

APRIL 2013



City-Wide

Fifty Plus *Recreation for the Fifty-Plus Generation*

Lynchburg Parks & Recreation ~ 434-455-5858

[www.lynchburgva.gov/parksandrec](http://www Lynchburgva.gov/parksandrec)

Community Conversation on Aging

Let your voice be heard. What do you see as immediate needs in our community? What do you feel will be most important in the next five or ten years? Feel free to ask questions and offer suggestions. Representative from the Central Virginia Area Agency on Aging will be on hand to listen to your concerns. Transportation available for city residents. Call 455-5896 by noon the day before.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	4/16	10:30 - 11:30 am

Civil War Remembered Workshop

Discover what life was like during the Civil War. Speakers and re-enactors share their take on this time in history. Also included in the day will be special period music by the McKenzies. For those who register and pay in advance, a BBQ plate lunch will be included in the cost.

Register and pay by 4/16.

Fee: \$12.00

Templeton Senior Center

Activity #: 73004.141

<u>Day</u>	<u>Date</u>	<u>Time</u>
Sat	4/20	9:30 am - 3:30 pm



Volunteers Makes a Difference

Please join us in thanking all of the wonderful volunteers who share their time and talents in support of our programs. Thank you for giving back to your community and to the participants and staff of Lynchburg Parks & Recreation.



Master Gardening Series

Container Gardening

Have a small space? You can still have a garden of vegetables, herbs and flowers right on your patio.

Presenter: Roslyn Cheagle Register by 4/9.

Templeton Senior Center

Activity #: 73003.142

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	4/11	10:30 - 11:30 am

Plant Propagation

Learn how proper plant propagation can give you healthier plants and more abundant blooms. Bring your garden gloves for "hands on" experience.

Presenter: Claire Stultz, Register by 4/15.

Fee \$2.00, payable on-site to the instructor.

Templeton Center

Activity #: 73003.143

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	4/18	10:30 - 11:30am



Composting

Visit the Old City Cemetery's Composting Center to learn how recycling your table scraps, grass and leaves can enrich your soil and enhance your garden!

Presenter: Kaye Moomaw Register by 4/15.

Meet: Old City Cemetery

Activity #: 73003.144

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	4/25	10:30 - 11:30am

Hill City Master Gardeners

FESTIVAL OF GARDENING

Saturday, May 4, 8:30 am - 1:00 pm

The Aviary at Miller Park

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening and weekend activity times identified in "Purple" throughout the newsletter.*
City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

Senior Awareness Day

Tuesday, April 30th

8:30 am - 2:00 pm

Timberlake Methodist Church
21649 Timberlake Rd., Lynchburg

Free lunch & refreshments,
entertainment, education
& door prizes

Open to the public,
no pre-registration required

Call 455-5896 for transportation.

Classes

Many classes and activities are now open to younger adults, age 18 and over. If there is a particular class or activity of interest to you, call the location listed and find out if space is available.

\$ Cupcake Flower Fun

Create your own flower designs on three different cupcakes. A great inter-generational spring break activity.

Instructor: Frank Neumann

Register and pay by 3/28.

Fee: \$4.00

Templeton Center

Activity #: 73001.140

<u>Days</u>	<u>Date</u>	<u>Time</u>
Tu	4/2	10:30 am -12:00 pm

\$ Advanced Bridge Class

Improve your game by learning the finer points of bridge. Previous playing experience is a must!

Instructor: Ed Moldenke

Register and pay by 4/12.

Fee: \$45.00 LR \$30.00

Templeton Senior Center

Activity #: 74002.140

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	4/15-5/20	9:30 - 11:30 am



\$ Intermediate Bridge Class

Continue learning the game of bridge. This class is for people who have had playing experience, but want additional instruction. No class on 5/27.

Instructor: Phyllis Moldenke

Register and pay by 4/18.

Fee: \$45.00 LR \$30.00

Templeton Senior Center

Activity #: 74002.141

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	4/22-6/3	9:30 - 11:30 am

📞 AARP Driving Class

This eight-hour, driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction!

Instructor: Joe Slocum

Register by 4/19 Pay onsite to AARP.

