pm -10:00pm	30003.308
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Friday Women's B | Returning Teams Register 9/30

F 11/4 - 4/21	7:00pm -10:00pm	30003.310
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Team Sideline

For league sports, find our schedules, scores, and standings at Teamsideline.com/lynchburg



Bubble Soccer

Ages 18+

Come out and join the many who have bravely put on the 'Battle Ball'! Bubble soccer puts a hilarious twist on traditional soccer. Teams of 5 players will attempt to score goals against their opponents; players wear 'Battle Balls' and try to knock each other down in the process during this cross between soccer and "zorbing"!

Meetings Held at Miller Center:

Advisory Team Meeting: 9/19, 6:00pm (returning coaches only)
 Informational Meeting: 9/21, 6:00pm
 Registration for Returning Teams: 9/26 - 9/27, 4:00pm - 6:30pm
 Registration for New Teams: 9/28 - 9/29, 4:00pm - 6:30pm

Other Important Dates:

Practice Date: Sunday, 10/9
 Season Play: Sundays, 10/16 - 11/13

Team Fee: \$250.00 / +\$15 each Non-Resident Player

City Stadium Football Field

Su 10/16 - 11/13 Games begin at 6:00pm 31011.301



Are you looking for a team?

No team? No problem. You can still play on a league! Visit us online at www.TeamSideline.com/Lynchburg to register for our "Free Agent" list. We'll sign you up to play and fit you on a team with an open spot when possible!

fifty-plus athletics

Fifty-Plus Putt Putt Miniature Golf

Ages 50+

You don't need to be a pro to enjoy miniature golf. Meet at the course each Monday, weather permitting. Adults only please. Registration not required. Pay on site.

\$3.00 / two games

Putt Putt Golf and Games		Willie Perry
M 9/5 - 10/31	9:00am - 11:00am	73709.310

Fifty-Plus Softball

Ages 50+

All skill levels are invited to participate in this great team sport. Coed games focused on fun, fitness, and friendly competition. Register and pay monthly by the first day of play.

\$10.00

Peaks View Park Field 1		Lynn Fox
W F 9/2 - 9/30	9:00am - 11:00am	73702.310
W F 10/5 - 10/28	10:00am - 12:00pm	73702.320

Partner Organizations

Lynchburg Parks & Recreation is proud to partner with the organizations below to offer additional youth sports athletic programming for the Lynchburg community.



Blue Ridge Lacrosse Club
www.blueridgelax.org



Central Virginia United Soccer
www.centralvirginiaunited.com



Central Virginia Volleyball Association
www.playhov.com



Hill City Youth Football and Cheerleading
www.HCYFC.com



Lynchburg Little League Baseball
www.lynchburglittleleague.com



Lynchburg Tennis Patrons Association
www.lynchburgtennis.org



Girls on the Run
www.girlsontheruncenva.org

PLEASE DO HUG THE TREES

ON THE C
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Please Do Hug

22



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Local parks and provide critical fr pillars and impact co of Lynchburg Parks toughest challen sustainability. to a healthy Hug the present

GETTING DIRTY

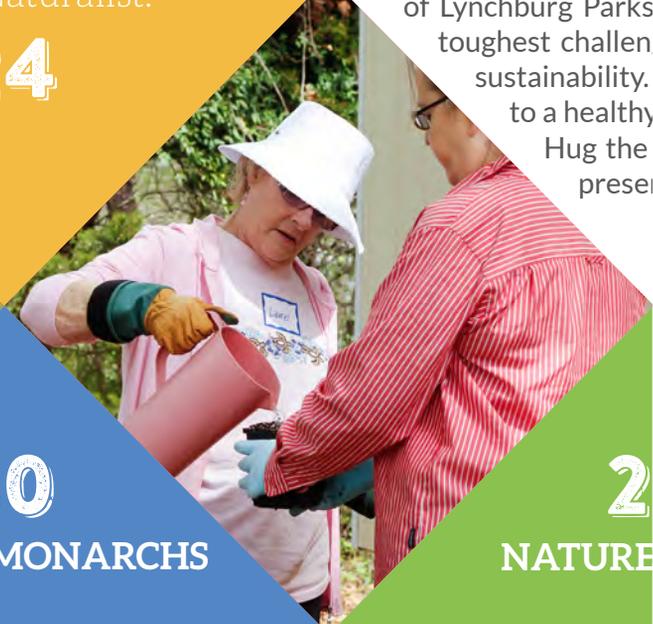
Hug Nature Back.
Community Gardens & More!

26

HEY, KIDS!

Become a
Junior Naturalist!

24



30

SAVE THE MONARCHS

2

NATURE

THE COVER

Introduction to
Hug The Trees

22



In 2015, the City's Communications and Marketing Department presented the results of the National Citizen Survey; a community-wide survey polling the Lynchburg community about their perception of various city services.

Lynchburg Parks and Recreation received a low score on "preservation of natural areas." In the field of parks and recreation, we have three pillars that anchor our profession; conservation (preservation), health /wellness and social equity. Local, state, and national parks services are charged with making significant contributions to upholding these pillars. Given that conservation/preservation is a pillar of parks and recreation, this score was unacceptable.

Parks and recreation in particular are uniquely positioned to provide frontline services and resources to bolster these three pillars for collective community health. The programs and places of Parks and Recreation combat some of our City and nation's challenges like obesity, poverty, loneliness, and environmental inequity. Lynchburg's natural areas, trails, and parks are gateways to a healthy, prosperous, and connected community. The "Please Do the Trees" campaign is our solution to address the issue of conservation and environmental sustainability.

Independent researchers, IARC specifically linked exposure to Roundup and glyphosate to non-Hodgkin lymphoma (NHL) and several other blood cancers, including B-cell lymphoma, a subtype of NHL.



NON-TOXIC WEED KILLER RECIPE

- 1 Gallon of Vinegar
- 2 Cups of Epson Salt
- 1 Squirt of Dawn Dish Detergent

NEWS FLASH!

The main ingredient in Roundup – called glyphosate – was determined to be "probably carcinogenic to humans" in March 2015 by the International Agency for Research on Cancer (IARC), part of the World Health Organization.

Drawing on published reports in scientific literature from

What are we going to do about it? Lynchburg Parks & Recreation Department supports the end-goal of pesticide free parks and long term policies to reduce pesticides, such as IPM plans, at all our municipal parks. We are currently focusing on two areas within parks, playgrounds, and natural areas. As a first step, we're testing out a new, non-toxic, weed killing recipe while drafting long-term policies with ecological solutions.

28
SOCIAL EQUITY

ROPES COURSE!

14 Climb, zip, and fly through the trees this Fall on our Ropes Course Trip!



“We’ve become strangers to nature. The best way to live longer, healthier lives is to re-wild ourselves by returning to nature whenever we can!”
- Daniel Vitalis

Do you remember a time before cell phones, tablets, and computers dominated our lives? When children played outside from dawn until dusk and the most entertaining part of their day was spent outdoors? It’s hard to think back to those simpler times when the majority of our leisure time is spent glued to screens.

RESTORING A BALANCE

We’re here to help restore the balance between screens and greens. How are we going to do it? By offering the youth of Lynchburg fun, educational, and recreational activities that work to accomplish one

simple goal: to get our kids back to nature.

THE JUNIOR NATURALISTS

This program is for kids of all ages, and teaches children to explore their surroundings, while connecting and learning more about the natural environment.

Join and earn an official Junior Naturalist Certificate by completing our Junior Naturalist Guide Book, volunteering in our parks and trails, and participating in a series of Nature and Outdoor activities. The Guide Book can be picked up from Miller Center.

IT'S A BULLSEYE!

8 Try your hand at archery this Fall & hit the bullseye!



Earn this patch by completing our Junior Naturalist Guide Book and participating in two Hug the Trees Programs!

DOING YOUR PART

What will you do when you get home to make your special place better?

Check the ideas you want to try:

- | | |
|---|---|
| <input type="checkbox"/> Pick up trash | <input type="checkbox"/> Plant a tree |
| <input type="checkbox"/> Re-use or recycle more | <input type="checkbox"/> Visit a teaching garden |
| <input type="checkbox"/> Plant a vegetable or Pollinator Garden | <input type="checkbox"/> Visit my local parks |
| <input type="checkbox"/> Participate in a Nature or Outdoor Program | <input type="checkbox"/> Buy locally grown food at the Community Market |
| <input type="checkbox"/> Start a compost pile | <input type="checkbox"/> Play outside |
| <input type="checkbox"/> Pick up after my pet | <input type="checkbox"/> Teach "Earthing" to an Elder |
| <input type="checkbox"/> Ride my bike or walk more | <input type="checkbox"/> Use reusable grocery bags |
| <input type="checkbox"/> Hug a Tree | <input type="checkbox"/> Turn off the lights behind me |

COME JOIN US!

**Family Hike with Mayor Foster:
National Park Centennial**

PAGE 8

Sat, 9/10 | 9:00am - 2:00pm | Ages 10+

Celebrate the 100th birthday of our National parks! Learn more about the Family Hike with Mayor Foster on Page 8.

PAGE 7 Family Campout at Riverside Park

Fri 9/16 - Sa 9/17 | 5:00pm - 10:00am | All Ages

Learn more about the Family Campout at Riverside Park on Page 7. More information about the campout can be found online at www.LynchburgParksAndRec.com/family-campout/.

Planting Trees for the Earth

PAGE 6

Sat, 11/12 | 9:00am - 2:00pm | Ages 10+

Plant trees in our city parks as a legacy for future tree huggers! Learn more about this activity on Page 6. Park locations TBA.

YOU CAN JOIN

Find a community to
any of our Neighbor

38

CONNECT WITH NATURE THROUGH GARDENING

Imagine growing your own fresh produce for your family including tomatoes, cucumbers, squash, beans, and a cornucopia of other vegetables throughout the year. Lynchburg Parks and Recreation supports and encourages all of our sustainable Urban Gardeners. Fresh homegrown fruits and vegetables are tastier and healthier than store bought.

Parks and Rec wants to help you gain the tools to be a successful urban gardener and develop a closer relationship with nature by nurturing plants outside.

We've established teaching gardens at several of our Neighborhood Community Centers and are working to develop relationships with many of the city's Community Gardens. With your help, we also hope to establish a Community Fruit Tree Orchard at Younger Park and create a citywide Community Garden!

WE WANT TO HEAR FROM YOU!

Share your urban gardening stories & pictures with us on social media. Let us know how we can help you. Tell us what programs, classes, or workshops you want us to offer. Let us help you get your hands dirty while developing a closer relationship with nature. Lynchburg Parks & Rec is here to help.

COME JOIN US!

Parks and Recreation offers many programs that teach the necessary skills to start gardening on your own! Try a beekeeping workshop or learn to make rain barrels to water your garden. Whatever your interest, we're sure to have something for you!

Check out the programs to the right or visit our website for additional classes, workshops, and programs.

JOIN US, TOO!

...y teaching garden at
...hborhood Centers.



Rain Barrel Workshops

PAGE 59

Th 9/8 + 9/22 | Times vary... Yes 16+

Build a rain barrel, then learn how to install and maintain it. Learn more about this activity on page 59.

Hands-on Propagation

PAGE 58

W 9/28 | 2:00pm - 3:00pm | Ages 30+

Adding to your landscape plan is sometimes just a matter of dividing existing plants. Learn more about this activity on page 58.

Beekeeping Workshop

PAGE 58

M 10/3 | 11:00am - 1:00pm | Ages 18+

Thinking of keeping honey bees but not sure what's involved? This workshop covers what's needed for commitment, time, financial outlay, and equipment. Learn more about this activity on page 58.

Caring for Your Trees

PAGE 58

W 10/5 | 2:00pm - 3:00pm | Ages 30+

Find out how to give your trees the care they deserve. Learn more about this activity on page 58.

Bats: Friends or Foes?

PAGE 59

W 10/26 | 4:00pm - 5:00pm | Ages 18+

Join bat specialist Bonnie Miles as she shares why we want bats in our backyards, the part they play in the eco system, and the threats they face. Learn more about this activity on page 59.



Lucy Hudson and her own Backyard Garden

Community Garden at Yoder Center



ALL ABOUT APPLES

Help us fundraise for a new community orchard!

62



Teens Participate in our Summer Camp Programs

Shared public spaces are important to the life of a community. Social offerings, openness, and beauty create a lasting emotional bond between people and their community.

NATURE & SOCIAL EQUITY

Lynchburg Parks and Recreation impacts communities through social equity, ensuring all people have access to the benefits of local parks and recreation

The Department holds over 900 acres of parks, trails, and natural areas in trust for the community. We also have ten parks that are designated as neighborhood parks and six neighborhood recreation centers.

At our neighborhood centers, people gather to play in the park, join a pick-up game of basketball, attend community meetings, host family reunions, develop neighborhood plans, attend after-school and summer programs, and create community attachment.

