

# OCTOBER 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)

**JACKSONTOWN REUNION at**  
 The Art Studio  
**Jackson Heights Center**  
 720 Winston Ridge Road.

**Saturday, October 19**  
 10:30 am - 2:00 pm



Jacksontown Elementary School becomes Community Center  
 Photo from early 1960's.

Family, friends and neighbors are invited to reminisce and socialize as we remember the **Jacksontown Elementary School**. Bring your old photos and stories to share and add to the oral history regarding this elementary school. Bring your lawn chair and stay and enjoy the music. Hot dogs and drinks provided. For planning purposes, please register for lunch by 10/16. **Call 455-4115.**

The Art Studio at the Jackson Heights Center houses pottery, stained glass and jewelry making classes.



**Fairview Fall Fun Day**

**It's Fun...It's Fall...And it's at Fairview!**

Enjoy indoor and outdoor games, contests, prizes, lunch and more! All proceeds to benefit the Fairview Center.

Register and pay by 10/15. Fee: \$4.00

Fairview Center

**Activity # :** 63700.320

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	10/25	10:00 am -12:30 pm



**Safer Seniors**

Cindy Kozerow, Crime Prevention Specialist with the LPD, shares tips on personal and home safety. Learn how to avoid fraud, financial scams, how to stay safe while shopping and more. Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	10/24	10:30 -11:30 am

**Fire Safety at Home**

October is Fire Safety Month. Jennifer Mayberry with the Lynchburg Fire Department will share tips on fire safety in your home. Learn the proper use of fire extinguisher and smoke alarms. Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	10/15	10:30 -11:30 am

**VETERANS APPRECIATION LUNCHEON**

**Friday, November 8 ~ 11:30 am - 1:30 pm**  
**Moose Lodge 715 ~ 2307 Lakeside Drive, Lynchburg .**  
 Music with Rev. Randy Bower, Buffet Lunch, Door prizes

FREE to all Veterans age 50 and over who register by 11/5.  
 Non-Veterans Tickets \$6.00. On sale 10/15 - 11/5

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

## Classes

### \$ Getting Paid to Talk - Voice Acting

Learn all about voice acting used in commercials, audio books, animation, documentaries, and training materials. Listen to demos then read and record a script with a producer's direction.

Instructor: Voice Coaches  
Register and pay by 10/3.

Fee: \$21.00 LR \$14.00

Templeton Center

**Activity #:** 73004.320

Day	Date	Time
M	10/7	6:00 - 8:30 pm



### \$ Writing Like a Pro (2 wks)

Improve your writing skills in all genres: fiction, short story, memoir, essay and non-fiction with critiques by a published professional author. (2 sessions)

Instructor: Marie Colligan  
Register and pay by 10/8.

Fee: \$10.00

Fairview Center

**Activity #:** 63500.321

Days	Dates	Time
F	10/11 & 10/18	10:00 am -12:00 pm

### \$ Knitting Class: Wrist

#### Warmers (3 wks)

New and experienced knitters will enjoy this project. Choose from several patterns. Bring your own skein of yarn from baby to sport weight and size 6 double pointed needles.

Instructor: Barbara Crews

Register and pay by 10/18. Fee: \$10.00

Templeton Senior Center

**Activity #:** 73004.322

Days	Dates	Time
Tu	10/22-11/5	12:30 - 2:30 pm

### AARP Driving Class

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

Instructor: Joe Slocum

Register by 10/23. AARP Members

\$12.00 Non-Members \$14.00

Payable onsite to AARP.

Templeton Center

**Activity #:** 74001.310

Day	Date	Time
Sat	10/26	8:30 am - 5:00 pm

### \$ Bridge Class: Intermediate

Continue learning the game of bridge. This class is for people who have had playing experience, but want additional instruction. (6 wks)

Instructor: Phyllis Moldenke

Register and pay by 10/25.

Fee: \$49.00 LR\$34.00

Templeton Senior Center

**Activity #:** 74002.321

Days	Dates	Time
M	10/28-12/2	9:30 -11:30 am

### \$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must! (6 wks)

Instructor: Ed Moldenke

Register and pay by 10/25.

