

MARCH 2013



Fifty Plus *Recreation for the Fifty-Plus Generation*

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



Spring Banquet

Wednesday, March 20

11:30 am - 1:30 pm

Chestnut Hill United Methodist Church
4660 Fort Ave.

Tickets \$10.00 on sale thru 3/18

Buffet Lunch by Country Kitchen,
Christiansburg, Door Prizes, Silent Auction
and Entertainment by
Jane Montgomery & Helen Ford
with musical selections
"From D-Day to Broadway"



Classes Open to Younger Adults

Many classes and activities are now open to younger adults, age 18 and over. If there is a particular class or activity of interest to you, call the location listed and find out if space is available.

Ralph Stinson Retires

They say all good things must come to an end, and here at Parks and Recreation that makes us very sad. Our much loved mini-bus driver, Ralph Stinson is retiring on March 8th. Ralph has been a wonderful addition to the Fifty Plus family for the last 10 ½ years and will be greatly missed by staff and participants alike. Ralph has proven to be a dedicated employee, devoted to serving the fifty plus population and driven by the desire to make every day a good day for everyone he meets. His sunny disposition and positive outlook will be missed by many. We wish Ralph all the best as he begins his retirement and as Elvis would say to him, *"Thank you, thank you very much!"*

Retirement Reception & Roast

Honoring Ralph Stinson
Friday, March 8th
10:30 am - 12:00 pm
Fairview Center



Please join us as we celebrate Ralph's work with Lynchburg Parks and Recreation and his retirement. Mix, mingle and take time to share your appreciation, a funny story or a special moment that honors Ralph.

For food prep and planning purposes, please RSVP to Jamey Love at 847-1751 by 3/6.

\$ 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 "GREEN" throughout the newsletter.*
City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

Knowledge Empowers

\$ Advanced Bridge Class

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

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

Fee: \$45.00 LR \$30.00

Templeton Senior Center

Activity #: 74002.130

Days	Dates	Time
M	3/4-4/8	9:30 – 11:30 am



Meet the Author – Darrell Laurant

Learn about the challenges and rewards of writing an award winning column as you meet the author and News Advance columnist, Darrell Laurant.

Templeton Senior Center

Day	Date	Time
Th	3/7	10:30 – 11:30 am

Be Heart Smart

The Cardiovascular Wellness and Prevention group will provide free blood pressure checks from 10:00 - 10:30 a.m. followed by a presentation on how to live smart and maximize your heart health.

Templeton Senior Center

Day	Date	Time
Tu	3/12	10:00 - 11:30am

Experiencing Nepal

Travel to Kathmandu, Nepal. Explore this exotic land through photos and stories as shared by Marsha Berry. From planes, buses and elephant's back, see glimpses of a fascinating and unforgettable land.

Templeton Senior Center

Day	Date	Time
Th	3/14	10:30 - 11:30 am

\$ Buying & Selling on eBay

Learn some pointers on getting a great deal on great stuff at this online auction site. Fee \$10.00.

Register and pay by 3/15.

Fairview Center

Activity #: 63500.120

Day	Date	Time
Tu	3/19	7:00 – 8:30 pm

Medicinal Plants: Natural Is Not Always Better

Learn more about using medicinal plants safely. While many herbs have beneficial uses, some have dangerous side effects especially when taking pharmaceuticals.

Presenter: Dr. Joe Pond, Master Gardener,

Templeton Senior Center

Activity #: 73003.1303

Day	Date	Time
Th	3/21	10:30 – 11:30 am

CLASSES

📞 AARP Driving Class

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

Instructor: Joe Slocum

Register by 3/7. Pay on site to AARP.

AARP Members \$12.00;

Non-Members \$14.00

Templeton Senior Center

Activity #: 74001.130

Day	Date	Time
Sat	3/9	8:30 am – 5:00 pm

\$ Adult Ballet

Stay in shape through the art of classical ballet! Work on flexibility, dance terminology, dance technique, and musicality. Students should have ballet slippers and exercise or dance attire.

Instructor: Arielle Bielicki

Register and pay by 3/15.