AARP Members \$12.00;

Non-Members \$14.00

Templeton Senior Center

Activity #: 74001.141

<u>Day</u>	<u>Dates</u>	<u>Time</u>
W & Th	4/24 & 4/25	9:00 am -1:00 pm

Coming in May...

\$ Adult Ballet

Stay in shape through the art of classical ballet! Work on flexibility, dance terminology, dance technique, and musicality. Students should have ballet slippers and exercise or dance attire.

Instructor: Arielle Bielicki

Register and pay by 3/15.

Fee: \$60.00 LR \$45.00

Templeton Senior Center

Activity #: 74101.210

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	5/13-6/24	6:00 - 7:30 pm

\$ Old School Rock & Roll

Line Dancing for Beginners

Have fun with Shag style line dancing to music from the 50's and 60's.

Dancers will receive step-by-step instructions and handouts. Beginners and continuing dancers are welcome. No class on 6/18.

Instructor: Linda Parker

Register and pay by 5/13.

Fee: \$25.00 LR \$17.00

Templeton Senior Center

Activity #: 74100.210

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	5/14-6/25	7:15 - 8:15 pm

ART CLASSES

\$ Acrylics

Join us in an open studio for guided instruction. Bring your art work, brushes and develop your painting skills.

Instructor: Betty Leary

Fee: \$55.00 LR \$40.00

Register and pay by 4/12.

Activity #: 74400.141

<u>Day</u>	<u>Dates</u>	<u>Time</u>
W	4/17-5/22	9:30 - 11:30 am

\$ Tips and Tricks for Oil Painters

Bring a favorite photo or picture to recreate on a 16" X 20" canvas which is provided. Betty will be available to assist and critique. Students should bring their own brushes and paint sets.

Instructor: Betty Leary

Register and pay by 4/19.

Fee: \$63.00 LR \$48.00

Templeton Senior Center

Activity #: 74400.140

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	4/23-6/4	6:30 - 8:30 pm



Oil Painting Basics w/Rodney

Take advantage of this Saturday class! Learn to mix colors and incorporate basic design elements as you paint a beautiful "Mountain Stream" landscape.

Instructor: Rodney Laughon

Register and pay by 4/11.

Fee: \$45.00 LR \$30.00

Templeton Center

Activity #: 73004.141

<u>Day</u>	<u>Date</u>	<u>Time</u>
Sat	4/13	10:00 am -1:00 pm

Oil Painting Basics

Paint a colorful "Garden Path".

Instructor: Rodney Laughon

Register and pay by 4/26.

Fee: \$45.00 LR \$30.00

Templeton Center

Activity #: 73004.140

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	4/30	1:00 - 4:00 pm

SPECIAL INTEREST

Meet the Authors- Anne Bishop and Jack Scudder

Meet local authors and former Lynchburg College professors, Anne Bishop and Jack Scudder, as they share their inspiration for their new book, "Yes and Thanks: Seeking the Spiritual in the World". Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	4/4	10:30 - 11:30 am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	4/4-4/25	9:30 am - 12:30 pm

Canasta

This popular card game can keep your brain active, add fun to your life and introduce you to new friends.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	4/5-4/26	9:30 - 11:30 am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics and news worthy events

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	4/10 & 4/24	10:30 - 11:30 am

Literature for Life

Leader, Dr. Jim Campbell explores a variety of American Literature and poetry. New comers welcome.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	4/11	10:30 - 11:30 am

Fairview Friends Meeting

Club Members will meet to talk about how their club can help support those needing transportation. Call 455-5896 for a ride to the center.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	4/12	10:30 - 11:30 am

New Chapter Book Group

This month's selection is "A Good Indian Wife" by Anne Cherin. In this book, handsome anesthesiologist Neel is sure he can resist his family's pleas that he marry a "good" Indian girl. With a girlfriend and a career back in San Francisco, the last thing Neel needs is an arranged marriage. But that's precisely what he gets. They struggle to reconcile their own desires with others' expectations in this story of two people, two countries, and two ways of life that may be more compatible than they seem.

Meet at: The Drowsy Poet Given's Book Store, 2236 Lakeside Dr.

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	4/22	10:00 -11:00 am

Golden Gourmet @ Stoney Badger

Come with a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous story or joke to share. Register by 4/24. Call 455-4115.

