

DECEMBER 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)

**YOU Can Help...**



**Be A Santa To A Senior**

**Volunteers & Sponsors Needed**

Home Instead Senior Care, in partnership with the Central Virginia Area Agency on Aging, is once again sponsoring the annual **Be A Santa To A Senior** program. Sponsors are still needed to help make this upcoming holiday a happy one for area senior adults.

Also, make plans now to help wrap gifts at the **Be A Santa To A Senior Wrapping Party** at the Templeton Center on Tuesday, beginning **December 10, 10:00 am - 4:00 pm**. Wrapping will continue on Wednesday & Thursday, same hours, as needed.

Additional needs: Gift boxes, tissue paper, ribbon, gift bags, tape and wrapping paper. Volunteers will also be needed to help deliver the wrapped gifts. Contact Brenda Dixon at Home Instead, 385-0321, for more information.

A Community Tree is located in the foyer of the Templeton Center. Please stop by and select a gift tag. Gifts should be returned to the Center by 12/2.

Watch for the new, streamlined edition of the **Fifty Plus Newsletter** coming in January!

**FOR THE HOLIDAYS...**

**\$ Christmas Lights Tour of the Elks National Home & Liberty Park**

Holiday decor galore! Visit the Festival of Trees at the Bedford Welcome Center and the showcase of lights at the Elk's National Home and Liberty Park. Enjoy a delicious meal at Liberty Station on your own, before the tour of lights.

Fee \$10.00. Register and pay by 12/12.

Departs: Templeton Senior Center

**Activity #:** 75001.340

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	12/16	3:30 – 7:30 pm

**\$ Fresh Christmas Centerpiece**

Create a festive, fresh and fragrant arrangement for your holiday table.

Instructor: Sue Matherly

Register and pay by 12/9. Fee \$8.00.

Fairview Center

**Activity #:** 63600.341

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	12/13	10:30 -11:30 am



**☎ Holiday Cake Decorating Workshop**

Chef Teresa Beasley of Blondie's Catering teaches participants how to decorate a cake using fondant techniques. Call 847-1409 and register by 12/12. Fee: \$15.00. Pay on site.

Diamond Hill Center

**Activity #:** 66400.103

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/17	9:30 - 11:30am

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

## CLASSES

### \$ Knitting Class: Ruffle Scarf

New and experienced knitters will enjoy making this easy and attractive ruffle scarf. Bring your own skein of Starbella cotton yarn and size 8 needles.

Instructor: Judy McGhee  
Register and pay by 12/2.  
Fee: \$10.00

Templeton Center

**Activity #:** 73004.334

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu & Th	12/3 & 5	6:00 - 8:00 pm



## For Your Information

### \$ Lunch and Learn: Living with Heart Failure

Don't ignore the symptoms! Learn how to live with heart failure and how to recognize the signs and manage the symptoms. Presented by Laura Cooke RN, Community Liaison - Centra Home Health.

Blood pressure checks provided.  
Lunch Fee \$3.00.

Register for lunch by 12/4.

Pay on site.

Fairview Center

**Activity #:** 63400.340

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	12/11	11:00 am -12:30 pm

### ☎ Lunch and Learn: Effective Interaction with Today's Youth

Bring your lunch and invite a friend to join you as you enjoy an informal table talk lead by Lynchburg's Mayor, Dr. Michael Gillette. Coffee and tea provided.

Register in advance

Call 847-1409

Diamond Hill Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	12/18	12:00 - 1:00 pm

### Veteran's Benefits Program

Veterans and family members get the latest information on Veteran's benefits. Felicia Linthicum, with the Virginia Department of Veterans' Services, will discuss this important topic and answer your questions.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/3	10:30 - 11:30 am

### Vision Information Station

Learn about the valuable resources available to people with visual challenges as Interfaith Outreach provides staff and materials to keep you informed. Drop by and check the information for you or a family member.

**Activity #:** 73003.340

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	12/19	10:00 am - 12:00 pm



### Vision Support Group

A Vision Support Group will meet from 1:00 -2:00 for caregivers and those with visual challenges, giving them opportunities to share experiences, solutions and lifestyle changes.

**Activity #:** 73003.340

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	12/19	1:00 - 2:00 pm

## SPECIAL INTEREST

### To our special interest group participants

Over the years we have been very pleased to offer you a pleasant location and a place to connect with friends as you pursue your special interest. In return for those opportunities we are now asking for your support. Your donation of \$5.00 a month would help offset some overhead and staffing expenses and ensure that we can continue to make

the center available for your special interest. Your monetary support of the center is greatly appreciated and much needed as we continue to offer you a place to meet each month. Thank you for your understanding. Any of the staff will be happy to accept your donation.

