

MAY 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 identified 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

\$ Beading with Jamie

Learn beading techniques as you design your own beautiful piece of jewelry. This month you will be making turquoise nugget necklaces.

Instructor: Jamie Carlund
Register by 5/23. Fee: \$10.00
74404.210

Tu 5/27 **6:30pm-7:30pm**

Experiencing Life in the Amazon

Travel to the mysterious Amazon jungle as Beth Bachmann shares insights and personal experiences from her time there. She and her husband, a bush pilot, served as missionaries in Brazil and have a unique perspective of the area.

Tu 5/6 10:30am-11:30am

\$ International Dance Sampler

Get moving for fun and fitness with an introduction to six different international dances taught in their traditional style. Two classes for each dance genre: salsa/merengue, calypso/axe, and Arabic belly dance/flamenco.

Instructor: Steffy Whitesell
Register by 5/19.

Fee: \$36.00 LR: \$24.00
74101.210 6 Week Session

Th 5/22-6/26 **7:15pm-8:15pm**

Join Us For Gardening Classes!

Growing Vegetables in Central Virginia

Master Gardener, John Casler, gives primer on the best vegetable varieties to try for this area. This year try some new varieties as well as your old favorites for a successful and productive garden.

Th 5/1 10:30am-11:30am

Growing Herbs

Master Gardener, Roslyn Cheagle, will share information on growing and using herbs. Discover what grows best in our area and how to add flare to your recipes!

Th 5/8 10:30am-11:30am

Deer Management for Gardeners

Master Gardener, John Casler, provides strategies to keep deer and other pests from invading your garden.

Tu 5/13 **6:30pm-7:30pm**

Paint Your Garden with Perennials

Master Gardener, Karen Sacasky, will share how to incorporate color into your landscaping design with a multitude of perennial varieties.

Th 5/15 10:30am-11:30am



John Terrell, MD: Doctor to Man and Horse

Dr. Charles Driscoll will present his recent research on Dr. John Terrell, an Assistant Surgeon in a Lynchburg hospital during the Civil War. Dr. Terrell was a medical pioneer, his work in the Pest House reduced smallpox mortality by 50% and his research and treatment for glanders saved the lives of many war horses.

Tu 5/20 10:30am-11:30am

\$ Line Dance for Fun & Fitness

Learn easy to follow dances for fun and fitness. Beginners and experienced dancers are welcome. Invite a friend. Register by 5/16.

Instructor: Karen Bridgett
Fee: \$36.00 LR: \$24.00

74101.210 6 Week Session
Tu 5/20-6/24 **7:15pm-8:15pm**

Living Well for Your First 100 Years

A representative of Light Chiropractic will discuss strategies for maintaining good overall health and vitality.

Tu 5/13 10:30am-11:30am

Meet the Artist

Meet Virginia Klute, botanical watercolor artist, as she shares a variety of her paintings and talks about her love for this special art form. She will teach a four-week class beginning in June.

Tu 5/27 10:30am-11:30am

May is Older Americans Month

Safe Today.
Healthy Tomorrow.

Meet the Author

Charlotte Morgan's first novel, 'One August Day', tells the story of Hurricane Camille as she imagines what might have brought the eight victims who were never identified into the center of the storm.

Th 5/22 10:30am-11:30am

\$ Mindfulness Meditation for Stress Relief

Explore 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. Register by 5/9.

Instructor: Susie Joiner
Fee: \$39.00 LR: \$26.00
74201.210

Tu 5/13-6/17 11:30am-12:30pm

\$ Oil Painting Basics with Rodney Laughon

In this class geared to beginners, you will 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.



Register by 5/23. 3 week session
Instructor: Rodney Laughon
Fee: \$50.00 LR \$35.00
74400.210

Tu 5/27-6/10 6:30pm-8:00pm

\$ Pigs in a Blanket Luncheon

Enjoy hot dogs wrapped in crescent rolls, baked beans, chips, drink and tasty dessert. Come early for the 10:30 program and learn more about botanical artist, Virginia Klute and her work.