Fee: \$49.00 LR\$34.00

Templeton Senior Center

**Activity #:** 74002.320

Days	Dates	Time
M	10/28-12/2	9:30 -11:30 am

### \$ Line Dancing: Country & Holiday (6 wks)

Have fun dancing to both country and holiday music. Receive step-by-step instructions & handouts for each dance.

Instructor: Linda Parker

Register and pay by 11/1.

Fee: \$30.00 LR\$20.00

Templeton Senior Center

**Activity #:** 74100.330

Days	Dates	Time
Tu	11/5-12/10	7:15 - 8:15 pm

## For your information

### Helping Others In Grief

Find out what support is available and how you can help yourself and others.

Presented by: Claudia Medure, Diuguid

Funeral Service

Templeton Senior Center

Day	Date	Time
Tu	10/8	10:30 - 11:30 am

### Facing the Challenges of Macular Degeneration

Dr. Golnaz Javey shares important information regarding changes and challenges with your vision. This program is arranged courtesy of Interfaith Outreach Association

Templeton Senior Center

Day	Date	Time
Tu	10/29	10:30 - 11:30 am

## COMPUTER BASICS

### \$ Photo Editing & Slideshows

Learn how to edit your photos and make videos with sound. Bring your own laptop if possible

Instructor: Sarah Compton

Register and pay by 9/27. Fee: \$10.00

Templeton Senior Center

**Activity #:** 73004.321

Day	Date	Time
W	10/2	10:30 - 11:45 am

### \$ Facebook

Learn how to upload pictures and find friends. Security concerns with this and other social media will also be addressed. Registration is limited. Bring your own laptop, if possible.

Instructor: Sarah Compton

Register and pay by 10/11. Fee: \$10.00

Templeton Senior Center

**Activity #:** 73004.324

Day	Date	Time
W	10/16	10:30 - 11:45 am

### \$ Google

Google can connect you with anything you ever wanted to know. Explore the possibilities in this interactive class.

Instructor: Sarah Compton

Register and pay by 10/25. Fee: \$10.00

Templeton Senior Center

**Activity #:** 73004.323

Day	Date	Time
W	10/30	10:30 - 11:45 am

### Changes in Medicare

Anne Stanford updates you with changes in Medicare. Learn how to be an informed consumer.

Templeton Senior Center

Day	Date	Time
Tu	10/22	10:30 - 11:15 am

### \$ Lunch & Learn: Centra PACE

PACE...a Program of All-inclusive Care for the Elderly. Learn how this innovative program helps seniors remain in their own home. Following the Lunch and Learn PACE will be open to tour and refreshments will be served.

Presented by Julie Berdahl MSW,

Centra PACE. Lunch Fee \$3.00.

Register and pay for lunch by 10/23.

Fairview Center

**Activity #:** 63400.320

Day	Date	Time
W	10/30	11:00 am -1:00 pm

# ART CLASSES

## \$ Stained Glass Panel (9 wks)

Learn to cut, grind, and solder to create a colorful window hanging.

Instructor: Carter Martin

Register and pay by 10/3.

Fee: \$105.00 LR \$90.00

The Art Studio @ Jackson Heights

Activity #: 63600.320

Days	Dates	Time
Th	10/10-12/5	6:30 - 8:30 pm

## \$ Painting on Slate

Create an outdoor scene on a piece of slate using acrylic paints. Learn basic painting techniques and how to work on slate. Instructor: Linda Duff

Register and pay by 10/23.

Fee: \$39.00 LR \$26.00

Templeton Center

Activity #: 73004.326

Day	Date	Time
Sat	10/26	9:30 am -12:30 pm

## \$ Tips & Tricks for Oil Painters

Bring a favorite photo or picture to recreate. 16" X 20" canvas provided.

Betty will be available to assist and critique. Students should bring their own brushes and paint sets. (6 wks)

Instructor: Betty Leary

Register and pay by 10/25.

