

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**



Thank You Lynn Fox!



After 43 years of service to the City of Lynchburg, Lynn is entering the world of retirement. We thank Lynn for her contributions and dedication to the senior population. She will be missed here at the Templeton Center, but we wish her only the best and happiest days during the bright road ahead.



\$ Acrylics with Linda: Northern Lights

There's nothing as spectacular as a view of the Northern Lights. Capture the beauty on canvas as you complete your picture of these natural phenomena. Students should bring their acrylics brushes. Paints and canvas furnished.

Instructor: Linda Duff

Register and pay by 1/26.

Fee: \$12.00 74402.110

M 1/28 **6:30pm-8:00pm**

Blessing Bags for the Homeless: Donations needed...

Join the staff and fellow participants as they collect items for these bags during the month of January. Please consider donating items such as hand warmers, hand sanitizer, wipes, tissues, first aid kits, socks, blankets, pillows, hygiene products, flashlights, pens, stationary, and postage stamps. No used products please; only new items will be accepted. Items can be dropped off at the Templeton Center during regular office hours.

☎ Blessing Bags Assembly

Following the month-long blessing bags drive, come together to assemble the bags which will be donated to local Lynchburg

citizens in need during the cold winter months. Help give back to the community by stopping in to assemble a few bags, or add your personal touch with a special note or homemade craft to put inside. Coffee and light refreshments provided. Register by 1/28.

W 1/30 2:00pm-4:00pm

\$ Bridge: Intermediate Continued

Students completing the prior intermediate class and others with playing experience can continue to learn the finer points of bridge in this 6 week class. Previous playing experience is a must!

Instructor: Terry Garner
Register and pay by 1/10.

Fee: \$45.00 LR: \$30.00
74002.110

M 1/14-2/18 9:30am-11:00am



\$ 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

74209.110

Tu Th 1/3-1/31 **5:30pm-6:30pm**

FREE FITNESS WEEK JANUARY 2-8

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

Tai Chi

Tuesday
4:00pm-5:00pm

Zumba Strong

Tuesday/Thursday
3:00pm-3:45pm

Video Chair Exercise

Monday, Tuesday, Thursday,
Friday
9:15am-10:15am



FREE Fitness Week: January 2-8

Is it time to get back into that exercise routine? Try out any or all fitness classes at the Templeton

Center the week of January 2-8. Once you find the class that best suits your needs and schedule, you can register on site. No need to pre-register, just come join the fun! Classes, dates, and times are found in the newsletter.

\$ Laughter Yoga

Laughter yoga is a new twist on an ancient practice, based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Not only does it increase happiness, but it also strengthens the immune system, reduces pain, and lowers stress. Class activities include laughter, gentle movement, clapping, breathing and relaxation. Activities can be done while sitting or standing; no floor exercises. Instructor: Elizabeth Coleman Register & pay by 1/5.
Fee: \$10.00 74200.110
M 1/7-1/14 6:00pm-7:00pm

\$ Luncheon: Homemade Soup & Grilled Cheese Luncheon

Chase away the cold with a hot and hearty bowl of vegetable soup and grilled cheese. Dessert and drink round out the meal. Register and pay by 1/18.
Fee: \$4.00
73000.110
Tu 1/22 11:30am-12:15pm

📞 Movie Time: To Kill a Mockingbird

Enjoy a classic 1962 movie with popcorn and ice cream floats. Free admission. \$ donations appreciated. Register by 1/14. 73003.110
W 1/16 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 1/13.
Fee: \$45.00 LR: \$30.00
74400.110
Tu 1/15 1:00pm-4:00pm

\$ 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
74202.110
Tu 1/8-1/29 4:00pm-5:00pm

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
1/3-1/31 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 & pay by the first class.
Fee: \$38.00 LR: \$25.00
74203.110
Tu 1/8-1/29 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

74204.110

Th 1/3-1/31 **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

74205.110

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. No class on 1/21.

Instructor: Kirstin Noble

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

74208.110

M W 1/2-1/30 **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

74206.110

Tu Th 1/3-1/31 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 1/4-1/25 9:30am-12:30pm.

Current Issues & Events

Join this interactive group as they discuss hot topics in the news. Newcomers are always welcome. Discussions are on the 2nd and 4th Wednesday monthly.

Volunteer: West Francus

W 1/9 & 1/23 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: Ron Johnson

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

Lynchburg Duplicate Bridge Club

Do you enjoy a competitive game of bridge and have previous playing experience? Why not check out the action on Mondays at 12:30pm, Wednesday nights at 6:30pm, and Friday mornings at 10:30am. These friendly folks are always welcoming new players. For more information contact club president, Terry Garner at 941-0049.



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 1/3-1/31 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 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. New comers welcome.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.

Tu 1/8-1/29 1:00pm-3:00pm

📞 Golden Gourmet @ Big Lick Tropical Grill

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 Big Lick, 4001 Murray Place
Register by 1/23. Call 455-4115.

73700.110

F 1/25 11:30am-1:30pm

New Chapter Book Group

Saving Beck by Courtney Cole

"A teenager full of promise succumbs to drugs and ends up fighting for his life in this heart-wrenching, suspenseful tale. The book opens as Beck is being rushed to the emergency room. He showed

up on his mother's doorstep after having disappeared for two straight months and immediately collapsed from a drug overdose.”

Volunteer: Vicki Hogan

Meet at: The Drowsy Poet,
2236 Lakeside Drive

M 1/28 10:00am-11:30am

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, provided roads/parking lots are plowed and clear. Closings will be announced on Comcast Channel 2 and other local TV newscasts.
- Afternoon/evening classes will be determined on an individual basis after 12:00 noon.

- Please be sure we have a current phone number and e-mail address on file for you in case of postponements or last minute cancellations

Depending on your location, you need to decide if it is safe for you. If in doubt, call 455-4115. *Your safety is always our top priority!*

Check out the new winter 2019 Activity Guide! Pick up your copy today!



Car Emergency Kits

Getting caught in a vehicle during a snowstorm and failing to have the proper gear can be a life-threatening scenario under extreme conditions. It is always wise to plan for the worst and hope for the best. The Department of Motor Vehicles and the Department of Homeland Security note that these key items should always be included in a car emergency kit:

- Durable bags or crates to store supplies
- Complete first aid kit
- Small fire extinguisher
- Jumper cables
- Rain ponchos
- Plastic tarp
- Flashlights and extra batteries
- Bottled water
- Small cache of nonperishable foods
- Wrench and pliers
- Local maps
- Rags
- Duct tape
- Multipurpose tool
- Ice scraper
- Automotive fluids
- Blankets/warm clothing
- Cat litter for slick roads
- Tire-changing equipment
- Spare tire
- Road flares or caution reflectors
- Empty, refillable gas canister
- Cash for gas
- Phone charger cable

Be safe and always use caution during the winter season!



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
- Givens Book Store
- 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:**

Krista Habermas,
Recreation Specialist

Paula Ring,
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.