Register by 5/23. Fee: \$4.00
73004.210

Tu 5/27 11:30am-12:15pm

\$ 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 Week Session
Fee: \$36.00 LR: \$24.00
74209.210

Tu Th 5/1-5/29 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! No Class 5/26.
M,Tu,Th,F 5/1-5/30 9:30am-10:15am

\$ Watercolors: Exploring Colors

Discover the beauty of watercolors as you learn how to work from light to dark, layer, and blend colors to add depth to your painting. Get tips on how to avoid and correct mistakes. Bring your own brushes.

Register by 5/5. No class 5/15.
6 Week Session

Instructor: Betty Leary
Fee: \$75.00 LR: \$60.00
74401.210

Th 5/8-6/19 6:30pm-8:30pm

\$ Yoga

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

Instructor: Debbie Ladd
Register monthly. 5 Sessions
Fee: \$36.00 LR: \$24.00
74203.210

Tu 5/6-5/27 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 Week Session
Fee: \$36.00 LR: \$24.00
74205.210

T Th 5/1-5/29 1:00pm-1:45pm

\$ ZUMBA FOR ALZHEIMERS

Great exercise, great fun AND a great cause! Join Team "Home Instead" and the Templeton Center staff for an hour of Zumba fun in support of the Alzheimer's Assoc. and the Walk to End Alzheimer's.

Admission is a minimum donation of \$15.00 to the Alzheimer's Association. Light refreshments and door prizes provided.

Contact Brenda Dixon at 385-0321, brenda.dixon@homeinstead.com for more information.

Admission/donations will be accepted at the door. Register with Brenda or at the Templeton Center by 5/9.
74208.211

M 5/12 6:00pm-7:00pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 5/26.

Instructor: Kirstin Eubank
Register monthly. 4 Week Session
Fee: \$36.00 LR: \$24.00
74208.210

M W 5/5-5/28 5:00pm-5:45pm

Special Interest at TSC

Canasta

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

F 5/2-5/30 9:30am-11:30am

Current Issues & Events

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

W 5/14 & 5/28 10:30am-11:30am

Literature for Life

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

Th 5/8 10:30am-11:30am

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.

Th 5/1-5/29 9:30am-12:30pm

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Basic Knitting

Learn and practice two basic knitting stitches. While at the center, ask about an ongoing project that you can work on through the summer to help with a GREAT cause. Knitted donations will be collected this Fall and distributed to those in need.

FREE!! Register by 5/7.

63600.212

F 5/9 10:30am-11:30am

BINGO

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

F 5/30 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 5/2-5/30 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. No Class 5/26.

Instructor: Jan Baker

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.210

M W F 5/2-5/30 11:30am-12:20pm

\$ Lunch and Learn: Vegetable Container Gardening

Want to grow a garden on your deck or patio? Master Gardener, Rosalyn Cheagle will give you all of the information you need to grow a vegetable container garden.

Register by 5/14.

Lunch Fee \$4.00

63400.210

W 5/21 11:00am-12:00pm

\$ Pottery Craft

Using clay, create and design a large wavy bowl. Choose the paint color of your choice. This is a two part class.

Register by 5/12.

Fee \$8.00

63600.211

F 5/16 & 5/23 10:30am-11:30am

\$ Zumba at Fairview

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

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.211

Tu Th 5/1-5/29 6:00pm-6:45pm

Special Interest at FC

Billiards

Two tables are available for recreational billiards. No games 5/26.

M W F 5/2-5/30 9:30am-1:00pm

Social Bridge

Interested in playing bridge and making new friends? Come join the fun at Fairview.

M 5/5-5/19 10:00am-11:30am

\$ Weekly Line Dance

Interested in line dancing for fun?

Join this group of dancers any Wednesday and enjoy an energizing morning. Fee: \$2.00/class.