Fee: \$63.00 LR \$48.00

Templeton Senior Center

Activity #: 74400.331

Days	Dates	Time
M	10/28-12/2	6:30 - 8:30 pm



## \$ Acrylics: Open Studio (6 wks)

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 10/25.

Templeton Senior Center

Activity #: 74400.330

Days	Dates	Time
Tu	10/29-12/3	6:30 - 8:30 pm

## \$ Beginning Watercolors

Discover the basics of layer, blending and building depth in your paintings.

Learn different techniques and how to correct mistakes. No class 11/28.

Register and pay by 10/28. (6 wks)

Instructor: Betty Leary

Fee: \$75.00 LR \$60.00

Templeton Senior

Activity #: 74401.330

Days	Dates	Time
Th	10/31-12/12	6:30 - 8:30 pm

# SPECIAL INTEREST

## Current Issues & Events

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

Templeton Senior Center

Days	Dates	Time
W	10/9 & 10/23	10:30 - 11:30 am

## Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature & poetry.

New comers are always welcome.

Templeton Senior Center

Day	Date	Time
Th	10/10	10:30 - 11:30 am

## ☎ Golden Gourmet at Golden Corral

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

Meet at: Golden Corral, 4005 Wards Rd

Register by 10/23. Call 455-4115.

Day	Date	Time
F	10/25	11:30 am -1:30 pm

## New Chapter Book Group

Diary of Mattie Spenser by Sandra Dallas shares Mattie's journey as a new bride and her mysterious, handsome husband, as they travel from Iowa to Colorado via stagecoach. Meets at: The Drowsy Poet, Givens Book Store, 2236 Lakeside Dr.

Day	Date	Time
M	10/28	10:00 -11:30 am

# Just for Fun

## ☎ Tour of Riverviews Art Space/Lunch @ Depot Grill

Tour the art and craft vendors at the Riverviews Art Space and then enjoy lunch at The Depot Grill (on your own).

Meet at: 901 Jefferson St. entrance.

Register by 9/30.

Activity #: 73003.313

Day	Date	Time
Th	10/3	10:30 am -1:30 pm

## Catch the Beat - Drum Circle

Enjoy the mesmerizing drum circle experience. The Nataraja Women's Ensemble will perform and then invite you catch the beat as you participate in the drumming.

Leader: Harriet Peterson,

Templeton Senior Center

Activity #: 73003.321



Day	Date	Time
F	10/25	7:00 - 8:00 pm

## \$ Mahjong Marathon

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game. Newcomers are welcome. Door prizes and lunch provided. Come on Thursdays from 9:30 -12:30 and practice for the big day.

Register and pay by 10/24. Fee: \$10.00

Templeton Senior Center

Activity #: 73003.320

Day	Date	Time
Sat	10/26	9:00 am - 2:00 pm

## 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

Days	Dates	Time
M	10/7-10/28	10:00 am -12:00 pm

## BINGO

Templeton Senior Center

Bring two **WRAPPED** gifts to be used as prizes

Day	Date	Time
Tu	10/1	10:30 - 11:30 am

Fairview Center

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

Day	Date	Time
W	10/9	10:30 - 11:30 am

## \$ Baked Potato & Salad Bar

Enjoy a steaming hot baked potato and fresh salad just the way you like it. A variety of toppings along with drink and dessert provided.

Register and pay by 10/18.

Fee: \$4.00.