Meet at Stoney Badger Restaurant, 3009 Old Forest Rd.

Activity #: 73700.140

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	4/26	11:30 am - 1:00 pm

Just for Fun

Putt Putt Miniature Golf

Enjoy a morning of fun, exercise and friendly competition on the green.

Fee: \$3.00 / 2 Games, Putt Putt Fun Center, 8105 Timberlake Rd

<u>Day</u>	<u>Dates</u>	<u>Time</u>
M	4/8-4/29	10:00 am -12:00 pm



Two Guys Jazz

Enjoy the smooth jazz sounds played by Sandy Mills on the keyboard and Dr. Everett Heath on the saxophone.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	4/9	10:30 -11:30 am

BINGO

Bring 2 **UNWRAPPED** gifts to be used as prizes.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	4/26	10:30 - 11:30 am

\$ What's for Lunch?

If you enjoy a good meal and like the element of surprise, then be sure to sign up this surprise luncheon!

Fee: \$4.00.

Register and pay by 4/17.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	4/19	11:00 -11:30 am

\$ Breakfast for Lunch

Enjoy a variety of breakfast foods including French toast, scrambled eggs, sausage, fruit and more.

Fee: \$4.00.

Register and pay by 4/19.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	4/23	11:30 am - 12:00 pm

DIAMOND HILL CENTER

Young at Heart

1005 Seventeenth Street

Programs are scheduled from 11:00 am - 1:00 pm. Call 847-1409 for more details.

4/11 All That Jazz with Lew Taylor and Lunch

4/25 Exercise and Craft with Lisa Dilliard

SPECIAL THANKS

to the following merchants for their donations and support of the Spring Banquet.

Lynchburg Car Wash

Cake Candy Craft Supplies, Inc.

Red Lobster

Bull's Steak House

Applebee's at Candler's Mt. Road

V & T Café

La Villa Restaurant

Bloom Florist

Jamerson Y

Advance Auto, Fort Ave.

