

# Templeton Senior Center

Activities, Classes, Events & Fifty Plus Sports for Active Adults

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

**TEMPLETON SENIOR CENTER (TSC)**  
225 Wiggington Road - 455-4115



**Like us on facebook and keep up with**

**what's happening at the Templeton Senior Center.**

[www.facebook.com/TempletonSeniorCenter](http://www.facebook.com/TempletonSeniorCenter)  
**Want to learn more about facebook? Register for the Intro to Facebook class coming up on Thursday, September 3<sup>rd</sup>.**

### **\$ Beading with Jamie**

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

Instructor: Jamie Carlund  
Register and pay by 8/21.

Fee: \$10.00  
74404.240

Tu 8/25 **6:30pm-8:00pm**

### **\$ Cardio Fit & Tone**

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning

using weights, bands, mats and steps.

Instructor: Mary Harris

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74209.240

Tu Th 8/4-8/27 **5:30pm-6:30pm**

### **\$ Intergenerational Program: Clay Crafts**

Mom, Dad or Grandparents will enjoy spending time with the little ones as together they make clay wind chimes or roll beads for jewelry. Cost includes all supplies for one adult and one child.

Additional children can be added at a cost of \$2.00/child.

Register and pay by 8/10.

Fee: \$5.00

73004.240

W 8/12 10:30am-11:30am

### **\$ Oil Painting Express**

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape.

This one session class will feature a scene from Central Virginia.

Students should bring their 11" x 14" canvas and oil painting brushes.

Instructor: Rodney Laughon  
Register and pay by 8/10.

Fee: \$45.00 LR: \$30.00

74400.241

Tu 8/11 1:00pm-4:00pm

### **\$ Cool Summer Luncheon**

Enjoy a cool summer luncheon including chicken salad, slaw, potato salad and refreshing summer dessert.

Register and pay by 8/21.

Fee: \$4.00

73000.240

Tu 8/25 11:30am-12:15pm

### **Video Chair Exercise Class - FREE**

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Challenge yourself as you work out at your own pace.

M Tu Th F 8/3-8/31

9:30am-10:15am

### **WELLNESS SERIES: Retirement: What Now?**

Denise Scruggs shares an informative look at what to expect after retirement. Both funny and factual, Denise explores the benefits and pitfalls of life after the working world.

Tu 8/11 10:30am-11:30am

## **\$ Yoga**

This self-paced class combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly by the first class.

Fee: \$36.00 LR: \$24.00

74203.240

Tu 8/4-8/25 8:15am-9:05am

## **\$ Zumba at Noon**

Zumba is a total workout, combining great elements of fitness including cardio, muscle conditioning, balance and flexibility. Experience boosted energy and fun in every class!

Instructor: Gulshan Ari

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74205.240

Tu Th 8/4-8/27 12:00pm-12:45pm

## **\$ Zumba PM**

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.240

M W 8/3-8/31 5:00pm-5:45pm

## **Special Interest at TSC**

### **Canasta**

Have fun and challenge your brain as you play this popular card

game. New players and beginners are welcome.

F 8/7-8/28 9:30am-12:30pm

### **Current Issues & Events**

Join this interactive group as they discuss hot topics in the news.

W 8/12 & 8/26 10:30am-11:30am

### **Literature for Life**

Explore a variety of American Literature and poetry. New comers are welcome.

Th 8/13 10:30am-12:00pm

### **Mahjong**

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain.

Beginners and new players are always welcome.

Th 8/6-8/27 9:30am-12:30pm

### **Pinochle**

Do you play? Would you like to learn how? Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck. Join other interested players on Friday mornings.

F 8/7-8/28 9:30am-12:30pm

### **Social Bridge**

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 8/4-8/27 9:30am-12:30pm

## **SUMMER CONCERT SERIES**

Templeton Center

### **WD & Company**

**Saturday, August 8<sup>th</sup>**

**7:00pm-8:30pm**

A wide range of music from the Big Band Sound to 60's Rock and Roll

Concerts are free and open to all ages. Please join us!

*Coming in September at TSC...  
Watch for details online and in the  
September Newsletter!*

### **Intro to Facebook**

Thursday, 9/3

### **Pressure Canning**

Tuesday, 9/8

### **Crafting with Gourds Demo**

Thursday, 9/10

### **Intro to Watercolors for Beginners**

Thursdays, 9/10-10/1

### **Stamping Fundamentals**

Monday, 9/14

### **Intermediate Bridge**

Mondays, 9/14-10/19

### **Beginners Plus Bridge**

Wednesdays, 9/16-10/21

### **Scrapbooking: An Introduction**

Wednesday, 9/16

### **Chronic Disease Self-Management**

Thursdays, 9/17-10/22

### **Slate Welcome Sign**

Monday, 9/21

### **AARP Smart Driver Class**

Wednesday & Thursday, 9/23 & 24

### **Intro to Genealogy**

Mondays, 9/28-10/12

### **Watercolors Express**

Tuesday, 9/29

## Additional Activities

### FAIRVIEW CENTER (FC)

3621 Campbell Ave. 847-1751

#### Bingo

Bring 2 new, unwrapped gifts to be used as prizes.