Templeton Senior Center

Activity #: 73000.320

Day	Date	Time
Tu	10/22	11:30 am -12:30 pm

# October 2013 Calendar of Events

# Lynchburg Parks and Recreation 434-455-5858

# Happy Birthdays

Center & Office Location Key	Phone	Days	Hours	Sports & Activities Location Key
<b>DiH</b> - Diamond Hill, 1005 17 <sup>th</sup> Street <b>F</b> - Fairview, 3621 Campbell Ave. <b>Main Office</b> - 2704 Concord Turnpike <b>T</b> - Templeton Senior Center, 225 Wiggington Road	847-1409 847-1751 455-5858 455-4115	2 <sup>nd</sup> & 4 <sup>th</sup> 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	<b>FHBC</b> - Fort Hill Bowling Center, 6015 Fort Ave. <b>HUMC</b> - Heritage United Methodist Church, 582 Leesville Road <b>PVP</b> - Peaks View Park, Ardmore Drive entrance <b>PPFC</b> -Putt Fun Center, 8105 Timberlake Road <b>JH</b> - Jackson Heights Center, The Art Studio, 720 Winston Ridge Road
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 9:30 <b>Intermediate Bridge Class # 5 -T</b> 9:30 <b>Advanced Bridge Class # 5 -T</b> 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 <b>Getting Paid to Talk - T</b> 6:00 Conversational Spanish # 3- T 6:30 <b>Tips &amp; Tricks for Oil Painters # 5 -T</b></p> <p>7 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 9:30 <b>Intermediate Bridge Class # 5 -T</b> 9:30 <b>Advanced Bridge Class # 5 -T</b> 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 <b>Getting Paid to Talk - T</b> 6:00 Conversational Spanish # 3- T 6:30 <b>Tips &amp; Tricks for Oil Painters # 5 -T</b></p> <p>14 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 6 -T 9:30 Advanced Bridge Class # 6 -T 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 4- T 6:30 <b>Tips &amp; Tricks for Oil Painters # 6 -T</b></p>	<p>8:15 Yoga Class - T 9:00 <b>Pickleball - Fairview Center-Tennis Courts</b> 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 <b>Pinochle - T</b> 9:30 <b>Pinochle - T</b> 10:30 <b>Bingo- T</b> 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 7:00 <b>Writer's Group - F</b></p> <p>8 8:15 Yoga Class - T 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Pinochle - T 10:30 <b>Helping Others Through Grief - T</b> 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 7:00 <b>Writer's Group - F</b></p> <p>15 8:15 Yoga Class - T 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Pinochle - T 10:30 <b>Fire Safety at Home- T</b> 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 7:00 <b>Writer's Group - F</b></p> <p>22 8:15 Yoga Class - T 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Pinochle - T 10:30 <b>Changes in Medicare-T</b> 11:30 <b>Baked Potato &amp; Salad Bar Luncheon -T</b> 12:00 Zumba at Noon - T 12:30 <b>Knitting Class # 1 - T</b> 1:00 Bowling - FHBC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 7:00 <b>Writer's Group - F</b> 7:00 <b>Beading with Jamie - T</b></p> <p>29 8:15 Yoga Class - T 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Pinochle - T 10:30 <b>Macular Degeneration Program- T</b> 12:00 Zumba at Noon - T 12:30 <b>Knitting Class # 2 - T</b> 1:00 Bowling - FHBC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 6:30 Acrylics: Open Studio # 1 -T 7:00 <b>Writer's Group - F</b></p>	<p>9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:30 Line Dance # 4 - F 10:30 Fairview Friends Meeting - F 10:30 <b>Computer Basics: Photo Editing -T</b> 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 <b>Zumba Exercise Class - T</b> 7:00 <b>Bridge Club - T</b></p> <p>9 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:30 <b>Current Issues and Events - T</b> 10:30 Line Dance # 5 - F 10:30 <b>Bingo- F</b> 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 <b>Zumba Exercise Class - T</b> 7:00 <b>Bridge Club - T</b></p> <p>16 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:30 Line Dance # 6 - F 10:30 <b>Computer Basics: Facebook -T</b> 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 <b>Zumba Exercise Class - T</b> 7:00 <b>Bridge Club - T</b></p> <p>23 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:30 <b>Current Issues and Events - T</b> 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 <b>Zumba Exercise Class - T</b> 7:00 <b>Bridge Club - T</b></p> <p>30 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:30 <b>Computer Basics : Google - T</b> 11:00 <b>Lunch &amp; Learn: Centra PACE- F</b> 11:30 Fairview Fitness - F 1:00 Cornhole Fun - T 5:00 <b>Zumba Exercise Class - T</b> 7:00 <b>Bridge Club - T</b></p>	<p>9:00 <b>Pickleball - Fairview Center-Tennis Courts</b> 9:30 Free Video Chair Exercise Class- T 9:30 Mahjong, Cards &amp; Games -T 9:30 Mahjong, Cards &amp; Games -T 10:30 <b>Tour Riverview Art Space- 901 Jefferson St</b> 