### Current Issues & Events

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

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	12/18	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

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	12/19	10:30 - 11:30 am

### ☎ Golden Gourmet @ O'Charleys

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: 2042 Wards Rd.

Register by 12/18. Call 455-4115.

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	12/20	11:30 am -1:30 pm

### New Chapter Book Group

In the 1950s, twenty-two-year-old Jenny Lee leaves her comfortable home to move into a convent and become a midwife in London's East End slums. While delivering babies all over the city, Jenny encounters a colorful cast of women—from the plucky, warm-hearted nuns with whom she lives, to the prostitutes of the city's seedier side.

Meet at: The Drowsy Poet at Givens Book Store, 2236 Lakeside Dr.

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	12/16	10:00 - 11:30 am

# Just for Fun

## **Tinbridge Hill Trotters Club Tours**

Trips depart from Yoder Center. Call the 847-1645 for more information.

### **Holy Cross Church Steeple Tour**

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/3	9:30 – 11:00 am

### **Historic Miller-Claytor home tour**

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/10	9:30 – 11:00 am

## **Young at Heart: Crafts and Lunch**

Enjoy making holiday crafts and have lunch.

Register by 12/9. Call 847-1409.

Fee: \$8.00. Pay on site.

Diamond Hill Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	12/12	11:00 am -1:00 pm

## **Holiday Music w/Robert**

Let the sounds of the season get you into the holiday spirit. Enjoy singing Christmas carols along with Robert Cardwell. Stay for the holiday meal following the music program.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/17	10:30 – 11:30 am

## **\$ Holiday Luncheon & Volunteer Recognition**

Celebrate the season with friends as you enjoy a delicious holiday feast While at the center, help us thank our wonderful volunteers who will be our guests for lunch. Come early and enjoy the special holiday music.

Register and pay for lunch by 12/13.

Fee: \$6.00

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/17	11:30 am – 12:30 pm

## **Fairview Christmas Party**

Join with center friends and celebrate the season. Bring a finger food/appetizer to share.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	12/20	11:00 am – 12:00 pm



## **Tinsmithing**

Join us for a historic craft project and see the creations you can make!

Instructor: Whitney Roberts

Free

Yoder Center, 109 Jackson St.

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	12/20	9:30 – 11:00 am

## **BINGO**

Everyone enjoys a great game of bingo. Bring 2 NEW, UNWRAPPED gifts to be used for prizes.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	12/27	10:30 – 11:30 am

## **Inclement Weather Policy**

Again this year we will be following the Lynchburg City School closing 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.

- Closings will be announced on Comcast Channel 2 and other local TV newscasts.

- 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.

*Your safety is always our top priority !*



## **Veterans Appreciation Luncheon...Thank You !**

We appreciate the recent support and contributions from the following individuals and businesses:

Flowers Baking Company

Generation Solutions

Home Instead Senior Care

Moose Lodge 715, Rick Dellinger

Rick Duperior & HHS Junior ROTC

Parks & Recreation Staff

Lynchburg Car Wash

Fort Hill Bowling Center, Red Lobster

Applebee's (Candlers Mountain Rd.)

Shear Sensations, Advanced Auto

(Wards Rd.), Betty Brite Cleaners

Krogers Wards Rd. & Boonsboro Rd.