APRIL 2013 Calendar of Events

Lynchburg Parks and Recreation 434-455-5858

Happy Birthdays

Center & Office Location Key	Phone	Days	Hours	Sports & Activities Location Key
DiH- Diamond Hill, 1005 17 th Street F- Fairview, 3621 Campbell Ave. Main Office- 2704 Concord Turnpike T- Templeton Senior Center, 225 Wiggington Road	847-1409 847-1751 455-5858 455-4115	2 nd & 4 th Th M & W & F M - F Tu & Th Additional days as listed	11:00 am - 1:00 pm 9:30 am - 1:00 pm 8:30 am - 5:00 pm 9:30 am - 12:30 pm Additional hours as listed	FHBC - Fort Hill Bowling Center, 6015 Fort Ave. HUMC - Heritage United Methodist Church, 582 Leesville Road Indoor Softball & Pickleball PVP - Peaks View Park, Ardmore Drive entrance PPFC -Putt Putt Fun Center, 8105 Timberlake Road
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Tax Assistance - T 9:30 Cards & Billiards - F 9:30 Advanced Bridge # 5 -T 12:00 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T No Adult Ballet tonight	2 8:15 Yoga Class - T 9:30 Free Exercise Video & Cards, Games - T 10:30 Cupcake Fun - T 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F 6:30 Tips and Tricks for Oil Painters # 5-T 7:00 Writer's Group - F 7:15 Latin Style Line Dance # 2 - T	3 10:00 Softball - PVP Field # 1 10:00 Sports Sampler - PVP Wiggington Rd. 9:00 Tax Assistance - T 9:30 Ceramics, Billiards & Games - F 10:30 Line Dance # 1 -F 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class - T 7:00 Bridge Club - T	4 9:30 Free Video Exercise, Mahjong, Cards & Games - T 10:30 Meet the Authors, Anne Bishop & Jack Scudder- T 12:00 Zumba at Noon - T 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:30 Zumba Fitness - F 6:30 Beginning Watercolors # 4 - T	5 9:30 Free Video Exercise Class - T 9:30 Ceramics, Billiards & Games - F 9:30 Canasta-Cards-Games- T 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 11:30 Fairview Fitness - F Saturday 9:00 Tax Assistance - T
8 9:00 Tax Assistance - T 9:30 Cards & Billiards - F 9:30 Advanced Bridge # 6 - T 10:00 Putt Putt -PPFC 12:00 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Adult Ballet # 3 -T	9 8:15 Yoga Class - T 9:30 Free Exercise Video & Cards, Games - T 10:30 Two Guys Jazz- T 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F 6:30 Tips and Tricks for Oil Painters # 6 -T 7:00 Writer's Group - F 7:15 Latin Style Line Dance # 3 - T	10 9:30 Ceramics, Billiards & Games - F 10:00 Softball - PVP Field # 1 10:30 Current Issues and Events - T 10:30 Line Dance # 1-F 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class - T 7:00 Bridge Club - T	11 9:30 Free Video Exercise, Mahjong, Cards & Games - T 10:30 Master Gardening Series, Container Gardening - T Literature for Life -T 11:00 All That Jazz & Lunch -DIH 12:00 Zumba at Noon - T 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F 6:30 Beginning Watercolors # 5 - T	12 9:30 Free Video Exercise Class - T 9:30 Ceramics, Billiards & Games - F 9:30 Canasta-Cards-Games- T 10:00 Bridge Club - T 10:00 Softball - PVP Field # 1 10:30 Fairview Friends Meeting 11:30 Fairview Fitness - F Saturday 9:00 Tax Assistance - T 10:00 OIL PAINTING BASICS W/RODNEY
15 9:00 Tax Assistance - T 9:30 Cards & Billiards - F 9:30 Advanced Bridge # 1 -T 10:00 Putt Putt -PPFC 12:00 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Adult Ballet # 4 - T	16 8:15 Yoga Class - T 9:30 Free Exercise Video & Cards, Games - T 10:30 Community Conversation on Aging- T 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F 7:00 Writer's Group - F 7:15 Latin Style Line Dance # 4 - T	17 9:30 Ceramics, Billiards & Games - F 9:30 Acrylics Painting Class # 1 -T 10:00 Softball - PVP Field # 1 10:30 Line Dance # 2 - F 11:30 Fairview Fitness - F 5:00 Zumba Exercise Class - T 7:00 Bridge Club - T	18 9:30 Free Video Exercise, Mahjong, Cards & Games - T 10:30 Master Gardening Series, Plant Propagation- T 12:00 Zumba at Noon - T 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym No Sculpt & Tone Exercise Class tonight 6:00 Zumba Fitness - F 6:30 Beginning Watercolors # 6- T 6:30 CITIZEN'S ACADEMY - T	19 9:30 Free Video Exercise Class - T 9:30 Ceramics, Billiards & Games - F 9:30 Canasta-Cards-Games- T 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 11:00 Surprise Luncheon - F 11:30 Fairview Fitness - F Saturday 9:30am - 3:30 pm CIVAL WAR REMEMBERED WORKSHOP - T
22 9:30 Free Exercise Video 9:30 Cards & Billiards - F 9:30 Advanced Bridge # 2 -T 9:30 Intermediate Bridge # 1- T 10:00 New Chapter Book Group -Givens 10:00 Putt Putt -PPFC 12:00 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Adult Ballet # 5 -T	23 8:15 Yoga Class - T 9:30 Free Exercise Video & Cards, Games - T 11:30 Breakfast for Lunch -T 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F 7:00 Writer's Group - F 7:15 Latin Style Line Dance # 5 - T	24 9:00 AARP Driving Class, Day 1 -T 9:30 Acrylics Painting Class # 2 - T 9:30 Ceramics, Billiards & Games - F 10:00 Softball - PVP Field # 1 10:30 Current Issues and Events - T 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class - T 7:00 Bridge Club - T	25 9:00 AARP Driving Class, Day 2 -T 9:30 Free Video Exercise, Mahjong, Cards & Games - T 10:30 Master Gardening Series, Composting - Meet at Old City Cemetery 11:00 Exercise & Craft w/Lisa Dilliard - DIH 12:00 Zumba at Noon - T 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F	26 9:30 Free Video Exercise Class - T 9:30 Ceramics, Billiards & Games - F 9:30 Canasta-Cards-Games- T 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 10:30 Bingo - F 11:30 Fairview Fitness - F 11:30 Golden Gourmet @ Stoney Badger
29 9:30 Free Exercise Video 9:30 Cards & Billiards - F 9:30 Advanced Bridge # 3 -T 9:30 Intermediate Bridge # 2- T 10:00 Putt Putt -PPFC 12:00 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Adult Ballet # 6 -T	30 8:15 Yoga Class - T 9:30 Free Exercise Video & Cards, Games - T 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 1:00 Oil Painting Basics - T 2:00 Pickleball, Beginners only - HUMC Gym 3:00 Pickleball - HUMC Gym 6:00 Sculpt & Tone Exercise Class - T 6:00 Zumba Fitness - F 6:30 Tips and Tricks for Oil Painters # 4 -T 7:00 Writer's group - F 7:15 Latin Style Line Dance # 6 - T	Virginia Senior Games May 15 -18 Newport News, Virginia For more information www.virginiaseniorgames.org Registration deadline April 12th	Coming June 4, 2013 ~ Annual Conference on Aging at Lynchburg College Aging Well in Mind, Body, & Spirit A complete schedule, registration form and directions to the college are available on the College website at www.lynchburg.edu/beard or call the Beard Center on Aging at 434-544-8456.	

