

FEBRUARY 2013



Fifty Plus
Recreation for the Fifty-Plus Generation

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

Free Week of Fitness Classes

January 2nd – 8th

First-time fitness participants are invited to be our guests. Try out a complimentary week of classes!

Fairview Center

3621 Campbell Avenue • 847-1751

Fairview Fitness	M-W-F	11:30 am – 12:20 pm
Zumba	Tu & Th	6:00 – 6:45 pm
Beg. Pilates	Tu	9:30 -10:20 am
All About Abs	Tu	10:30 -11:00 am
Boot Camp	Tu	11:15 am-12:05 pm
Power Surge	Tu	12:15 -12:45 pm

Templeton Senior Center

225 Wiggington Road • 455-4115

Video Exercise	M-Tu-Th-F	9:30 – 10:15 am
Sculpt & Tone	Tu & Th	6:00 – 7:00 pm
Yoga	Tu	8:15 – 9:05 am
Zumba	M & W	5:00 – 5:45 pm
Zumba at Noon	Tu & Th	12:00 -12:45 pm
Personal Training	Tu & Th	9:30 -10:30 am

FREE Fitness Sampler for Men & Women

Are you interested in starting a fitness routine, but not sure where to start? Why not try a sample of what we have to offer? The morning will give you the chance to try Sculpt & Tone, Zumba, Yoga, Ballroom Line Dance, Pilates, All About Abs, Boot Camp & Power Surge in 10/15 minutes intervals. Younger adults are invited.

Register 1/4. Call 455-4115.

Templeton Senior Center

Activity #: 74204.110

<u>Day</u>	<u>Date</u>	<u>Time</u>
Sat	1/5	9:00 am -12:00 pm

Lynchburg Parks & Recreation Winter/Spring Activity Guide 2013

Activities, events & classes for ALL AGES!
Pick up your guide at one of the following locations:

City Hall, City Libraries, Chamber of Commerce, Visitor's Center, All Lynchburg Parks & Recreation Centers & 301 Grove Street, Community Market, all area Krogers and Food Lions.

Also available online:

www.lynchburgva.gov/parksandrec

Parks & Recreation Main Office – New Location
2704 Concord Turnpike,
Former Region 2000 Administration and Shop Buildings

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

CLASSES

\$ **Advanced Bridge Class**

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

No class 1/21 or 2/18.

Instructor: Ed Moldenke
Register and pay by 1/3.

Fee: \$45.00 LR \$30.00

Templeton Senior Center

Activity #: 74002.110

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	1/7-2/25	9:30 – 11:30 am



\$ **Beginner Line Dance**

Grab your boots and get your heart rate up for a good cardio workout.

Register and pay one week prior to class. Instructor: Karen Bridgett

Fairview Center

Fee: \$23.00 LR \$15.00

Activity #: 63300.111

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	1/9-2/13	10:30 -11:20 am

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

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

Instructed by: Voice Coaches
Register and pay by 1/4.

Fee: \$18.00 LR \$12.00

Templeton Senior Center

Activity #: 73004.110

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	1/10	6:00 - 8:30 pm

\$ **Computer Basics**

Learn to navigate the keyboard, make simple documents, cut/paste, and email your friends the latest family photo in this class geared to those with limited computer experience.

Instructor: Marsha Berry
Register and pay by 1/11.

Fee: \$30.00 LR \$20.00

Templeton Senior Center

Activity #: 73004.111

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	1/16-1/30	3:30 - 5:00 pm

\$ **Phonetology**

Learn how to use your phone! Locate buttons & features, learn how to text, how to check your voice mail, and how to turn your speaker and ringer tones up and down.

Register by 1/23 to be entered in the prize raffle! Call 847-1645.

Fee: \$3.00.

Yoder Center, 109 Jackson Street

Activity #: 64501.101

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	1/25	10:00-11:00 am

\$ **Choco Lot of Love**

Chocolate lovers will love making or receiving this handmade, personalized box of filled chocolates.

Instructor: Frank Neumann

Register and pay by 1/22.

