

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**



\$ AARP Smart Driver Class

AARP offers an eight-hour, newly updated 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! \$15.00 AARP members, \$20.00 non-members. Payable on site to AARP. Register by 4/28.
M W 4/29 & 5/1 9:00am-1:00pm



☎ AARP Tax Aid

IRS trained AARP volunteers are on hand to help you complete your tax return. This free, electronic filing service is available from February 2-April 15, 8:00 am-12:30 pm, Mondays, Wednesdays, and Saturdays. This is a first come, first served basis. Bring all pertinent papers, social security card, and your photo ID.

\$ Acrylics: Hydrangeas

Hydrangeas are always a colorful welcome to spring and summer. Create your own colorful garden against the backdrop of a white picket fence and blue sky. Students should bring their acrylics brushes. Paints and canvas furnished.
Instructor: Linda Duff
Register and pay by 4/27.

Fee: \$12.00
74402.142
M 4/29 6:30pm-8:00pm

☎ Bladder Fitness

Do you have health concerns? Learn more about urinary tract infections, urinary incontinence, and overactive bladders. Kelsey Wood, PT, DPT Centra Rehab at Center for Pelvic Health and Morgan McDowell, Nurse Practitioner with Centra Medical group will review these common bladder health concerns, their treatments, and tips on preventions. Register by 4/15.
Free. 73003.112
Tu 4/16 10:30am-11:30am

\$ 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

74209.140
Tu Th 4/2-4/30 5:30pm-6:30pm

☎ Family Internet Safety

Learn more about how to stay safe online as Cindy Kozerow shares important tips for internet users of all ages. This presentation brings awareness to grandparents, parents, and children to the dangers lurking on the internet and how to avoid them. Register by 4/15. Free.

73003.146
W 4/17 10:30am-11:30am

**☎ Gardens of the World:
The Riviera**

Envision the beauty of the Mediterranean coastline and explore the gardens of Spain, France, Monaco, and Italy. Susan Timmons shares her travels and breathtaking pictures of this spectacular part of the world. Presenter: Susan Timmons
Register by 4/22. Free.

73003.142
Tu 4/9 10:30am-11:30am

\$ Glass Bottle Hummingbird Feeder

Create a hummingbird feeder made from a recycled glass bottle. All supplies provided.
Register by 4/22.

Fee: \$10.00
73001.140
W 4/24 2:00pm-3:00pm

\$ Intro to Acrylics: Sky, Clouds, and Waves

Capture the beauty of some of nature's most intriguing shapes and colors as you learn ways to paint the sky, clouds and waves. Students should bring their acrylic brushes. Other supplies furnished.

Instructor: Betty Leary

Register & pay by 4/10.

Fee: \$23.00 LR: \$15.00

74402.140

Th 4/11 1:00pm-4:00pm

\$ Luncheon: Beef Stroganoff

Enjoy a dish of beef stroganoff, served with salad, dessert, and drink. Register and pay by 4/19.

Fee: \$5.00

73000.140

Tu 4/23 11:30am-12:15pm

\$ Marvelous Mahjong Lessons



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 all welcome.

Instructor: Karen Bridgett

Register & pay by 4/15.

Fee: \$23.00 LR: \$15.00

73004.141

W 4/17-5/8 10:30am-12:30pm

📞 Movie Time: Mary Poppins

Enjoy a classic 1964 movie with popcorn and milkshakes. Free admission. \$ donations appreciated. Register by 4/20.

73003.140

M 4/22 6:00pm-8:30pm

\$ 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 4/14.

Fee: \$45.00 LR: \$30.00

74400.140

Tu 4/16 1:00pm-4:00pm

📞 Parkinson's Disease Presentation

Parkinson's disease signs and symptoms can be different for everyone. Some of the early signs may be mild and go unnoticed, but may include slowness in movement and muscle stiffness.

Currently there is no cure for Parkinson's disease, but treatments are available to help relieve the symptoms and maintain quality of life. Learn more about the disease as Melissa Ramsdell from Centra Health shares her knowledge of Parkinson's. Free.

Register by 4/29. 73003.136

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

\$ Rain Barrel Workshop

Help protect Lynchburg's parks, streams, and rivers – and have a great time while you're at it!

Collect rainwater from your roof to water your garden or lawn and save money on your monthly water bill. This workshop will give you hands-on experience building a rain barrel, and teach you how to install and maintain it. If you want to take home the rain barrel you build, you may purchase it for \$50.00, payable onsite at the workshop. Let us know if you plan to purchase when you register.