W 8/26 10:30am-11:30am

#### \$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing. Register and pay monthly.

Club Fee: \$5.00

W F 8/5-8/28 9:30am-11:30am

#### \$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone.

Instructor: Jan Baker

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

63300.240

M W F 8/3-8/31 11:30am-12:20pm

#### \$ Lunch and Learn: Lynchburg Art

Learn about some of the local artists of the Lynchburg area and where you can find their artwork displayed. Enjoy lunch afterwards consisting of a delicious variety of hors d'oeuvres featuring savory and sweet recipes.

Lunch fee is \$5.00.

Register and pay by 8/12.

63400.240

W 8/19 11:00am-12:00pm

#### \$ Pottery: Fresh Herb Serving Tray

Using clay and fresh herbs, create, cut and design a serving tray.

Paint and add the color of your choice the second week.

Register and pay by 8/3.

Fee: \$8.00

63600.240

F 8/7 & 8/14 10:30am-11:30am

#### School Supply Drive

Bring in pencils, paper, etc. to give the kids to start the new school year! Let's get their year off to a good start.

Fairview Center

W 8/12 11:00am-11:30am

#### \$ Summer Brunch

Start your Friday off right with a delicious brunch consisting of pancakes, eggs, & bacon.

Register and pay by 8/26.

Fee: \$4.00

63700.240

F 8/28 10:00am-11:00am

#### Special Interest at FC

##### Billiards

Two tables are available for recreational billiards.

M W F 8/3-8/31 9:30am-1:00pm

##### \$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any

Wednesday and enjoy an energizing morning.

Fee: \$1.00/class.

Pay on site.

W 8/5-8/26 10:30am-11:20am

#### Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 8/3-8/31 10:00am-11:30am

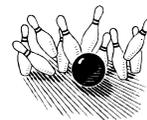
## OTHER LOCATIONS

#### \$ Bowling

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

Game Fee: \$1.25/game plus tax  
Fort Hill Bowling Center,  
6015 Fort Ave.

Tu 8/4-8/25 1:00pm-3:00pm



#### \$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you the opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd.

Register and pay monthly by the first day of play. For our registered participants, additional playing time is available on Monday mornings at the newly lined outdoor courts at the Fairview Center. Check in with the staff for equipment/nets.

Staff: Marsha Berry

Fee: \$10.00

Pleasant View Baptist Church,  
19278 Forest Road  
73703.240

Th 8/6-8/27 2:00pm-5:00pm

### **\$ Fifty Plus Putt Putt**

Enjoy Miniature Golf each Monday morning. Adults only please.  
\$3.00/two games.

No registration required.

Putt-Putt Fun Center,  
8105 Timberlake Road  
M 8/3-8/31 9:00am-11:00am

### **\$ Fifty-Plus Softball**

Coed games are focused on fun, fitness and friendly competition. Come on out and enjoy a great game. All skill levels welcome. Players are encouraged to bring sports drinks to stay hydrated!

Staff: Lynn Fox

Register and pay monthly by the first day of play.

Fee: \$10.00

Peaks View Park, Field # 1  
73702.240

W & F 8/5-8/28 9:00am-11:00am

### **☎ Golden Gourmet @ Logan's Roadhouse**

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Meet at: Logan's Roadhouse  
4046 Wards Road

Register by 8/26.

**Call 455-4115.**

73700.240

F 8/28 11:30am-1:30pm

### **New Chapter Book Group**

As surprising as it is moving, The Storied Life of A. J. Fikry by Gabrielle Zevin is an unforgettable tale of transformation and second chances, an irresistible affirmation of why we read, and why we love. Meet at: The Drowsy Poet, Givens Book Store, 2236 Lakeside Dr.

M 8/24 10:00am-11:30am

### **Tennis at Peaks View**

If you are interested in tennis "just for fun", join this group of friendly players each Tuesday morning. Play begins at 9:30am at the Peaks View Park tennis courts.

This informal group meets weekly and welcomes additional players. Bring your own racquet and balls. When you arrive, ask for Jack.

### **REGISTRATIONS**

Stop by and complete a new form or go online to set-up your new profile at: [www.lynchburgparksandrec.com](http://www.lynchburgparksandrec.com)

Please remember, in order to be registered for a class or activity designated by the \$ sign, advance registration and payment must be received by the registration deadline. Registrations may be submitted on line or completed registration forms and checks (payable to City of Lynchburg) may be mailed to:

**Lynchburg Parks & Recreation  
Templeton Center  
225 Wiggington Road  
Lynchburg, VA 24501**

Walk-in registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers, including the main office at the Miller Center, 301 Grove Street.

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

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



**LYNCHBURG  
PARKS & REC**

434-455-5858

[www.lynchburgparksandrec.com](http://www.lynchburgparksandrec.com)

### **City Wide Program Staff**

**Allyson McSwain,**  
Supervisor City-Wide Centers

**Lynn Fox,**  
Senior Recreation Specialist  
Templeton Senior Center

**Marsha Berry,**  
Recreation Specialist  
Templeton Senior Center

**Krista Johnson,**  
Recreation Specialist  
Templeton Senior Center

**Jamey Love,**  
Recreation Specialist  
Fairview Center

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.