Many citizens also use our parks and trails as resources for recreation.

Here are three simple and free outdoor activities that you can take advantage of on your own!

1

Picnic in the Park

Your sandwich often tastes better when you are sitting in a beautiful park. Bring a blanket and your favorite foods, and enjoy the outdoors!

2

Walk the Trails

Before or after dinner, take some time to walk together as a family on one of our trails.

3

Watch the Clouds

Spend some time cloud-watching in a park on a sunny day. Lie down on the grass, identify shapes, and take a breath of fresh air.



YOU CAN JOIN US, TOO!

Check out all of the programs and offerings from our six Neighborhood Centers.

38

PROJECT LEARNING TREE

This fall, neighborhood centers will incorporate Project Learning Tree activities into the After-School Program.

A cornerstone for environmental education, established in 1976, Project Learning Tree advances environmental literacy and promotes stewardship through excellence in environmental education, professional development, and curriculum resources that use trees and forests as windows to the world.

Our Neighborhood Centers are celebrating small victories in environmental awareness each day by growing our own teaching and community gardens, composting, recycling, and simply washing our own dishes, rather than using disposables.

Visit one of our five Community Centers to see this progress and to take part in these victories!

COME JOIN US!

Project Learning Tree Workshop



TV 11/8 at the Aviary | 9:00am - 3:00pm | Ages 18+ | \$20.00

Become a Project Learning Tree certified educator. Be engaged in a hands-on workshop for both formal and non-formal educators. Learn how to use the outdoors and nature to teach the Standards of Learning. Receive PLT's PreK-8 Environmental Education Activity Guide, correlated to national and state academic standards. Workshop provided by Virginia Cooperative Extension. Fee includes materials, book, and lunch.

PAGE 40

Neighborhood Center Activities

Various Ages, Times, and Dates

More information about other Neighborhood Center activities can be found in this Activity Guide starting on page 40.



Templeton Senior Center Participants Gardening

HOME GA
Take one of o
gardening

58



CREATING A NEW OASIS

With your help, Lynchburg Parks and Recreation will build a veritable gossamer oasis within one of our parks. This oasis will feature: a lush butterfly garden, a water fountain with butterfly-inspired portraits in colorful mosaic tile, interpretive panels, and an optical spotting station.

In addition to the physical attributes of the oasis, it will also include a nature webcam, a Web-Based Teacher's Corner for education, and a special area celebrating the Kids' Haven Partnership. Kids' Haven is a community based organization dedicated to serving the unique needs of grieving children and their families through support and education, and utilizes butterfly gardens as an oasis for their participants.

Other Participating Organizations include: Boley Block, the Lynchburg Tree Stewards, and The Seven Hills Art Club.

Help support efforts to establish this gift to the community by getting involved through monetary donations or by volunteering your time.

If you would like to donate, help, or learn more about this project, contact Allyson McSwain by email at Allyson.Mcswain@Lynchburgva.gov

DOING OUR PART

According to the NRPA, "the Monarch Butterfly population has declined by an estimated 90 percent over the past 20 years."

Join us in our efforts to save the Monarch butterflies before their habitats are irrevocably destroyed!



GARDEN

of our many
ng classes.

58



HELPING OUR POLLINATORS AT HOME

Pollinators are critical to our nation's economy, ecosystem, and food preservation. But our pollinators are in trouble. Habitat and forage loss, fragmentation, disease, parasites, and pesticides have all contributed to the decline of many species of pollinators.

There is, however, something that we can ALL do to help these wonderful insects!

5 WAYS TO GET STARTED

1 Get Involved

Join the Million Pollinator Challenge and be counted at www.Pollinator.org/mpgcmapp/!

2 Learn More About Pollinators

Learn more with us or on your own at www.Pollinator.org.

3 Plant a Pollinator Garden & Share

Send us pictures of your pollinator habitat by using the hashtag #LYHPollinatorChallenge.

4 Provide a Nesting Habitat

Check out our suggestions to the right!

BEEKEEPING WORKSHOP

Learn how to help out
our pollinator friends!

58



5 Avoid or Limit Pesticide Use

Use non-chemical, organic solutions and cultural control for insect problems instead!

MAKING YOUR GARDEN POLLINATOR FRIENDLY

Vegetation Tips

- Plant native to the area
- Plant in clusters or groupings
- Plant for continuous bloom from early spring to late fall
- Plant annuals/perennials that provide nectar and/or pollen
- Plant larval host plants such as milkweed

Shelter Tips

- Provide wind breaks
- Provide sunny areas with flat stone
- Provide a fresh, clean water source with safe landing places
- Provide mud puddles/salt licks
- Provide areas of bare ground for natural bee nesting sites
- Provide branches, twigs, and natural areas for nesting sites
- Tolerate minor leaf damage from host larvae
- Provide bird baths

Other Tips

- Invite beneficial insects
- Use rotten fruit as a food source
- Make pesticide-free zones



LYNCHBURG COMMUNITY MARKET

LOCAL & PROUD SINCE 1783



Are you hungry for **ALL** things local?

Share your love of local food, products, and services on Instagram using the **#LynchburgIsForLocavores** hashtag.

OPEN | **TUES - SAT** | **FARMERS MARKET** 
YEAR-ROUND | ★★ 7am-2pm★★ SATURDAY 7am - 2pm
WED 10am - 2pm (SEASONAL)

Located in downtown Lynchburg, the Market plays a vital role in our beautiful downtown as a community gathering place and offers the very best products from our region. Stop by to see what keeps us **LOCAL AND PROUD.**



COME ON IN



RESTAURANT AND SHOPS

Open five days a week inside the Market, these hometown favorites include locally owned restaurants, a bakery, cheese shop, coffee roaster, and shops just as unique as their beloved proprietors. Enjoy country and ethnic cuisines or sip a fresh cup of coffee and nibble on a made from scratch croissant.

ARTS AND CRAFTS

Inside the Market you will find the cooperative artist space where crafters and artists alike sell their handmade creations inspired by our region. Wander through the aisles Tuesday through Friday from 9am-2pm and Saturday from 7am-2pm and you may even be able to meet the artist or crafter or see a demonstration of their work. There is a wide selection ranging from fine jewelry to goats milk soaps, to hand-thrown pottery and porcelain, to local photography and paintings. Come by and visit!



FARMERS & ARTISAN FOODS

The Lynchburg Community Market proudly continues its age-old tradition as the place to go for farm-fresh produce. Every Saturday year-round and Wednesdays in season, come get the very best in fresh produce, fruit, meat, cheese, plants, baked goods, and specialty foods. Talk to our local producers and share in the food traditions of our region that have remained at the heart of our historic Market.



Friends of the Market Present:

Farm to Table Dinner
September 10 @ 7:00 pm – Great Day Gardens \$75
Visit our website for details and tickets.

www.LynchburgCommunityMarket.com

1219 Main Street | Lynchburg, VA 24504 | (434) 455-4485

Health & Fitness

fitness

Yoga Goodness Studio Presents: Yoga in the Park

Ages 16+

Start the morning with Yoga Goodness Studio. Breathe in the fresh air and enjoy the beauty of yoga outdoors at Riverside Park. Classes will be taught by studio owner Cyndi Lee and other instructors from Lynchburg's Yoga Goodness Studio. Bring your yoga mat. In case of inclement weather, call (434) 455- 5895 to check if class has been moved indoors to the studio. No registration required. Sept 17th class is Family Yoga (all ages). No class Sept 24th.

FREE

Riverside Park	Yoga Goodness Studio	
Sa 9/10 - 10/29	8:30am - 9:15am	51200.310

Yoga Goodness Studio Presents: Family Yoga in the Park

All Ages

This special Family Yoga class is for all ages. Breathe in the fresh air and enjoy the beauty of yoga outdoors at Riverside Park with instructors from Yoga Goodness Studio. Bring your yoga mat or a large towel. In case of inclement weather, call (434) 455-5895 to check for class cancellation. No registration required.

FREE

Riverside Park	Yoga Goodness Studio	
Sa 9/17	8:30am - 9:15am	51200.311

Fifty-Plus Yoga

Ages 50+

This self-paced class combines stretching, breathing, and holding postures. Be sure to wear comfortable clothing and bring your yoga mat. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

Templeton Center	Deborah W. Ladd	
Tu 9/6 - 9/27	8:15am - 9:05am	74203.310
Tu 10/4 - 10/25	8:15am - 9:05am	74203.320
Tu 11/1 - 11/29	8:15am - 9:05am	74203.330
Tu 12/6 - 12/27	8:15am - 9:05am	74203.340

Yoga PM

Ages 30+

Experience the many physical and mental benefits of yoga in this self-paced class. Wear comfortable clothing and bring your own yoga mat. Register and pay monthly by the first class

\$24.00 LR / \$36.00

Templeton Center	Paul Webb	
Th 9/8 - 9/29	6:45pm - 7:45pm	74204.310
Th 10/6 - 10/27	6:45pm - 7:45pm	74204.320

Yoga For All Levels

Ages 16+

In this dynamic and gentle class, classic yoga poses are practiced with an emphasis on alignment with options for modification. Register three days in advance.

\$17.00 LR / \$26.00

Miller Center Rm 306	Paul Webb	
W 10/5 - 10/26	5:30pm - 6:30pm	27109.321
W 11/2 - 11/30	5:30pm - 6:30pm	27109.331

Prenatal Yoga

Ages 18+

Enjoy a gentle yoga sequence designed specifically for the pregnant woman. Learn poses to help with many common ailments and prepare your body for birth. Register by the Friday before.

\$30.00 LR / \$45.00

Miller Center Rm 304	Azalea Faye	
M 9/12 - 10/17	6:00pm - 7:15pm	27109.310

Babywearing Yoga

Children Ages 0 to 2 with Caretaker

Babywearing yoga class is one class you don't need a babysitter for! Stretch and bond with your little one through babywearing-friendly yoga poses. Participants must provide their own wrap or carrier. Safe babywearing techniques will be covered. Register by the Friday before.

\$17.00 LR / \$26.00

Miller Center Rm 207	Azalea Faye	
Tu 10/4 - 10/25	10:00am - 10:45am	27109.320

Tai Chi Basics

Ages 50+

This class introduces various aspects of tai chi concepts while incorporating mindfulness with movements and practices that nurture health, balance, coordination, and emotional equanimity. Register by three days in advance.

\$24.00 LR / \$36.00

Templeton Center Scott Larson

Tu 9/6 - 9/27	4:00pm - 5:00pm	74202.310
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Tu 10/4 - 10/25	4:00pm - 5:00pm	74202.320
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We have many Health & Fitness classes that allow for Drop-In Registration. Call our offices today at (434) 455-5858 to see if a class you are interested in allows for Drop-In Registration!



Zumba for Everyone!

Various Ages

Move your feet to the latin beat while getting a great cardio and tone workout. These classes cater to all fitness levels by offering easy to follow dance moves. Register in-advance. Participants at Templeton Center can register and pay monthly by the first class.

\$24.00 LR / \$36.00

Zumba | Miller Center *Ages 18+*

Jamey Love

Tu Th 10/11 - 10/27	6:00pm - 7:00pm	27004.320
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Tu Th 11/1 - 11/17	6:00pm - 7:00pm	27004.330
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Tu Th 11/29 - 12/15	6:00pm - 7:00pm	27004.340
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Zumba at Noon | Templeton Center *Ages 30+*

Gulshan Ari

Tu Th 9/1 - 9/29	12:00pm - 12:45pm	74205.310
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Tu Th 10/4 - 10/27	12:00pm - 12:45pm	74205.320
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Tu Th 11/1 - 11/29	12:00pm - 12:45pm	74205.330
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Tu Th 12/1 - 12/29	12:00pm - 12:45pm	74205.340
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Zumba PM | Templeton Center *Ages 30+*

Kirstin Eubank

M W 9/7 - 9/28	5:00pm - 5:45pm	74208.310
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M W 10/3 - 10/31	5:00pm - 5:45pm	74208.320
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M W 11/2 - 11/30	5:00pm - 5:45pm	74208.330
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M W 12/5 - 12/28	5:00pm - 5:45pm	74208.340
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Visit www.LynchburgParksAndRec.com to register for additional activities, events, trips, and programs! Want to mail in a registration? No problem! Just fill out our form on page 63.



