

AUGUST 2014

FIFTY PLUS



Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lynchburgva.gov/parksandrec

\$ 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 Wigginton Road - 455-4115

Please plan to join us next month for the

10th Anniversary Celebration of the Templeton Senior Center
September 26 ~ 1:00pm-4:00pm

\$ Beading with Jamie

Learn beading tips, techniques and terminology. This month's project is a simple beaded bracelet. Please be sure to pre-register!

Register by 8/19.

Instructor: Jamie Carlund

Fee: \$10.00

74404.240

Th 8/21 10:30am-11:30am

\$ Chicken Cashew Luncheon

Enjoy a delicious serving of this tasty combination of chicken, cashews and rice. Along with the casserole, dessert and drink will be served. Come early to relax and unwind as you enjoy the Laughter Yoga program.

Register by 8/25. Fee: \$4.00.

73004.240

Tu 8/26 11:30am-12:15pm

Gardens of the World – Italy

Travel to the beautiful country of Italy and visit spectacular public and private gardens with world traveler Susan Timmons.

Tu 8/19 10:30am-11:30am

Laughter Yoga

Kristin Freed shows you how yoga breathing techniques and laughing help you relax and rejuvenate. Lunch to follow. Please pre-register for meal.

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

Meet the Authors - Elise Beraru and Linda Campbell

Local authors, Elise Beraru and Linda Campbell are collaborators on the Jordan Davis Mystery series, as well as, writers in their own right of other genres. Meet these extraordinary ladies and learn some of their secrets to being successful writers.

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

Mid-Month Movie

Discover your amazing "Planet Earth." Don't miss the last summer showing from the DVD series highlighting remote and beautiful scenery.

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

New Chapter Book Group

"Miss Peregrine's Home for Peculiar Children" by Ransom Riggs captivates readers with its cleverly spun tale about a 16-year-old boy whose troubles seem to be connected with a very peculiar home for very peculiar children. The fiction's vintage sepia photos only enhance the entrancing supernatural atmosphere of this original story.

Meet at: The Drowsy Poet, Givens Book Store, 2236 Lakeside Dr.

M 8/25 10:00am-11:30am

\$ Oil Painting Basics

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Students should bring their 11" x 14" canvas and brushes.

Instructor: Rodney Laughton

Register by 8/15. Fee: \$45 LR: \$30
74400.240

Tu 8/19 1:00pm-4:00pm

\$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, steps and mats.

Instructor: Steffy Whitesell

Register monthly. 4 weeks

Fee: \$36.00 LR: \$24.00

74209.240

Tu Th 8/5-8/28 **6:00pm-7:00pm**



Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair!

M,Tu,Th,F 8/1-8/29 9:30am-10:15am

Yoga

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.240

Tu 8/5-8/26 8:15am-9:05am

Exercise and physical activity are great ways to feel better, gain health benefits and have fun.

\$ You Can "You Tube," Too

Learn to search, select, download, upload, and create your own YouTube video.

Instructor: Steffy Whitesell

Register by 8/8.

Fee: \$6.00

73004.242

Tu 8/12 7:15pm-8:30pm

\$ Zumba

Energize your day with a great cardio workout as you move to the beat of Latin inspired music.

Instructor: Steffy Whitesell

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74205.240

T Th 8/5-8/28 1:00pm-1:45pm

\$ Zumba PM

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

Instructor: Kirstin Eubank

Register monthly. 4 Weeks

Fee: \$36.00 LR: \$24.00

74208.240

M W 8/4-8/27 5:00pm-5:45pm

**Summer Concert Series
at the Templeton Center**

SMOKEY WILSON

Country Gospel Favorites!

**Saturday, August 9
7:00pm-8:30pm**

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are always welcome.

F 8/1-8/29 9:30am-11:30am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news.

W 8/13 & 8/27 10:30am-11:30am

Literature for Life

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

Th 8/14 10:30am-11:30am

Mahjong

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

Th 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 8/5-8/26 9:30am -11:30am

Coming in September at the Templeton Center

\$ Conversational German

73004.310

Tu 9/9-10/14 7:15pm-8:15pm

\$ Bridge: Advanced

74002.311

M 9/8-10/13 9:30am-11:30am

\$ Bridge: Intermediate

74002.310

M 9/8-10/13 9:30am-11:30am

\$ Bridge: Beginner

74002.312

W 9/10-10/15 1:00pm-3:00pm

📞 AARP Driving Class

74001.310

Sat 9/20 8:30am-5:00pm

\$ Intergenerational Series

73004.311

Tu 9/16 4:30pm-5:45pm

\$ Introduction to Oil Painting

74400.310

Tu 9/9-9/23 6:30pm-8:00pm

\$ Intro. to Mindfulness Meditation

74201.310

Tu 9/23-10/28 9:30am-10:30am

\$ Watercolors – Exploring Color

74401.310

Th 9/4-10/9 6:30pm-8:30pm

\$ Watercolor-Botanicals

74401.312

Th 9/4-9/25 1:00pm-4:00pm

\$ Watercolor Pencil Basics

74405.310

M 9/15-10/6 6:30pm-8:30pm

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Bingo

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

F 8/15 10:30am-11:30am

\$ Ceramics Club

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

Club Fee: \$5.00 Register monthly.

W F 8/1-8/29 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 monthly. 4 Week Session Fee: \$36.00 LR: \$24.00

63300.240

M W F 8/1-8/29 11:30am-12:20pm

\$ Lunch and Learn: History of Lynchburg

Hear about things you may not know about the beautiful city you live in,

as Whitney Roberts, from the Lynchburg Museum shares pictures and stories about events and landmarks.