Fee: \$60.00 LR \$45.00

Templeton Senior Center

Activity #: 74101.130

Days	Dates	Time
M	3/18-4/22	6:00 - 7:30 pm



📞 Start Smart for Small Businesses

Learn how to get started with your small business venture. Sponsored by the Region 2000 Small Business Development Center.

Register by 3/18.

Information Packet Fee: \$10.00.

Payable on-site to instructor.

Templeton Senior Center

Activity #: 73003.130

Day	Date	Time
W	3/20	6:00 - 8:00 pm

\$ Latin Style Line Dancing for Beginners

Latin rhythms will inspire you to move with ease as you learn steps from exciting dances such as the Tango, Samba, Merengue, and Mambo. Dancers will receive step-by-step instructions and handouts. Beginners and continuing dancers are welcome.

Instructor: Linda Parker

Register and pay by 3/22.

Fee: \$25.00 LR \$17.00

Templeton Senior Center

Activity #: 74100.130

Days	Dates	Time
Tu	3/26-4/30	7:15 – 8:15 pm

ART CLASSES

\$ 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 2/28.

Fee: \$63.00 LR \$48.00

Templeton Senior Center

Activity #: 74400.130

Days	Dates	Time
Tu	3/5-4/16	6:30 - 8:30 pm



\$ 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 3/4.

Afternoon Activity #: 74401.131

Fee: \$75.00 LR: \$60.00

Templeton Senior Center

Days **Dates** **Time**
 Th 3/14- 4/25 1:00 - 3:00 pm

Evening Activity #: 74401.132

Fee: \$75.00 LR \$60.00

Templeton Senior Center

Days **Dates** **Time**
 Th 3/14-4/25 6:30 - 8:30 pm

\$ Oil Painting Basics- Landscape

Learn to mix colors and incorporate basic design elements as you paint a colorful spring landscape. Bring your 11X14 canvas and brushes. Rodney recommends filbert brushes for oil -# 12, # 8, # 4 & a liner brush.

Register and pay 3/15.

Instructor: Rodney Laughon

Fee: \$45.00 LR \$30.00

Templeton Center

Activity #: 73004.131

Day **Date** **Time**
 Tu 3/19 1:00 - 4:00 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

Days **Dates** **Time**
 Th 3/7-3/28 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

Days **Dates** **Time**
 F 3/1-3/29 9:30 - 11:30 am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics and news worthy events

Templeton Senior Center

Days **Dates** **Time**
 W 3/13 & 3/27 10:30 - 11:30 am

Literature for Life

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

poetry. New comers are always welcome. Templeton Senior Center

Day **Date** **Time**
 Th 3/14 10:30 - 11:30 am

Golden Gourmet Club @ Red Lobster

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. Register by 3/20. Call 455-4115.

Meet at Red Lobster Restaurant, 3425 Candler's Mountain Rd.

Activity #: 73700.130

Day **Date** **Time**
 F 3/22 11:30 am - 1:00 pm

New Chapter Book Group

The Life of Pi, by Yann Martel tells the story of a solitary lifeboat bobbing on the wild blue Pacific. The only survivors from the shipwreck are a sixteen-year-old boy named Pi, a hyena, a wounded zebra, an orangutan—and a 450-pound royal Bengal tiger.

Meet at: The Drowsy Poet

Given Book Store, 2236 Lakeside Dr.

Day **Date** **Time**
 M 3/25 10:00 -11:30 am

Just for Fun

Use Your Noodle

It's time to use your noodle for fun. Using a foam noodle, enjoy batting a balloon about facing various challenges along with other enthusiasts.

Templeton Senior Center

Day **Date** **Time**
 Tu 3/5 10:30 - 11:30 am

\$ St. Patrick's Day Luncheon

Enjoy corned beef, cabbage, cornbread, drink and dessert.

Register and pay by 3/11.

Fee \$4.00.

Fairview Center

Activity #: 63700.130

Day **Date** **Time**
 F 3/15 11:00 am

Bingo

Whether horizontal, vertical or diagonal it's all the same call, BINGO. Bring two wrapped gifts for prizes. Invite a friend to join you!

