

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 on Canvas- Beach Scene

Bring the sand and surf to life as you paint a beach scene on canvas. Paints and canvas provided. Students should bring their acrylic brushes.

Instructor: Linda Duff
Register and pay by 7/14.

Fee: \$10.00

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M 7/17 **6:30pm-8:00pm**

\$ Ballet Basics for Fitness & Fun

Discover the benefits of ballet as you learn basic steps, positions, and posture. Be sure to wear comfortable clothing you can move in and soft soled shoes, preferably ballet slippers.

Instructor: Jenny Schwartz
Register and pay by 7/9.

Fee: \$36.00 LR: \$24.00

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M 7/10-7/31 **6:00pm-7:00pm**

\$ Beading with Jamie

Learn beading techniques and composition as you design your own wooden bead necklace.

Instructor: Jamie Carlund
Register and pay by 7/24.

Fee: \$10.00

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W 7/26 10:00am-11:30am

\$ Canasta Crazy- All Day Play

Canasta enthusiasts can enjoy a full day of cards and crazy fun as they challenge their friends and show off their card playing skills. A light lunch and door prizes make this an event you won't want to miss!

Register and pay by 7/26.

Fee: \$10.00

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F 7/28 9:00am-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

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Tu Th 7/6-7/27 **5:30pm-6:30pm**

☎ Diet and Longevity Presentation

Be the captain of your own ship! Mary Lee, a registered dietitian, reviews the physical changes that come with aging and how diet can help adapt to the changes to improve both the quality of life and longevity.

Free. Register by 7/24.

Tu 7/25 10:30am-11:30am

☎ Gardens of the World- The Jungle Home of Borneo's Orangutans

Explore these "people of the jungle" and



their disappearing world. Susan Timmons shares amazing photos of these incredible creatures and their habitat. Free.

Register by 7/17.

Tu 7/18 10:30am-11:30am

☎ Life Steps Program

In this free four-week class geared toward widows, participants will interact and be informed on a number of topics including physical and emotional health, home and personal safety, travel, financial transitions, and healthy cooking.

Free. Register by 7/10.

W 7/12-8/2 2:00pm-3:30pm

\$ Luncheon: Italian Sausage & Veggies

Savor the taste of smoked sausage and a mix of veggies including carrots, potatoes, zucchini, red peppers and seasoning. It's not too hot or spicy, just a flavorful meal to enjoy with friends. Dessert and drink included.

Register and pay by 7/23.

Fee: \$4.00

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Tu 7/25 11:30am-12:15pm

\$ 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.

Register and pay by 7/7.

Fee: \$45.00 LR: \$30.00

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Tu 7/11 1:00pm-4:00pm

☎ Summer Concert Series: Lynch Mountain Ramblers

The Lynch Mountain Ramblers share their talent and

love of Blue Grass Music; you'll enjoy their toe tapping style!

Sa 7/8 **7:00pm-8:30pm**



PLEASE REMEMBER... Your timely registration may make the difference as to whether a class goes or not. Please be sure to **REGISTER IN ADVANCE** so you won't miss out!!

\$ 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

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Tu 7/11-8/1 4:00pm-5:00pm

☎ Veterans Connection

Area Veterans are invited to the center to swap stories and interact with fellow



Veterans while enjoying free coffee and donuts. During this time, Veterans can reconnect, reminisce, and also enjoy the company of therapy dogs, play cards, chat, enjoy a movie, listen to a speaker, or just hang out. We thank you for your service and look forward to your participation. Free. Register by 7/18.

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W 7/19 10:00am-12:00pm

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 7/3-7/31

9:15am-10:15am

\$ 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

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Tu 7/11-7/25 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

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Th 7/6-7/27 **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

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Tu Th 7/6-7/27 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

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M W 7/3-7/31 **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 7/7-7/28 9:30am-12:30pm

Current Issues & Events

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

W 7/12 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 7/13 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 7/6-7/27 9:30am-12:30pm

Social Bridge

Bring your foursome or just drop in and enjoy time with friends.

Tu Th 7/6-7/27 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 7/11-7/25 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 7/3-7/31 9:00am-11:00am

\$ Fifty-Plus Softball @ PVP

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 7/5-7/28 9:00am-11:00am

Golden Gourmet @ O'Charley's

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.

Volunteer: Carolyn Maness

Meet at O'Charley's,
4042 Wards Rd.

Register by 7/26. Call 455-4115.
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F 7/28 11:30am-1:30pm

\$ Historic Sandusky & Quaker Meeting House Tour

Tour historic Sandusky, a Union Headquarters during the Battle of Lynchburg and home to the Hutter family. Sandusky retains over 200 years of Lynchburg history and welcomes guests to step back in time. Prior to the tour, light refreshments will be served. Meet at the Historic Sandusky home, 757 Sandusky Drive. Immediately following the Sandusky home tour, participants will re-group at the Quaker Meeting House, 5810 Fort Ave., for a short tour of this rubble stone structure completed in 1798. Adjacent to the structure is a historic graveyard in which Sarah Lynch and her son John, the founder of the city, are buried.

Register and pay by 7/12.

Fee: \$3.00

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F 7/14 9:30am-11:30am



All ages can enjoy a wonderful evening out. All movies are free and begin at dusk. Food will be available for purchase from several food trucks on site.

The Princess Bride

Riverfront Park

Saturday, July 29th

Harry Potter and the Sorcerer's Stone

Riverside Park

Friday, August 25th

Space Jam

Riverfront Park

Saturday, September 23rd

New Chapter Book Group

In *How Green Was My Valley*, author Richard Llewellyn, draws simply and lovingly, with a crisp Welsh humor, characters who leave an indelible impression. Follow the life of Huw Morgan as he is about to leave home forever, he reminisces about the golden days of his youth when South Wales still prospered, when coal dust had not yet blackened the valley. Meet at: The Drowsy Poet, Givens Book Store, 2236 Lakeside Dr.
M 7/24 10:00am-11:30am

July's Featured Artist @ Templeton: Barbara Cocks

Artist, Barbara Cocks, is a Virginia native and has lived in Lynchburg most of her life. Retirement has allowed her the time to further pursue her love of acrylic and oil painting and photography. She has a great appreciation for nature and its beauty and she strives to capture it on canvas and in photos. When she is not painting, she is in the garden working with her many flowers and always has her camera ready for that special photo. Her "backyard photography" includes everything from flowers to wildlife to sunsets and rainbows.

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

Hillcats Baseball Game & Meals on Wheels Benefit Night

Enjoy a night at the ballpark and help support Meals on Wheels! Join other baseball enthusiasts and cheer on the home team. Purchase your \$9.00 tickets from Meals on Wheels and \$4.00 will be

donated back to MOW to help ensure area residents receive a much needed meal.

Call MOW at 434-847-0796 for tickets or more information.

Lynchburg City Stadium
Saturday, July 29th @ 6:00pm

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

STAYING HYDRATED

- Drink 8-10 eight-oz. glasses of water daily.
- When outdoors or doing physical activity, plan ahead and bring plenty of water.
- Stay away from things like alcohol and salty food because they dehydrate you faster.
- Eat foods with high water content like watermelon, celery, and lettuce.

For more information visit:



www.cdc.gov

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

Templeton Senior Center Staff

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.