Fee: \$8.00

Templeton Senior Center

Activity #: 73001.111

<u>Day</u>	<u>Date</u>	<u>Time</u>
Sat	1/26	10:30 am -12:30 pm

\$ **Ballroom Line Dancing**

Dancers will receive step by step instructions including handouts of each dance as they learn the Rumba, Waltz and Beginner Tango.

Instructor: Linda Parker

Register and pay by 2/1.

Fee: \$25.00 LR \$17.00

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	2/5-3/13	7:15 – 8:15 pm

ART CLASSES

\$ **Beginning Watercolors**

Afternoon or Evening Classes

Discover the basics of layer, blending and building depth in your paintings. Learn different techniques and how to correct mistakes. Beginners only.

Instructor: Betty Leary

Register & pay by 1/11.

Afternoon class

Activity #: 74401.113

Fee: \$75.00 LR: \$60.00

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	1/17-2/28	1:00 - 3:00 pm

Watercolors Evening Class

Activity #: 74401.114

Fee: \$75.00 LR \$60.00

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	1/17-2/28	6:00 - 8:30 pm

\$ **Oil Painting Basics- Wintry Landscape**

Learn to mix colors and incorporate basic design elements as you paint a beautiful snowy landscape. Bring your 11X14 canvas and brushes.

Rodney recommends filbert brushes for oil -# 12, # 8, # 4 & a liner brush.

Register and pay 1/24.

Instructor: Rodney Laughon

Fee: \$45.00 LR \$30.00

Templeton Center

Activity #: 73004.112

<u>Day</u>	<u>Date</u>	<u>Time</u>
Sat	1/26	10:00 am -1:00 pm

\$ **Tips and Tricks for Oil Painters**

Bring a favorite photo or picture to recreate on a 16" X 20" canvas which is provided. Betty will be available to assist and critique. Students should bring their own brushes and paint sets along with extra colors as needed including, Titanium White, Yellow light and Cadmium Yellow.

Instructor: Betty Leary

Register and pay by 1/9.

Fee: \$63.00 LR \$48.00

Templeton Center

Activity #: 74400.115

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	1/15-2/26	6:30 - 8:30 pm



\$ **Painting Made Easy**

Learn the basics of stroke work, shading and mixing acrylics in the 4 session class. Students should bring basic acrylic brushes. Betty prefers flat topped brushes. No class on 2/18.

Instructor: Betty Leary

Register and pay by 1/23.

Fee: \$45.00 LR \$30.00

Templeton Center

Activity #: 73004.115

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	1/28-2/25	3:00 - 4:30 pm

SPECIAL INTEREST

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.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	1/3-1/31	9:30 am - 12:30 pm

Canasta

This popular card game will help you keep your brain active, add fun to your life and introduce you to new friends.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	1/4 -1/25	9:30 - 11:30 am

Current Issues & Events

A group member will lead the session as he presents various topics, issues, and events for group discussion.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	1/9 & 1/23	10:30 - 11:30 am

Literature for Life

This group will self-guide as they await the return of their leader, Dr. James Campbell. In the interim, the group will be temporarily be re-locating to the Forest Library.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	1/10	10:30 - 11:30 am

Experiencing Afghanistan

Travel to Afghanistan with Lynchburg College student, Simin Quorishi as she shares what life is like in her homeland.

Templeton Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	1/16	10:30 -11:30 am

Golden Gourmet Club @ China Super Buffet

Come with a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous story or joke to share. Meet at: China Super Buffet at 3412 Waterlick Road.

Activity #: 73700.340

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	1/25	11:30 am -1:00 pm

Meet the Author Series...

The New Chapter book group hosts the first author in this new series.

Robert H. Gillette will share a power point presentation about his book, "**The Virginia Plan: William B. Thalhimer and a Rescue from Nazi Germany.**" This is the remarkable history of a Richmond department store owner and his mission to provide a safe haven for Jewish students attempting to flee Nazi Germany in the 1930s. Come by to meet the author! Light refreshments will be served.

Templeton Senior Center

Activity #: 73003.120

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	1/28	10:30 -11:30 am

Just for Fun

Morning Movie

Enjoy relaxing with others and as you watch a movie on our big screen television. Popcorn and drinks will be available.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	1/8	10:30 am-12:00 pm

Organizational Tips for 2013

Start 2013 off with some tips to get yourself organized around the house and ways to stay that way throughout the year!

