

SEPTEMBER 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 "Orange" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

NATIONAL SENIOR CENTER MONTH: Discover, Play, Challenge, Create

Please plan to join us for the
**10th ANNIVERSARY
CELEBRATION of the
TEMPLETON SENIOR CENTER**
Friday, September 26
1:00pm-4:00pm

It's a celebration! Thanks to the generous donation of Commander Orion Templeton area residents have enjoyed the Templeton Senior Center for a variety of recreational activities, events and classes and local bridge enthusiasts have had a place to call home for the last ten years. Join us for special music, presentations, refreshments, lunch, screenings, games and more. Plan to be a part of this special day as we celebrate the past and look forward to the future.



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

Adventures in Antarctica

Experience the chilling adventures of Antarctica from the warmth of your chair. Susan Timmons will enhance your knowledge of this southern most

continent that hosts a frozen desert all year long.

Tu 9/23 10:30am-11:30am

📞 AARP Driving Class

This eight-hour newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! All students \$14.00. Payable on site to AARP.

Register by 9/18.

74001.310

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

\$ Beading with Jamie

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

Instructor: Jamie Carlund

Register by 9/26. Fee: \$10.00

74404.310

T 9/30 **7:15pm-8:15pm**

\$ Bridge: Advanced

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

Instructor: Ed Moldenke

Register by 9/5.

Fee: \$49.00 LR: \$34.00

74002.311

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

\$ Bridge: Beginners

Discover the fun of bridge as you learn the basics of the card game. Beginners of all ages are invited to try their hand at this six week class.

Instructor: Phyllis Moldenke

Register by 9/8. Fee: \$49.00 LR: \$34.00

74002.312

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

\$ Bridge: Intermediate

Continue learning the game of bridge as you build on your skills and improve your game. Some previous playing experience is necessary.

Instructor: Phyllis Moldenke

Register by 9/5. Fee: \$49.00 LR: \$34.00

74002.310

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

\$ Conversational German

Sprechen Sie Deutsch? Whether it's for fun, travel or just an opportunity to brush up on your language skills, this may be the class for you. Learn some basic phrases, key words and pronunciations in this conversational class.

Instructor: Steffy Whitesell

Register by 9/5.

Fee: \$42.00 LR: \$28.00

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

Disaster Preparedness Program

September is National Preparedness Month. Are you prepared for an emergency? A representative from the American Red Cross will present important information and timely tips to help you be prepared and safe.

Tu 9/16 10:30am-11:30am

\$ Intergenerational Series:

Tee Shirt Craft & Souper Supper

Grandparents/Parents can enjoy a time of bonding with their special child as they work together to create a special tee shirt. Crafting time includes paints and instruction. Participants should bring their own tee shirt. Adults are welcome to personalize their own shirts, too. The souper supper will follow.

Register by 9/12. Fee: \$4.00/person

73004.311

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

\$ Intro to Oil Painting

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This three week course will focus on different elements of a landscape painting featuring a scene from Central Virginia. Students should bring their 11" x 14" canvas and brushes. Instructor: Rodney Laughon
Register by 9/5. Fee: \$50.00 LR: \$35.00
74400.310
Tu 9/9-9/23 6:30pm-8:00pm

\$ Intro. to Mindfulness Meditation for Stress Relief

Explore the power of mindfulness meditation, bringing more joy, resilience, and tranquility to your life. Research suggests it may improve mood, decrease stress, boost immune function, and may even change brain function. Learn simple meditation exercises to use at home. Instructor: Susie Joiner
Register by 9/19.
Fee: \$39.00 LR: \$26.00
74201.310
Tu 9/23-10/28 9:30am-10:30am

Meet the Author – Dr. Elizabeth Cook

Meet Dr. Elizabeth Cook, local physician and author of Dirty Wounds, a book about a brilliant trauma surgeon who has dedicated her life to saving others in a quest to atone for a tragic past mistake.
W 9/17 10:30am-11:30am

\$ No Sew Fleece Hats

Create a simple pom-pom hat using fleece and small double knots. These cute hats make great gifts and the techniques are easy to teach to others. Students need to bring 1/2 yard of fleece fabric in their choice of color and a sharp pair of scissors.
Register by 9/23. Fee: \$3.00
73001.320
Th 9/25 9:30am - 10:30am

\$ 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



74209.310

Tu Th 9/2-9/30 6:00pm-7:00pm

Shingles Program

Did you know that the chickenpox virus never leaves the body and you can get shingles at any time? Learn more about this condition and what you can do to help prevent it, as a Walgreens' pharmacist talks about shingles and the shingle's vaccine. Be sure to check with your doctor to see if the vaccine is right for you.
Tu 9/30 10:30am-11:30 am

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 9/2-9/30 9:30am-10:15am

\$ Tee Shirt Scarf Class

Turn a tee shirt into a versatile scarf. This easy, fun craft is a clever way to transform an old tee shirt into a fashion accessory. One shirt will be provided, but you can also bring a shirt of your own and complete a second scarf. An extra-large tee shirt works best. Bring your own sharp scissors.
Instructor: Jamie Carlund
Register by 9/8. Fee: \$5.00
73001.311
Tu 9/9 10:30am-11:30am

\$ Watercolors – Exploring Color

Discover the beauty of watercolors as you learn how to work from light to dark, layer and blend colors and add depth to your painting. The instructor will also include tips on how to avoid and correct mistakes. Students should bring their own brushes. Instructor: Betty Leary
Register by 9/2.
Fee: \$75.00 LR: \$60.00
74401.310
Th 9/4-10/9 6:30pm-8:30pm



