

January 2014

# FIFTY PLUS



Lynchburg Parks and Recreation 434-455-5858  
[www.lynchburgva.gov/parksandrec](http://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

225 Wigginton Road 455-4115

### Ask the Pharmacist

Bring your questions and your prescription drugs to this session. Ask one of the Rustburg Family Pharmacists what's on your mind. They will review your prescriptions for you. Stay for lunch following the program. Lunch fee: \$4.00.  
Tu 1/28 10:30am-11:30am

### \$ Basic Colored Pencil Drawing

Have you always wanted to learn to draw? Join this class to learn basic drawing techniques, color theory, color mixing and layering. Create your own still life picture. Bring your own colored pencils, sharpener, white kneaded eraser. No class on 2/17.  
Instructor: Linda Duff  
Register by 1/24.  
4 Week Session  
Fee: \$50.00 LR: \$35.00  
74405.111  
M 1/27-2/24 6:00pm-8:00pm



### \$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry.  
Instructor: Jamie Carlund  
Register by 1/10. Fee: \$10.00  
74404.110  
W 1/15 10:30am-12:00pm

### \$ Beginning Guitar

This class will teach you the basics for playing and maintaining your acoustic guitar. Also, learn tips on performance and tuning your guitar. Bring an acoustic guitar to class. A lesson book will be available for purchase on site for \$9.99.  
Instructor: Justin Shroder  
Register by 1/10. 6 Week Session  
Fee: \$50.00 LR \$35.00  
74006.110  
W 1/15 -2/19 1:00pm-2:30pm

### \$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must!  
No class 1/20 or 2/17.  
Instructor: Ed Moldenke  
Register by 1/3. 6 Week Session.  
Fee: \$49.00 LR: \$34.00  
74002.110  
M 1/6-2/24 9:30am-11:30am

### \$ Chili & Cornbread Lunch

Enjoy a hot and hearty, but not too spicy, bowl of homemade chili along with cornbread, drink and dessert.  
Register and pay by 1/24. Fee: \$4.00  
73000.111  
Tu 1/28 11:30am-12:00pm

### \$ Clay Pendant Necklace Class

Create a one of a kind marble pendant using sculpy clay. Discover the fun and creativity this medium offers. The pendant chain is included in the class fee as well and findings for matching earrings.  
Instructor: Marsha Berry

Register by 1/27. Fee: \$10.00  
73004.112  
Th 1/30 10:30 am -11:30 am

### \$ Computer Basics

Learn to navigate the keyboard, make simple documents, cut/paste, and email your friends the latest family photo. Bring your own laptop computer, if possible.  
Instructor: Sarah Compton  
Register by 1/3. 4 sessions  
Fee: \$30.00 LR: \$20.00  
73004.111  
Tu Th 1/7-1/16 10:30am-11:45am



### \$ Exploring Watercolors

Discover the basics of layering, blending and building depth in your paintings. Learn different techniques and how to correct mistakes.  
Instructor: Betty Leary  
Register by 1/13. 6 Week Session  
Fee: \$75.00 LR: \$60.00  
74401.112  
Th 1/16-2/20 6:30pm-8:30pm

### \$ Fundamentals of Oil Painting

Learn the fundamentals of oil painting as you explore the techniques of color blending, layering and application. Bring two 11" x 14" canvases and an inexpensive brush set to the first class. No class on 1/20 or 2/17.  
Instructor: Betty Leary  
Register by 1/3. 6 Week Session  
74400.114  
M 1/6-2/24 6:30pm-8:30pm

## Gardens of the World - Italian Gardens



Travel to beautiful gardens of Italy as Susan Timmons shares her photos and journey.

Tu 1/21 10:30am-11:30am

## \$ Genealogy on the Web

There is a world of information waiting to be explored on the World Wide Web, but not all sites are created equal. Learn how to use the best ones to full advantage and search the census at home with free sites. New information is constantly being added. Now may be the ideal time to find out about your ancestry. Bring your own laptop, if possible. Class size is limited.