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	1/11	10:30 - 11:15 am

Get Your Game On!

Get your adrenaline racing with a rousing game of chair volleyball, balloon batting, cornhole or ping pong. Play one or all games. Fun and friendly competition keeps you feeling young.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	1/15	10:30 - 11:30 am

\$ Soup and Grilled Cheese

Enjoy a warm bowl of homemade vegetable soup and a grilled cheese sandwich. Drink & dessert provided. Register and pay by 1/16. Fee: \$3.00
Fairview Center

Activity #: 63700.110

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	1/18	11:00 -11:45 am

\$ Breakfast for Lunch

Enjoy a hearty egg casserole, muffins, toast, fruit, sausage and juice breakfast.

Register and pay by 1/18. Fee: \$4.00
Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	1/22	11:30 am -12:00 pm

Snow Much Fun

Enjoy activities surrounded by a "snow" theme. Who knows, maybe we will have some of the real stuff!! ☺
Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	1/23	10:30 - 11:00 am

Wheel of Fortune

Can you guess the phrase? Come give it a try while playing on a team for support. Exercise your mind with this fun word game.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	1/29	10:30 - 11: 30 am

String Bean Auction

Bring 1 UNWRAPPED gift to be added to the prize table.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	1/30	10:30 - 11:30 am

Inclement Weather Policy

If city schools are closed, our morning activities are cancelled. If city schools are opening late, we stay on schedule and open at the usual time, providing roads/parking lots are plowed and clear.

- Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon. Call 455-4115 if you have any questions.