\$ Watercolors Express

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their

own brushes. Instructor: Betty Leary
Register by 9/12.
Fee: \$23.00 LR: \$15.00
74401.311
T 9/16 1:00pm-4:00pm

\$ Watercolor- Intro. to Botanicals – Fall Leaves

In this introductory class, students will learn pencil drawing and sketching of leaves, use of color, perspective, and depth as they relate to watercolor painting. Students should bring pointed round sable brushes # 4 and #6 and a small scrubber brush. For optimal results, students should also consider bringing their own goose neck lamp.
Instructor: Virginia Klute
Register by 8/29.
Fee: \$85.00 LR: \$70.00
74401.312
Th 9/4-9/25 1:00pm-4:00pm

\$ Watercolor Pencil Basics

Combine basic drawing and watercolor techniques in this introductory class. In addition, learn color theory, color mixing, and layering. Bring your own basic set of watercolor pencils and brushes.
Instructor: Linda Duff
Register by 9/10.
Fee: \$50.00 LR: \$35.00
74405.310
M 9/15-10/6 6:30pm-8:30pm

\$ 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
74203.310
Tu 9/2-9/30 8:15am-9:05am

\$ 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
74205.310
T Th 9/2-9/30 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

74208.310

M W 9/3-9/29 5:00pm-5:45pm

Special Interest at TSC

Canasta

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

F 9/5-9/26 9:30am-11:30am

Current Issues & Events

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

W 9/10 & 9/24 10:30am-11:30am

Literature for Life

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

Th 9/11 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 9/4-9/25 9:30am-12:30pm

Social Bridge

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

Tu 9/2-9/30 9:30am -11:30am

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Bingo

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

F 9/19 10:30am-11:30am

\$ Ceramics Club

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

Register monthly.

Club Fee: \$5.00

W F 9/3-9/26 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

63300.310

M W F 9/3-9/29 11:30am-12:20pm

\$ Pottery Craft: Oval Bowl

Using clay, create and design an oval shaped bowl. Choose your paint colors and design. This is a two part class.

Register by 9/5. Fee \$5.00

63600.240

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

Special Interest at FC

Billiards

Two tables are available for recreational billiards.

M W F 9/3-9/29 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 9/3-9/24 10:30am-11:20am

Social Bridge

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

M 9/8-9/29 10:00am-11:30am

\$ Archery Opportunities - Archery 101, Archery 102 and Open Range

Call the Fairview Center or go online for details on archery activities.

\$ Lunch and Learn - Nutrition: Cooking Healthy for 1 or 2

Learn some tips on healthy cooking, portions and meal preparation. Enjoy a delicious healthy meal as a follow-up.

Presenter: Susan Prillaman

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

63400.310

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

\$ 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.

Presenter: Luke Norris

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 Ave.

Tu 9/2-9/30 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 73703.310

*Beginners & Intermediate Players

Th 9/4-9/25 1:00pm-3:00pm

**Advanced Players

Th 9/4-9/25 3:00pm-5:00pm

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

\$ Fifty-Plus Pickleball Clinic

Learn the basic techniques, skills and rules of this fun sport. Your clinic registration fee also covers the cost of play for the remaining Thursdays of the month so you can practice what you have learned.

Register by 9/9. Fee: \$10.00

Heritage United Methodist Church, 582 Leesville Road 73703.311

Th 9/11 1:00pm-3:00pm

\$ 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 9/1-9/29 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
73702.310
W F 9/3-9/26 9:00am-11:00am

☎ Golden Gourmet at Crown Sterling

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 9/24. Call 455-4115.
73700.310
Meet at: Crown Sterling, 6120 Fort Ave.
F 9/26 11:30am-1:30pm

New Chapter Book Group

The Storycatcher is a beautiful example of Ann Hite's gift as a writer. In this work, she shares the story of two young women who find themselves unlikely allies when the arrival of a ghost unearths long-held secrets and sends them on a search for dangerous truths.

Meet at: The Drowsy Poet,
Givens Book Store, 2236 Lakeside Drive
M 9/22 10:00am-11:30am

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

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

Learn to make clay pottery using both hand-forming and wheel-throwing techniques.

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

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

Instructor: Carter Martin
Register by 8/28.
Fee: \$105.00 LR: \$90.00
63600.311
Tu 9/4-10/23 6:30pm-8:30pm

ACADEMY OF FINE ARTS 600 Main Street - 846-8499

\$ Hair Pin Lace Scarf

Using a loom, crochet a delicate, hairpin lace scarf to give as a gift or keep for yourself. Supplies are needed for this class. Please see receipt for details.

Instructor: Judy McGehee
Register by 9/10.
73001.310
Fee: \$23.00 LR: \$15.00
M 9/15-9/29 6:00pm-9:00pm

\$ Tap Dance

Tap into better health as you polish up your knowledge of basic tap steps and add more tap combinations. Get your heart rate up and feet moving. Knowledge of basic tap steps is needed for this class.

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

Learn the basics of painting with watercolors while creating a beautiful fall themed picture. The class will cover color theory, basic techniques, and shadowing. Beginners only.

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

We Are Looking For Historical Information on Miller Park School.

Did you or a family member attend the school, do you have old photos or stories to share? Please contact Marsha Berry at 455-4115 with information regarding this school building, also known the Janet Snead Elementary School. We look forward to sharing your memories as we prepare to return to the Miller Center.

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

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Templeton Senior Center

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Templeton Senior Center

Jamey Love,
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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.