

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.

225 Wiggington Rd: 434-455-4115



AARP Tax Aid

IRS trained AARP volunteers are on hand to help complete tax returns at no cost. Service will be available through 4/15 on Mondays, Wednesdays, and Saturdays from 8:30am-12:30pm on a first-come, first-served basis. Bring all pertinent paperwork and identification.

\$ Acrylics: Budding Trees

Geared towards beginner and intermediate artists, create budding trees in acrylics on canvas. Students can bring their own acrylic brushes. Instructor: Linda Duff
Register & pay by 3/20.

Fee: \$15.00

M 3/23 **6:30pm-8:00pm**

\$ Acrylics: Spring Flowers

Participants will sharpen their painting skills with guidance on creating spring flowers using acrylic paints on 3 mini canvases. Students can bring their own acrylic brushes. Instructor: Betty Leary
Register & pay by 3/16.

Fee: \$15.00

Th 3/19 1:30pm-4:30pm

\$ Beginner Line Dance

Line Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing people to engage in a social activity. Two left feet are welcome! Wear comfortable clothes and tennis shoes. Don't forget a water bottle. Instructor: Micky Ferguson
Register & pay by 3/20.

Fee: \$45.00 LR: \$30.00

Tu 3/24-5/12 12:00pm-12:50pm

\$ 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 & pay by 3/10.

Fee: \$15.00

Th 3/12-3/26 1:00pm-3:00pm

\$ Cardio Fit & Tone

Instructor: Mary Harris
Register & pay by the first class.

Fee: \$40.00 LR: \$25.00

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

\$ Cat Yoga

Lynchburg Parks and Recreation teams up with the Lynchburg Humane Society to offer participants the experience of doing Yoga while cats roam the room. Relieve stress and get a workout in all while being surrounded by fur

friends looking for fur-ever homes!

Instructor: Paul Webb

Register & pay by 3/11.

Fee: \$5.00

Sa 3/14 **1:00pm-2:00pm**

Coffee Connection



Stop in for a hot cup of Joe or a spot of tea and

meet new friends. Drop in anytime on Thursdays from 9:00am-11:30am for coffee, connection, and conversation.

No registration required.

Suggested donation of \$2.00

Th 3/5-4/30 9:00am-11:30am

☎ Custom Programs

Are you looking for an activity, class, or program suitable for your group? We offer customized programs to fit your needs, using the Templeton Center facility. We provide all materials and the experienced instructors; you provide the date, time, and group! Call 455-4115 for more information.

\$ Gourd Bird House Craft

Gourds are one of the best natural nesting houses for birds. Invite a bird to raise their family in your yard by creating a wonderful, whimsical bird house. All supplies will be included to create your own yard art masterpiece.

Instructor: Ronnie Tucker

Register & pay by 3/6.

Fee: \$10.00

Tu 3/10 1:30pm-3:00pm

☎ Irish Jigs and Reels

The fiddle is one of the most important instruments in the repertoire of Irish music. Daniel Kepel, a local violinist who hails from across the pond, will present a lively program of traditional Irish fiddle tunes sure to evoke visions of the Emerald Isle. Pre-registration appreciated by 3/23. Free.

Tu 3/24 1:30pm-2:30pm

\$ Luncheon: St. Patty's Day Shepherd's Pie

Come on over all lads and lasses for good food, good fun, and great company. Enjoy a traditional St. Paddy's Day Lunch featuring Shepherd's Pie and Irish Pots De Crème. Register and pay by 3/22. Fee: \$5.00

Tu 3/24 11:30am-12:30pm

Lunch with Lynchburg Daily Bread

For 37 years, Lynchburg Daily Bread has provided a free, hot meal from their commercial kitchen in downtown Lynchburg. They will serve lunch every Thursday at 11:00am at Templeton Senior Center, free of charge, no questions asked. Drive through for a meal to go or dine in at the center. No registration is required.

Th 3/5-3/26 11:00am-11:30am

☎ Medicare 101- Medicare Enrollment

Medicare works in strange and mysterious ways, or so it seems. Richard Lowery, from Anthem BC/BS, will present a series on making sense of the latest Medicare changes. The March session features information on Medicare Advantage plans and the Open Enrollment Period.

