

# 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: Daffodils & Tulips

Enhance the beauty of your art work as you learn a variety of techniques to paint daffodils and tulips.

Students can bring their own acrylic brushes. Other supplies provided.

Instructor: Betty Leary

Register & pay by 6/18.

Fee: \$23.00 LR: \$15.00

Th 6/20 1:00pm-4:00pm

#### \$ Acrylics: Lighthouse

Capture the beauty on canvas as you complete your own picture of a lighthouse. Students should bring their acrylics brushes. Paints and canvas furnished.

Instructor: Linda Duff

Register and pay by 6/15.

Fee: \$12.00

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

#### ☎ 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 5/31. Free.

Tu Th 6/4-6/27 1:00pm-3:00pm

#### \$ Basics of Bridge Lessons

Whether you are just learning or want to brush up on your bridge game this five week class might be for you. Students will learn and review some of the basic elements of bridge and all skill levels are invited. There will be no class on Monday, July 1st.

Instructor: Mary Wyatt

Register & pay by 6/17.

Fee: \$45.00 LR: \$30.00

M 6/17-7/29 6:00pm-8:00pm

#### \$ Birding

Do you wish you could identify a bird just from its call or color markings? Join us for an intergenerational program to learn the basics of bird identification. We'll show you what to look and listen for, how to properly use binoculars, and how to get started with this great pastime! All materials provided. All family members are required to pre-register by 6/24.

Fee: \$8.00

W 6/26 10:00am-11:00am

#### \$ Cardio Fit & Tone

Get moving to some great music and make fitness fun in this twice-weekly exercise class. Students experience a great cardio workout as the class focuses on trimming and toning using weights, bands, and mats. Instructor: Mary Harris  
Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

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

#### \$ Fresh Floral Arrangements

Learn the basics of arranging fresh flowers and create a floral arrangement to take home and enjoy for days. All supplies provided.

Instructor: Ronnie Tucker

Register & pay by 6/17.

Fee: \$30.00 LR: \$20.00

W 6/19 1:00pm-3:00pm

#### ☎ Gardens of the World: Jungle Home of Borneo

Explore these "people of the jungle" and their disappearing world. Susan Timmons shares amazing photos of these incredible creatures and their habitat. Register by 6/3. Free.

Tu 6/4 10:30am-11:30am

#### \$ Luncheon: Brunch for Lunch

Scramble your schedule and join us for a morning fare at the noon hour. Enjoy a breakfast casserole, pastries, and meet new friends. Register and pay by 6/24.

Fee: \$5.00

Tu 6/25 11:30am-12:15pm

### **\$ Marvelous Mahjong Lessons**

Learn this ancient Chinese tile game, similar to the Western card game rummy. Mahjong is a game of skill, strategy, and calculation, and involves a certain degree of chance.

Instructor: Karen Bridgett

Register and pay by 5/31.

Fee: \$23.00 LR: \$15.00

M 6/3-6/24 **6:00pm-8:00pm**

### **\$ Painted Patriotic Clay Flower Pot**

A colorful indoor or outdoor decoration, this project is perfect for the upcoming patriotic holidays. The red, white, and blue stars and stripes is ideal for July 4th. All supplies provided.

Instructor: Ronnie Tucker

Register and pay by 6/24.

Fee: \$10.00

W 6/26 1:30pm-3:00pm

### **\$ Pet Portraits**



Have a darling pet that deserves its own stately portrait? Paint your Pet with Ginny Van Gurp, a member

of the 7 Hills Art Club! Bring an 8x10 clear and focused headshot picture of your pet, so that you are able to draw inspiration for your portrait. All skill levels welcome and supplies are provided.

Register and pay by 5/31.

Fee: \$23.00 LR: \$15.00

M 6/3 **6:00pm-9:00pm**

### **☎ Putting Your Best Foot Forward**

In Putting Your Best Foot Forward, we will discuss strategies to decrease risk factors for falls and injury enabling seniors to stay at home and live life to the fullest! Learn about what you can do to prevent falls including home safety, exercise recommendations,

appropriate shoe selection, proper nutrition and hydration, and when to talk to your doctor about concerns that can contribute to falls.

Presenter: Ashley Glover

Register by 6/18. Free.

W 6/19 1:00pm-2:00pm

### **☎ Streets of Lynchburg**

Whitney Roberts, Educator and Volunteer Coordinator with the Lynchburg Museum and Point of Honor, shares a fascinating look at Lynchburg's history. Discover more about our beautiful town as you learn about the city's most iconic streets and the stories behind their names. Register by 6/10. Free.

Tu 6/11 10:30am-11:30am

### **\$ Succulent Fairy Garden**

Explore a sense of childlike magic by creating a miniature fairy garden using succulents, natural elements, and figurines. Participants will learn how to plant and care for succulents, while using imagination to craft a whimsical twist! Embrace your inner child. Grandchildren welcome! Instructor: Paula Ring Register and pay by 6/3.

Fee: \$10.00

W 6/5 1:00pm-2:30pm

### **\$ Tai Chi (70 Minutes)**

Class includes the Tai Chi Qigong class and will follow immediately with 20 minutes of combining the essential ingredients practiced in qigong and infuse them into the purposeful and gentle choreographed movement routine that most people think of when they imagine people practicing Tai Chi in a park. Instructor: Scott Larson Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

Tu 6/4-6/25 4:00pm-5:10pm

### **\$ Tai Chi Qigong**

Practice gentle, mindful movements with iterative intention. Regular practice of these movements will unlock the many health benefits that Tai Chi has to offer. These simple, easy to remember, easy to physically perform movements contain the essential ingredients of Tai Chi and are suitable for nearly everyone, regardless of age, fitness level or physical difficulties. New students welcome!

