

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**



☎ AARP Smart Driver Class

AARP offers an eight-hour, driving refresher course, geared to the older driver, designed to develop skills to enhance performance and safety. Check with your agent about a rate reduction! Must attend both days to complete the 8 hour course. \$15.00 AARP members, \$20.00 non-members. Payable on site to AARP. Register by 9/30. 74001.310
M & W 10/1 & 10/3 9:00am-1:00pm

**\$ Acrylics w/Linda:
Welcome Fall Sign**

Welcome guests to your home with this colorful, fall leaf design. Students should bring their acrylic brushes. Paints and wood furnished. Register & pay by 9/22.
Fee: \$10.00 74402.310
M 9/24 **6:30pm-8:00pm**



\$ Acrylics Express- Sunflowers

Watch your flower come to life as you paint a colorful sunflower on a dark background. Students should bring their own acrylic brushes. All other supplies furnished.
Instructor: Betty J Leary
Register & pay by 9/11.
Fee: \$23.00 LR: \$15.00
74402.312
Th 9/13 2:00pm-4:00pm

☎ Advance Planning: Estates, Wills & More

What do you need to know to be sure your legal wishes are met? Learn about power of attorney, advance directives, estate planning, and more as attorney, Peter Davies, of Davies & Davies, shares a valuable guide to helping you make important decisions.
Free. Register by 9/17. 73003.315
W 9/19 2:00pm-3:00pm

☎ Aging with Attitude

How we look at aging, as well as our attitude toward life, can impact how well we age. It can even affect how long we live. Participants will talk about the relationship between our attitude, successful aging, and longevity. Our speaker will also offer strategies for embracing aging and coping with the many changes that

occur in later life. Free.
Presenter: Denise Scruggs
Register by 9/3. 73003.317
W 9/5 1:00pm-2:00pm

☎ A Matter of Balance-Fall Prevention

A Matter of Balance is a 16 hour course that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. The group will meet twice weekly for 4 weeks.
Instructor: Betty Brickhouse
Register by 9/2. Free.
74200.310
Tu & Th 9/4-9/27 1:00pm-3:00pm



\$ Beginning German

Students will be introduced to the basics of German vocabulary, phrases, and grammar in this five week course.
Instructor: Dr. George Schwarzmann
Register & pay by 9/30.
Fee: \$15.00 73004.321
Tu 10/2-10/30 **6:30pm-8:00pm**

NATIONAL SENIOR CENTER MONTH

As a new generation of older adults looks to redefine aging and retirement, there is a growing focus on physical & mental wellness, work, and volunteerism. When it comes to finding tools for staying healthy, involved and informed, senior centers are the place to start. Join us to learn more!

\$ Cardio Fit & Tone

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights and mats.

Instructor: Mary Harris
Register & pay by the first class.
Fee: \$38.00 LR: \$25.00
74209.310
Tu Th 9/4-9/27 **5:30pm-6:30pm**

☎ ClearCaptions-Communicating Better by Phone

Did you know that there really are FREE phones available for people with hearing disabilities? John Hickey with ClearCaptions shares information on these free caption phones and will demonstrate how to use the large color touchscreen. These federally funded phones are available to qualifying individuals who already have internet service. Come for the coffee and donuts and learn more about these amazing phones.

Register by 9/10. 73003.316
Tu 9/11 10:30am-11:15am

☎ Gardens of the World-Italy

Join world traveler, Susan Timmons, on her garden adventure through Italy. You'll be delighted at the beauty of the architecture, sculptures, and grandeur in these amazing garden settings. Free.

Register by 9/17.
73003.313
Tu 9/18 10:30am-11:30am

\$ Knitting Basics

Learn to cast on, knit, purl, and bind off in this two session knitting class. In the first class, learn to

knit a pot holder. In the second class, you will learn to knit and purl a scarf. Yarn will be provided. Students need to bring their own knitting needles, two size 6mm (bamboo/wooden needles are recommended as they are easier to learn knitting with).

Instructor: Jean Cunningham
Register by 9/14.
Fee: \$10.00
73001.321
M 9/17 & 9/24 **6:00pm-7:30pm**

\$ Luncheon: Beef Stew

Take the chill off a cold Fall day with a hot and hearty luncheon of homemade beef stew, cornbread and dessert. There may even be extra stew available for purchase following lunch. Bring a small container just in case.

Register & pay by 9/23.
Fee: \$4.00 73000.310
Tu 9/25 11:30am-12:15pm

\$ Native American Beading and History

Following a brief history of our local Monacan Indians, students will have the opportunity to create their own beaded bracelet. Patterns, beads, instructions, and looms provided.

Instructor: Megan Love
Register and pay by 9/17.
Fee: \$15.00
73001.310
Th 9/20 1:00pm-3:30pm



\$ Oil Painting Express

Students will learn to mix colors and incorporate basic design elements as they paint a landscape, highlighting a scene from our beautiful Central Virginia.