Register by 3/24. Free.

Th 3/26 10:30am-11:30am

\$ New to Lynchburg

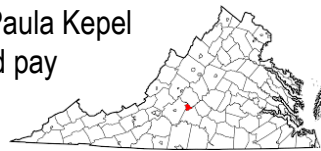
Welcome to Lynchburg! This class is for anyone new to the Lynchburg Community or who would like to learn more about Lynchburg. Over four informative sessions, participants will learn about Lynchburg's history, area resources, and ways to get involved in the community. The fourth session will feature a bus tour of the city. Fee includes all materials and transportation for the tour.

Facilitator: Paula Kepel

Register and pay by 3/1.

Fee: \$10.00

Tu 3/3-3/31 1:00pm-2:30pm



\$ Oil Painting Express

Make a landscape scene come alive as local artist, Rodney Laughon, instructs participants step-by-step how to paint in oils on canvas. Students can bring their own brushes.

Register & pay by 3/29.

Fee: \$45.00 LR: \$30.00

Tu 3/31 1:30pm-4:30pm

☎ Secrets of Trees and Forests Revealed

A Discussion inspired by the book, The Hidden Life of Trees. Pre-read of the book is not necessary.

Instructor: Joe Pond

Advance registration appreciated.

Free.

W 3/18 10:30am-12:00pm

☎ Senior Health Issues and Home Health Care

Dorothy was right, there's no place like home, there's no place like home. Centra Hospice will be on hand to discuss senior health issues and how a home health team can help during life limiting illnesses. Learn the facts and get answers to your home health questions.

Presenter: Ben Osterkamp

Register by 3/9. Free.

Tu 3/10 10:30am-11:30am

\$ Tai Chi

Instructor: Scott Larson

Register & pay by the first class.

Fee: \$40.00 LR: \$25.00

Tu 3/3-3/31 4:00pm-5:10pm

☎ Trivial Trivia

Who shot JR??? If you remember this question, better yet the answer, you should join us for an afternoon of trivia. You will be surprised by what you remember, and what you have forgotten. Register by 3/10. Free.

Th 3/12 1:30pm-3:00pm

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. Free. M Tu Th F 3/2-3/31 9:15am-10:15am

\$ Watercolors Express

Integrate new watercolor techniques and skills with local artist Betty Leary. Students can bring their own brushes. Register & pay by 3/2.

Fee: \$15.00

Th 3/5 1:30pm-3:30pm

\$ Yoga AM

Participants should wear comfortable clothing and bring a yoga mat. Instructor: Debbie Ladd Register & pay by the first class.

Fee: \$40.00 LR: \$25.00

Tu 3/3-3/31 8:15am-9:05am

\$ Yoga PM

Participants should wear comfortable clothing and bring a yoga mat. Instructor: Paul Webb

Register & pay by the first class.

Fee: \$40.00 LR: \$25.00

Th 3/5-3/26 6:45pm-7:45pm

\$ Zumba PM

Instructor: Billy Coffey

Register & pay by the first class.

Fee: \$40.00 LR: \$25.00

M W 3/2-3/30 5:00pm-5:45pm

SPECIAL INTEREST AT TSC

A Knight of Chess

Calling all chess players! All skill levels welcome for this monthly gathering. Bring your own chess board (BYOCB), clock if you have one, and good cheer. No registration required. Free.

M 3/23 6:00pm-8:00pm

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. Free.

F 3/6-3/27 9:30am-12:30pm

Canasta

Have fun and challenge your brain as you play this popular card game. Players meet every Friday. Drop-ins welcome! Free.

F 3/6-3/27 9:30am-12:30pm

Current Issues & Events

Join this interactive group of outspoken individuals as they discuss hot topics in the news. The topics for this month are, "Does Illegal Immigration Disadvantage American Workers" and "Misbehaving politicians." The group is currently in need of volunteers to lead discussions.

Volunteer: West Francus

W 3/11 & 3/25 10:30am-11:30am

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. Group meets every Thursday. Free.

