

# 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 "RED" 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: Moonlight on Water**

Enhance the beauty of your art work as you learn a variety of techniques to paint moonlight on water.

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

Instructor: Betty Leary

Register & pay by 9/17.

Fee: \$23.00 LR: \$15.00

Th 9/19 1:00pm-4:00pm

**☎ Almost Patsy, Almost Dolly**

Enjoy a lively tribute featuring a music history presentation and sing along led by local vocalist Carol Tucker featuring selections made famous by Patsy Cline and Dolly Parton. Participants are encouraged to clap hands, stomp feet, and dance. Register by 9/8. Free.

M 9/9 3:30pm-4:30pm

**\$ Blackwater Creek Walking Group**

Foster relationships and healthy habits while exploring area trails. Meet up at Templeton Senior Center and ride the fun bus to a

different trail each day. Walks are moderate and will last about 45 minutes. Fee includes price of transportation and snacks.

Facilitator: Paula Kepel

Register & pay by 9/1.

Fee: \$12.00

Tu 9/3-9/24 8:30am-10:15am

**\$ Canasta: Hand, Knee, Foot Lessons**

Hand, Knee, and Foot is a fairly new, Canasta style card game that is catching on all over the USA.

During the 3 week class, Karen Bridgett will teach you the basic rules and strategies of play.

Register and pay by 9/2.

Fee: \$25.00 LR: \$20.00

W 9/4-9/18 10:30am-12:30pm

**\$ 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 9/3-9/26 5:30pm-6:30pm

**\$ Funny Face Milk Jug Planter**

Have fun making this creative planter and recycle at the same time! We will provide all the craft supplies including soil and live plants. Grandchildren welcome.

Instructor: Paula Kepel

Register and pay by 9/13.

Fee: \$10.00

W 9/18 1:00pm-2:30pm

**\$ Harvest Landscape in Acrylics**

Celebrate the season of harvest on canvas. Students can bring their own acrylics brushes. All other supplies provided.

Instructor: Linda Duff

Register and pay by 9/13.

Fee: \$15.00

M 9/16 6:30pm-8:00pm

**☎ Introduction to Diabetes Care**

Join Dr. J. Daniel Ruck, from Centra High-Risk Diabetes Care, for an informative presentation on diabetes. The program will focus on the basic understanding of diabetes and how diet plays an important role in your health. Drop-ins welcome!

Register by 9/5. Free.

F 9/6 1:30pm-2:30pm

**\$ Introduction to Violin**

Keep your mind sharp by being introduced to the world of Violin.

This six week class is for anyone interested in learning more about the violin or who is considering lessons. Learn how to hold the violin and bow with ease and the basics of reading music to play simple songs using your new skills.

Participants will need to provide a violin with a shoulder rest which can be rented from local music stores.

Workbook included.

Instructor: Daniel Kepel

Register and pay by 9/15.  
Fee: \$60.00 LR: \$45.00  
Th 9/19-10/24 10:30am-11:15am

### **Knitted Knockers Mastectomy Prosthetics**

"When fighting cancer, sometimes the smallest things can make the biggest difference." Knitted Knockers Support Foundation is a volunteer organization that provides free distribution of hand crafted prostheses to breast cancer survivors. Cindy Huber will give a presentation of how you can use your knitting skills to make a difference in someone's life. More information can be found at [www.knittedknockers.org](http://www.knittedknockers.org). Register by 9/3. Free.

W 9/4 1:30pm-2:30pm

### **\$ Luncheon: Southern Comfort**

Enjoy a Southern down home cooking just like Grandma used to make. Come on over for a big helping of chicken and dumplings, served with a bowl of fried apples. Register and pay by 9/20.

Fee: \$5.00

Tu 9/24 11:30am-12:30pm

### **Medicare Education**

Hodges Insurance presents a comprehensive overview of the Medicare program. Topics will include what Medicare is made of, what a Medicare supplement does and how it can help, information on the Medicare Advantage program, Medicare and Social Security registration, and available drug plans. Presenter: Tom Hodges Register by 9/9. Free.

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

### **Suzhou China Gardens**

Susan Timmons discusses the Lingering Garden of Suzhou, China: Harmony of the Spiritual, Natural,

and Manmade Worlds (A mystical place where botany, geology, art, and Architecture meet).

Presenter: Susan Timmons

Register by 9/16. Free.

Tu 9/17 10:30am-11:30am

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

Class includes the Tai Chi Qigong 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 Tai Chi in a park.

Instructor: Scott Larson

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

Tu 9/3-9/24 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 and easy to perform movements contain the essential ingredients of Tai Chi and are suitable for nearly everyone, regardless of age, fitness level or physical limitations.

Instructor: Scott Larson

Register & pay by the first class.

Fee: \$30.00 LR: \$20.00

Tu 9/3-9/24 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 9/3-9/30

9:15am-10:15am

### **\$ Watercolor Botanicals**

Learn how to paint delicate flowers and foliage using a watercolor medium. Students can bring their own watercolor brushes. Other supplies provided.