FEBRUARY 2013 Calendar of Events

Lynchburg Parks and Recreation 434-455-5858

Happy Birthday

Center Location Key	Phone	Days	Hours	Sports & Activities Location Key
CH – College Hill, 811 Jackson Street	847-1418	Tu	10:30 am – 2:00 pm	FHBC - Fort Hill Bowling Center, 6015 Fort Ave.
DanH- Daniel's Hill , 312 Cabell Street	847-1396	Vary, call center	Hours as listed	HUMC – Heritage United Methodist Church, 582 Leesville Road
DiH- Diamond Hill , 1005 17 th Street	847-1409	2 nd & 4 th Th	11:00 am - 1:00 pm	Volleyball
F- Fairview, 3621 Campbell Ave.	847-1751	M & W & F	9:30 am – 1:00 pm	MP – Miller Park, Park Ave.
Main Office- 2704 Concord Turnpike	455-5858	M – F	8:30 am – 5:00 pm	PVP – Peaks View Park, Ardmore Drive entrance
T- Templeton Senior Center, 225 Wiggington Road	455-4115	Tu & Th	9:30 am - 12:30 pm	PPFC - Putt Putt Fun Center, 8105 Timberlake Rd.
Y- Yoder Center, 109 Jackson Street	847-1645	Vary, call center	Hours as listed	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Income Tax Assistance Trained AARP volunteers will return to the Templeton Senior Center to provide FREE Income Tax assistance beginning Saturday, February 2 through Monday, April 15. Tax assistance will be available: Mondays, Wednesdays & Saturdays, 9:00 am – 12:30 pm. <i>Bring all pertinent papers and photo ID.</i></p>				<p>1 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 9:30 Canasta-Cards-Games- T 10:00 Bridge Club – T 11:30 Fairview Fitness – F</p>
<p>4 9:30 Free Chair Exercise Video -T 9:30 Cards & Billiards – F 9:30 Advanced Bridge # 1 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T</p>	<p>5 8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Personal Training Session # 1-T 10:30 Morning Movie & Popcorn - T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 7:00 Writer's Group - F</p>	<p>6 9:00 Whiffleball/Indoor Softball - HUMC 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 1 -F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T</p>	<p>7 9:30 Free Video Exercise, Mahjong, Cards & Games – T 9:30 Personal Training Session # 2 –T 10:30 Literature for Life @ Forest Library 10:30 Shopping w/Ralph - Wal-Mart Old Forest Rd. & Lunch 12:00 Zumba at Noon – T 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:00 Getting Paid to Talk -T</p>	<p>8 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 9:30 Canasta-Cards-Games- T 10:00 Bridge Club – T 10:30 - F 11:30 Fairview Fitness – F</p>
<p>11 9:30 Free Chair Exercise Video -T 9:30 Cards & Billiards – F 9:30 Advanced Bridge # 2 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T</p>	<p>12 8:15 Yoga Class – T 9:30 Cards, Games– T 9:30 Free video Exercise - T 9:30 Personal Training Session # 3 -T 10:30 Get Your Game On– T 12:00 Zumba at Noon - T 1:00 Bowling – FHBC 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Tips & Tricks for Oil Painters # 1-T 7:00 Writer's Group - F</p>	<p>13 9:00 Whiffleball/Indoor Softball - HUMC 9:30 Ceramics, Billiards & Games – F 10:30 - F 10:30 Line Dance # 2 -F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T</p>	<p>14 9:30 Free Video Exercise, Mahjong, Cards & Games – T 9:30 Personal Training Session # 4 –T 10:30 Shopping w/Ralph – River Ridge Mall & Lunch 12:00 Zumba at Noon – T 1:00 Beginning Watercolors # 1 – T 2:00 Pickleball Clinic # 1 – HUMC Gym 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 1 – T</p>	<p>15 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 9:30 Canasta-Cards-Games- T 10:00 Bridge Club – T 11:00 - F 11:30 Fairview Fitness – F</p>
<p>18 All centers and City Offices are closed today</p>	<p>19 8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Personal Training Session # 5 -T 11:30 Breakfast for Lunch - T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Tips & Tricks for Oil Painters # -T 7:00 Writer's Group - F 7:15 Ballroom Line Dance # - T</p>	<p>20 9:00 Whiffleball/Indoor Softball - HUMC 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 3 -F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T</p>	<p>21 9:30 Free Video Exercise, Mahjong, Cards & Games – T 9:30 Personal Training Session # 6 –T 12:00 Zumba at Noon – T 1:00 Beginning Watercolors # 2 – T 2:00 Pickleball Clinic # 2 –HUMC Gym 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 2 – T</p>	<p>22 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 9:30 Canasta-Cards-Games- T 10:00 Bridge Club – T</p>
<p>25 9:30 Free Exercise Video -T 9:30 Cards & Billiards – F 9:30 Advanced Bridge # 3 10:30 Meet the Author/Robert Gillette - T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 3:00 Painting Made Easy – T 5:00 Zumba Exercise Class – T</p>	<p>26 8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Personal Training Session # 7 10:30 Wheel of Fortune -T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Tips & Tricks for Oil Painters # -T 7:00 Writer's Group - F</p>	<p>27 9:00 Whiffleball/Indoor Softball - HUMC 9:30 Ceramics, Billiards & Games – F 10:30 String Bean Auction - F 10:30 Line Dance # 4 -F 11:30 Fairview Fitness – F 1:00 Cornhole Fun – T 3:30 Computer Basics # 3 –T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T</p>	<p>28 9:30 Free Video Exercise, Mahjong, Cards & Games – T 9:30 Personal Training Session # 8 -T 10:30 Shopping w/Ralph – Wal-Mart, Old Forest Rd. & Lunch 12:00 Zumba at Noon – T 1:00 Beginning Watercolors # 3 – T 2:00 Pickleball Clinic # 3 – HUMC Gym 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 3 – T</p>	

