

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 "PURPLE" 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



To Our Volunteers

A special thank you to the many volunteers who have given and continue to give their time and talents to support Lynchburg Parks and Recreation and the community.

Your efforts are truly appreciated and we look forward to working with you. Thank you for helping to make

Lynchburg a great place to live, work, and play!



☎ AARP Smart Driver Class

This eight-hour, newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! \$15.00 AARP members, \$20.00 non-members.

Payable on site to AARP.

Instructor: Pat Deacon

Register by 4/18.

74001.140

Th F 4/20-4/21 1:00pm-5:00pm

AARP Tax Aide

IRS trained AARP volunteers are on hand to help you complete your tax return. This free electronic filing service is available on Mondays, Wednesdays, and Saturdays from 8:30am-12:30pm now thru April 17. Bring all pertinent papers, social security card, and your photo ID.

\$ Ballet Basis for Fitness and Fun

Discover the benefits of ballet as you learn basic 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 4/2.

Fee: \$36.00 LR: \$24.00

74102.140

M 4/3-4/24 6:00pm-7:00pm

\$ Beading with Jamie

Learn beading techniques and composition as you design your own beautiful spring earrings.

Instructor: Jamie Carlund Register and pay by 4/16.

Fee: \$10.00

74404.140

Tu 4/18 6:00pm-7:30pm

☎ Butterflies and the Flowers that Attract Them

Master Gardener, Sue Piepho, shares about identifying local butterflies and the flowers to plant to attract them to your yard. Make these special insects welcome in your garden! Free. Register by 4/18.

73003.143

W 4/19 2:00pm-3:00pm

\$ 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

74209.140

Tu Th 4/4-4/27 5:30pm-6:30pm

☎ Diabetes & You

Diabetes describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. Learn more about this long-term condition as Juanita Daugherty from Centra shares vital information you should know. Free. Register by 4/10.

73003.140

Tu 4/11 10:30am-11:30am

\$ Digital Photography Workshop

Learn about shooting in manual and lighting techniques all while becoming more familiar with your camera. All experience levels are welcome. It is recommended to bring your own DSLR cameras to follow along.

Instructor: Rachel Noel

Register and pay by 4/8. Fee: \$8.00

74000.140

M 4/10 6:00pm-8:30pm

☎ Growing Great Soil for a Great Garden

Master Gardener, Klawa Thresher, will talk about the importance of



composting and how to grow a better garden by growing great soil. Free. Register by 4/25.
73003.144
W 4/26 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 3/28.
Fee: \$36.00 LR: \$24.00
74006.131

Th 3/30-4/20 5:30pm-6:30pm

📞 Impatiens: America's Most Popular Annual

Master Gardener, Joe Pond, shares why Impatiens are America's most popular annual. This beautiful plant is easy to grow, comes in lots of varieties, and is definitely not for snooty gardeners. Come and find out more! Free. Register by 4/4.



73003.141
W 4/5 2:00pm-3:00pm

\$ Intermediate/Advanced Conversational Spanish

This intermediate/advanced level class is for individuals who already know the basics of Spanish grammar and feel confident enough to jump into conversation. The instructor will share a variety of teaching methods using handouts, videos and music to review grammar, learn about history and culture, and practice conversational skills.

Instructor: Letty Munson
Fee: \$10.00 Register by 4/3.
74006.140

Tu 4/4-4/25 6:00pm-7:30pm

\$ Knitting Basics

This is a two session knitting class in which you will learn to cast on, knit, purl, and bind off. In the first class, you will begin to learn how to knit a pot holder. In the second class, you

will knit and purl a headband. Yarn will be provided. Students should bring their own knitting needles, size 6mm (bamboo/wooden needles are recommended as they are easier to learn knitting with).

Instructor: Megan Kinne
Register and pay by 4/15.

Fee: \$10.00

73001.141

M 4/17-4/24 6:00pm-7:30pm

📞 Living With Asthma & Allergies

Be a proactive player in your own health care. Explore the best ways to manage your asthma and allergies by avoiding triggers, taking medications to prevent symptoms, and preparing to treat episodes if they occur. Learn more about both as Vince Ettare, from Timberlake Pharmacy, shares these tips and more. Free.

Register by 4/23.

73003.141

Tu 4/25 10:30am-11:30am

\$ Luncheon: Chicken Parmesan Casserole

Enjoy this tasty twist on a traditional favorite. Along with the chicken parmesan casserole will be salad, garlic bread, dessert, and a drink.

Register and pay by 4/23.

Fee: \$4.00

Tu 4/25 11:30am-12:15pm

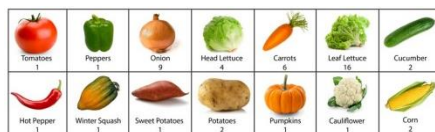
📞 Square Foot Gardening

Master Gardener, Deb Straw, discusses the concept of square foot gardening to get more yield in a smaller space. Techniques she uses in her own garden will inspire you to incorporate this method in your own yard, no matter your space limitations. Free.

Register by 4/11.

73003.142

W 4/12 2:00pm-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 4/16.

Fee: \$45.00 LR: \$30.00

74400.140

Tu 4/18 1:00pm-4:00pm

\$ Ukrainian Easter Eggs: Beginner

Learn the basics of creating a Ukrainian Easter egg (pysanka) using the wax batik method. While pysankas traditionally incorporate folk motifs and designs, you can learn the method by creating your own design. Bring two raw (uncooked) eggs that have smooth strong shells and no stamps on the shells. To gauge the strength of the shell, hold an egg to a light source and check for "shadows" that indicate weak spots.