Th 3/5-3/26 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 3/3-3/31
9:30am-12:30pm

OFF-SITE LOCATIONS

\$ Bowling

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

Tu 3/3-3/31 1:00pm-3:00pm

📞 Golden Gourmet @ Bulls Steakhouse

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Meet at: Bulls Steakhouse, 1887 Graves Mill Rd. Volunteer: Carolyn Maness Register by 3/24.

F 3/27 11:30am-1:00pm

\$ Gretna Theater Trip

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

Transportation, movie ticket, popcorn, and beverage included.

Bus departs Templeton Center parking lot. Register & pay by 3/16.

Fee: \$10.00

W 3/18 12:30pm-5:00pm

New Chapter Book Group

A Severe Mercy is an autobiographical account of Sheldon Vanauken's loving marriage, his friendship with famed author C.S Lewis, and his personal relationship with God. Group meets monthly on the 4th Monday at The Drowsy Poet, 2236 Lakeside Drive. Volunteer: Vicki Hogan

M 3/23 10:00am-11:30am

\$ Point of Honor House Tour & Candle Making Workshop



Enjoy a house tour of Point of Honor and a hands-on class

in traditional candle-making. Participants can also visit the museum gift shop and visit the hearth kitchen. Following the program participants will stop for lunch at the Depot Grill. Lunch is not included in trip fee. Bus will depart from Templeton Center.

Instructor: Whitney Roberts Register and pay by 3/17.

Fee: \$10.00

F 3/20 9:00am-1:00pm

\$ Sandusky House Tour

Sandusky served as Union Headquarters during the Battle of Lynchburg, however it has seen more than 200 years of local and national history. Price of trip includes transportation and admission. Bus departs Templeton Center back parking lot at 9:30am. Register and pay by 3/10.

Fee: \$5.00

F 3/13 9:30am-11:30am

\$ Square Dance

Come out to the Aviary in Miller Park with family or friends for an evening of Irish tunes and simple jigs, reels and polkas. Marcia will teach and call traditional, circle, square, and whole set dances called to live music. No need to come with a partner, and beginners are welcome. Refreshments provided. Help us prepare by registering for \$5 in advance; or pay \$8 at the door. Children under 6 are free and not required to register.

F 3/13 7:00pm-9:00pm

Coming in April

Fifty-Plus Softball

M W 4/1-4/29 10:00am

Fifty-Plus Putt Putt Miniature Golf

M 4/6-4/27 10:30am

Blackwater Creek Walking Group

Tu 4/7-4/28 8:30am

Genetics: Family Health, Past, Present, and Future

Tu 4/7 1:30pm

Watercolors Express

Th 4/9 1:30pm

Charlottesville Shopping Trip

F 4/10 9:00am

Coastal Seashell Monogram Art

Tu 4/14 1:00pm

Gretna Theater Trip

W 4/15 12:30pm

Bumble Bees in Acrylics

Th 4/16 1:30pm

Medicare 101- Medicare Supplement

Th 4/23 10:30am

Butterflies in Acrylics

M 4/27 6:30pm

Spring Celebration Karaoke Sing Along

Tu 4/28 1:00pm

Luncheon: Breakfast for Lunch

Tu 4/28 11:30am

Plant for the Future

Th 4/30 1:00pm

Artist of the Month

Betty Gilliam is our artist of the month. Her paintings will be on display in the gallery throughout the month of March. Betty took oil painting classes about 30 years ago but stopped while raising children, working, etc. Since retiring, Betty has enjoyed experimenting again with mainly acrylics and collage. Betty is a member of the 7 Hills Art Club in Lynchburg and continues to learn more about the art world.

Inclement Weather Policy

-If Lynchburg City Schools are delayed, all morning programs scheduled before the delayed start time are cancelled.

-If Lynchburg City Schools are closed, all morning classes are cancelled. Afternoon and evening classes will be determined by 3pm.

-If inclement weather occurs late afternoon/early evening, all evening classes will be cancelled and the Community Recreation Programmer will notify both the instructor and the students at least 1 hour in advance to confirm.

-Cancellation line: 434-455-5860

-Closings will also be posted on our social media pages.



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



**LYNCHBURG
PARKS & REC**

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 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.