- | | |
|----------------------|----------------------|
| 1 Jessica Newmark | 16 Lynn Barber |
| Diana Trent | Laverne Tucker |
| 2 Dorothy Cabeen | 17Barbara Gordon |
| Rosalee Viar | Anasine Samuel |
| Neal Williams | Millie Dawson |
| Jeanette Stone | Geraldine Tanks |
| 3 Arlene Woodward | Dennis Newton |
| Heinz Muller | Elizabeth Barbour |
| Will Miller | Ed Moldenke |
| Jan Hickey | Bettie Wandling |
| 4 Lola Burnette | 18 Jane Dooley |
| Charles Bondurant Jr | Susan Loving |
| Eva Beauchamp | Sharon Mizio |
| 5 Majorie Adams | 19 Cynthia Moreland |
| William Payne | Lois Coleman |
| Dorothy Hawk | 20 William Ferguson |
| 6 Betty Whitney | Mary Deuber |
| Ronald Green | Edna Monroe |
| Brenda Lyons | Ginger Rosser |
| Vivian Williams | Doris mcdaniel |
| 7 Clyde Dawson | 21 Charlotte Hubbard |
| Claus Augenreich | Bill Tucker |
| Angela Palladino | Vicky Brandt |
| Brenda Michaels | Cynthia Hendricks |
| 8 Kimie Leadbetter | Katherine Hobbs |
| Geraldine Coleman | 22 Elizabeth Freeman |
| Lottie Wood | Laura Jacobs |
| Janice O'Brien | Rebecca Richardson |
| Hazel Burley | Reisa Seward |
| Deborah Overstreet | 23 Jackie Meador |
| John Griffith | Clarence Mayo |
| Donna Wohlford | Judy Robertson |
| Lorraine Schneider | 24 Norma Ferguson |
| 9 Thelma Farmer | Alice Randolph |
| Mary Smith | Anne Cabell Giles |
| Judy Halama | Gail Gray |
| Russ Jensen | Otto Vallastro |
| Sara Birgbauer | 25 Rita Wills |
| 10 Mary Lee Johnson | Kathleen Dearing |
| Hazel McGuire | Jerry Hartless |
| Thomas Jones | Linda Holmes |
| Tom Barber | Shirley Wooldridge |
| James Mizio | 26 Donna Pritchard |
| 11 Nancy Kendrick | Elizabeth Smith |
| Ann Patterson | 27 Rema Miller |
| 12 Mae Berry | Gloria Johnson |
| Paulette Kervin | 28 Sherty Massie |
| Marie Marotto | Karen Sanders |
| 13 Margaret Newland | 29 Betsy Lee Coleman |
| Patricia Rorrer | Irma Hedrick |
| Mary Wood | Doris Muniz |
| Ruth Ann Harris | Linda Black |
| 15 Odell Clark | Bonnie McElyea |
| Shirley Cunningham | 30 George Richards |
| Gardner Fields | Joyce Earnist |
| Faye Carraway | 31 Jewell Sanderson |
| David Kilmartin | Jack Vormittag |
| Elias Richards | Betty Miller |
| | Ray Halma |
| | Frederick Ochsner |
| | Nancy Brown |



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

Health and Fitness

Don't let the colder weather keep you from staying in shape. Choose a class or activity to meet your needs and your schedule.

FREE Video 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! No class 1/21.

Templeton Senior Center

Days	Dates	Time
M,Tu,Th & F	1/3-1/31	9:30 -10:15 am

\$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor. No class 1/21.

Instructor: Sunny Nikolova-Weaver

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

Activity #: 63300.110

Days	Dates	Time
M, W & F	1/2-1/30	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. No class 1/21.

Instructor: Jennifer Irvin

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74208.110

Days	Dates	Time
M & W	2/4-2/27	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.

Register and pay monthly.

Instructor: Jennifer Irvin

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74208.111

Days	Dates	Time
Tu & Th	2/5-2/28	12:00 -12:45 pm

\$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures. There will be a class on 1/3.

Instructor: Debbie Ladd

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74203.110

Days	Dates	Time
Tu	2/5-2/26	8:15 - 9:05 am



\$ Sculpt and Tone

This exercise class focuses on trimming and toning using weights, bands, steps, and mats.

Instructor: Sunny Nikolova-Weaver

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74209.110

Days	Dates	Time
Tu & Th	2/5-2/28	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: Jamey Love

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

Activity #: 63300.112

Days	Dates	Time
Tu & Th	2/5-2/28	6:00 – 6:45 pm

\$ Personal Training in Small Groups

Take charge of your health through a personalized fitness program in a small group setting. Students should bring a large exercise ball to class. Register and pay by 1/4.

Instructor: Sunny Nikolova-Weaver,

Fee: \$38.00 LR \$25.00

Templeton Center

Activity #: 74201.110

Days	Dates	Time
Tu & Th	1/8 -1/31	9:30 - 10:30 am

Sports

Indoor Softball/Whiffleball

Indoor play begins on Wednesday, January 2, 9:00 - 11:00 am at the Heritage United Methodist Church gym. Here's a great way to have fun, stay in shape and enjoy a few laughs!