CrossFit Lynchburg Presents: CrossFit for Families

Ages 7+

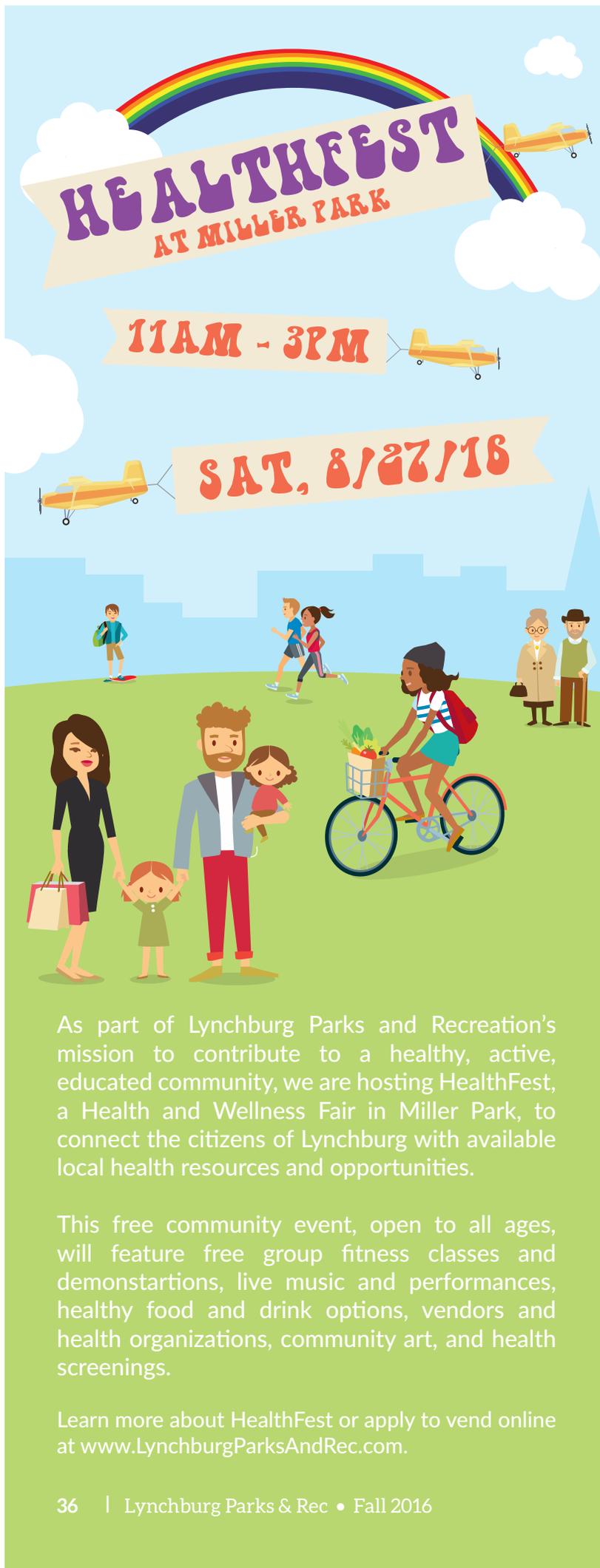
Participate in a fitness class for the whole family! This class, hosted by the coaches at CrossFit Lynchburg, will introduce elements of CrossFit and sneak in a workout through fun games and activities that can be enjoyed by the whole family. Please wear comfortable workout clothes, athletic footwear, and bring a water bottle. Rain location: Miller Center. No class on 9/24 and 10/8. Registration not required.

FREE

Riverside Park

CrossFit Lynchburg

Sa 9/10 - 10/29	9:30am - 10:15am	37101.310
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As part of Lynchburg Parks and Recreation's mission to contribute to a healthy, active, educated community, we are hosting HealthFest, a Health and Wellness Fair in Miller Park, to connect the citizens of Lynchburg with available local health resources and opportunities.

This free community event, open to all ages, will feature free group fitness classes and demonstrations, live music and performances, healthy food and drink options, vendors and health organizations, community art, and health screenings.

Learn more about HealthFest or apply to vend online at www.LynchburgParksAndRec.com.

Cardio Fit & Tone Exercise Class

Ages 30+

This class pairs cardio with trimming and toning using weights, bands, mats, and steps. Register and pay monthly by first class

\$24.00 LR / \$36.00

Templeton Center		Mary Harris
Tu Th 9/1 - 9/29	5:30pm - 6:30pm	74209.310
Tu Th 10/4 - 10/27	5:30pm - 6:30pm	74209.320
Tu Th 11/1 - 11/29	5:30pm - 6:30pm	74209.330
Tu Th 12/1 - 12/29	5:30pm - 6:30pm	74209.340

Fairview Fitness

Ages 50+

Enjoy this low impact, self-paced class with a fast, upbeat routine that helps trim and tone. Register monthly by the first class.

\$24.00 LR / \$36.00

Fairview Center		Jan Baker
M W F 9/2 - 9/30	11:45am - 12:30pm	63003.301
M W F 10/3 - 10/28	11:45am - 12:30pm	63003.302
M W F 11/2 - 11/30	11:45am - 12:30pm	63003.303
M W F 12/2 - 12/30	11:45am - 12:30pm	63003.304

Boot Camp Fitness

Ages 50+

Be you civilian or veteran, this class will help get you into shape. This low intensity, CrossFit influenced class caters to mature, active adults looking for a little tone and lift. A snapshot of each session provides functional fitness exercises, using body weight movements that focus on range of motion. Workouts can be modified to accommodate any fitness level or physical condition. No class on 11/24. Register by the Monday before.

\$16.00 LR / \$24.00

Miller Center Rm 207		Amanda Ruhl
Th 11/3 - 12/1	2:00pm - 2:45pm	27101.331

Free Video Chair Exercise

Ages 50+

Are you looking for a gentle exercise program to maintain or improve flexibility and strength? This 45-minute chair exercise video offers you the opportunity to move at your own pace and keep your body moving. You'll be amazed at how beneficial this workout can be! No need to register, just drop in and get started.

FREE

Templeton Center		Lynn Fox
M Tu Th F 9/1 - 12/030	9:30am - 10:15am	74200.310

Wellness

Hands Only CPR Instruction

Ages 12+

Gain CPR skills to save a life! Learn what to do during a cardiac emergency using compressions only. Participants are encouraged to take a CPR Anytime Kit home to share the skills they have learned from this course with others. This is not a certification course. Register two days before the class.

FREE

Miller Center Rm 306		Tamara Reynolds
W 9/14	5:00pm - 6:00pm	28001.315
Th 10/13	12:00pm - 1:00pm	28001.326

Health Talk: Strength Training is Critical

Ages 18+

Strength training is critical for maintaining good health, especially after the age of 50. It helps with bone mass, fat loss, blood pressure, and so much more. This talk will be presented by Dr. Farrago, MD from Forest Direct Primary Care, and former professional athlete trainer. Register in advance or drop in.

FREE

Miller Center Theatre		Dr. Douglas Farrago
W 9/14	6:00pm - 7:00pm	28009.315

CPR / First Aid / AED Certificatio

Ages 15+

Participants learn and demonstrate their technical skills and must successfully pass the written test with a minimum score of 80 for completion. Certification earned is valid for two years. Space is limited. Register by 9/16.

\$75.00 LR / \$90.00

Miller Center Rm 304		Joanna Nisbet
W 9/21	6:00pm - 9:00pm	34002.301

Chronic Disease Self Management

Ages 18+

Learn helpful tips to manage your disease and improve the quality of your life in this six-week course. Trained CVACL instructors bring you valuable information on goal setting, problem solving, decision making, healthy eating, and coping with fatigue and pain. In addition, learn how to prevent falls and improve balance, evaluate new treatments and communicate effectively with family, friends and health professionals. Register by 9/12.

FREE

Templeton Center		Betty Brickhouse
W 9/14 - 10/19	1:00pm - 3:00pm	74009.310

Wellness Presentations

Ages 50+

Join Denise Scruggs at Miller Center for free wellness presentations on Brain Health, Stress, and Memory Loss. Register in advance or during class. Advance registration helps with head count.

How to Deal with Stress

Miller Center Rm 306

Th 9/15	2:00pm - 3:00pm	28009.317
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Brain Health as You Age

Miller Center Rm 306

Th 10/13	2:00pm - 3:00pm	28009.326
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Memory Loss - What's Normal?

Miller Center Rm 306

Th 11/17	2:00pm - 3:00pm	28009.335
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Health Talk: Metabolic Syndrome

Ages 18+

Metabolic Syndrome, also called Insulin Resistance or Prediabetes, has become alarmingly common in both children and adults. In this talk, come and learn more about this rapidly growing condition and leave with a clear understanding of the causes, treatment options, preventive measures, and how to reverse this condition. Register in advance or drop in.

FREE

Miller Center Theatre		Deborah Farley
Tu 10/4	6:00pm - 7:00pm	28009.325

Medicare: What You Should Know

Ages 50+

Whether you are new to Medicare or just interested in recent changes, join Betty Brickhouse from the CVACL as she shares current information to help you make the informed decisions that are right for you.

FREE

Templeton Center		Betty Brickhouse
Tu 10/11	2:00pm - 3:00pm	73003.327

Mental Health Discussion

Ages 50+

Learn more about aging and mental wellness as a representative from Centra gives a free presentation with an overview of mental health.

FREE

Templeton Center		Instructor TBA
Tu 10/25	10:30am - 11:30am	74009.321



Lynchburg Parks and Recreation

Neighborhood Centers



Stop by your local Neighborhood Center to pick up an Activity Guide or full calendar of activities



COLLEGE HILL CENTER

811 Jackson Street (434) 847 - 1418

Situated in the heart of the City, College Hill Center is compact, energetic, and serves as a recreation hub for busy people on the move. Catch a spirited game of basketball on the court, or a two-hand touch football match on the front lawn. Featured Programs: After-School, Teen Night, Senior Recreation Shuffle

DANIEL'S HILL CENTER

317 Norwood Street (434) 847 - 1396

Conveniently located off Rivermont Avenue in the Historic Daniel's Hill Neighborhood, the Center is just steps away from the Point of Honor Museum and the Blackwater Creek Trail. Featured Programs: After-School, Preschool Play Group, School's Out, Senior Recreation Shuffle

DIAMOND HILL CENTER

1005 Seventeenth Street (434) 847 - 1409

Built on the site of the former Marce T. Jones Elementary School, this location has long-held significance to the community. The grounds were recently renovated, and today this familiar center is abuzz with activities for friends and neighbors of all ages. Featured Programs: Preschool Play Group, After-School, Teen Night, Senior Recreation Shuffle, Soul Slide-Dancing Classes

FAIRVIEW CENTER

3621 Campbell Avenue (434) 847 - 1751

This active center is conveniently located off Campbell Avenue, a busy Lynchburg corridor, and features a large campus - with classrooms, ceramics studio, tennis/pickleball, and basketball courts, field space, a playlot, and picnic grounds. Featured Programs: After-School, and Expanded Senior Schedule.

YODER CENTER

109 Jackson Street (434) 847 - 1645

This vibrant and engaged center offers programs for youth, adults, and families. Located near the Fifth Street Business District, and close to the Blackwater Creek Trail, there's always adventure in store at this recently renovated center. Featured Programs: After-School, Teen Night, Senior Recreation Shuffle

AFTER-SCHOOL

AT THE NEIGHBORHOOD CENTERS

AFTER-SCHOOL CONNECTIONS

Y ON WHEELS

Since 2013 the YMCA of Central Virginia has been working with Parks and Recreation to develop fundamental athletic skills while at the same time exposing neighborhood center youth to lifetime sports. The Y on Wheels activity bus visits neighborhood centers on a series of regular rotations.

WORDWORKS!

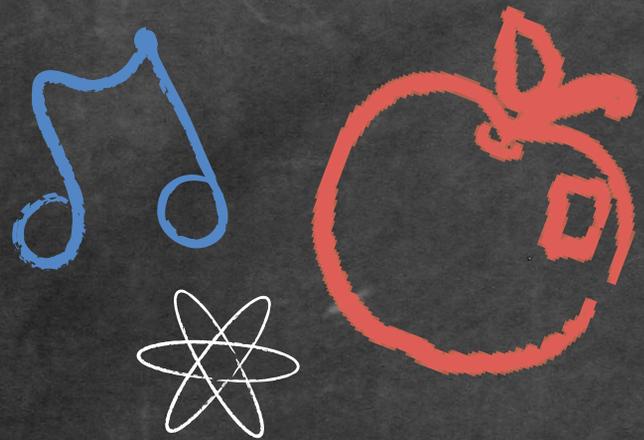
WordWorks!, a nonprofit made up of local sponsors of literacy (aka CREATIVE MAYHEM), has been partnering with Parks and Recreation for four years now to create after school and weekend workshops that aim to make writing fun and relevant to the lives of young people. Staffed by local creative writers and administered by local enthusiasts for learning that is FUN, this civic collective is all about bringing people together: accomplished and aspiring writers, poetry enthusiasts and those who prefer video games, story tellers and those who have stories to tell! Visit the WordWorks website to learn more.

THE YOUTH CHESS INSTRUCTION PROGRAM

Initially developed in Kampala, Uganda, the Sports Outreach chess program has spread to Gulu, Nairobi, El Salvador, and the US. This year, Yoder Center became a local pilot site for the Youth Chess Instruction Program. Playing the game of chess teaches children how to strategize, plan ahead, watch from all angles, and be patient.