Register online for activities and classes. To set-up your "User Account" go to: www.lynchburgva.gov/parksandrec click on Register Online.

Templeton Senior Center Spring Spruce Up

Celebrate "Earth Day" by contributing your time and talents to sprucing up the center and grounds. Bring your work gloves and come prepared to lend a hand. A hot dog lunch provided for those who volunteer. Call 455-4115 to register for lunch. Rain date 4/29.

Days	Date	Time
M	4/22	9:00 - 11:30 am

Health and Fitness

FREE Video Exercise Class

Exercise is a great way to look and feel better. Stop by the Center and check out this 45-minute workout. You'll be surprised how beneficial this video chair exercise program can be! Templeton Senior Center

Days	Dates	Time
Tu, Th & F	4/3-4/30	9:30 - 10:15 am

\$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor. *Monday classes will begin at noon this semester. Instructor has a morning class at CVCC.

Instructor: Sunny Nikolova-Weaver
Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

Activity #: 63300.140

Days	Dates	Time
M	4/1-4/29	12:00 - 12:50 pm
W & F	4/3-4/26	11:30 am - 12:20 pm

\$ Zumba-Exercise Class

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms.

Instructor: Kirsten Eubank
Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74208.140

Days	Dates	Time
M & W	4/1-4/29	5:00 - 5:45 pm

\$ Zumba at Noon

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Zumba incorporates a great cardio workout with Latin rhythms and easy to follow moves.

Register and pay monthly.

Instructor: Jennifer Irvin

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74208.141

Days	Dates	Time
Tu & Th	4/2-4/30	12:00 - 12:45 pm

\$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74203.140

Days	Dates	Time
Tu	4/2-4/30	8:15 - 9:05 am



\$ Sculpt and Tone

This exercise class begins with a great cardio workout then focuses on trimming and toning using weights, bands, steps, and mats.

Instructor: Sunny Nikolova-Weaver

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74209.140

Days	Dates	Time
Tu & Th	4/2-4/30	6:00 - 7:00 pm

\$ Zumba Fitness @ Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim.

Instructor: Jamey Love

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

Activity #: 63300.142

Days	Dates	Time
Tu & Th	4/2-4/30	6:00 - 6:45 pm

Sports

Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center
6015 Fort Avenue



Days	Dates	Time
Tu	4/2-4/30	1:00 - 3:00 pm

Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis.

Beginners only from 2:00- 3:00 pm.
All skill levels 3:00 - 5:00 pm.

Register and pay monthly on site.

Fee: \$10.00

Heritage United Methodist Church
Gym, 582 Leesville Road

Activity #: 74206.140

Days	Dates	Time
Tu & Th	4/2-4/30	3:00 - 5:00 pm

Outdoor Softball- Opening Day, Lunch & Games

Here's a great way to have fun, stay in shape and enjoy a few laughs!

Register and pay monthly on site.