Instructor: Scott Larson

Register & pay by the first class.

Fee: \$30.00 LR: \$20.00

Tu 6/4-6/25 4:00pm-4:50pm

### **Video Chair Exercise Class**

Armchair Fitness provides safe, seated fitness improvement routines for people interested in increasing aerobic ability and overall body strengthening, stretching and relaxing. This workout is also for people who limit vigorous activity because of preference, lifestyle, age or disability. These low impact workouts help to lower blood pressure, and increase stamina; while improving muscle tone, flexibility, coordination and a sense of wellbeing. Free.

M Tu Th F 6/3-6/28

9:15am-10:15am

### **\$ Yoga**

Students explore the benefits of yoga in this self-paced class which combines the elements of stretching, breathing, and holding postures. Instructor: Debbie Ladd Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

Tu 6/4-6/25 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

Th 6/6-6/27 **6:45pm-7:45pm**

### **\$ Zumba at Noon**

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of fun every time you go to class.

Instructor: Adrienne Dalton

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

Tu Th 6/4-6/27

12:00pm-12:45pm

### **\$ Zumba PM**

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of fun every time you go to class.

Instructor: Kirstin Noble

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

M W 6/3-6/26 **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. Players meet every Friday. Drop-ins welcome!

F 6/7-6/28 9:30am-12:30pm

### **Current Issues & Events**

Join this interactive group of outspoken individuals as they discuss hot topics in the news. Group members share responsibility to select and direct discussions. Newcomers welcome. Group meets

the 2nd & 4th Wednesday each month. Drop-ins welcome!

Volunteer: West Francus

W 6/12 & 6/26

10:30am-11:30am

### **Literature for Life**

The group is 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 (434-455-4115). Discussions are on the 2nd Thursday of each month. Newcomers are welcome.

Volunteer: Ron Johnson

Th 6/13 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. Group meets every Thursday. Drop-ins welcome!

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

### **Social Bridge**

Bring your foursome or just drop in and enjoy time with friends. This fun-loving group of card players welcomes new players. No registration required. Free.

Tu & Th 6/4-6/27

9:30am-12:30pm

## **OTHER LOCATIONS**



### **\$ Bowling**

Enjoy weekly recreational bowling on Tuesdays without the cost and commitment of league attendance and play. All skill levels welcome. Pay on site.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center,  
6015 Fort Ave.

Tu 6/4-6/25 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. Putt-Putt Fun Center, 8105 Timberlake Rd.

M 6/3-6/24 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.

Peaks View Park, field #1.

Fee: \$10.00

M W 6/3-6/26 10:00am-12:00pm

### **☎ Golden Gourmet @ Olive Garden**

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 Olive Garden, 4038 Wards Rd. Register by 6/27.

Call 455-4115

F 6/28 11:30am-1:30pm



### New Chapter Book Group

In *The Couple Next Door* by Shari Lapena, Anne and Marco Conti seem to have it all—a loving relationship, a wonderful home, and their beautiful baby, Cora. But one night when they are at a dinner party next door, a terrible crime is committed. Suspicion immediately focuses on the parents. But the truth is a much more complicated story. Volunteer: Vicki Hogan  
Meet at: The Drowsy Poet,  
2236 Lakeside Drive  
M 6/24 10:00am-11:30am

### \$ Batteau Tour & Picnic



Climb on board the Adelaide Elizabeth for an educational batteau ride and tour of the James River, just below downtown Lynchburg, hosted by the James River Association crew. A picnic lunch will be enjoyed at Rivers Edge Park after the voyage. Lunch and tour fees included. Meet up and drop off location is at Templeton Senior Center. Register and pay by 6/9. Fee: \$20.00  
Tu 6/11 10:00am-1:00pm

### \$ Square Dance

Celebrate the 34th annual James River Batteau Festival launch with a night out in the park with family or friends for an evening of simple, fun circle, square and whole set dances, called to live music. It's going to be a knee slappin' good time! No need to come with a partner and beginners are welcome. Children under 6 free. Riverfront Park, 1100 Jefferson St.  
\$5.00 in advance | \$8.00 at the door  
F 6/14 7:00pm-9:00pm

### State Games of America July 31<sup>st</sup> – August 4<sup>th</sup>

From Archery and track & field to figure skating and ninja challenge, the State Games of America offers competition in over 50 sports. Inspiring wellness and sportsmanship among the athletes of all ages, the games welcome all Virginia residents to compete and test their skills against qualifying athletes from across the nation.

Join us for the opening ceremonies kickoff Friday, August 2<sup>nd</sup> from 7:00pm-9:00pm at Liberty University Williams Stadium.

For those that do not wish to compete in the games but would like to be involved, there are numerous opportunities to volunteer at different event locations. To find out more, visit:  
[stategamesofamerica.com/volunteer](http://stategamesofamerica.com/volunteer)

For spectators, admission tickets and passes can be purchased by visiting:  
[stategamesofamerica.com/admissions](http://stategamesofamerica.com/admissions)



### 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](https://www.facebook.com/TempletonSeniorCenter)



Miller Center (Main office)

301 Grove Street

434-455-5858

[www.LynchburgParksAndRec.com](http://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.