CREATIVE DRAMATICS

In 2012, Randolph College First Year Experience students, under the guidance of Professor Ken Parks, began a series of Creative Dramatics workshops with neighborhood center youth. The model of playful exchanges between college students and center youth now serves as the framework for the development of a series of ongoing theater game workshops, supported by a collection of local college students.



After-School Youth Program

Ages 6 to 12

Exclusively weekdays after school, the neighborhood centers focus on growing children through active play, homework help, snack, and enrichment activities. The schedule follows the Lynchburg City Schools' academic calendar. Youth ages 6 to 12 may participate in the program. Teenagers age 12 to 17 may apply to volunteer as Teen-Leaders or may enroll in the new After-School Teen Program.

FREE

Daniel's Hill, Diamond Hill, Fairview, and Yoder Center

M - F 8/15 - 6/81

3:00pm - 6:00pm

After-School Teen Program

Ages 12 to 17

Exclusively for you, it's time for teen only activities inside and beyond the neighborhood. Compete in inter-center tournaments, get out and about on local excursions, and help design a schedule of featured activities. September through May. On school days, Monday through Friday 3-6pm. Extended hours for field trips on Wednesdays, 3-8pm.

FREE

College Hill Center

M, Tu, Th, F 8/15 - 6/8

3pm - 6pm

W 8/17 - 6/8

3pm - 8pm



CALL (434) 455 - 5858 OR VISIT US ONLINE AT WWW.LYNCHBURGPARKSANDREC.COM FOR MORE INFORMATION ON OUR AFTER-SCHOOL PROGRAMS.



Write Out Loud

Ages 8 to 18

An Introduction to Spoken Word Poetry and Monologues. Ever write a poem that just feels like it needs to be HEARD? Interested in delivering your poetry or story on a stage? This workshop will help writers take written poems or stories and revise them for PERFORMANCE. Note: writers are encouraged to bring poems, personal writings, stories etc that they have already written, but we will also provide time for creating new material. A WordWorks! Lynchburg workshop series.

FREE

Miller Center Theatre		Childsey Dickson
Sa 9/10 - 9/24	10:00am - 12:00pm	65003.301

social connections

Community Market Outings



Ages 50+

College Hill Center will offer transportation for grocery shopping or Lynchburg Community Market days, following the Wednesday Senior Recreation Shuffle program. Space is limited.

FREE

College Hill Center

W 9/7 - 12/21	1:00pm - 2:30pm
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Bid Whist for Seniors

Ages 50+

Enjoy the card game Bid Whist? Bring your game to Daniels Hill every Tuesday between 11:00am-12:00pm to enjoy some friendly competition.

FREE

Daniel's Hill Center

Tu 9/13 - 12/20	11:00am - 12:00pm	67003.301
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Knitting Circle

Ages 50+

Knitting circles have come around again. Join in and meet new friends who share your passion for needle work. This circle will not be instructor-led, but instead will be an opportunity for teaching one another and learning new skills. No registration is necessary. Held on 2nd and 4th Wednesdays of each month.

FREE

Fairview Center

W 9/14 - 12/28	9:30am - 11:00am	63001.301
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Senior Recreation Shuffl

Ages 50+

Join this social and informational activity hub, with a variety of recreational choices. Connect with other seniors through ping pong, billiards, or cards. Participate in featured activities, such as health screenings, themed informational discussions, a sampling of gentle movement choices, and local field trips

FREE

Daniel's Hill Center	11:00am - 1:00pm	Tu
College Hill Center	11:00am - 1:00pm	W
Diamond Hill Center	11:00am - 1:00pm	Th
Yoder Center	11:00am - 1:00pm	F
Fairview Center	9:30am - 1:00pm	M, W, F

Neighborhood Centers

Nutrition and Healthy Cooking Series

Ages 50+

This seven-week nutrition and cooking series will cover a variety of topics including shopping, meal preparation, and portion control. Each week will feature a different topic as well as a healthy snack to enjoy. Each participant will receive a free bag of healthy groceries to take home after each class. Register by 9/28.

FREE

College Hill Center		Jeanell Smith
W 10/5 - 11/16	11:00am - 1:00pm	65001.301

Decorative Crafts

Ages 50+

Create seasonal, decorative crafts from nature's harvest. All materials provided. Fee payable on site.

\$5.00

Yoder Center

Painting Gourds	11:00am - 1:00pm	F 10/14
Fall Wreath	11:00am - 1:00pm	F 11/11
Winter Green Centerpiece	11:00am - 1:00pm	F 12/9

it takes a village

School's Out!

Ages 6-10-15

When Lynchburg City Schools are out, Parks and Recreation is in. We're open for a full day of enriching activities for school aged children. Pack a lunch and bring your child to the center for a day of indoor and outdoor play, games, and open recreation. Register now for all 14 School's Out days this year. Held 8:30am - 5:30pm.

\$100.0 LR / \$ 115.00

Daniel's Hill Center

10/17 - 21	11/7 - 8	11/23	12/19 - 22	12/27 - 30
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Preschool Play Group

Preschool Age Children

Bring your little one to play and participate in a peer support network for parents, all in the comfort of a neighborhood setting. Story time, play time, snack, outdoor play, and socialization are all part of the mix. For children, age birth to five, with their responsible adult caregiver. Meets on school days.

FREE

Daniel's Hill Center

W 9/7 - 12/21	10:00am - 11:30am	67001.301
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LCS Parent Workshops

All Ages

Lynchburg City Schools' Office of Engagement, Equity, and Opportunity is partnering with Parks and Recreation to provide Saturday morning sessions for parents/families of LCS students. The sessions will be informational and will also allow time for questions.

FREE

College Hill Center	9:00am - 10:00am
9/10	Effective Communication
10/8	Parent/Teacher Conferences
11/12	FAQs about ABCs: <i>Frequently Asked Questions about Achievement, Behavior, and Culture</i>
12/10	Academic Success: K-12

Smart Beginnings - The Incredible Years

Ages 18+

Are you the parent or caregiver of a child under the age of six? Are you interested in learning how to ensure that your child succeeds in school? The Incredible Years is a Parent Support Program designed to strengthen parenting skills, and to prevent and treat behavioral problems in children ages two to eight years old. Dinner and child care provided.

FREE

Daniel's Hill Center

Tu 9/13 - 12/13	6:00pm - 7:30pm	67004.301
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Writing that Travels

Ages 12 to 18

An Introduction to Podcasting, Screen Printing and Zine Production. If you enjoy writing but would like to see your work "put out there" in various non traditional ways, this workshop is for you. We will discuss (and provide hands on training with) how to design and produce podcasts, screen prints and zines-three "guerrilla" formats for getting your thoughts into public circulation. A WordWorks! Lynchburg workshop series.

FREE

Miller Center
Community Room

Childsey Dickson

Su 10/2 - 10/23	3:00pm - 5:00pm	65004.301
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Visit www.LynchburgParksAndRec.com to register for additional activities, events, trips, and programs! Want to mail in a registration? No problem! Just fill out our form on page 63.



The LPD Community Action Team



The Lynchburg Police Department's Community Action Team (CAT) is designed to facilitate community building and community policing initiatives. The team works closely with community groups – faith-based leaders, neighborhood watch members, business leaders, other officers, and agencies to address community concerns. For more information about the Community Action Team, call (434) 455-6173.

Coffee with the Community

The Community Action Team and Parks and Recreation are hosting Coffee with the Community events at your local neighborhood centers this fall. These informal events are designed to bring police officers and the community members they serve together – over coffee – to discuss issues and learn about each other. The events provide an opportunity for open one-on-one conversations in a relaxed setting between citizens and their police officers in order to foster trust and establish mutual goals for communities. For more information, contact the CAT team or your neighborhood center.

Kim Payne Acquires Land to Extend the Blackwater Creek Trail

In the 11th hour of his City Managership, Kim Payne acquired the land necessary to extend the Blackwater Creek Trail from the Ed Page entrance across Langhorne Trestle to Linkhorne Middle School. The preliminary architect's designs are complete for the Linkhorne Extension and cost estimates show that Capital Improvement Project implementation will cost approximately 1.3 million dollars. The City has about half of those funds earmarked in the budget and will now begin fund raising efforts for the remaining \$700,000. This project is 20 years in the making - a major bucket list accomplishment for Kim Payne.

If you wish to donate, visit the Friends of Lynchburg Parks and Recreation online at www.lprfriends.org. Be sure to specify that the donation is tagged for the Linkhorne Extension of Blackwater Creek Trail. All donations over \$5,000 will receive a brick in the "rest and reflection area" to be constructed on the Linkhorne side of Langhorne Trestle.

Thanking Kim Payne for His Service

The Lynchburg Parks and Recreation Department gave a major shout-out to Kim Payne at the Annual Employees Picnic. This is a photo of Kim Payne holding a walking stick presented in honor of Kim's love for the trails in Lynchburg. The stick was handmade by Joe Chavez.

The attached plaque was inscribed: "Do not go where the path may lead, go instead where there is no path and leave a trail." - Ralph Waldo Emerson. Given June 17, 2016 to Lynchburg City Manager H. Kimball Payne on the occasion of his Retirement. From the Staff of the Lynchburg Parks & Recreation Department".

Godspeed in your well-deserved retirement Kim Payne, have fun, and don't forget to hug the trees.





Participants in Sustainable Plan walking the Connecting Trail to Kemper St.

Aubrey Barbour
Tinbridge Hill Neighborhood Council, President



Phyllis McDaniel
Friends of Tinbridge Hill Coordinator



Portion of Adopted Sustainable Plan



Earthen Connecting Trail

GROWING TINBRIDGE HILL

“Neighbors...cherish the history of their place and the values and customs they inherited from their forebears. Their collective sense of the neighborhood’s past is more than nostalgia, their talk about family more than rhetoric. They want to extend the old neighborhood sense of family to children and young people they will never know, and they believe that telling old stories might help to shape new ones”. – An excerpt from *Remembering Tinbridge Hill*

The historic Tinbridge Hill neighborhood dates its origins back to the early 1900, and was known as a “safe place for families to raise their children”, where “neighbors cared for and respected one another” (Remembering Tinbridge Hill). But over the years, the environment of the neighborhood began to change. Working class, family-oriented homeowners were replaced by rental properties, substandard housing, and a less appealing reputation for drugs and violence. Because of this, Tinbridge Hill was no longer safe, and the traditional neighborhood atmosphere became a thing of the past.

RECLAIMING TINBRIDGE HILL

In the mid-1990s, things began to change as residents worked to reclaim the original character of the neighborhood. Key efforts during this time of action included dedication of public and private resources, and the addition of the 100-year old house, turned modern museum, the Legacy Museum.

Efforts to reclaim Tinbridge Hill continued through the 2000s, and in 2013, the City of Lynchburg launched an initiative to prepare a Sustainable Neighborhood Plan. This process engaged neighborhood residents and community leaders in a dialogue about the future of the historic neighborhood. Even though the plan officially began development in 2013, the ground-work was laid decades ago, building upon the rich history of the neighborhood and the commitment of numerous residents and stakeholders looking to preserve and enhance the culture of Tinbridge Hill. The key leaders of this initiative included the Tinbridge Hill Neighborhood Council, the Friends of Tinbridge Hill, neighborhood residents, and Lynchburg City Staff.

By March of 2014, City Council formally adopted the new sustainable neighborhood plan, *Growing Tinbridge Hill*, which included five main goals: (1) to grow neighborhood leaders for the future, (2) to improve the character of the neighborhood, (3) to make the neighborhood safe, (4) to support the families, and (5) to foster career development of the residents.

To accomplish these goals, partnerships with neighborhood leaders, non-profit groups, Lynchburg’s college communities, faith-based organizations, and the City of Lynchburg were also formed. Below is a list of just some of the accomplishments made by Parks and Recreation and other City partners towards the sustainable plan for the neighborhood.



You can access the full PDF version of the Tinbridge Hill Sustainable Neighborhood Plan, *Growing Tinbridge Hill*, by visiting the link below.

www.lynchburgva.gov/growing-tinbridge-hill-sustainable-neighborhood-plan-tinbridge-hill/ online.

ACCOMPLISHMENTS TO DATE

Accomplishments towards the Sustainable Neighborhood Plan include:

- A new neighborhood connecting trail, a single-track, earthen trail that joins the neighborhood to the Kemper Station Trail.
- Sidewalk and pedestrian connections along Jackson Street, Hollins Street, and Hollins Mill Road at McIvor. A plaque in the Jackson Street sidewalk commemorates the neighborhood’s original Pecan Alley walking path.
- Extension of existing Greater Lynchburg Transit Company routes to Jackson Street, and the addition of bus shelters at stops in the neighborhood.
- Additions to the community garden, including a garden shed, teaching shelter, and raised planting beds.