The indoor season continues every Wednesday through March 27th.

Register and pay monthly on site.

Fee: \$8.00

Heritage United Methodist

Church Gym, 582 Leesville Road

Activity #: 73702.110

Day	Date	Time
W	2/6-2/27	9:00 -11:00 am

Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. The speed of the ball and the size of court make this an ideal game for the 50+ crowd.

Register and pay monthly on site.

Fee: \$10.00

Heritage United Methodist Church Gym, 582 Leesville Road

Activity #: 74206.110

Days	Dates	Time
Tu & Th	2/5-2/28	3:00 - 5:00 pm

Pickleball Clinic

If you want to learn the basics, this is an opportunity to learn from our Pickleball Ambassador, Judy Bowman. The speed of the ball and the size of court make this an ideal game for the 50+ crowd.

Register by 1/14. Pay on site.

Fee: \$5.00

Heritage United Methodist Church Gym, 582 Leesville Rd.

Days	Dates	Time
Th	1/17-1/31	2:00 – 3:00 pm

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	2/5-2/26	1:00 - 3:00 pm



Create & Craft

\$ Peanut Snowman Pin

Create a cute snowman pin by painting and decorating a peanut! Register and pay by 1/11. Fee \$2.00. Fairview Center

Activity #: 63600.112

Day	Date	Time
W	1/16	11:00 -11:30 am

\$ Ceramics at Fairview

Create one of a kind ceramic pieces to keep or give as gifts. Basic supplies are available. Additional cost for individual green ware pieces. Check with Jamey.

Register and pay monthly.

Club Fee: \$5.00

Fairview Center

Days	Dates	Time
W & F	2/1-2/27	9:30 – 11:30 am

\$ Beading with Jamie

Cancer Awareness Bracelets

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful Cancer Awareness bracelet.

Register and pay by 1/24.

Instructor: Jamie Carlund

Fee: \$10.00

Templeton Center Green

Activity #: 74004.110

Day	Date	Time
Sat	1/26	10:30 am - 12:00 pm

Mail-In Registrations

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

Lynchburg Parks & Recreation
301 Grove Street
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 \$

Liability & 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks and Recreation Department, I hereby release and save harmless the City of Lynchburg, its officers and employees from all actions, cause of actions, 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 and unknown incurred by participation in this/these activity(s).

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, parent, or legal guardian (Required)

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 web use.

I, the undersigned, have read this release and understand all of its terms.



 Signature of participant, parent, or legal guardian (Required)

Mini-Bus Transportation for City Residents

Transportation is available to the centers:

Tuesday ▪ Wednesday ▪ Friday
Daily Fee \$4.00

Call the Transportation Line:

455-5896

by noon the day before and leave your name,
address, phone number, and destination.

**Ralph will contact you to schedule your
pick up time!**

**Cancellations for transportation
must be called in by 8:00 am!**

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

On the Town

📞 Shopping with Ralph

Join other 50+ participants for a local shopping trip. You will arrive at the location around 10:00 am.

To reserve a seat, call **455-5896** by noon the day before the shopping trip. Ralph Stinson will contact you to schedule your pickup time. **Transportation Fee - \$6.00.**

Payable on site.

<u>Day</u>	<u>Date</u>	<u>Location</u>
Th	1/10	Wal-Mart, Wards Road & Lunch
Th	1/17	River Ridge Mall & Lunch
Th	1/31	Wal-Mart, Old Forest Road & Lunch

Newsletter Donations

Over 900 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. We greatly need and appreciate your continuing support !



Printed on 100% Recycled Paper

Lynchburg Parks & Recreation

2704 Concord Turnpike
Lynchburg, Virginia

434-455-5858

www.lyncburgva.gov/parksandrec

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Marsha Berry, Recreation Specialist
Tamara Reynolds, Recreation Specialist
Jamey Love, Recreation Specialist
Ralph Stinson, Mini-Bus Driver

**Templeton Senior Center
225 Wiggington Road ~ 455-4115**



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.