Join us for lunch and outdoor fun following the game. See below.

Register and pay monthly.

Fee: \$10.00

Peaks View Park, Field #1

Activity #: 73702.140

Days	Dates	Time
W & F	4/3-4/26	10:00 am - 12:00 pm



\$ Sports Sampler & Lunch

Spring into action and sample a variety of sports and games. Come for Opening Day of 50 + Softball (PVP Field # 1) followed by lunch at noon. The Sampler features Pickleball with a demo at 10:00 and again at 12:30 pm, Cornhole, Frisbee golf, BirdieBall (a form of golf) and other yard games. Rain date 4/10.

Register and pay by 3/29.

Lunch & games fee: \$4.00

Peaks View Park, Small Shelter

Wiggington Rd. entrance

Activity #: 73708.140

Day	Date	Time
W	4/3	10:00 am - 1:30 pm



Create & Craft

Ongoing Ceramics @ Fairview

Create one of kind ceramic pieces to keep or give as gifts. Basic supplies are available. Additional cost for individual green ware pieces. Check with Jamey. Club Fee: \$5.00 Register and pay monthly.

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W & F	4/3-4/26	9:30 – 11:30 am



\$ Beading with Jamie

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

Register and pay by 4/19.

Instructor: Jamie Carlund

Fee: \$10.00

Templeton Center Green

Activity #: 74004.140

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	4/23	7:00 - 8:30 pm

Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by \$) a completed registration form must accompany your payment. You may complete the form on this page and send it along with your payment to:

Lynchburg Parks & Recreation

301 Grove Street

Lynchburg, VA 24501

Registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers.

Lynchburg Parks and Recreation



MAIL - IN REGISTRATION & PAYMENT FORM

For classes & activities that require advance registration & payment
Make checks payable to: City of Lynchburg

Name: _____

City of Lynchburg Resident: () Yes () No

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Activity Title	Start Date	Activity Number	Fee or Lynchburg Resident \$\$
			Total \$

Liability & 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks and Recreation Department, I hereby release and save harmless the City of Lynchburg, its officers and employees from all actions, cause of actions, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known and unknown incurred by participation in this/these activity(s).

In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.



Signature of participant, parent, or legal guardian (Required)

Photo Release

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and web use.

I, the undersigned, have read this release and understand all of its terms.



Signature of participant, parent, or legal guardian (Required)

Transportation Services

As you may be aware, Transportation Services have been considered as a budget reduction in recent years. We are sorry to report that due to the economy and difficult budget choices facing the City, the Lynchburg Parks and Recreation Department is unable to continue providing daily transportation services and shopping trips. We do, however, want to make you aware of other options and we encourage you to look into these possibilities. You may contact **GLTC at 847-7771** or the **Central Virginia Area Agency on Aging at 385-9070** and see what they have to offer you.

It has been a privilege serving you over the past years and we sincerely *thank you* for supporting our programs. We hope that you will allow either the GLTC or the CVAAA the honor of providing your transportation needs as you continue to take advantage of the wide range of opportunities available to you through Lynchburg Parks and Recreation.

Transportation will be available for a limited number of special events. Transportation availability will be noted in the article. Please call 455-5896 by noon the day before.

For those of you, who still drive, please consider offering a ride to someone in need of transportation.

Newsletter Donations

Over 900 copies are printed each month for distribution at designated locations.

Every donation to the newsletter fund helps to ensure the continuation of the *Fifty-Plus* newsletter.

We greatly need and appreciate your continuing support !



225 Wigginton Road



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Newsletters are available for pick-up at the following locations:

- Robertson Drug
6109 Fort Avenue
- Walgreens Pharmacy
5006 Boonsboro Road
- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central Virginia Area Agency on Aging 12th & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices

Lynchburg Parks & Recreation

www.lynchburgva.gov/parksandrec

2704 Concord Turnpike
Lynchburg, Virginia

434-455-5858

City Wide Program Staff

Allyson McSwain,
Supervisor, City-Wide Centers

Lynn Fox,
Senior Recreation Specialist

Marsha Berry,
Recreation Specialist

Tamara Reynolds,
Recreation Specialist

Jamey Love,
Recreation Specialist

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.