## **Coming in early January 2014**

### **Fifty Plus Pickleball**

Jan 2 - Jan 30

Fee: \$10.00

5 Week Session

Heritage United Methodist Church gym

### **Bridge Class: Advanced**

Jan 6 - Feb 24

Instructor: Ed Moldenke

Fee: \$49.00 LR: \$34.00

6 Week Session

Templeton Senior Center

### **Fundamentals of Oil Painting**

Jan 6 - Feb 24

Instructor: Betty Leary,

Fee: \$75.00 LR \$60.00

6 Week Session

Templeton Senior Center

### **Computer Basics**

Jan 7 - Jan 16

Instructor: Sarah Compton

Fee: \$30.00 LR\$20.00

2 Week Session

Templeton Senior Center

### **Fifty-Plus Whiffleball/Indoor Softball**

Jan 8 - Jan 29

Fee: \$10.00

4 Week Session

Heritage United Methodist Church gym

### **Line Dancing: Basics and Beyond**

Jan 8 - Feb 12

Instructor: Karen Bridgett,

Fee: \$30.00 LR \$20.00

6 Week Session

Fairview Center

### **Pickleball Clinic: Fifty Plus**

Jan 9 - Jan 16

Fee: \$10.00

2 Week Session

Heritage United Methodist Church gym

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 Putt Fun Center, 8105 Timberlake Road <b>JH-</b> Jackson Heights, Art Studio, 720 Winston Ridge Road																				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>																				
<p>2</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 # 6 -T</b> 9:30 <b>Advanced Bridge Program- T</b> 11:30 Fairview Fitness - F 12:30 Bridge Club - T 5:00 <b>Zumba Exercise Class - T</b></p>	<p>3</p> <p>8:15 Yoga Class - T 9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Tinbridge Trotters - Y 9:30 <b>Pinochle - T</b> 10:30 <b>Veterans Benefits Program- T</b> 12:00 Zumba at Noon - T 1:00 Bowling - FHBC 6:00 <b>Zumba Fitness - F</b> 6:00 <b>Knitting Class: Ruffled Scarf - T</b> 7:00 <b>Writer's Group - F</b></p>	<p>4</p> <p>9:30 Ceramics, Billiards &amp; Games - F 10:30 Line Dance # 4 - F 10:30 <b>Christmas Angel Ornament- F</b> 11:30 Fairview Fitness - F 11:30 <b>Softball Holiday Luncheon- Choice</b> Hibachi Buffet, 2326 Wards Rd. 1:00 Cornhole Fun - T 5:00 <b>Zumba Exercise Class - T</b> 7:00 <b>Bridge Club - T</b></p>	<p>5</p> <p>9:30 Free Video Chair Exercise, Cards &amp; Games - T 9:30 Mahjong - T 9:30 <b>Christmas Tree Shirts - T</b> 10:30 <b>Meet the Author - T</b> 12:00 Zumba at Noon - T 1:00 Pickleball - HUMC Gym 6:00 <b>Zumba Fitness - F</b> 6:00 <b>Knitting Class: Ruffled Scarf - T</b> 6:30 <b>Beginning Watercolors # 5-T</b></p>	<p>6</p> <p>9:30 Canasta, Cards &amp; 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*Wishing you good health and happiness.  
Happy New Year*

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

- |                            |                          |
|----------------------------|--------------------------|
| 1 Mildred Fariss           | 17 John Munitz           |
| Patricia Kidd              | Mary Jane Pryor          |
| Mark Yudowitch             | Janice Barrett           |
| Al Jennings                | Gertrude Campbell        |
| Bernice Fedder             | Geneva Talley            |
| 2 Terri Miller             | 18 Bettie Flood          |
| 3 Jackie Woodnick          | Jean Day                 |
| Elwood Young               | Lillie Smith             |
| 4 Elizabeth Ford           | Ruth Pahel               |
| Carrie Johnson             | Edward Hancock           |
| Patricia Powers            | Beverly Heaney           |
| Jackie Keesee              | Esias Farthing           |
| Isabelle H Lignon          | 19 Sue Hahn              |
| 5 Nancy Van Zant           | Ernest Kyle              |
| Alberta Ickes              | Joan Whaley              |
| Gene Wennemann             | 20 Joy Lamb              |
| 6 Vera Brandt              | William Hale             |
| Brigitte McQuade           | Milagro Ortiz            |
| Richard Miller             | 21 Edith Callahan        |
| 7 Mary Frances Pressley    | Diane Davis              |
| Charles Sligh              | Frank Conte              |
| Marvin Wingfield           | Robert Kaplan            |
| Thomas Greer               | Ruth Fuqua               |
| David Lockwood             | Christopher McFeat       |
| Cathy Woody                | Shirley Robertson        |
| 8 Quentin Lawson           | 22 Lewis Driskill        |
| Shirley Johnson            | Frances Jones            |
| Marsha Engelstad           | Robert Moden             |
| Lynda Hanway               | Peggy Howell             |
| 9 Brenda McGuinness        | 24 Robert Rosebro        |
| Jeannine Pelleier          | Helen Marshall           |
| Catherine Carrier          | Claudia Somers           |
| Robert Edward Hickman      | Carolyn Polloway         |
| Earleen Miller             | Cindy Wruck              |
| 10 Judith Elliott          | 25 Loretta Jones-Gafford |
| Barbara Schwan             | Coretta Jones            |
| 11 John Webber             | Angela Oliver            |
| Frances Giles              | Janice Fanning           |
| Sue Clarkson               | 26 Jane Mueller          |
| Donna Doss                 | Dolphine Jones           |
| 12 Selma Martin            | Delores Zimmerman        |
| Annie Casey                | 27 Marian Jones          |
| Susan Coleman              | Nancy Tamaro             |
| 13 Sandra Miller           | Marie Coleman            |
| Jeanne Smith               | Susan Reimels            |
| Leslie Ross                | Brenda Garrison          |
| Gilson Lincoln             | 28 Marcia Optiz          |
| Gayle Saxon                | Barbara Porter           |
| 14 Renee Graves            | 29 Dorothy Hoffman       |
| -Janice Turner             | Wendy Hoffman            |
| Marion Chiarito            | Phyllis Elliott          |
| Sandi Mason                | Bea Mullendore           |
| Wayne Arthur               | Anita Gillespie          |
| Billy Irvin                | Desiree Padgett          |
| Julian Edwards             | Ava Raines               |
| 15 Jennifer Charlton       | 30 Sharon Kelly          |
| 16 Christine Ramsey        | 31 Mary Anne Hamlett     |
| Elizabeth Hamilton Johnson | Helen Adamson            |
| Frank Scott                | Lena Williams            |
| Lois Schrock               | Nina Imajo               |
|                            | Elizabeth Coleman        |