Instructor: Chris Gyurisn

Register by 3/31.

Workshop is free if you are not purchasing a rain barrel.

73701.141

W 4/3 2:00pm-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

74202.140

Tu 4/2-4/30 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.

Tu Th F 4/2-4/30 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

74203.140

Tu 4/2-4/30 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

74204.140

Th 4/4-4/25 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 Izekor
Register & pay by the first class.
Fee: \$38.00 LR: \$25.00
74205.140
Tu Th 4/2-4/30
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 Noble
Register & pay by the first class.
Fee: \$38.00 LR: \$25.00
74208.140
M W 4/1-4/29 **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 4/5-4/26 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 4/10 & 4/24
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 4/11 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 10:00am. These friendly folks are always welcoming new players. For more information contact 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 4/4-4/25 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 4/2-4/30
9:30am-12:30pm

OTHER LOCATIONS

Art Expo

Art Expo Lynchburg is a free community event, open to all ages hosted by Lynchburg Parks & Recreation and the Seven Hills Art Club. For one day the Armory will transform into a fine art tradeshow, featuring art vendors, galleries, and demonstrations from local established and emerging artists. This event is intended to bring people together through art and showcase the talents of local artists. In addition, this event serves to feature the Parks & Recreation fine art instructors and artwork generated from their students. City Armory: 1200 Church Street.
F Sa 4/5-4/6 8:00am-12:00pm

\$ 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 4/2-4/30 1:00pm-3:00pm

\$ Fifty-Plus Putt-Putt Miniature Golf

You don't need to be a pro to enjoy miniature golf. Meet at the course each Monday, weather permitting. Adults only please. Volunteer: Willie Perry
Registration not required. Pay on site. \$3.00/two games.
M 4/1-4/29 10:00am-12:00pm

\$ Fifty-Plus Softball

All skill levels are invited to participate in this great team sport.

Coed games are focused on fun, fitness, and friendly competition. Volunteer: Al Morazes Register and pay monthly by the first day of play. Fee: \$10.00 73702.140 W F 4/3-4/26 10:00am-12:00pm

Golden Gourmet @ Red Lobster

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 Red Lobster, 3425 Candler's Mountain Road. Register by 4/24. Call 455-4115. 73700.140 F 4/26 11:30am-1:30pm

New Chapter Book Group

The beloved Fannie Flagg is back and at her irresistible and hilarious best in *I Still Dream about You*, a comic mystery romp through the streets of Birmingham, Alabama, past, present, and future. Meet Maggie Fortenberry, a still beautiful former Miss Alabama. Volunteer: Vicki Hogan Meet at: The Drowsy Poet, 2236 Lakeside Drive M 4/22 10:00am-11:30am

\$ Thomas Jefferson's Monticello Trip

Take a trip to Charlottesville and spend a day on the beautiful grounds of Monticello and get an intimate look at Thomas Jefferson. Find out how the Monticello plantation operated and about the lives of individual slaves, along with Jefferson's lifelong interest in gardening, botany, and agriculture. Also enjoy lunch at the Wood Grill Buffet. Price includes admission

and transportation. Cost of lunch not included. Van departs Templeton Senior Center at 8:30am and returns by 4:00pm. Register and pay by 4/23. Fee: \$35.00 75001.141 F 4/26 8:30am-4:00pm

Fruit and Vegetable Safety

(Info taken from the Centers for Disease Control and Prevention)

Eating a diet with plenty of fruits and vegetables provides important health benefits, but it's important that you select and prepare them safely. Fruits and vegetables add nutrients to your diet that help protect you from heart disease, stroke, and some cancers. In addition, choosing vegetables, fruits, nuts, and other produce over high-calorie foods can help you manage your weight. But sometimes raw fruits and vegetables contain harmful germs, such as Salmonella, E. coli, and Listeria, that can make you and your family sick. In the United States, nearly half of foodborne illnesses are caused by germs on fresh produce. The safest produce is cooked; the next safest is washed. Enjoy uncooked fruits and vegetables while taking steps to avoid foodborne illness, also known as food poisoning.

At the store or market:

- Choose produce that isn't bruised or damaged.
- Keep pre-cut fruits and vegetables cold by choosing produce that is refrigerated or kept on ice.
- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

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

- Central VA Alliance for Community Living
- City Hall Information Desk
- 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:

Ronnie Tucker,
Community Recreation
Programmer

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.