

Templeton Senior Center

Fifty Plus Activities, Classes, Events and Sports for Active Adults

\$ Advance payment required for registration. 📞 Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite or online. Evening/weekend activities & times listed in "BLUE" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

**TEMPLETON SENIOR
CENTER (TSC)
225 Wigginton Road - 455-4115**



\$ Acrylics Express

Create a beautiful picture in just one afternoon as our instructor guides you through the painting process. Students should bring their own acrylic brushes. All other supplies furnished. Instructor: Betty Leary Register and pay by 1/29.
Fee: \$23.00 LR: \$15.00
74402.112
Tu 1/31 2:00pm-4:00pm

\$ Ballet Basis for Fitness and Fun

Discover the benefits of ballet as you learn basics steps, position, and posture. Be sure to wear comfortable clothing you can move in and soft soled shoes, preferably ballet slippers. Instructor: Katherine Lawton Register and pay by 1/8.
Fee: \$36.00 LR: \$24.00
74102.110
M 1/9-1/30 6:00pm-7:00pm



\$ Beading with Jamie

Learn beading techniques including

terms, bead selection, and composition as you design your own sweetheart necklace. Instructor: Jamie Carlund Register and pay by 1/16.
Fee: \$10.00
74404.110
Wed 1/18 1:00pm-2:30pm

\$ Cardio Fit & Tone

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats, and steps. Instructor: Mary Harris Register and pay by the first class.
Fee: \$36.00 LR: \$24.00
74209.110
Tu Th 1/3-1/31 5:30pm-6:30pm

\$ DIY Tile Coasters

This Pinterest inspired project transforms ceramic tiles into coasters using pictures, designs, and patterns. Tiles provided. Students have the option to bring their own 4x4 printed pictures, or use the provided paints and brushes to design their own pictures. Register and pay by 1/23.
Fee: \$8.00
73002.110
W 1/25 2:30pm-4:00pm

Gardens of the World-Italy

Join world traveler, Susan Timmons, on her garden adventure

through Italy. You'll be amazed at the beauty of the architecture, sculptures, and grandeur in these amazing garden settings. Free. Register by 1/23.
Tu 1/24 2:00pm-3:00pm

\$ Guitar Lessons

Add music to your life! Learn the basics of guitar in this introductory class. Bring your own guitar for each lesson. Instructor: Kayla Harrell Register and pay by 1/31.
Fee: \$36.00 LR: \$24.00
74006.120
Th 2/2-2/23 5:30pm-6:30pm



\$ Intro to Harmonica

Glen McGrath shares his knowledge and love of the harmonica in this introductory class. This versatile instrument allows you to take music wherever you go. Students need to bring a diatonic 10-hole harmonica in the key of G to use in class (can be purchased for less than \$10.00 online). Register and pay by 1/1.
Fee: \$36.00 LR: \$24.00
74006.110
W 1/4-1/25 3:00pm-4:00pm

\$ Intro to Sign Language

Develop your manual communication skills in this four-week, beginner sign language

course. Learn how to better communicate with both the hearing impaired and those who can hear, but cannot physically speak.

Instructor: Tammy Fortune

Register and pay by 1/7.

Fee: \$38.00 LR: \$25.00

M 1/9-1/30 **7:00pm-8:30pm**



\$ Mahjong Fun Day

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game.

Newcomers are encouraged to play.

Door prizes and lunch provided.

Come by and play on Thursdays from 9:30am-12:30pm and practice up for this big day!

Register and pay by 1/24.

Fee: \$10.00

Th 1/26 9:00am-3:00pm

\$ Oil Painting Express

Learn to mix colors and incorporate basic design elements as you paint a landscape highlighting a scene from our beautiful Central Virginia.

Paint will be provided. Students should bring their 11X14 canvas and oil painting brushes.

Instructor: Rodney Laughon

Register and pay by 1/6.

Fee: \$45.00 LR: \$30.00

74400.110

Tu 1/10 1:00pm-4:00pm

Osteoporosis Program

Learn more about osteoporosis, a disease where reduced bone mass increases the risk of fractures.

Discover what a difference diet, exercise, and fall prevention can make in your overall well-being as Dr. Krista Leake shares information on these factors and more. Free.

Register by 1/30.

Tu 1/31 2:00pm-3:00pm

\$ Tai Chi Basics

This basics class is an introduction to various aspects of tai chi concepts while incorporating mindfulness with movements and practices which nurture health, balance, & coordination.

Instructor: Scott Larson

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

74202.110

Tu 1/3-1/31 4:00pm-5:00pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Challenge yourself; work out at your own pace.

M Tu Th F 1/3-1/31

9:30am-10:15am

\$ Watercolors

Students will learn step by step techniques for shading, mixing, and blending in this introduction to watercolors. Paper and paints will be provided. Students should bring: pointed round sable brushes #4 and #6, a small blender brush, and a goose neck lamp.

Instructor: Virginia Klute

Register and pay by 1/17.