Templeton Senior Center

Day **Date** **Time**
 Tu 3/19 10:30 - 11:30 am

BINGO

Bring 2 **UNWRAPPED** gifts to be used as prizes.

Fairview Center

Day **Date** **Time**
 W 3/13 10:30 - 11:30 am

\$ Baked Spaghetti Luncheon

Experience a taste of Italy as you enjoy baked spaghetti, salad, garlic bread and dessert. Come early and enjoy time with friends. Fee: \$4.00. Register and pay by 3/22.

Templeton Senior Center

Day **Date** **Time**
 Tu 3/26 11:30 am - 12:00 pm

DIAMOND HILL CENTER Young at Heart

1005 Seventeenth Street
 Programs are scheduled from 11:00 am - 1:00 pm. Call 847-1409 for more details.

3/14 Understanding City Departments and Lunch.

3/28 Common Sense Financial Planning and Lunch

\$ Fairview Fifty-Plus Adult Coed Pool Tournament

Participants divided into age categories with double elimination in eight ball. Gift certificates awarded and concessions will be available.

Register and pay by 3/4.

Advance Fee: \$12.00

Day of tournament Fee: \$15.00

Fairview Center

Activity #: 63800.132

Day **Date** **Time**
 Sat 3/9 9:00 am - 2:00 pm



MARCH 2013 Calendar of Events

Lynchburg Parks and Recreation 434-455-5858

Happy Birthdays

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	PVP – Peaks View Park, Ardmore Drive entrance
Main Office - 2704 Concord Turnpike	455-5858	M – F	8:30 am – 5:00 pm	
T - Templeton Senior Center,	455-4115	Tu & Th	9:30 am - 12:30 pm	
Y - Yoder Center, 109 Jackson Street	847-1645	Additional days as listed	Additional hours as listed	
		Vary, call center	Hours as listed	
		WEDNESDAY		FRIDAY
AARP Tax Aide		Virginia Senior Games May 15 -18		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
IRS Trained volunteers are at the Templeton Center on Mondays, Wednesdays & Saturdays from 9:00 am - 12:30 pm Be sure to bring photo ID, Social Security Card and all pertinent paperwork. <i>Please note: Due to the large number of people wishing to take advantage of this free service, you may experience a long wait or be asked to come back.</i>		Newport News , Virginia For more information www.virginaseniorgames.org		Saturday 8:30 AARP Driving Class – T 9:00 Tax Assistance – T
		TUESDAY		Saturday 8:30 AARP Driving Class – T 9:00 Tax Assistance – T 9:00 POOL TOURNAMENT - F
4	8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Pilates # 1-T 10:30 Use Your Noodle - T 12:00 Zumba at Noon – T 12:30 Bowling – FHBC 5:00 Zumba Exercise Class – T 6:00 Adult Ballet # 6 - T	5 9:00 Whiffleball/Indoor Softball - HUMC 9:00 Tax Assistance – T 9:30 Ceramics, Billiards & Games – F 10:30 Fairview Friends – F 11:00 Line Dance # 2 -F 11:00 Transportation Services Program-F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 4:00 Conversational Spanish - # 3 –T 5:00 Zumba Exercise Class – T 7:00 Writer's Group – F 7:15 Ballroom Line Dance # 5 - T	6 9:30 Free Video Exercise, Mahjong, Cards & Games – T 10:30 Shopping w/Ralph - Wal-Mart Wards Rd. & Lunch 12:00 Zumba at Noon – T 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:30 Beginning Watercolors # 6 – T	9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Retirement Reception & Roast - F 11:30 Fairview Fitness – F
11	9:00 Tax Assistance – T 9:30 Cards & Billiards – F 9:30 Advanced Bridge # 2 -T 12:00 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T	12 8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Pilates # 2 -T 10:00 Be Heart Smart – T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:30 Tips and Tricks for Oil Painters # 2 -T 7:00 Writer's Group - F 7:15 Ballroom Line Dance # 6 - T	13 9:00 Whiffleball/Indoor Softball - HUMC 9:00 Tax Assistance – T 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 3-F 10:30 Bingo – F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 4:00 Conversational Spanish - # 4 –T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 11:00 St. Patrick's Day Luncheon – F 11:30 Fairview Fitness – F