RENTALS & SPECIAL EVENTS

Lynchburg Parks and Recreation rents out many of its facilities for all kinds of occasions and functions - birthday parties, family reunions, weddings, business meetings, community meetings, picnics, pool parties, and more. Whatever the occasion, chances are we have a facility right for you. View our rental offerings below for information on available facilities, picnic shelters, and community centers, as well as pricing information.

To view the full list of rental and event opportunities offered, visit us at LynchburgParksAndRec.com or stop by our offices at Miller Center .





ZOMBIE INVASION

SPECIAL EFFECTS ZOMBIE MAKEUP

Ages 10+

Gear up for Zombie Laser Tag by learning tips and techniques to create Hollywood-style horror effects. This live tutorial will cover the basics: bruises, scars, gory wounds, and fake blood; that can be created on any budget with anything from basic kitchen ingredients to professional-grade makeup. Students will leave class inspired, with recipes and a zombie character kit to take home. Register by the Tuesday before.

\$20.00 LR / \$30.00

Miller Center Rm 304

Linda Rogers

Th 10/13

6:00pm - 8:00pm

28009.329

ZOMBIE LASER TAG

Ages 7+

Walking Dead fans, be you zombie or survivor, we invite you to come out for a fun evening of Zombie slaying in Riverside Park. Players can register as a free agent or register as a team of 6. Participants are encouraged to dress in costume. See website for more details. Register by 10/26.

\$15.00 LR / \$23.00

Riverside Park

F 10/21

6:00pm - 8:00pm

22002.320

URBAN HOMESTEADING SURVIVING A ZOMBIE APOCALYPSE

Ages 18+

Once you're safe behind closed doors, how are you going to survive? This fun class will focus on the necessary survival skills to be self-sustainable in an urban setting should a crisis occur. Register by the Friday before. Meet in Miller Center Community Room.

Azalea Faye, Way Crunchy

\$15.00 LR / \$23.00

Miller Center

Tu 10/25

6:00pm - 8:00pm

28809.321

Arts

pottery

Play with Clay

Ages 8 to 11

Students will enjoy learning new skills, as they discover techniques used to hand-build wonderful clay projects. In the studio, we will use slab, coil, and pinch pot sculpting methods to create unique ceramic masterpieces! This class is for youth with no previous clay experience, all are welcome. Class includes all materials and firings. School is out this week. Register by 10/14.

\$50.00 LR / \$65.00

Art Studio		Bea Gutierrez
Tu - F 10/18 - 10/21	1:00pm - 3:00pm	26000.329

Pottery: Handbuilt & Wheel

Ages 18+

Learn how to make clay pottery using both hand-forming and wheel-throwing techniques. In this laid-back class, students have creative freedom in developing artwork. Register three days in advance.

\$88.00 LR / \$103.00

Art Studio		Gail Speidell
Tu 11/1 - 12/20	9:00am - 12:00pm	26000.331
W 11/2 - 12/21	6:00pm - 9:00pm	26000.332

Pottery for Teens

Ages 11 to 14

This class will cover the foundational hand-building techniques of forming pinch, coil and slab construction; as well as learning basic wheel skills: centering, lifting and trimming in order to create both functional and sculptural forms. As students refine these skills, they will work on more complex projects that will enable them to combine techniques and push their own creativity and problem solving abilities. Glazing and other surface treatments will be explored.

This class is for students with no previous clay experience, all are welcome. Class includes all materials and firing. No class on 11/22. Register by 10/27.

\$50.00 LR / \$65.00

Art Studio		Bea Gutierrez
Tu 11/1 - 11/29	6:00pm - 8:00pm	26000.339

photography

Digital Photography: Level 1

Ages 18+

This class is for those just getting their feet wet. Instruction will focus on taking black and white and colored photographs using still life and outside landscape. Bring your digital camera and learn helpful tips that will enhance the quality of your photos. See website for Level 2 Photography class also offered in October. Register three days in advance.

\$32.00 LR / \$47.00

Miller Center Rm 308		Michelline N. Hall
W 10/5 - 10/26	5:30pm - 7:00pm	23004.320

Digital Photography Workshop

Ages 18+

Learn about shooting in manual and lighting modes, lighting techniques, all while becoming more familiar with your camera. All experience levels are welcome. It is recommended to bring your own DSLR cameras to follow along. Register by 9/24.

\$8.00

Templeton Center		Rachel Noel
M 9/26	6:00pm - 8:30pm	74000.310

Taking Better Pictures Workshop

Ages 18+

Professional photographer, Jack Radgowski, teaches this three-week course on how to take better pictures. Come learn about the elements of lighting, composition, and the difference between a snapshot and a photograph. Participants will also have the opportunity to bring in a picture to be critiqued by the instructor. Register by 10/1.

\$10.00

Templeton Center		Jack Radgowski
Tu 10/4 - 10/18	7:00pm - 8:00pm	74000.321

Professional Photography Workshop

Ages 18+

This workshop is designed for intermediate photographers and for those who want to start shooting professionally. Learn about marketing your brand, building a client base, post-processing photos, shooting techniques, and lighting. Register by 11/12.

\$8.00

Templeton Center		Rachel Noel
M 11/14	6:00pm - 8:30pm	74000.330

music

Ukulele for Kids

Ages 7 to 11

Students will learn to play simple songs on this fun and easy instrument. Emphasis will be placed on learning chords, strumming simple rhythms, and playing while singing. Participants must bring their own instrument and textbook. Register three days in advance. See website for teen and adult classes.

\$23.00 LR / \$35.00

Miller Center Rm 304

Paula Mills

Tu 9/13 - 10/18	6:00pm - 6:45pm	29011.311
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Family Music

Ages 1 to 4

Whether you have a baby, a toddler, or both, this class is fun for the whole family. Through the leadership of the teacher, both parent and child will experience music in a fun, loving and educational atmosphere. Parent supervision and interaction is required. Register three days in advance.

\$15.00 LR / 23.00

Miller Center Rm 306

Paula Mills

Th 9/15 - 10/20	10:30am - 11:00am	24002.310
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Pickin' at Miller

Ages 10+

Calling all old timers and ukulele enthusiasts: starting in October, we will host an Old Time Jam (1st & 3rd Tuesdays) and a Ukulele Strumming Circle (2nd and 4th Tuesdays).

FREE

Miller Center Community Room

Old Time Jam	Tu 10/4 - 12/20	Ukulele Circle	Tu 10/11 - 12/13
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stained glass

Stained Glass Panel

Ages 18+

Learn to cut, grind and solder to create a colorful window hanging. Register three days in advance.

\$90.00 LR / \$105.00

Art Studio

Carter Martin

Th 9/1 - 10/20	6:30pm - 8:30pm	63600.310
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Th 10/27 - 12/15	6:30pm - 8:30pm	63600.320
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needle arts

Sew Simple Presents: Sewing

Ages 50+

This is a basic sewing one-day workshop where students will learn to thread a machine and adjust thread tension, identify the most common sewing machine feet and their uses, examine three hemming techniques, as well as 3 zipper techniques. Students will stitch 2 small projects and two samples of the stitches learned. Additional classes can be planned per student's requests. Register by 10/13.

\$16.00 LR / \$24.00

Miller Center Rm 304 Amy Johnson

M 10/17	2:00pm - 5:00pm	28009.323
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crafts

Story and Craft

Ages 3 to 5

Lynchburg Museum educator, Whitney Roberts, will tell little ones a historic cultural story and then lead a craft activity children can create to take home. Register in advance to help with headcount.

FREE

Miller Center Community Room Whitney Roberts

Trains

W 9/14	1:00pm - 1:45pm	28009.319
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Corn Husk Dolls

W 10/12	1:00pm - 1:45pm	28009.328
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Flags

W 11/16	1:00pm - 1:45pm	28009.337
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Victorian Ornaments

W 12/14	1:00pm - 1:45pm	28009.346
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DIY Crafts: Dog Treats and Containers

Ages 30+

Treat your pet right! Learn how to make tasty dog treats from scratch then create a special container, made from upcycled materials, to keep those treats fresh. All supplies furnished. Register by 9/5.

\$15.00 LR / \$23.00

Templeton Center Krista Johnson

W 9/7	3:00pm - 5:00pm	73002.311
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Beading with Jamie

Ages 30+

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register two days in advance.

\$10.00

Templeton Center Jamie Carlund

Tu 9/27	6:30pm - 8:00pm	74404.310
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W 10/12	2:00pm - 3:30pm	74404.320
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W 11/16	2:00pm - 3:30pm	74404.330
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W 12/14	10:00am - 11:30am	74404.340
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Mexican Folk Art: Sugar Skull Masks

Ages 50+

This workshop series will feature a history lesson on the Dia De Los Muertos (Day of the Dead) and the Mexican sugar skull tradition, presented by Lynchburg Museum System. Following, students will engage in an in-depth, paper mache mask-making class, in which students will design, build, and paint their very own sugar skull mask. Register three days in advance.

\$10.00

Miller Center Rm 304 Sherry Pope

W 10/5 - 10/26	2:00pm - 5:00pm	20002.321
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DIY Crafts: No-Sew T-Shirt Blanket

Ages 30+

This no sew project involves tying knots throughout to form a personalized, plush throw blanket. You will need to bring your scissors and 14 to 28 t-shirts to be cut and used. All other supplies will be furnished. Register by 10/24.

\$20.00 LR / \$30.00

Templeton Center Krista Johnson

W 10/26	2:00pm - 5:00pm	73002.321
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Fresh Greens Holiday Wreath

Ages 18+

Create a beautiful holiday wreath to take home using fresh greens, berries, ribbon, and your imagination. Students may bring additional seasonal items to add to the wreath. Supplies provided. Register three days in advance.

\$25.00 LR / \$38.00

Miller Center Sue Matherly

W 11/30	2:00pm - 4:00pm	22201.340
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Interested in more arts classes? Check out what our partner organization, The Seven Hills Art Club, has to offer. Find out more by visiting their website at www.7HillsArtClub.com.

Wax Embossed Gourd Christmas Ornaments

Ages 30+

Using simple tools and techniques, transform an egg-shaped gourd into a beautiful, wax embossed Christmas ornament. An extra \$3.00 supply fee (paid on site, directly to the instructor) will cover 2 gourds/ornaments. Register by 11/28.

\$5.00

Templeton Center		Mike Connolly
W 11/30	2:00pm - 3:30pm	73001.330

DIY Crafts: Christmas Ornaments

Ages 30+

Create a number of your own Christmas ornaments including glass snowmen, string hats, mason jar lids, and paper bulbs. All supplies furnished. Register by 12/12.

\$5.00

Templeton Center		Krista Johnson
W 12/14	3:00pm - 4:00pm	73002.341

dance

Movin' to the Music

Ages 1 to 5

Toddlers will learn to express themselves through music with fun activities that include singing, dancing and games. Wear a costume to class on 10/29! Register by the Wednesday before.

15.00 LR / \$23.00

Miller Center Rm 207 Shantilee Otey

Ages 1 - 2

Sa 10/15 - 11/5	10:30am - 11:15am	27008.326
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Ages 3 - 5

Sa 10/15 - 11/5	11:30am - 12:15pm	27008.322
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Hip Hop

Ages 16+

Looking for some sweet new moves to show off at the next dance party? This class will teach several hip-hop dance routines in just 4 classes. This beginner level class is great for anyone wanting to try out hip-hop, or those looking for some new steps to use in their own style. Wear sneakers, an outfit comfortable to move in, and bring a water bottle. Register by the Friday before.

\$23.00 LR / \$35.00

Miller Center Rm 207 Genette Barlett

M 10/10 - 10/31	6:00pm - 7:00pm	27009.321
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Salsa Dancing Workshop

Ages 50+

Get in touch with your Latin side and learn some new moves in this two-hour workshop. Bring a partner to experience the dance together or come on your own! Register by 10/5. See our website for more information on our 4-week Salsa class.

\$10.00

Templeton Center Genette Barlett

F 10/7	6:00pm - 8:00pm	74102.320
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Swing Dancing Workshop

Ages 18+

East coast swing is a fun social dance originating with the lindy hop in the 1940's. This lesson will cover the basic steps and fundamentals of connection. Bring a partner or come on your own. Register by 11/2.

\$10.00

Templeton Center Carissa Johnson

F 11/4	6:30pm - 8:30pm	74102.330
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International Dance Workshop Series

Ages 16+

Grab your passport because this dance class series will explore India, Cuba and Thailand. This 3-class workshop series will begin with an introduction to the culture and dance form you will be learning, followed by 60 minutes of dance instruction and choreography. Each class will conclude with a dance party! Sign up for all 3 classes as a series for a reduced rate. Register by the Monday before.

\$10.00 / Class or \$25.00 LR / \$28.00 for all Three Classes

Miller Center Rm 207

Bollywood

Gulshan Ari

This workshop is dedicated toward exploring two Indian dance forms: Bollywood (major) and Bhangra (minor). Class will conclude with a final dance performance to a rockin' Bollywood song.