Instructor: Marsha Berry  
Register by 1/10. 3 Week Session  
Fee: \$32.00 LR: \$25.00

74003.110

Tu 1/14-1/28 **6:30pm-8:00pm**

## \$ Knitting Class: Baby Blanket

Experienced and novice knitters will enjoy creating an heirloom. Select your blanket pattern and practice in the first class; purchase yarn and needles for the second class. Instructor:



Barbara Crews

Register and pay by 1/17.

Fee: \$10.00 4 Week Session

73004.110

Tu 1/21-2/11 12:30pm-02:30pm

## Meet the Author- Charlotte Morgan

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.

73003.111

W 1/29 10:30am-11:30am

## \$ Mindfulness Meditation for Stress Relief

Beginner's introduction to the power of mindfulness meditation, bringing more joy, resilience, and tranquility to your life. Research suggests it may improve mood, decrease stress, boost immune function, and may even change brain function. Learn simple meditation exercises to use at home.

Instructor: Susie Joiner

Register by 1/17. 6 Week Session

Fee: \$39.00 LR: \$26.00

74201.110

Tu 1/21-2/25 9:30am-10:30am

## \$ Oil Painting Basics

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Our inspiration picture will be of 'Winter Mountains'. Students should bring their 11 x 14 canvas and brushes.

Instructor: Rodney Laughon

Register by 1/7.

Fee: \$45.00 LR: \$30.00

74400.110

Tu 1/21 1:00pm-4:00pm

## \$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, and mats.

Instructor: TBA

Register monthly. 5 Week Session

Fee: \$36.00 LR: \$24.00

74209.110

Tu Th 1/2-1/30 **6:00pm-7:00pm**

## Vision Information Station & Vision Support Group

Learn about the valuable resources available to people with visual challenges as Interfaith Outreach provides staff and materials to keep

you informed. 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.

73003.113

Th 1/23 10:00am-2:00pm

## \$ Yoga

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

Instructor: Debbie Ladd

Register monthly. 4 Sessions

74203.110

Fee: \$24.00 Non-Res: \$36.00

Tu 1/7-1/28 8:15am-9:05am



## \$ Zumba

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 1/20.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74208.110

M W 1/6-1/29 **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 1/4-1/31 9:30-11:30am

### Current Issues & Events

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

W 1/8 & 1/22 10:30-11:30am

### Literature for Life

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

Th 1/9 10:30-11:30am

## 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 1/2-1/30 9:30am-12:30pm

## Pinochle

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.

Tu 1/7-1/28 9:30-11:30am

## FAIRVIEW CENTER

3621 Campbell Ave. 847-1751

### Ceramics Club

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

Club Fee: \$5.00

Register monthly.

W & F 1/3-1/31 9:30am-11:30am

### \$ Fairview Fitness

 Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. No class 1/20.

Instructor: Jan Baker

Register monthly. 5 Week Session

Fee: \$36.00 LR: \$24.00

63300.110

M W F 1/3-1/31 11:30am-12:20pm

### \$ Line Dancing: Basics and Beyond

Learn some new line dances and brush up on the basics while you get a good cardio workout.

Instructor: Karen Bridgett

Register by the first day of class.

Fee: \$30.00 LR: \$20.00

63300.111 6 Week Session

W 1/8-2/12 10:30am-11:20am

### \$ Lunch and Learn: Advance Directives

Enjoy a delicious lunch while receiving information on different topics that may interest a loved one, friend or yourself. The menu and topic will change each month.

Register by 1/15.

Fee: \$4.00, for lunch

63400.110

W 1/22 11:00am-12:30pm

### \$ Pottery Plate

Using clay, create a small, patterned plate great for everyday or as a decorative touch.

Instructor: Sue Matherly

Register by 1/15 2 Sessions

Fee \$5.00.

63600.111

F 1/7 & 1/24 10:30am-11:30am

### \$ Soup and Grilled Cheese Luncheon

Enjoy a warm bowl of vegetable soup and a grilled cheese. Drink and dessert provided.

Register by 1/8.

Fee: \$3.00.