Register by 8/20. Lunch Fee \$4.00.

63400.240

W 8/27 11:00am-12:00pm



\$ Pottery Craft: Vase

Using clay, create and design a vase. Choose paint color of your choice. This is a two part class. Register by 8/18. Fee \$5.00
63600.240

F 8/22 & 8/29 10:30am-11:30am

School Supply Drive

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

W 8/8 10:30am-11:00am

Special Interest at FC

\$ Archery Club

If you are looking to improve your focus, patience and archery skills, this is the club for you! Join us as we get a chance to shoot weekly and participate in all new games and activities. Participants must have completed Archery 101 prior to joining the Archery Club. Register monthly by Monday before first class. Fee: \$60.00 LR: \$45.00
63300.242

W 8/6-8/27 6:00pm-7:00pm

For more information on how to register please contact Kaleb VanDePerre at 455-5873 or call the center at 847-1751.

Billiards

Two tables are available for recreational billiards.

M W F 8/1-8/29 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: \$2.00/class. Pay on site.

W 8/6-8/27 10:30am-11:20am

Social Bridge

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

M 8/4-8/25 10:00am-11:30am

Knitting Group

Interested in knitting? Join fellow knitters in this fun, social knitting group. Bring your current project or start a new project. Call Jamey at Fairview 847-1751 for more information.

W 8/20 10:00am-12:00pm

Coming in September at the Fairview Center

\$ Archery Open Range

Archers can expect to play challenging games, get valuable instruction and shooting time. All participants must complete Archery 101 prior to registering for open range. Four sessions listed below. Register by the Tuesday before each session.

Fee: \$5.00/session

63301.315

Th 9/4, 9/11, 9/18, 9/25

5:00pm-6:00pm

\$ Lunch and Learn

Enjoy a delicious lunch while receiving information on a variety of current topics. The menu will change each month.

Register by 9/19. Fee: \$4.00/lunch

63400.310

W 9/24 11:00am-12:00pm

\$ Pottery: Oval Bowl

Using clay, create and design an oval bowl. Register by 9/5.

63000.310

W 9/10 & 9/17 10:30am-11:30am

\$ Tips for VA 10/4 Miler and the Amazing Mile Races

Are you running the Virginia 10 or 4 miler? Get last minute tips to get your body ready for the day and not be worn out for the run. Understand how to start eating and hydrating in preparation for the race. All ages. Register by 9/2.

Fee: \$5.00

63307.315

Th 9/4 5:00pm-6:00pm

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 Avenue

Tu 8/5-8/26 1:00pm-3:00pm



Fifty-Plus Pickleball

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

Staff: Marsha Berry

Register & pay monthly. Fee: \$10.00

Heritage United Methodist Church,
582 Leesville Road
73703.240

*Beginners & Intermediate Players

Th 8/7 - 8/28 1:00pm-3:00pm

**Advanced Players

Th 8/7 - 8/28 3:00pm-5:00pm

The Fairview Center courts are available (weather permitting) from 9:00 to 11:00 every Monday morning.

\$ Fifty-Plus Putt Putt

Enjoy miniature golf each Monday morning. No registration required. Adults only please. \$3.00/two games. Putt-Putt Fun Center, 8105 Timberlake Road
M 8/4-8/25 9:00am-11:00am

\$ Fifty-Plus Softball

Play focuses on fun, fellowship and exercise. All players, men and women, age 50 and over are invited to participate regardless of skill level. Staff: Lynn Fox
Register & pay monthly. Fee: \$10.00. Peaks View Park Field # 1
73702.240
W F 8/1-8/29 9:00am-11:00am

☎ Golden Gourmet @ Logan's Roadhouse Restaurant

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. Register by 8/20. **Call 455-4115.**
73700.240
Meet at: Logan's Roadhouse, 4046 Wards Road
F 8/22 11:30am-1:30pm

Coming in September ART STUDIO AT JACKSON HEIGHTS 720 Winston Ridge Rd - 455-4001

\$ Pottery for Beginners: Hand Built and Wheel (2 classes offered)

Instructor: Gail Speidell
Register by 8/27. 8 Sessions
Fee: \$103.00 LR: \$88.00
26000.310
Tu 9/2-10/21 9:00am-12:00pm
Or
26000.311
W 9/3-10/22 **6:00pm-9:00pm**

\$ Stained Glass Panel

Instructor: Carter Martin
Register by 9/4.

Fee: \$105.00 LR: \$90.00
63600.311
Tu 9/4-10/23 **6:30pm-8:30pm**

Coming in September ACADEMY OF FINE ARTS 600 Main Street - 846-8499

\$ Tap Dance

Instructor: Jamey Love
Register by 9/3.
Fee: \$35.00 LR: \$23.00
74208.311
Tu 9/9-10/14 1:00pm-2:00pm

\$ Watercolors for Beginners

Instructor: Linda Duff
Register by 9/3.
Fee: \$75.00 LR: \$60.00
74401.312
Tu 9/10-10/1 **6:30pm-8:30pm**

Registration Update

Stop by and complete a new form or go online to set-up your new profile at: www.lyncburgva.gov/parksandrec

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 and main office.

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.

Congratulations and best wishes to Tamara Reynolds as she assumes her new position as Volunteer Coordinator for Parks and Recreation. We thank her for her contributions to the Fifty Plus Program and wish her well with her new responsibilities. If you are interested in volunteering please contact Tamara at 455-5867.



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



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

Jamey Love,
Recreation Specialist
Fairview Center