Th 10/6	6:00pm - 7:30pm	27001.321
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Salsa

Genette Barlett

Students will learn to dance to music without interruption using some of the moves learned and additional moves if you know them. Though it would benefit those who attend to bring a partner, it is not a requirement.

Th 10/13	6:00pm - 7:30pm	27001.324
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Thai

Nicha Tracey

This class will explore Thai folk dance called "Serng," a lively and fun-filled dance performed in many festivals and parties in the north-eastern part of Thailand. Students will begin by learning the hands and feet motions, which will then be synced to music.

Th 10/20	6:00pm - 7:30pm	27001.323
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TAP DANCE FOR EVERYONE

Tap into better health with our extensive offerings of adult tap dance classes. For detailed descriptions for the following courses please visit our website. Register three days in advance.

\$23.00 LR/ \$35.00

Beginner Tap Dance

Ages 18+

Meryl Lee Sawyer

Miller Rm 306

Tu 9/6 - 9/27	6:00pm - 7:00pm	27002.310
Tu 10/4 - 10/25	6:00pm - 7:00pm	27002.320
Tu 11/8 - 12/6	6:00pm - 7:00pm	27002.330

Advanced Beginners Tap Dance (Tap it Up)

Ages 50+

Shantilee Otey

Miller Rm 207

Tu 9/13 - 10/18	2:00pm - 3:00pm	27002.312
Tu 11/1 - 12/6	2:00pm - 3:00pm	27002.332

Intermediate Tap Dance

Ages 18+

Meryl Lee Sawyer

Miller Rm 306

Th 9/8 - 9/29	6:00pm - 7:00pm	27002.311
Th 10/6 - 10/27	6:00pm - 7:00pm	27002.321
Th 11/10 - 12/8	6:00pm - 7:00pm	27002.331

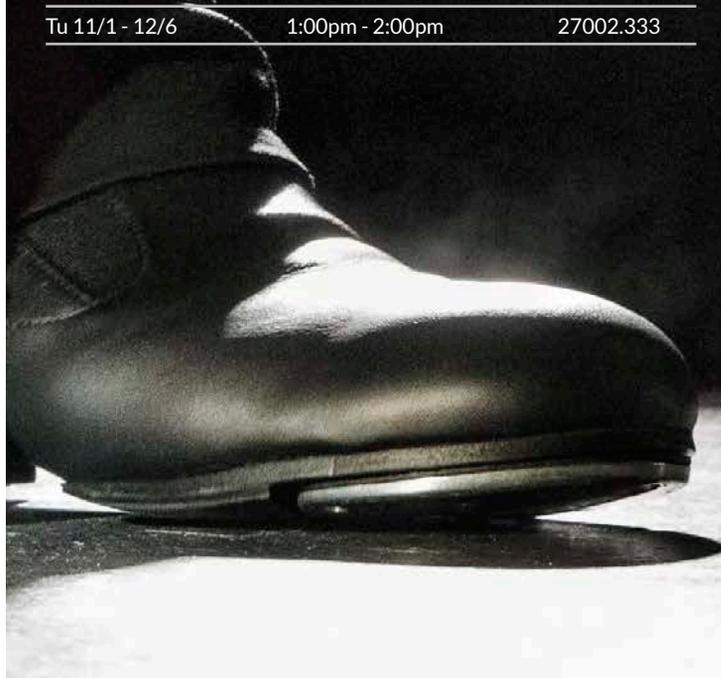
Intermediate Tap Dance (NTO)

Ages 50+

Shantilee Otey

Miller Rm 207

Tu 9/13 - 10/18	1:00pm - 2:00pm	27002.313
Tu 11/1 - 12/6	1:00pm - 2:00pm	27002.333



Slide & Dance Instructional Workshops

Ages 18+

This instructional program will teach participants several slide dances such as the Wobble, D-Low Shuffle, Cupid Shuffle, Cha-Cha Slide, and more that are common at wedding receptions, family reunions, and parties. See website for slide sessions for adults 50+. Register two days in advance.

\$5.00

Miller Center Rm 207

Micky Ferguson

F 9/9	7:00pm - 9:00pm	27010.314
F 10/14	7:00pm - 9:00pm	27010.324
F 11/11	7:00pm - 9:00pm	27010.335
F 12/9	7:00pm - 9:00pm	27010.340

Ballet Basics for Fitness & Fun

Ages 18+

Discover the benefits of ballet as you learn basics steps, position, and posture. Be sure to wear comfortable clothing you can move in and soft-soled shoes, preferably ballet slippers. Register three days in advance.

\$24.00 LR / \$36.00

Templeton Center

Katherine Lawton

M 9/12 - 10/3	6:00pm - 7:00pm	74102.310
M 10/10 - 10/31	6:00pm - 7:00pm	74102.321

painting

Ceramics Studio at Fairview

Ages 18+

Get creative with color and design as you decorate your own ceramic pieces. Make gifts, functional pieces like bowls, seasonal items and more. There are many items from which to choose, so the prices vary. Paint and glaze are included in the monthly fee.

\$25.00 / month

Fairview Center

Sue Downs-Loyd

F 9/2 - 12/30	9:30am - 11:30am	63004.301
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Watercolors for Beginners

Ages 30+

Students will learn step-by-step techniques for shading, mixing, and blending in this introduction to watercolors. Students should bring: pointed round sable brushes #4 and #6 and a small blender brush. Register by 9/6.

\$70.00 LR / \$85.00

Templeton Center

Virginia Klute

Th 9/8 - 9/29	1:00pm - 3:30pm	74401.310
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Monet and Mocktails

Ages 30+

Enjoy painting like Monet while sipping a Mocktail! What could be better? Using acrylics as the medium, students will paint their interpretation of Monet's water lily pads. Please bring your acrylic brushes. Paint and 11 X 14 canvas will be provided. Register by 9/16.

\$20.00 LR / \$30.00

Templeton Center Ginny Van Gulp

Tu 9/20	6:00pm - 8:00pm	74400.312
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Watercolors: Botanicals

Ages 30+

Students will begin with pencil drawing and sketching, then learn about choice of color, perspective, and depth as they relate to watercolor painting. Students should bring: pointed round sable brushes #4 and #6, a small blender brush, and their own goose neck light. Register by 10/4.

\$70.00 LR / \$85.00

Templeton Center Virginia Klute

Th 10/6 - 10/27	1:00pm - 3:30pm	74401.321
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Oil Painting Express

Ages 30+

Learn to mix colors and incorporate basic design elements as you paint the beautiful colors of Fall as reflected in the landscape of Central Virginia. Students should bring their 11X14 canvas and oil painting brushes. Register two days in advance.

\$30.00 LR / \$45.00

Templeton Center Rodney P. Laughon

Tu 10/11	1:00pm - 4:00pm	74400.322
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Tu 11/15	1:00pm - 4:00pm	74400.331
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Acrylics Express

Ages 30+

Create a beautiful painting in just one afternoon as our instructor guides you through the painting process. Students should bring their own acrylic brushes. All other supplies furnished. Register two days in advance.

\$15.00 LR / \$23.00

Templeton Center Betty J. Leary

Tu 10/25	2:00pm - 4:00pm	74402.320
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Tu 11/29	2:00pm - 4:00pm	74402.330
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Visit www.LynchburgParksAndRec.com to register for additional activities, events, trips, and programs! Want to mail in a registration? No problem! Just fill out our form on page 63.

Art Workshops

"Through the Woods on Halloween"

Ages 50+

\$10.00

Miller Center Rm 304

Lois Coward

In this two-hour workshop the instructor will provide an Acrylic painting lesson using a limited palette and sponges. Class welcomes beginners to intermediate. All supplies provided. Register by 10/21

Tu 10/25	11:00am - 1:00pm	23001.321
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"Telling a Story Through Collage"

Ages 50+

\$10.00

Miller Center Rm 304

Lois Coward

In this two-day workshop the instructor will teach students how to create a collage using cut or torn paper as a way to communicate a story, fictional or personal. Class welcomes beginners to intermediate. All supplies provided. Register by the Monday before.

W Th 11/9 - 11/10	2:00pm - 4:00pm	23001.331
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Pen & Ink Class

Ages 30+

Beginners and experienced students will all have the chance to improve their skills in this multi-level class. After some basic instruction, the teacher is prepared to teach you according to your knowledge. Students should bring a Tombow HB pencil, a grey kneaded eraser, .005 and .05 micron black pens, and a fine pen in their choice of color. Register by 10/31.

\$40.00 LR / \$55.00

Templeton Center

Virginia Klute

Th 11/3 - 11/17	1:00pm - 3:30pm	74405.330
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Botanical Christmas Cards

Ages 30+

Add your personal touch to greeting cards or just enjoy creating your own watercolor masterpiece. Seasonal items from nature will inspire you in this one-day class. Students should bring pointed round sable brushes #4 and #6 and a small blender brush. For optimal results, students should also consider bringing their own goose neck lamp. Register by 11/29.

\$20.00 LR / \$35.00

Templeton Center

Virginia Klute

Th 12/1	1:00pm - 4:00pm	74400.340
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Paint Party: Holiday Poinsettia

Ages 50+

Eat cookies and sip on something hot alongside Seven Hills Art Club artist, Ginny Van Gulp. In this class students will paint a gorgeous holiday poinsettia using the acrylic paint medium. All supplies provided. Register by the Friday before.

\$10.00

Miller Center Rm 304

Ginny Van Gulp

Tu 12/13	1:00pm - 4:00pm	20002.342
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EXHIBIT

A Great Change in the Situation of Man: **LYNCHBURG'S RAILROADS**

NOW - DECEMBER 31, 2016 | LYNCHBURG MUSEUM



52 | Lynchburg Parks & Rec • Fall 2016
Point of Honor



WWI Soldiers



UPCOMING EVENTS AND EXHIBITS



Join us from now until December 31, 2016 for "A Feast for the Eyes", our newest exhibit on Quilts & Textiles from Central Virginia. This exhibit features over 20 quilts, samplers, needlepoints, and other related items!

EXHIBIT / NOW - DECEMBER 31:

A Feast for the Eyes: Quilts & Textiles from Central Virginia

Visit the Lynchburg Museum and explore over 20 quilts, samplers, needlepoints, and related items. Admission to the Museum is now **FREE!**

AUGUST 12: Wreck of the Old 97 Program with Howard Gregory

3:00 p.m. | \$10 per person, Members Free | Exhibit tour and refreshments follow program on America's most famous train disaster.

SEPTEMBER 16: History of Quilt Making Dr. Barbara Rothermel, Lynchburg College

3:00 p.m. | \$10 per person, Members Free | Exhibit tour and refreshments follow program.

OCTOBER 1: Day at the Point

10:00 a.m. - 4:00 p.m. | Point of Honor, 112 Cabell Street | **FREE**
Join us for the 19th Annual Day at the Point! This annual fall festival will bring living history, food, kids' games, crafts, period music, and much more to the grounds!

NOVEMBER 11: Care of Textiles Colleen Callahan, Textile Curator

3:00 p.m. | \$10 per person, Members Free | Exhibit tour and refreshments follow program.

DECEMBER 4: Christmas Open House at Point of Honor

12:00 p.m. - 4:00 p.m. | Point of Honor, 112 Cabell Street | **FREE**
Join us for our 34th Annual Christmas Open House!

EXHIBIT / JANUARY - DECEMBER 2017: Lynchburg and the Great War: World War I

Optimistically called "the war to end all wars," WWI impacted Lynchburg soldiers, women, industries, and gave us a nickname: "Lynchburg!"

HOURS:

Monday - Saturday, 10:00 a.m. to 4:00 p.m.
Sunday, Noon to 4:00 p.m.