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

Instructor: Rodney Laughon
Register and pay by 9/17.
Fee: \$45.00 LR: \$30.00
74400.310
Tu 9/18 1:00pm-4:00pm



☎ RAD: Rape Aggression Defense Class

Learn realistic self-defense tactics in this 12-hour, nationally accredited program of empowerment and self-protection for women. Classes are instructed by RAD certified members of the LPD. Participants should wear comfortable gym clothes and sneakers. For maximum benefit, participants should plan to attend all 4 classes. All females, ages 15 & over, are encouraged to attend.

Instructor: Krystal Stevenson
Register by 9/20. Free.
73003.314
Sat 9/22-10/13 **9:00am-12:00pm**

☎ Stressed is Desserts Spelled Backwards

We are faced with many potentially stressful situations in later life. They range from health issues and change to loss of family and friends. In this interactive program we will talk about common stressors, good and bad stress, and the impact stress can have on our health and wellbeing. Participants will analyze their own stress levels and learn coping and stress prevention strategies.

Presenter: Denise Scruggs
Register by 9/30. Free.
73003.325
Tu 10/2 1:00pm-2:00pm

\$ 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 & pay by the first class.

Fee: \$38.00 LR: \$25.00

74202.310

Tu 9/4-9/25 4:00pm-5:00pm

☎ Understanding Pain

Not all pain is created equal.

Coping with pain can affect every aspect of your life, and many areas of your life can also affect your pain. Learn about how acute and chronic pain and other factors affect how you feel, process, react to pain, and talk to your doctor about it.

Presenter: Sue Curfman

Register by 9/15. Free.

73004.311

M 9/17 6:00pm-7:00pm

Video Chair Exercise Class

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 pace.

M Tu Th F

9/4-9/28 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 & pay by the first class.

Fee: \$38.00 LR: \$25.00

74203.310

Tu 9/4-9/25 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 & pay by the first class.

Fee: \$38.00 LR: \$25.00

74204.310

Th 9/6-9/27 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: Gladys Izezor

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

74205.310

Tu Th 9/4-9/27 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 & pay by the first class.

Fee: \$38.00 LR: \$25.00

74208.310

M W 9/5-9/26 5:00pm-5:45pm

\$ Zumba Strong

Zumba Strong combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Instructor: Billy Coffey

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

74206.310

Tu Th 9/4-9/27 3:00pm-3:45pm

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

Current Issues & Events



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

Volunteer: West Francus

W 9/12 & 9/26 10:30am-11:30am

Literature for Life

The group is changing focus and will now be reading short fiction with authors such as Bradbury, Capote, Chekhov, Faulkner, Hawthorne, de Maupassant and many others. The discussions are lively and collegial. Please call the Templeton Center for specifics (455-4115). Discussions are on the 2nd Thursday of each month. Free. Newcomers are welcome.

Volunteer: Beth Wortman

Th 9/13 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 9/6-9/27 9:30am-12:30pm

Social Bridge

Just for fun! Bring your foursome or just drop in and enjoy time with friends. New comers welcome.

Tu & Th

9/4-9/27 9:30am-12:30pm

OTHER OCATIONS

\$ Bowling

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

New comers welcome.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center,
6015 Fort Ave.

Tu 9/4-9/25 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. Pay on site.

Meet at: Putt-Putt Fun Center,
8105 Timberlake Road

M 9/10-9/24 10:00am-12:00pm

\$ Fifty-Plus Softball @

Peaks View Park (PVP)

All skill levels are welcome to participate.

Coed games are focused on fun, fitness, and friendly competition.

Staff: Lynn Fox

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

Peaks View Park-Field 1

M W 9/5-9/26 9:00am-11:00am



☎ Golden Gourmet @ 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 Charley's,
707 Graves Mill Rd.

Register by 9/26. Call 455-4115.
73700.310

F 9/28 11:30am-1:30pm

New Chapter Book Group

Emily and Edison by Linda

Francis Lee Alone and feeling betrayed after the tragic death of her husband, Emily tries to piece together her past. With the help of a scruffy dog named Eistein, she starts to move forward with relationships and life.

Volunteer: Vicki Hogan

Meet at: The Drowsy Poet,
2236 Lakeside Drive

M 9/24 10:00am-11:30am

September: Featured Artist @ Templeton: Chris Pickle

Chris started painting when she took lessons with Karen Bowden at the Fine Art Center around 1996. She did watercolors for a while, then took lessons from Virginia Klute at Templeton Senior Center and fell in love with watercolor botanicals. Chris now does her own watercolor botanical Christmas cards for family and friends. She has also been taking classes with Rodney Laughon on oils at Templeton and now loves landscapes as well. As a way to explore more directions in art, Chris has taken classes at Academy and likes to try new techniques to see what sparks her interest.

For 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
- Avante at Lynchburg
- Veteran's Clinic
- Walgreens Pharmacy, Wards Rd.

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



www.facebook.com/TempletonSeniorCenter



Miller Center (Main office)

301 Grove Street

434-455-5858

www.LynchburgParksAndRec.com

Templeton Senior Center Staff

Lynn Fox,
Senior Recreation Specialist

Krista Habermas,
Recreation Specialist

Jacqueline Graham,
Recreation Specialist

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.