Instructor: Betty Leary

Register & pay by 9/3.

Fee: \$23.00 LR: \$15.00

Th 9/5 1:00pm-3:00pm

### **Winterizing Your Garden**

It's time to prepare your garden for winter. Deb Straw will lead a discussion on how to clean up and protect your garden during the cold winter months.

Register by 9/20. Free.

Tu 9/24 1:00pm-2:00pm

### **\$ Yoga AM**

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 9/3-9/24 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 9/5-9/26 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: Billy Coffey

Register & pay by the first class.

Fee: \$38.00 LR: \$25.00

Tu Th 9/3-9/26 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 9/4-9/30 5:00pm-5:45pm

### **SPECIAL INTEREST AT TSC**

#### **Board Games**

Come out on your own or with a group of friends to play some classic board games each Friday. Choose from a selection of board games at the center, or bring your own from home to share.

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

#### **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 9/6-9/27 9:30am-12:30pm

#### **Current Issues & Events**

Join this interactive group of outspoken individuals as they discuss hot topics in the news.

Group meets the 2nd & 4th

Wednesday each month. Drop-ins welcome! Volunteer: West Francus  
W 9/11 & 9/25 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 9/12 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.

Th 9/5-9/26 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 9/3-9/26  
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.

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

Tu 9/3-9/24 1:00pm-3:00pm

#### **\$ Disc Golf for Beginners**

Disc golf is a sport in which players throw a disc at a target; it is played using rules similar to golf. Come and learn a new hobby while meeting new people, all while getting in a little exercise and fresh air. Meet at hole number 1 at Peaks View Park, using the Ivy Creek Entrance near the tennis courts. Register and pay by 9/18.

Fee: \$10.00

F 9/20 9:30am-11:30am

#### **\$ 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 9/2-9/30 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 9/4-9/30 10:00am-12:00pm

### **☎ 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 Road. Register by 9/25.

F 9/27 11:30am-1:30pm

### **\$ Gretna Theater Trip**

Enjoy a movie from the past at the historic Gretna Theater.

Transportation, movie ticket, popcorn, and beverage included.

Bus departs Templeton Senior Center parking lot.

Register and pay by 9/16.

Fee: \$10.00

W 9/18 12:45pm-4:30pm

### **\$ Lynchburg Locals: Lunch & Museum**

Take a step back in time by visiting the historic Anne Spencer House and Garden Museum followed by lunch at the Lynchburg Community Market. Next, visit the Legacy Museum and take a glimpse into the culture and history of African Americans in the Lynchburg area.

Fee includes transportation and museum entry fees. Lunch is on your own at the market or pack a lunch from home (cooler provided).

Bus departs the Templeton Senior Center back parking lot.

Register and pay by 9/24.

Fee: \$15.00

Th 9/26 9:30am-3:00pm

### **\$ National D-Day Memorial Trip**

The National D-Day Memorial in Bedford was constructed in honor of those who died on June 6<sup>th</sup>, 1944, fighting in one of the most significant battles in our nation's history. Trip fee includes transportation and admission. Cost of lunch at Olde Liberty Station is on

your own. Bus departs the Templeton Senior Center back parking lot at 9:30am.

Register and pay by 9/10.

Fee: \$30.00

F 9/13 9:30am-2:30pm

### **New Chapter Book Group**

In *The Twelve Mile Straight* by Eleanor Henderson, field hand Genus Jackson is lynched and dragged behind a truck down the Twelve-Mile Straight, the road to the nearby town, after being accused of rape. In the aftermath, the farm's inhabitants are forced to contend with their complicity in a series of events that left a man dead and a family irrevocably fractured.

Volunteer: Vicki Hogan

Meet at: The Drowsy Poet,  
2236 Lakeside Drive

M 9/23 10:00am-11:30am

### **Coming in October:**

#### **New to Lynchburg**

Tu 10/1-10/22 1:00pm-2:00pm

#### **Marvelous Mahjong Lessons**

W 10/2-10/23 10:30am-12:30pm

#### **Understanding Pain**

W 10/2 2:00pm-3:00pm

#### **Watercolor Botanicals**

Th 10/3 1:00pm-3:00pm

#### **AARP Smart Driver Class**

M 10/7-10/9 9:00am-1:00pm

#### **60's Sing Along**

Tu 10/8 6:30pm-8:30pm

#### **Old Jewelry Made New Again**

Th 10/10 1:00pm-3:00pm

#### **The Story of my Life Autobiography**

M 10/14 10:30am-12:00pm

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

- Central VA Alliance for Community Living
- City Hall Information Desk
- Fort Hill Bowling Center
- 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](http://www.facebook.com/TempletonSeniorCenter)



**LYNCHBURG  
PARKS & REC**

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 Kepel,**

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.