 [LynchburgMuseum](#)  [LburgMuse](#)

Lynchburg Museum | 901 Court Street | (434) 455-6226
museum@lynchburgva.gov | www.lynchburgmuseum.org

Point of Honor | 112 Cabell Street | (434) 455-6226
museum@lynchburgva.gov | www.pointofhonor.org

Tours & Special Programs:

Whitney Roberts, Museum Educator
whitney.roberts@lynchburgva.gov or (434) 455-4424

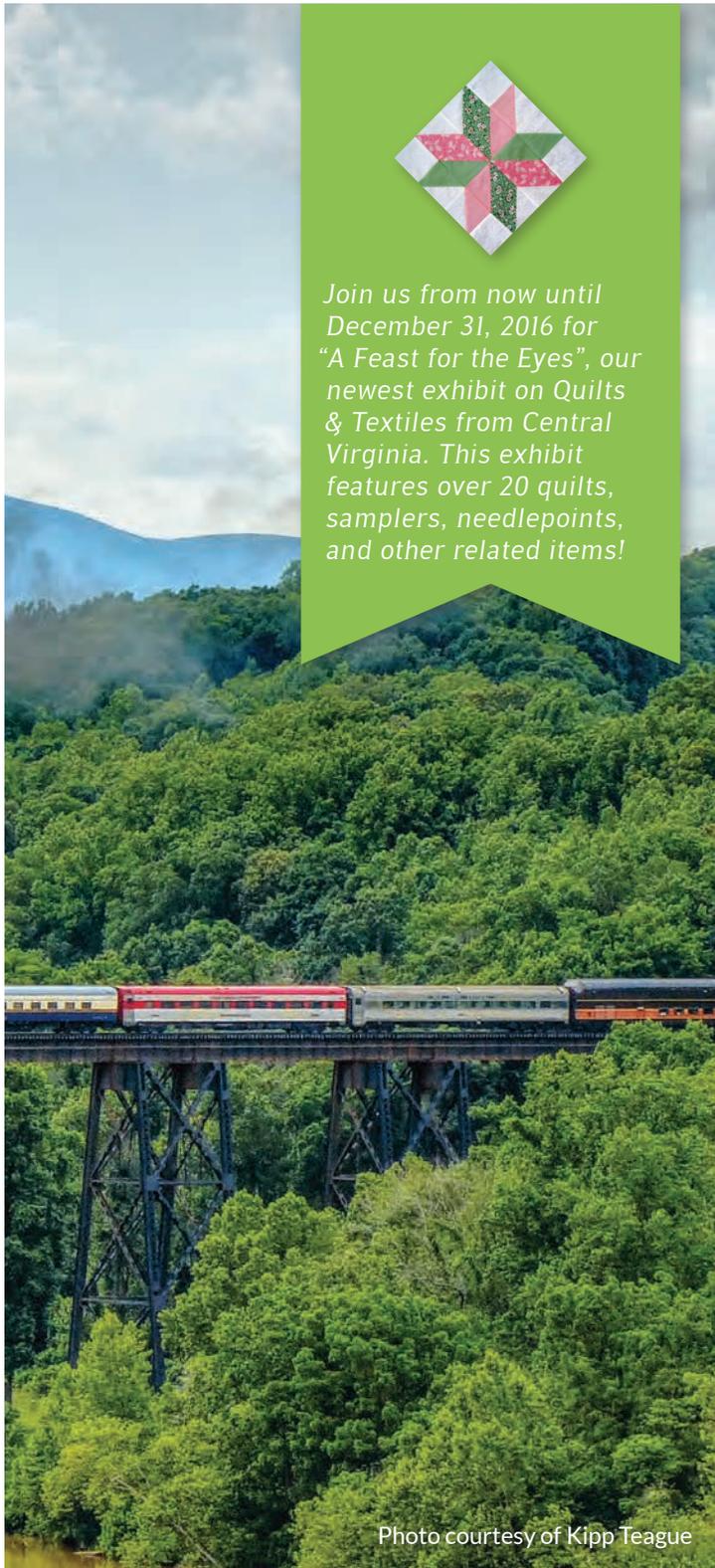


Photo courtesy of Kipp Teague

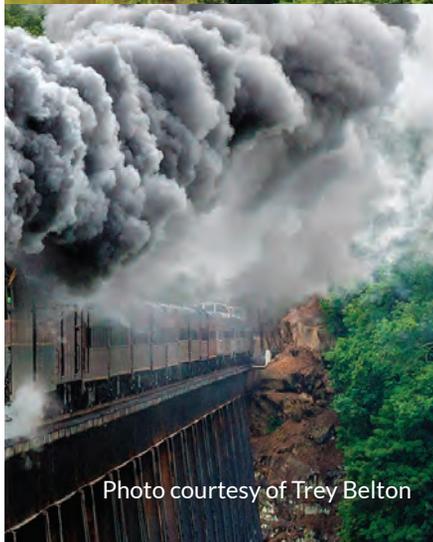


Photo courtesy of Trey Belton



LYNCHBURG
MUSEUM SYSTEM



POINT OF HONOR



Intro to Sign Language

Ages 18+

Develop your manual communication skills in this four-week, beginner sign language course. Learn how to better communicate with both the hearing impaired and those who can hear but cannot physically speak. Register by 9/2.

\$25.00 LR / \$38.00

Templeton Center Richard Gokey

W 9/7 - 9/28	11:00am - 12:30pm	74006.311
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enrichment

Advanced Spanish Through Song and Conversation

Ages 25+

This advanced level class is for individuals with the equivalent of 4-5 semesters of Spanish who already know the basics of Spanish grammar and feel confident enough to jump into conversation. The class will focus on songs from different Spanish speaking countries as a springboard to review grammar, learn about history and culture, and practice conversational skills. If unsure about your level, please contact the instructor at celesteaustral@gmail.com. Register by 9/2.

\$10.00

Templeton Center Celeste Delgado-Librero

Tu 9/6 - 9/27	6:00pm - 7:30pm	74006.310
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Conversation Cafe

Ages 50+

Conversation Cafe is a weekly open forum for mature adults to gather, share opinions, and have "big talk" discussions. Each week will feature a different, hearty topic for discussion. See website or stop by Miller Center for complete listing of fall topics. Coffee, tea, and a light continental breakfast is provided for a suggested \$2.00 donation. Registration helps with head count.

FREE

Miller Center Community Room

W 9/14 - 12/21	10:00am - 11:00am	28009.310
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Lunch & Learn

Ages 18+

Gain new skills, and promote learning in this once a month Learn at Lunch program. Topics will include Hands on Basic Computer Skills, Alzheimer's Awareness and Support, and Efficient Knife Skills! Each class is \$5.00, and pre-registration is needed 2 days before the scheduled class.

\$5.00

Fairview Neighborhood Center Sue Downs-Loyd

Efficient Knife Skill

9/21	1:00pm - 2:00pm	63006.301
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Basic Computer Skills

10/19	1:00pm - 2:00pm	63006.301
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Alzheimer's Awareness and Support

11/16	1:00pm - 2:00pm	63006.301
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Enrichment

Voice Acting: Getting Paid to Talk

Ages 18+

Back by popular demand, "Getting Paid To Talk" is an upbeat, informative, and realistic introduction to professional voice acting. Register by Tuesday before.

\$18.00 LR / \$27.00

Miller Center Rm 306 Vocal Coaches

W 9/21 6:30pm - 9:00pm 29120.310

games

Canasta

Ages 30+

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome. Group meets every Friday. No registration required.

FREE

Templeton Center Lynn Fox

F 9/2 - 12/30 9:30am - 12:30pm 73003.311

Canasta Crazy All Day Play

Ages 30+

Canasta enthusiasts can enjoy a full day of cards and crazy fun as they challenge their friends and show off their card playing skills. A light lunch and door prizes will make this an event you won't want to miss. Register by 10/12.

\$10.00

Templeton Center Lynn Fox

F 10/14 9:00am - 3:00pm 73003.222

Beginning Bridge

Ages 30+

Using PowerPoint and classroom instruction, students will be introduced to the basics of bridge in this five-week class. Whether you have played a little or are brand new to the game, these lessons will help you build on your card playing skills. Register and pay by 9/29.

\$25.00 LR / \$38.00

Templeton Center Terry Garner

M 10/3 - 10/31 6:30pm - 8:30pm 74002.320

Intro to Duplicate Bridge

Ages 30+

Learn the ins and outs of this great card game while improving your overall playing ability. This opportunity is sponsored by the Lynchburg Duplicate Bridge Club. A \$3.00 club fee will be collected weekly on site. Register by 9/12.

\$15.00

Templeton Center Phyllis Moldenke

M 9/12 - 10/17 9:30am - 11:30am 74002.310

Spades Social

Ages 50+

Whether you play Aces High or Joker, Joker, Deuce; you are welcome to join in once a month for this exciting new program! Registration encouraged but not required.

FREE

Miller Center Rm 102 Venus Hamlett

Tu 9/13 - 12/6 2:00pm - 4:00pm 28009.327

Mahjong Lessons

Ages 30+

Mahjong is a game of skill, strategy, and calculation and involves a certain degree of chance. Register two days in advance.

\$15.00 LR / \$23.00

Templeton Center Karen Bridgett

Tu 10/4 - 10/25 6:00pm - 8:00pm 73004.320

W 11/2 - 11/23 10:00am - 12:00pm 73004.330

culinary

Smart Kids Kitchen Skills

Ages 8 to 13

This class is geared to teach kids their way around a kitchen. Participants will focus on basic cooking skills, dining etiquette, and general kitchen safety/sanitation measures. Materials provided and the day will end with a delicious snack made by the participants. Register by the Friday before.

\$10.00

Miller Center Rm 102 Gulshan Ari

Th F 10/20 - 10/21 9:30am - 11:00am 28001.221

Intro to Raw Foods

Ages 16+

In this one hour class, instructor Deborah Farley will talk to you about Raw Foods and what this means; the benefits of adding more raw foods into your diet; how easy it is to add more raw foods; and debunk some myths about the raw foods diet. You will not only get to sample a three course meal, but you will also be able to take home some quick and easy recipes to get started. Register three days in advance.

\$30.00 LR / \$45.00

Miller Center Rm 102 Deborah Farley

Tu 9/20 6:00pm - 7:30pm 29001.311

Grains of Sense Presents: Cupping

Ages 18+

Hey coffee lovers, one of the best ways to learn more about this favorite hot beverage is through an evaluation process known as cupping. In this class you will learn about where coffee comes from, the roasting process, and experience a unique coffee tasting that is educational and fun. Register by the Tuesday before.

\$10.00

Miller Center Rm 102 Tom Hayman

Th 11/3 10:00am - 11:30am 29001.331

Mozzarella & Ricotta Cheese Making

Ages 12+

Discover how to make mozzarella & ricotta in 30 minutes or less. Participants will use dairy and store-bought cow's milk in class. Enjoy fresh cheese without preservatives or additives year round. Multiple samples will be made during class for you to try. Register by the Wednesday before.

\$10.00

Miller Center Rm 102 Sharon Munyak

Sa 12/10 1:30pm - 3:30pm 29001.342

Soft Cheese & Yogurt Making

Ages 12+

Looking for fresh food alternatives? Let Hobby Hill Farm Fresh show you how to make your favorite dairy products using fresh or store-bought milk with just a few cultures. These foods take approximately 24 hours to make. You will learn the process from start to finish with examples of each stage. Learn to make yogurt, cream cheese, sour cream, and buttermilk. Bring a few small containers to take home your samples. Register by the Wednesday before.

\$10.00

Miller Center Rm 102 Sharon Munyak

Sa 12/10 10:30am - 12:30pm 29001.341

Cooking for the Holidays

Ages 18+

Discover tasty new recipes for delicious, hearty, and healthy foods for your family and friends.

Templeton Center

Whole Wheat Desserts

Krista Johnson

\$5.00

Incorporate healthier desserts into your meal planning by learning some new recipes that use whole wheat flour. Enjoy baking and sampling three different desserts. Register by 9/19.

W 9/21 2:30pm - 4:00pm 74005.311

Buttermilk Biscuits

Susan Prillaman

\$5.00

Follow along and make your own buttermilk biscuits as Susan Prillaman, Virginia Cooperative Extension agent, demonstrates and leads in this fun and interactive class. Bring your own baking sheet and rolling pin. All other supplies furnished. Register by 10/9.

Tu 10/11 10:00am - 11:30am 74005.321

Thanksgiving Side Dishes

Krista Johnson

\$8.00

Learn new recipes for Thanksgiving and enjoy sampling what you make. Side dishes include rosemary dinner rolls, roasted Brussel sprouts, cinnamon butternut squash, pecans, cranberries, and more. All supplies furnished. Register by 11/14.

W 11/16 3:00pm - 5:00pm 74005.331

Healthy Cooking for Healthy Families

Ages 18+

Having trouble feeding your children? Join us for a healthy lunch time cooking class focusing on simple, healthy, cost effective recipes for the whole family. Register by the Tuesday before.

FREE

Miller Center Rm 102

Jeanell Smith

Th 9/29 11:00am - 1:00pm 29001.315

technology

Computer Basics: Microsoft Word & PowerPoint

Ages 50+

Learn the basics of Microsoft Word and PowerPoint during this introductory class. Students can bring their own laptops, if desired. Register by 11/1.

\$10.00

Templeton Center

Krista Johnson

Th 11/3 2:30pm - 4:30pm 74300.330

Oktoberfest

Oktoberfest is a 16 day long, German folk festival running from mid-September to the first week in October. This fun culinary series will feature Würstl (sausages), along with Brezen (pretzels), and of course we'll be washing it all down with bier (beer)! Immerse yourself in German culture by learning more about popular traditional cuisine. Prost (cheers)!

Sausage From Scratch

Ages 18+

Kick off the first day of Oktoberfest by learning how to prepare this popular German delicacy. This class will feature a history lesson, exploring common German sausage recipes, spices, meat combinations, followed by hands-on sausage preparation, casing, linking and cooking. Students will enjoy a hearty meal following the lesson. Register by the Thursday before.