12:00 Zumba at Noon - T 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 6:30 <b>Beginning Watercolors # 5 -T</b></p> <p>10 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Mahjong -T 10:30 <b>Literature for Life -T</b> 11:00 Financial Planning- DH 12:00 Zumba at Noon - T 1:00 Pickleball - HUMC Gym 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 6:30 <b>Beginning Watercolors # 6 -T</b> 6:30 <b>Stained Glass Panels # 1- JH</b></p> <p>17 9:30 Free Video Chair Exercise Class- T 9:30 Mahjong, Cards &amp; Games -T 12:00 Zumba at Noon - T 1:00 <b>Pickleball - HUMC Gym</b> 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 6:30 <b>Stained Glass Panels # 2 - JH</b></p> <p>24 9:30 Free Video Chair Exercise Class- T 9:30 Mahjong, Cards &amp; Games -T 10:30 <b>Safer Senior Program-T</b> 12:00 Zumba at Noon - T 1:00 Pickleball - HUMC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 6:30 <b>Stained Glass Panels # 3 - JH</b></p> <p>31 9:30 Free Video Chair Exercise Class- T 9:30 Mahjong, Cards &amp; Games -T 12:00 Zumba at Noon - T 1:00 Pickleball - HUMC 6:00 <b>Sculpt &amp; Tone Exercise Class - T</b> 6:00 Zumba Fitness - F 6:30 <b>Beginning Watercolors # 1 -T</b> 6:30 <b>Stained Glass Panels # 4- JH</b></p>	<p>9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 11:30 Fairview Fitness - F</p> <p>4 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 11:30 Fairview Fitness - F</p> <p>11 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class - T 9:30 Ceramics, Billiards &amp; Games - F 9:30 Game Day Fun- F 10:00 Softball - PVP Field # 1 10:00 <b>Writing Like a Pro #1 -F</b> 10:30 <b>Clay Owl Craft # 1 - F</b> 10:00 Bridge Club - T 11:30 Fairview Fitness - F</p> <p>18 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 <b>Writing Like a Pro #2 -F</b> 10:30 <b>Clay Owl Craft # 2 - F</b> 10:00 Bridge Club - T 11:30 Fairview Fitness - F</p> <p><b>SAT. 19</b> <b>Jacksontown Reunion @ Jackson Heights</b> 10:30 - 2:00</p> <p>25 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 10:00 <b>FAIRVIEW FALL FUN DAY</b> 11:30 Fairview Fitness - F 11:30 <b>Golden Gourmet @ Golden Corral</b> 7:00 <b>Catch the Beat -Drum Circle - T</b></p> <p><b>SAT. 26</b> 8:30 <b>AARP Driving Class- T</b> 9:00 <b>Mahjong Marathon- T</b> 9:30 <b>Painting on Slate- T</b></p>
<p>9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 9:30 <b>Intermediate Bridge Class # 1 - T</b> 9:30 <b>Advanced Bridge Class # 1 -T</b> 10:00 Putt -PPFC 10:00 New Chapter Book Group - Drowsy Poet 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 6- T 6:30 <b>Tips &amp; Tricks for Oil Painters # 1- T</b></p> <p>28 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 9:30 <b>Intermediate Bridge Class # 1 - T</b> 9:30 <b>Advanced Bridge Class # 1 -T</b> 10:00 Putt -PPFC 10:00 New Chapter Book Group - Drowsy Poet 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 6- T 6:30 <b>Tips &amp; Tricks for Oil Painters # 1- T</b></p>	<p>21 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 5- T</p> <p>21 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 5- T</p>	<p>21 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 5- T</p> <p>21 9:00 Writer's Group - F 9:30 Cards &amp; Billiards - F 9:30 Free Video Chair Exercise Class -T 10:00 Putt -PPFC 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 Zumba Exercise Class - T 6:00 Conversational Spanish # 5- T</p>	<p>18 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 <b>Writing Like a Pro #2 -F</b> 10:30 <b>Clay Owl Craft # 2 - F</b> 10:00 Bridge Club - T 11:30 Fairview Fitness - F</p> <p><b>SAT. 19</b> <b>Jacksontown Reunion @ Jackson Heights</b> 10:30 - 2:00</p> <p>25 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 10:00 <b>FAIRVIEW FALL FUN DAY</b> 11:30 Fairview Fitness - F 11:30 <b>Golden Gourmet @ Golden Corral</b> 7:00 <b>Catch the Beat -Drum Circle - T</b></p> <p><b>SAT. 26</b> 8:30 <b>AARP Driving Class- T</b> 9:00 <b>Mahjong Marathon- T</b> 9:30 <b>Painting on Slate- T</b></p>	<p>18 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 <b>Writing Like a Pro #2 -F</b> 10:30 <b>Clay Owl Craft # 2 - F</b> 10:00 Bridge Club - T 11:30 Fairview Fitness - F</p> <p><b>SAT. 19</b> <b>Jacksontown Reunion @ Jackson Heights</b> 10:30 - 2:00</p> <p>25 9:30 Canasta, Cards &amp; Games - T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards &amp; Games - F 10:00 Softball - PVP Field # 1 10:00 Bridge Club - T 10:00 <b>FAIRVIEW FALL FUN DAY</b> 11:30 Fairview Fitness - F 11:30 <b>Golden Gourmet @ Golden Corral</b> 7:00 <b>Catch the Beat -Drum Circle - T</b></p> <p><b>SAT. 26</b> 8:30 <b>AARP Driving Class- T</b> 9:00 <b>Mahjong Marathon- T</b> 9:30 <b>Painting on Slate- T</b></p>