Instructor: Klawa Thresher

Register and pay by 4/2.

Fee: \$10.00

73002.140

Tu 4/4 1:30pm-4:30pm



\$ Ukrainian Easter Eggs: Intermediate

After you have completed the basic introduction to making a pysanka, you can try some more advanced techniques. Prior to the workshop you are encouraged to plan and sketch out your ideas on your eggs. Students should bring up to six eggs which have strong smooth shells and no stamps on the shells. The number of eggs you complete will depend on the complexity of the designs you choose.

Instructor: Klawa Thresher

Register and pay by 4/2. Fee: \$10.00

73002.141

Tu 4/4 6:00pm-8:00pm

\$ 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 74202.140
Tu 4/4-4/25 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. Monday class resumes on 4/24. Tu Th F 4/4-4/28 9:15am-10:15am

\$ Wax Embossed Gourd Easter Ornaments

Using simple tools and techniques, transform an egg-shaped gourd into a beautiful, wax embossed Easter ornament. All materials provided. An extra \$3.00 supply fee (paid on site, directly to the instructor) will cover 2 gourds/ornaments. Instructor: Mike Connolly Register and pay by 3/31. Fee: \$5.00 73001.140
M 4/3 6:00-7:30pm

\$ Welcome Spring Garden Sign

Using acrylics, create a colorful Welcome Spring sign for your garden. Bring your own brushes. All other supplies will be furnished. Instructor: Linda Duff Register and pay by 4/20. Fee: \$10.00 74400.141
M 4/24 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
74203.141
Tu 4/4-4/25 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 74204.141
Th 4/6-4/27 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 74205.140
Tu Th 4/4-4/27 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 74208.141
M W 4/3-4/26 5:00pm-5:45pm

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 4/7-4/28 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news. Newcomers are welcome. W 4/12 & 4/26 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 4/13 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 4/6-4/27 9:30am-12:30pm

Social Bridge

Bring your foursome or just drop in and enjoy time with friends. Tu Th 4/4-4/27 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 4/4-4/25 1:00pm-3:00pm

\$ Fifty-Plus Putt Putt

Enjoy miniature golf each Monday morning. No registration required. Season continues through mid-October. Adults only please. Volunteer: Willie Perry \$3.00/two games. Putt-Putt Fun Center, 8105 Timberlake Road M 4/3-4/24 10:00am-12:00pm



\$ Fifty-Plus Softball @ PVP

The outdoor season begins on **WEDNESDAY, April 5th**. All skill levels are welcome to participate. Coed games are focused on fun, fitness, and friendly competition.

Staff: Lynn Fox

Register and pay monthly by the first day of play. Fee: \$10.00

Peaks View Park-Field 1

W & F 4/5-4/28 10:00am-12:00pm

Golden Gourmet

Bring 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 Red Lobster, 3425

Chandler's Mountain Rd.

Register by 4/26. Call 455-4115.

73700.140

F 4/28 11:30am-1:30pm

New Chapter Book Group

Balm, by Dolen Perkins-Valdez

Powerful characters and exquisite prose bring to life a tumultuous period of American history. Full of love and loss, mystery and meaning, *Balm* draws you into a world in tumultuous transition.

Meet at: The Drowsy Poet,

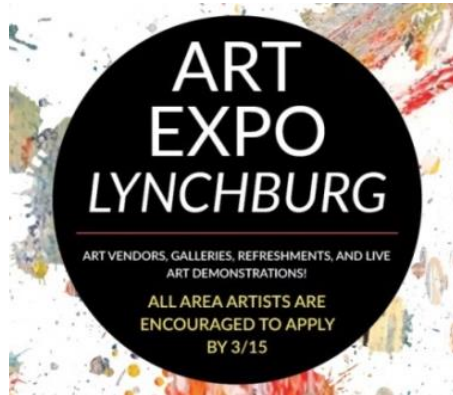
Givens Book Store,

2236 Lakeside Dr.

M 4/24 10:00am-11:30am

Saturday, April 1st

12:00-5:00



MILLER CENTER, 301 Grove St.

12:00 Guest artist demo in theater

1:00 Galleries Open

Seven Hills Art Club March's Featured Artist @ Templeton: Jane Blankenship

In the early 80's, Jane started taking art classes offered by the Parks & Rec Department. She first took an oil class, then a watercolor class, and soon realized that watercolor was her choice in mediums. Jane has a love of nature which is reflected in her paintings. Some of her favorite subjects are flowers, birds, butterflies, animals, and seascapes.

For more information on the Seven Hills Art Club, which meets Friday mornings at the Miller Center, visit their website at www.7hillsartclub.org

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

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



Miller Center (main office)

301 Grove Street

434-455-5858

www.LynchburgParksAndRec.com

City Wide Program Staff at Templeton

Lynn Fox,

Senior Recreation Specialist
Templeton Senior Center

Marsha Berry,

Recreation Specialist
Templeton Senior Center

Krista Johnson,

Recreation Specialist
Templeton Senior Center



PLEASE DO

HUG THE TREES

Saturday, April 29 ~ Starting at 3:00pm

The Lynchburg community is invited to Peaks View Park to break the world record for the **World's Largest Tree Hug**. To shatter the current world record, we'll need at least 1,500 people to join us as we hug the trees! We encourage the Lynchburg community to become enthusiastic tree huggers and conservationists through our "Please Do Hug the Trees" campaign. Visit our website at www.PleaseDoHugTheTrees.com for more details.

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.