W 5/7-5/28 10:30am-11:20am

ART STUDIO AT JACKSON HEIGHTS

720 Winston Ridge Rd - 455-4001

\$ Stepping Stone Stained Glass

Participants will make one garden stepping stone using stained glass techniques.

Instructor: Carter Martin

Register by 4/24. 8 Week Session

Fee: \$105.00 LR: \$90.00

63600.210

Tu 5/1-6/19 6:30pm-8:30pm

2014 Annual Conference on Aging

Aging Well in Mind, Body & Spirit

Tuesday, June 3 8:30am – 4:45pm
Lynchburg College

Register early, space is limited due to construction on campus. Call 544-8456 or go to www.lyncburg.edu/beard for more information.

OTHER LOCATIONS

\$ 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

Tu 5/6-5/27 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 two times below.

Staff: Marsha Berry
Register monthly. 4 Week Session

Fee: \$10.00
Heritage United Methodist Church,
582 Leesville Road
73703.140

*Beginners & Intermediate Players

Th 5/1-5/29 1:00pm-3:00pm

**Advanced Players

Th 5/1-5/29 3:00pm-5:00pm

\$ Fifty-Plus Pickleball Clinic

New players and beginners are invited to improve their skills at this one day clinic at the Fairview Center outdoor courts. Rain date: 5/12
Fee: \$10.00 Clinic/May payment 73703.140
M 5/5 9:30am-11:30am

The Fairview Center courts are available (weather permitting) from 9:30 to 11:30 every Monday morning.

\$ Fifty-Plus Putt Putt

Enjoy miniature golf each Monday morning. No registration required. Season continues through mid-October. Adults only please. \$3.00/two games. Putt-Putt Fun Center, 8105 Timberlake Road
M 5/5-5/26 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
73702.140
W F 5/2-5/30 10:00am-12:00pm

☎ Golden Gourmet @ Olde Liberty Station

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 5/21. Call 455-4115. Meet at Olde Liberty Station
515 Bedford Ave., Bedford
73700.210
F 5/23 11:30am-1:30pm

New Chapter Book Group

The Lost Saints of Tennessee by Amy Franklin-Willis takes the reader on a journey from the 1940's to 1980's following Zeke Cooper's evolution from anointed son, to

honorable sibling, to an unhinged middle-age man.

Meet at: The Drowsy Poet/Givens Book Store, 2236 Lakeside Dr.
M 5/26 10:30am-11:30am

Coming in June

Templeton Center

Summer Concert with Lynch Mountain Ramblers

Enjoy a variety of blue grass and country sounds.

Sa 6/14 7:00pm-8:00pm

Fairview Center

\$ Archery 101: Adult Class

Learn the basics of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered.

Register by 6/6.

Instructor: LP&R Staff

Fee: \$33.00 LR: \$22.00

73708.220

Tu 6/10 6:00pm-8:00pm

\$ Golf: Beginning Skills

Learn techniques and skills to get you on the golf course. Some clubs furnished, but feel free to bring your own. Test your skills at the end of the lessons at a local golf course.

Register and pay by 5/28.

Fee: \$23.00 LR: \$15.00

63300.226

M 6/2-6/30 9:30am - 10:30am

ACADEMY OF FINE ARTS 600 Main Street - 846-8499

\$ Knitting Skills: Basics

Learn basic knitting skills in this two hour workshop.

Register by 6/2.

Fee: \$15.00 LR: \$10.00

73001.210

M 6/9 6:00pm-8:00pm

\$ Watercolors: Beginning

Learn how to combine color theory, and techniques to create a summer theme, incorporating shadowing.

Beginners only.

Register by 6/4.

Fee: \$75.00 LR: \$60.00

74401.220

W 6/11-7/2 6:30pm - 7:30pm

Virginia Senior Games Newport News, May 14-17, 2014

For information about the games go to

www.virginiaseniorgames.org

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

- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Forest Library
- 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

Tamara Reynolds, 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.