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

# Health and Fitness

## FREE Video Chair 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
M, Tu, Th & F	10/1-10/31	9:30 -10:15 am

## \$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor.

Instructor: Jan Baker  
Register and pay monthly.  
Fee: \$36.00 LR \$24.00  
Fairview Center

**Activity #:** 63300.320

Days	Dates	Time
M, W & F	10/2-10/30	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: \$36.00 LR \$24.00  
Templeton Senior Center

**Activity #:** 74208.320

Days	Dates	Time
M & W	10/2-10/30	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.

Instructor: Jessica Murphy  
Register and pay monthly.  
Fee: \$36.00 LR \$24.00  
Templeton Senior Center

**Activity #:** 74208.320

Days	Dates	Time
Tu & Th	10/1-10/31	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: \$36.00 LR \$24.00  
Templeton Senior Center  
**Activity #:** 74203.320

Days	Dates	Time
Tu	10/1-10/29	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: TBA  
Register and pay monthly.  
Fee: \$36.00 LR \$24.00  
Templeton Senior Center

**Activity #:** 74209.320

Days	Dates	Time
Tu & Th	10/1-10/31	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: Kirsten Eubank  
Register and pay monthly.  
Fee: \$36.00 LR \$24.00  
Fairview Center

**Activity #:** 63300.320

Days	Dates	Time
Tu & Th	10/1-10/31	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	10/1-10/29	1:00 - 3:00 pm

## \$ Softball

Join other softball enthusiasts, stay in shape, and have fun while enjoying some friendly competition. Co-ed. All skill levels are welcome.