\$10.00

Miller Center Community Room

John Michael

Sa 9/17

11:00am - 12:30pm

29001.314

Home Brewing 101

Ages 21+

Interested in brewing beer but not sure how to get started? Join us on a fieldtrip to local brewery, Apocalypse Ale Works, located in Forest, VA. This workshop will introduce all of the supplies and ingredients needed to set up a homebrew hobby operation, while introducing large scale, craft brew techniques; followed by a sampling of four different beers of your choosing. Dinner can be bought on premise before or after class. Students can either meet at brewery or be bused over from the Rec Center. Visit website or call for more information. Register by the Tuesday before.

\$10.00

Miller Center Parking Lot

Doug John, Apocalypse Ale Works

Th 9/22

6:00pm - 7:30pm

29001.313

Gourmet Soft Pretzels

Ages 10+

Learn how to twist and bake authentic German soft pretzels (Laugenbrezel) from scratch with Steve from Lorraine Bakery. Register by the Tuesday before.

\$10.00

Miller Center Community Room

Steve Hackman, Lorraine Bakery

Th 9/29

6:00pm - 7:30pm

29001.312

presentations

Primerica Presents: Financial Learning

Ages 16+

Primerica is a financial services company with a mission to help families earn more income and become properly protected, debt free and financially independent. On Tuesday evenings throughout the fall season, Primerica's financial educators will present on a variety of topics for a wide range of demographics to help the members of our community become more financially competent. Go to website to learn more.

Miller Center Theatre FREE

Marriage & Money

Tu 9/13	6:00pm - 7:00pm	28009.311
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Are you Ready for Retirement?

Tu 9/27	6:00pm - 7:00pm	28009.313
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Financial Empowerment for Today's Woman

Tu 10/11	6:00pm - 7:00pm	28009.321
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Money Management for Millennials

Tu 10/25	6:00pm - 7:00pm	28009.322
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Manage Your Money and Become Debt Free

Tu 11/29	6:00pm - 7:00pm	28009.332
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Gardens of the World

Costa Rica

Ages 25+

Templeton Center FREE

Experience the beauty of Costa Rica as an orchid paradise. Susan Timmons takes you on a journey through the Bosque de Pas Botanical Reserve, a lush jungle paradise, surrounded by magnificent cloud and rain forests, and the Lankester Botanical Gardens, with a world class collection of nearly a thousand varieties of orchids.

Tu 9/20	10:30am - 11:30am	73003.314
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India

Ages 25+

Templeton Center FREE

Susan Timmons shares a glimpse of her recent travels to India. Although it is sad to say that all of India's ancient gardens (ie pre 1,000 CE Hindu and Buddhist gardens) have been lost, India still has a large number of historic gardens. These include the Mughal gardens of North India, of which the Taj Mahal Garden and the Shalimar Bagh Garden in Kashmir are perhaps the most famous. View these and others as you travel with Susan.

Tu 10/18	10:30am - 11:30am	73003.324
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Spain

Ages 25+

Templeton Center FREE

Susan Timmons takes you on a fascinating journey through time as you view the Generalife Gardens and the Alhambra of Grenada.

Tu 11/15	10:30am - 11:30am	73003.334
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Bridges Out of Poverty Workshop

Ages 16+

Knowledge is power and leads to change. This free workshop reveals the dynamics that cause and maintain poverty from the individual to the systemic level. Bridges out of Poverty uses the lens of economic class and provides concrete tools and strategies for a community to prevent, reduce, and alleviate poverty. This workshop will be conducted by a certified Bridge out of Poverty Leader. Register by the day before.

FREE

Miller Center Rm 306

Roger Rice

W 9/28	5:30pm - 9:00pm	28009.314
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gardening



Hands-on Propagation

Ages 30+

Adding to your landscape plan is sometimes just a matter of dividing existing plants. Bring your gardening gloves and get ready for hands-on experience in plant propagation. Participants wanting to take home some of the divided plants should bring \$3.00 (paid to the presenter) to help offset the costs of soil and pots. Register two days in advance.

\$3.00 paid on-site

Templeton Center

Mary Welch

W 9/28	2:00pm - 3:00pm	73003.310
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Beekeeping Workshop



Ages 18+

Thinking of keeping honey bees but not sure what's involved? This workshop will cover what's needed for commitment, time, financial outlay, and equipment. Information will also be provided about classes and additional support resources.

FREE

Templeton Center

Ann Zudekoff

M 10/3	11:00am - 1:00pm	73003.321
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Caring for Your Trees



Ages 30+

It's important to care for the trees that beautify your property. Find out how to give your trees the care they deserve when Master Gardener, Sara Jane Birgbauer, shares her presentation, 'The Remarkable Life of Trees; Growth, Care, Pruning'. Register by 10/3.

FREE

Templeton Center

Sara Jane Birgbauer

W 10/5	2:00pm - 3:00pm	73003.320
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Rain Barrel Workshop



Ages 16+

Want to collect rainwater from your roof to water your garden or lawn? Want to save money on your monthly water bill? In this workshop you'll get hands-on experience building a rain barrel, then learn how to install and maintain it. Help protect Lynchburg's parks, streams, and rivers and have a great time while you're at it! If you want to take home the rain barrel you build, you may purchase it for \$50, payable onsite at the workshop. Registration required by two days before workshop.

FREE

Diamond Hill Center		Chris Gyurisin
Th 9/8	6:45pm - 7:30pm	51100.318
Miller Center Rm 102		Chris Gyurisin
Th 9/22	6:30pm - 7:15pm	51100.319

Bats: Friends or Foes?



Ages 18+

Join bat specialist Bonnie Miles as she shares her affinity for bats. Learn why we want them in our backyards, the part they play in the ecosystem, and the threats they face. You will see bats in a new light and have a greater appreciation for the contributions of this tiny, nocturnal mammal. Children are welcome to attend with a parent or grandparent. Register by 10/24.

FREE

Templeton Center		Bonnie Miles
W 10/19	4:00pm - 5:00pm	73003.322



Visit www.LynchburgParksAndRec.com to register for additional activities, events, trips, and programs! Want to mail in a registration? No problem! Just fill out our form on page 63.

★ VOLUNTEER ★ WITH PARKS & RECREATION

Become a volunteer and make a difference in our community! Last year over 700 people donated over 19,000 hours with Parks & Recreation to make Lynchburg a better place to live, work, and play. Contribute your time and talents while learning a new skill, advancing your career, staying active, and meeting new people. Volunteer as an individual or be part of a team effort on a one-day project or commit to an ongoing assignment.

Learn more about our volunteer opportunities online by visiting us at www.LynchburgParksAndRec.com or by contacting our Volunteer Coordinator, Tamara Reynolds, at VolunteerServices@lynchburgva.gov or (434) 455-5886.



Improvement Projects



Locker Rooms and Concessions



Concrete Repairs In Stands

At Lynchburg Parks & Recreation, we understand just how important our facilities, parks, and trails are to the Lynchburg community. As a reflection of that, we work to consistently develop improvement projects that satisfy the needs and wants of our community. Here is just a brief overview of some of our current parks, trails and facilities improvement projects. If you'd like to learn more, please visit our website at www.LynchburgParksAndRec.com

1 Lynchburg Parks and Recreation is committed to providing the best quality athletics facilities and programs for our community. In 2016, we embraced an opportunity to grow with the relocation of the Virginia Commonwealth Games to venues all over the City. Peaks View Park is one location where citizens and visitors will see the impact of our growth.

This past year we made over \$120,000 in improvements to Peaks View Park including:

- Adding new sports infield mi
- Laser grading the field
- Installing new batters boxes
- Installing new dug out covers and windscreens
- Installing major league caliber foul poles
- Fencing & back stop repairs
- Repairs to our scoreboards at fields 1 &
- Added new playground equipment
- Repairing the bridges and benches
- Installation of new signage to help our visitors navigate the park
- Completing repairs and upgrades to our 18-hole disc golf course

We would like to offer our sincere gratitude and appreciation to our many athletics league and partner participants as we have worked over the past year to improve our athletics facilities. We recognize that construction can cause short-term inconveniences but are confident that it also leads to long-term benefits for all of us to enjoy. These projects are a team effort that could not be completed without the help of the City of Lynchburg Buildings & Grounds Department and the support of local businesses & private contractors.

2 Few things in life can match the excitement and sensory overload of the aroma of freshly installed LED lighting system. Well, okay, maybe that's a bit of an overstatement, but the Miller Park Basketball Lighting Project really is special! The job has been scheduled for subcontractor installation the week of July 25th, 2016. So, by the time you read this article, tournament and regular evening play will have already been initiated at the

court and the lights should be burning brightly. The new system includes:

- 3 lighting posts for 2 Basketball Courts with an LED Light-Structure Green™ lighting system by Musco
- Player activated push-button with warning strobe

Why use Musco's system? Musco's Light-Structure Green™ lighting system uses the latest LED Lighting Technology to conserve energy and reduce overall energy costs. In addition, these modern lighting systems are very efficient with very little spillover, thus reducing light pollution greatly. The warranty program includes materials and onsite labor, eliminating 100% of maintenance costs for up to 10 years, and the light levels are also guaranteed for 10 years! The system also includes their Control Link® Control & Monitoring System, which provides flexible control and solid management of the entire lighting system.

With a total cost of approximately \$62,000, this lighting addition will allow for extended play into the evening hours as well as tournament play.

3 After 2 years, the renovation of Lynchburg's City Stadium is now just one month away from completion, with a scheduled completion date of October, 2016.

What has been completed in this renovation? Check out our list below, and make sure to visit City Stadium to see these renovations with your own eyes!

Renovations to City Stadium include:

- Installation of artificial tur
- New scoreboard and PA system
- New football field lightin
- New front entry plaza
- New home, visitor, and referee locker rooms
- New ticket booths, concessions, and bathrooms
- ADA accessibility and site amenities
- New water, sewer, and stormwater facilities
- New maintenance building for electrical and staff facilities
- Renovation of the press box

New Dugout Covers and Windscreens Installed in Peaks View Park Softball Fields



1



1

New Tot Lot at Peaks View Park



Peaks View Park Softball Fields

1



2

New Lighting Poles at Miller Center Basketball Courts



3

Construction of new Entry Plaza



Friends of Lynchburg Parks and Recreation

Who We Are

The Friends of Lynchburg Parks and Recreation (FLPR) is a 501 (c)(3) non-profit corporation comprised of citizens that support the parks and recreation programs in the city of Lynchburg, Virginia. We're here to support, promote, and enhance all of the wonderful outdoor and recreational opportunities in Lynchburg!



Come Join Us!

We'd love for you to join us! If you have a desire to make a difference and want to support the many facilities, parks, and programs of Lynchburg Parks & Recreation, then this is the group for you! Email us at FLPRInfo@gmail.com for more information.

Executive Board Members Tremayne Edwards (Secretary), Rob Campbell (Vice Chair), Ken Parks (Chair) and Claudia Mann (Treasurer).



The Friends of Lynchburg Parks and Recreation meet Quarterly on the 1st Tuesday of the month. The next meetings are scheduled for November 1, 2016, February 7, 2017, and May 2, 2017.

We'd love to have you join us! If you have a desire to make a difference and want to support the many facilities, parks and programs of LPRD or have an interest in hearing the Director's Report, or what other Friends groups are doing, drop by Miller Center for this 2 hour lunch meeting from 11:30-1:30. Visit LPRFriends.org online or email us at FLPRInfo@gmail.com for more information.

Help Us Raise Funds and Awareness!

Heirloom Community Orchard

This project involves raising \$16,000 to install an orchard - with a variety of fruit trees, bushes and vines at Younger Park. The community orchard will be accessible to all and provide fresh, locally-produced food, as well as educational and social-gathering opportunities to citizens of all neighborhoods and socio-economic groups in the city.



Natural Playground at Ivy Creek Nature Park
Children who play on playgrounds that incorporate natural elements like logs, water and flowers as well as hand-on activities like digging in dirt and making mud pies tend to be more active than those who play on traditional playgrounds with metal and brightly colored equipment, according to a recent UT study. They also appear to use their imagination more. Contribute to this fund as we venture to raise \$25,000 for this playground and reconnect kids to nature.

Langhorne Trestle Extension to Linkhorne Middle School

The City recently acquired a significant plot of land to begin a project that began over 20 years ago. The Langhorne Trestle Extension from the Ed Page entrance of Blackwater Creek Bikeway to Linkhorne Middle School is now progressing. The City needs an additional \$700,000 to complete the project.




PLEASE DO
 LYNCHBURG
 PARKS & REC **HUG THE TREES**
 SHARE YOUR PICS WITH US #PLEASEDOHUGTHETREES



Share your adventures
 with us by using the
 #LynchburgParksAndRec
 hashtag!