63700.110

F 1/10 10:30am-12:00pm

### \$ Zumba Exercise Class

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

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.112

Tu Th 1/7-1/29 6:00pm-6:45pm

## ART STUDIO AT JACKSON HEIGHTS

720 Winston Ridge Road, 455-4001

### \$ Stained Glass Panel

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

Instructor: Carter Martin

Register one week prior to first class session. 8 Week Session

Fee: \$105.00 LR: \$90.00

63600.110

Th 1/2-2/20 6:30pm-8:30pm

## ACADEMY OF FINE ARTS

600 Main Street, 846-8499

### \$ Beginning Oil

Learn to paint a landscape and still life projects by using your tools;



setting up palette; and color themes. Please plan to bring two 11 x 14

canvases and a brush set.

Instructor: Linda Duff

Register by 1/10. 6 Week Session

Fee: \$75.00 LR: \$60.00

74400.112

Th 1/16-2/20 6:30pm-8:30pm

### \$ Beginning Watercolors

Learn how to combine color theory and techniques to create a winter snow theme incorporating shadowing. Beginners only. Bring an inexpensive water color brush set. Paints and paper provided.

Instructor: Linda Duff

Register by 1/10. 6 Week Session

Fee: \$75.00 LR: \$60.00

74401.111

W 1/15-2/19 6:30pm-8:30pm

### \$ Building Knitting Skills - Ruffle Scarf

Learn basic knitting skills in this two hour workshop as you create a ruffle scarf from start to finish. Students should bring a skein of "Starbella" cotton yarn and size 8 knitting needles.

Instructor: Judy McGhee

Register by 1/15.

73001.111

Fee: \$15.00 LR: \$10.00

Sa 1/18 10:00am-12:00pm

### \$ Tap Dance Class

Tap into better health as you polish up the knowledge of basic tap steps and add more tap combinations. Get your heart rate up and feet moving.

Instructor: Jamey Love

Register by 1/10. 6 Week Session

Fee: \$35.00 LR: \$23.00

74208.111

Tu 1/14-2/18 1:00pm-2:00pm



### 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 1/7-1/28 1:00 - 3:00 pm

### \$ Fifty Plus Pickleball Clinic

Pickleball Ambassador, Judy Bowman will teach the basics of Pickleball, a racket sport which combines elements of badminton, tennis and table tennis. Learn to serve, volley and score this hybrid sport which is particularly popular with the over 50 age group. Have fun learning a new sport and meeting new people while staying physically active. Two day clinic.

Staff: Marsha Berry

Register by 1/7. 2 Week Session

Fee: \$10.00

73704.110

Heritage United Methodist Church,  
582 Leesville Rd.

Th 1/9 & 1/16 1:00pm-2:00pm

### \$ Fifty-Plus Pickleball

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

table tennis.

Staff: Marsha Berry

Register monthly. 5 Week Session

Fee: \$10.00

73703.110

Heritage United Methodist Church,  
582 Leesville Rd.

Th 1/2-1/30 2:00pm-5:00pm

### \$ Fifty-Plus Whiffleball/Indoor Softball

Stay active with this fun-filled, fast paced indoor version of softball.

Coed games, focused on fun and friendly competition.

Staff: Lynn Fox

Register monthly. 4 Week Session

Fee: \$10.00

73702.111

Heritage United Methodist Church,  
582 Leesville Rd.

W 1/8-1/29 9:00am-11:00am

### ☎ Golden Gourmet @ T.G.I. Friday's

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).

Register by 1/22. Call 455-4115.

Meet at: T.G.I. Friday's,

7815 Timberlake Rd.

73700.110

F 1/24 11:30am-1:30pm

### New Chapter Book Group

When a charismatic and troubled young woman dies tragically, her identical twin must learn to live as half of a whole.

In "Her: A Memoir",

Christa Parravani's

recounts her own personal struggle.

Meet at: The Drowsy Poet at Given's Book Store, 2236 Lakeside Dr.

M 1/27 10:30 - 11:30 am



## Winter/Spring

## Activity Guide 2014

### 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 locations, and Lynchburg Community Market. Also available online:

[www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec).

### Lynchburg Parks & Recreation 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.