18	9:00 Tax Assistance – T 9:30 Cards & Billiards – F 9:30 Advanced Bridge # 3 -T 12:00 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet # 1 -T	19 8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Pilates # 3 -T 10:30 Bingo - T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 1:00 Oil Painting Basics – T 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:30 Tips and Tricks for Oil Painters # 3 -T 7:00 Writer's Group - F 7:15 Ballroom Line Dance # 6 - T	20 9:00 Whiffleball/Indoor Softball - HUMC 9:00 Tax Assistance – T 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 4 - F 11:30 Fairview Fitness – F 11:30 SPRING BANQUET- CHUMC 4:00 Conversational Spanish - # 5 -T 5:00 Zumba Exercise Class – T 6:00 Start Smart for Small Businesses – T 7:00 Bridge Club – T	9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Ceramics Picks – F 11:30 Fairview Fitness – F 11:30 Golden Gourmet @ Red Lobster
25	9:00 Tax Assistance – T 9:30 Cards & Billiards – F 9:30 Advanced Bridge # 4 -T 10:30 New Chapter Book Group 12:00 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet # 2 -T	26 8:15 Yoga Class – T 9:30 Free Exercise Video & Cards, Games – T 9:30 Pilates # 4 -T 11:30 Baked Spaghetti Lunch -T 12:00 Zumba at Noon – T 12:15 Power Surge Exercise Class – F 3:00 Bowling – FHBC 3:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:30 Tips and Tricks for Oil Painters # 4 -T 7:00 Writer's group – F 7:00 Beading with Jamie - T 7:15 Latin Style Line Dance # 1 - T	27 9:00 Whiffleball/Indoor Softball - HUMC 9:00 Tax Assistance – T 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 5 -F 11:30 Fairview Fitness – F 1:00 Cornhole Fun – T 4:00 Conversational Spanish - # 6 –T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T	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 Candy Easter Bunny Craft – F 11:30 Fairview Fitness – F
1	Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey			17 Jerry Lane Norman Cromwell Ruth Poignant 18 Rose Brooks Mary Kathryn McIntosh Anne Barlow 20 Birdie Settle Orphea Schule Rhonda Svoboda Donald Moser 21 Beatrice Johnson Bill Speidell Natalie McBride Thomas Douglas 22 Ellie Powell Clyde Shepherd Roy Fisher Susan Maxwell 23 Ernestine Dodi Thomas Brown Beverly Barricks Everette Anthony Linda Pettiford 24 Winifred Bell Harry Gray Willia Mae Franklin Laura Proffitt 25 Shirley Sheip Maria Pame Morales-Hernandez Donald Brown 26 Virginia Dunning Leonard Pickle Evelyn McBride 27 Doris Chapin Cynthia Coles Robert Coyner Vivian McRoberts Barbara McIntosh 28 Rodney Bell Frances Netro Kathryn Farrow Laurel Dodgion Ruth Brakus 29 Teresa Watson Daphne Mitchell Charles Burnham Jr Doris King Cynthia Mohrmann Linda Shepherd 30 Betty George Ernestine Holland 31 Yoshiko Rush Patty Butters
2				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
3				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
4				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
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6				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
7				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
8				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
9				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
15				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
22				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey
29				1 Peggy Mitchell James Tuggle Eleanor Dennis William Britt Lidia Mullane Florence Johnson Glenda Desmond George Mohrmann Corinne Forde James Moys Catherine Gorsline Sandra Palmer Camille Scott Nancy Mitchell Glenna Wright Lavonia Snow Catherine Robey

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



Health and Fitness

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! Templeton Senior Center

Days	Dates	Time
Tu, Th & F	3/1-3/29	9:30 - 10:15 am

\$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor. *Monday classes will begin at noon this semester. Instructor has a morning class at CVCC.