Register and pay monthly.  
Fee: \$10.00  
Peaks View Park, Field # 1

**Activity #:** 73702.320

Days	Dates	Time
W & F	10/2-10/30	10:00 am - 12:00 pm



## \$ Pickleball

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

This month we will play outside on the Fairview Tennis Courts for the first week from 9:00 to 11:00. Thereafter the 2hr sessions will be divided with 3 courts for Intermediate play from 1:00 - 3:00. From 3:00-5:00 Advanced play on 2 courts with one court reserved for beginners. Register and pay monthly.  
Fee: \$10.00

Heritage UMC Gym, 582 Leesville Rd  
**Activity#:** 73703.320

Day	Date	Time
Th	10/10-10/31	1:00 - 5:00 pm

\*Note the changes in 1<sup>st</sup> week schedule

## Coming in Early November

### \$ Beginning Hand built & Wheel Pottery (7 wks)

Instructor: Gail Speidell  
Register and pay by 10/29.  
Fee: \$85.00 LR \$70.00

The Art Studio @ Jackson Heights

**Activity #:** 26000.330

Day	Date	Time
Tu	11/5-12/17	9:00 am - 12:00 pm

### \$ Line Dancing: Country and Holiday (6 wks)

Instructor: Linda Parker  
Register and pay by 11/1.  
Fee: \$30.00 LR \$20.00

Templeton Senior Center

**Activity #:** 74100.330

Days	Dates	Time
Tu	11/5-12/10	7:15 - 8:15 pm

### \$ Internet Security

Instructor: Sarah Compton  
Register and pay by 11/1. Fee: \$10.00  
Templeton Senior Center

**Activity #:** 73004.330

Day	Date	Time
W	11/6	10:30 - 11:45am

### ☎ Meet the Author- Carolyn Tyree Feagan

This fictional writer draws from local history to make her work of particular interest to those of us who live in the shadow of the Blue Ridge.

Templeton Senior Center

Day	Date	Time
Th	11/7	10:30 -11:30 am

# Create & Craft

## Ongoing Ceramics @ Fairview

Select your own project. Check with Jamey for pieces and pricing.  
Club Fee: \$5.00 Register and pay monthly.

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W & F	10/2-10/30	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.  
Instructor: Jamie Carlund  
Register & pay by 10/18.  
Fee: \$10.00

Templeton Center

**Activity #:** 74404.320

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	10/22	7:00 - 8:00 pm

## \$ Clay Owl Craft

Using clay, create and design an owl to use as a wall hanging.  
Instructor: Sue Matherly  
Register and pay by 10/7.  
Fee: \$8.00.



Fairview Center

**Activity #:** 63600.322

<u>Day</u>	<u>Dates</u>	<u>Time</u>
F	10/11 & 10/18	10:30 - 11:30 am

## Mail-In Registrations

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

**Lynchburg Parks and Recreation**  
**Templeton Center**  
**225 Wiggington Road**  
**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 \$

### Participation Agreement with 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understand any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, 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 or unknown incurred by participation in this/these activity(ies). *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 or Parent/Legal Guardian (REQUIRED): Date:

### 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 social media. I, the undersigned, have read this release and understand all its terms.

➡ \_\_\_\_\_  
Signature of Participant or Parent/Legal Guardian Date:

**TRY SOMETHING NEW or PLAY IT AGAIN!**

### **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. Beginners welcome.  
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	10/3-10/31	9:30 am - 12:30 pm

### **Canasta**

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.  
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	10/4-10/25	9:30 - 11:30 am

### **Pinochle Players Wanted!**

Pinochle is a trick-taking card game typically for two to four players and played with a 48 card deck. Each hand is played in three phases: bidding, melds, and tricks. Interested players and beginners are welcome.  
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	10/1-10/29	9:30 - 11:30 am

## **Newsletter Donations**

Over 800 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.**



225 Wiggington Road, 455-4115



Printed on 100% Recycled Paper

**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 12<sup>th</sup> & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices

## **Lynchburg Parks & Recreation**

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

2704 Concord Turnpike  
Lynchburg, Virginia

**434-455-5858**

### **City Wide Program Staff**

Allyson McSwain,  
Supervisor, City-Wide Centers  
455-5837

Lynn Fox, Senior Recreation Specialist  
455-4115 Templeton Senior Center

Marsha Berry, Recreation Specialist  
455-4115 Templeton Senior Center

Tamara Reynolds, Recreation Specialist  
455-4115 Templeton Senior Center

Jamey Love, Recreation Specialist  
847-1751 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.