Fee: \$85.00 LR: \$70.00

74401.110

Th 1/19-2/9 1:00pm-3:30pm

Wellness Presentation

Lauryn Tribley, from the Lynchburg Chiropractic Center, will give a presentation about common health problems associated with aging, along with some solutions! She will discuss how to stay on the right path to positive overall health and function. Free.

Tu 1/17 1:00pm-2:00pm

\$ Winter Scene in Acrylics

Paint a beautiful cabin in the woods on canvas board. Paint and canvas board will be provided. Students should bring their acrylic brushes.

Instructor: Linda Duff

Register and pay by 1/20.

Fee: \$10.00

74400.112

M 1/23 **6:30pm-8:00pm**

\$ Yoga

Experience the benefits of yoga in this self-paced class which combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

74203.111

Tu 1/3-1/31 8:15am-9:05am

\$ Yoga PM

Take time to relax and experience the many physical and mental benefits of yoga in this self-paced class. Wear comfortable clothing and bring your own yoga mat.

Instructor: Paul Webb

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

74204.111

Th 1/5-1/26 **6:45pm-7:45pm**

\$ Zumba at Noon

Zumba is a total workout, combining great elements of fitness including cardio, muscle conditioning, balance, and flexibility. Experience boosted energy and fun in every class!

Instructor: Gulshan Ari

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

74205.110

Tu Th 1/3-1/31 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

74208.111

M W 1/4-1/30 **5:00pm-5:45pm**

FREE FITNESS WEEK JANUARY 3-6

Is it time to get in shape? Try out any of the fitness classes at the Templeton Senior Center for one week, free! Choose from:

Zumba PM

Monday/Wednesday

5:00pm-5:45pm

Yoga

Tuesday

8:15am-9:05am

Yoga PM

Thursday

6:45pm-7:45pm

Zumba at Noon

Tuesday/Thursday

12:00pm-12:45pm

Cardio Fit & Tone

Tuesday/Thursday

5:30pm-6:30pm

Video Chair Exercise

Monday, Tuesday, Thursday, Friday

9:30am-10:15am

Tai Chi

Tuesday

4:00pm-5:00pm

Once you decide which class suits you best, you can register/pay on

site and participate for the month.



SPECIAL INTEREST AT TSC

Canasta

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

F 1/6-1/27 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news. Newcomers are welcome.

W 1/11 & 1/25 10:30am-11:30am



Literature for Life

The group is using the 9th edition of Norton's Anthology of English Lit (Volume D - The Romantic Period). Newcomers are welcome.

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

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain. Beginners and new players are always welcome.

Th 1/5-1/26 9:30am-12:30pm

Social Bridge

Bring your foursome or just drop in and enjoy time with friends as you play, learn, and improve your game.

Tu Th 1/3-1/31 9:30am-12:30pm

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center,
6015 Fort Ave.

Tu 1/3-1/31 1:00pm-3:00pm

📞 Golden Gourmet at Big Lick Tropical Grill

Invite a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Meet at Big Lick Tropical Grill, 4001 Murray Pl.

Register by 1/25. **Call 455-4115.**

73700.110

F 1/27 11:30am-1:30pm

New Chapter Book Group

In A Stranger Like You by Elizabeth Brundage, brings a taut and terrifying thriller about the lengths to which some will go to make their dreams come true.

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

M 1/23 10:00am-11:30am

Lynchburg City Schools Senior Partner Gold Card (Apple Card)

Available to Lynchburg city residents age 60 and older. The card allows seniors free admission to any home, regular season athletic contests at Lynchburg City Schools. It also provides free admission to most school theatre performances. This does not include performances in the Alumni Theatre at Glass due to limited seating.

You must fill out the application in person and provide an ID with your birthdate and current address.

Please contact Lori Meadows at (434) 515-5556. Her office is in T. C. Miller Elementary located at 600 Mansfield Ave, Lynchburg, VA 24501.

January's Featured Artist of the Month: Bill Phillips

Bill started with oils, but later discovered watercolors. He has sold paintings in Lynchburg for several years. He considers himself strictly amateur, but loves watercolors in particular. Bill has had a one-man show at Lynchburg Art Club, and has also showed at Day in the Park in Lynchburg's Kaleidoscope and won a prize there. The paintings on exhibit here can be purchased at whatever price is agreeable to the purchaser.



Inclement Weather Policy

Again this year we will be following the Lynchburg City School closing policy for morning activities. 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. Depending on your location, you need to decide if it is safe for you. 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. Please be sure we have a current phone number and e-mail address for you. If in doubt, call 455-115. *Your safety is always our top priority!*

Like us on Facebook and keep up with what's happening at the Templeton Senior Center.

www.facebook.com/TempletonSeniorCenter



REGISTRATIONS

Mail-In

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. Checks should be made payable to: City of Lynchburg. Mail completed forms to: Templeton Senior Center 225 Wiggington Road Lynchburg, VA 24502

Online Registration

www.LynchburgParksAndRec.com



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

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall Information Desk
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Alliance for Community Living
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices
- Veteran's Clinic
- Home Instead & Avante



Miller Center (main office)
301 Grove Street
434-455-5858
www.LynchburgParksAndRec.com

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

Krista Johnson,
Recreation Specialist
Templeton Senior 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.