Instructor: Sunny Nikolova-Weaver
Register and pay monthly.
Fee: \$33.00 LR \$22.00

Fairview Center
Activity #: 63300.130

Days	Dates	Time
M	3/4-3/25	12:00 - 12:50 pm
W & F	3/1-3/29	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: Jessica Eto
Register and pay monthly.
Fee: \$33.00 LR \$22.00

Templeton Senior Center
Activity #: 74208.130

Days	Dates	Time
M & W	3/4-3/27	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 #: 74208.131

Days	Dates	Time
Tu & Th	3/5-3/27	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: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74203.130

Days	Dates	Time
Tu	3/5-3/26	8:15 - 9:05 am



\$ Beginners Pilates

Pilates is a body conditioning routine that helps build flexibility and muscle strength. It focuses on spinal and pelvic alignment, breathing, and developing a strong core while improving coordination and balance.

Instructor: Debbie Ladd
Register and pay monthly.

Fee: \$33.00 LR \$22.00
Templeton Senior Center

Activity #: 74207.131

Days	Dates	Time
Tu	3/5-3/26	9:30 - 10:20 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: Sunny Nikolova-Weaver
Register and pay monthly.

Fee: \$33.00 LR \$22.00
Templeton Senior Center

Activity #: 74209.130

Days	Dates	Time
Tu & Th	3/5-3/28	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 #: 63300.132

Days	Dates	Time
Tu & Th	3/5-3/28	6:00 - 6:45 pm

Sports

Indoor Softball/Whiffleball

Here's a great way to have fun, stay in shape and enjoy a few laughs!
Register and pay monthly on site.

Fee: \$8.00

Heritage United Methodist Church Gym, 582 Leesville Road

Activity #: 73702.130

Day	Date	Time
W	3/6-3/27	9:00 - 11:00 am

Pickleball

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

Register and pay monthly on site.
Fee: \$10.00

Heritage United Methodist Church Gym, 582 Leesville Road

Activity #: 74206.130

Days	Dates	Time
Tu & Th	3/5-3/28	3:00 - 5:00 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	3/5-3/26	1:00 - 3:00 pm



Cornhole

Enjoy Cornhole...a great game, both indoors and outside! It's similar to horseshoes except you use wooden boxes and corn bags instead of horseshoes and metal stakes.

Players take turns pitching their corn bags until a contestant reaches a score of 21 points. It's competitive and fun!

Templeton Senior Center

Days	Dates	Time
W	3/6-3/27	1:00 - 3:00 pm

Salute to Senior Service Contest – Home Instead Senior Care invites you to nominate a deserving Senior volunteer. Call 385-0321 for more information or visit www.salutetoseniorservice.com

Create & Craft

Ceramics Picks

Pick out your spring projects or get a jump start on Christmas! Prices vary. Fairview Center

Day	Date	Time
F	3/22	10:30 – 11:30 am

Ongoing Ceramics @ Fairview

Create one of kind ceramic pieces to keep or give as gifts. Basic supplies are available. Additional cost for individual green ware pieces. Check with Jamey. Club Fee: \$5.00 Register and pay monthly.

Days	Dates	Time
W & F	3/1-3/27	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. Register and pay by 3/22. Instructor: Jamie Carlund Fee: \$10.00 Templeton Center Green

Activity #: 74004.130

Day	Date	Time
Tu	3/26	7:00 - 8:30 pm

\$ Candy Easter Bunny Craft

Transform a Dum Dum lollipop into a cute bunny. It's a great little project to share with friends. Register and pay by 3/26. Fee \$2.00 Fairview Center

Activity #: 63600.130

Day	Date	Time
F	3/29	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 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)

Alternative Transportation for City Residents

At this time, the future of our transportation service is unclear.

We will share updates as we have them.

In the meantime...

Representatives from **GLTC** and the **Central Virginia Area Agency on Aging** will be on hand share information on their transportation and other services.



Fairview Center
Wednesday, March 6
11:00 - 11:30 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	3/7	Wal-Mart, Wards 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

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Lynchburg, Virginia

434-455-5858

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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.