# Health and Fitness

You can enjoy improved health and overall well-being when you participate in regular physical exercise. Select a class that's right for you. Remember, we invite you to try out the first class for free!

## 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! No classes 12/10, 11 & 12. Templeton Senior Center

Days	Dates	Time
M, Tu, Th & F	12/2-12/31	9:30 - 10:15 am

## \$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor. No class 12/25.

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

**Activity #:** 63300.340

Days	Dates	Time
M, W & F	12/2-12/30	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 12/25.

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

**Activity #:** 74208.340

Days	Dates	Time
M & W	12/2-12/30	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.

\* Due to the holidays and additional programs, this class will meet on an abbreviated schedule. Class meets on 12/3, 5, 17, 19, & 31. Price reflects the schedule changes.

Instructor: Jessica Murphy  
Register and pay monthly.  
Fee: \$27.00 LR \$18.00  
Templeton Senior Center

**Activity #:** 74208.340

Days	Dates	Time
Tu & Th	12/3-12/31	12:00 - 12:45 pm

## \$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures. No class 12/24.

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



**Activity #:** 74203.340

Days	Dates	Time
Tu	12/3-12/31	8:15 - 9:05 am

## \$ Zumba Fitness @ Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim. No class 12/24.

Instructor: Kirsten Eubank  
Register and pay monthly.  
Fee: \$36.00 LR \$24.00  
Fairview Center

**Activity #:** 63300.340

Days	Dates	Time
Tu & Th	12/3-12/31	6:00 - 6:45 pm

# Sports

## Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play. No game on 12/24.

Game Fee: \$1.25/game plus tax  
Fort Hill Bowling Center  
6015 Fort Avenue



Days	Dates	Time
Tu	12/3-12/31	1:00 - 3:00 pm

## Bowling Holiday Covered Dish

Enjoy a wonderful holiday meal with friends before taking to the lanes. Everyone is asked to bring a covered dish to share and donate \$2.00 for the meat. Please give Vel your donation by December 3. Fort Hill Bowling Center

Day	Date	Time
Tu	12/10	12:00 - 1:00 pm

## \$ Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. 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#:** 73703.340

Days	Dates	Time
Th	12/5-12/26	1:00 - 5:00 pm

## Pickleball Holiday Social

Bring finger food and holiday treats to share during the break between sessions of Pickleball. All players, past and present are invited!

Heritage UMC Gym,  
582 Leesville Rd

Day	Date	Time
Th	12/12	2:30 - 3:30 pm

## Softball Luncheon @ Choice Hibachi Buffet

Join other softball enthusiasts as we wrap up the 2013 season. All softball players and their invited guests are welcome to partake in this annual luncheon. Call 455-4115 and register by 12/2.

Day	Date	Time
W	12/4	11:30 am - 1:00 pm

# Create & Craft

## Ongoing Ceramics @ Fairview

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

Club Fee: \$5.00

Register and pay monthly.

Days	Dates	Time
W & F	12/4/12/27	9:30 – 11:30 am

## \$ Christmas Angel Ornament

Make a beautiful angel ornament to give as a gift or adorn your tree.

Instructor: Sue Matherly

Register and pay by 12/2.

Fee \$10.00.

Fairview Center

**Activity #:** 63600.340

Day	Date	Time
W	12/4	10:30 -11:30 am

## \$ Christmas Tree Shirts

Add a festive Christmas tree design to brighten a plain knit shirt or sweatshirt. All paints and supplies provided. Students should bring their own white shirt.

Register by 12/4.

Fee: \$3.00. Pay on site  
Templeton Senior Center

**Activity #:** 773004.340

Day	Date	Time
Th	12/5	9:30 – 10:30 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 & 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. Center closed 12/26. Stop by on Friday and play!  
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	12/5-12/19	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	12/6-12/27	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. No game 12/24.  
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	12/3-12/31	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. A special thank you to Ann Symonds for her recent donation.



225 Wiggington Road, 455-4115

**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