

# 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.  
City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

225 Wiggington Rd: 434-455-4115



## Announcements:

-September is National Senior Center Month, as well as the center's 16-year building anniversary

-Effective September 1<sup>st</sup> there is a price change for non-residents

-Center will be closed on Monday, September 7<sup>th</sup> for the holiday

-Happy Grandparents Day (9/13)

-Lynchburg Parks and Recreation and the Templeton Center are striving to keep our patrons safe and healthy during the Corona Virus outbreak. Masks are required for entry to our facility. We do a health screen and temperature check for everyone who enters our center. We have reduced the size of our classes and have set up social distancing spacing, as well as a vigorous cleaning schedule to maintain our facility. We hope that you will find the Templeton Center a safe and welcoming place to visit.

## Current Issues & Events

Contact the Templeton Center for the schedule of topics. No registration required.

W 9/9 & 9/23 10:30am-11:30am

## ☎ Film Screening: Painting the Modern Garden

Monet to Matisse: From the exhibition walls to the wonder and beauty of artists' gardens like Giverny and Seebüll, this film takes a magical and widely travelled journey to discover how different contemporaries of Monet built and cultivated modern gardens to explore expressive motifs, abstract color, decorative design and utopian ideas. Register by 9/6. Free.

Tu 9/8 10:15am-12:00pm

## \$ Luncheon: Taco Salad

Kick off autumn with a tasty taco salad bar luncheon.

Register and pay by 9/20.

Fee: \$10.00 LR: \$8.00

Tu 9/22 11:30am-12:30pm

## \$ 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 and pay by 9/20.

Fee: \$38.00 LR: \$30.00

Tu 9/22 1:30pm-4:30pm

## \$ Peaks of Otter in Acrylics

Participants will sharpen their painting skills with guidance on creating The Peaks of Otter using acrylic paints on an 8x10 canvas. All supplies provided.

Instructor: Betty Leary

Register & pay by 9/15.

Fee: \$25.00 LR: \$20.00

Th 9/17 1:30pm-4:30pm

## \$ Portrait of a Rose in Acrylics

Geared towards beginner and intermediate artists, create a delicate rose blossom in acrylics on an 8x10 canvas. All supplies provided. Instructor: Linda Duff

Register & pay by 9/26.

Fee: \$19.00 LR: \$15.00

M 9/28 6:30pm-8:00pm

## ☎ Post Retirement Investment Strategies

Your investment portfolio was designed when you were saving for your retirement. How does investing change once you have retired? Don Wooldridge, from Edward Jones Financial, will share advice for strategies to help you be a tax-smart investor. Register by 9/13.

Free.

Tu 9/15 10:30am-11:30am

## ☎ Recycling Dynamics

Jeremy Kline, Solid Waste Collections Manager, will present a mile high view of recycling history and why certain items are recyclable. Recycling is a worldwide practice and we're all connected. Learn how to do your part.

Register by 9/22. Free.

Th 9/24 10:30am-11:30am

## ☎ Ridesharing Options for the 21st Century

Places to go and people to see are

easy when your car is parked outside. What about when driving isn't an option? Ridesharing is an on-demand service that connects passengers with available drivers. Dave Owen will discuss the use of ridesharing through companies such as UBER and LYFT. Your next ride is as close as your Smart Phone. Register by 9/22. Free.  
Th 9/24 1:30pm-2:30pm

### **\$ Tai Chi**

Instructor: Scott Larson  
Register & pay by the first class.  
Fee: \$31.00 LR: \$25.00  
Tu 9/1-9/29 4:00pm-5:10pm

### **Video Chair Exercise Class**

Armchair fitness provides safe, seated fitness improvement routines. Free. M Tu Th F 9/1-9/29 9:15am-10:15am

### **Virtual Programs**

Lynchburg Parks and Recreation is creating virtual programs for our participants who choose to remain in their homes. We will be adding programs to the Templeton Senior Center Facebook page as they become available. Add the Templeton Senior Center to your favorites and keep an eye out for new virtual programs.

### **\$ Watercolors Express**

Integrate new watercolor techniques and skills with local artist Betty Leary. All supplies provided. Register & pay by 9/1.  
Fee: \$19.00 LR: \$15.00  
Th 9/3 1:30pm-3:30pm

### **\$ Yoga**

Register & pay by the first class.  
Fee: \$31.00 LR: \$25.00

### **Yoga AM with Debbie Ladd:**

Tu 9/1-9/29 8:15am-9:05am

### **Yoga after Work with Paul Webb:**

Th 9/3-9/24 5:30pm-6:30pm

### **Yoga PM with Paul Webb:**

Th 9/3-9/24 6:45pm-7:45pm

### **GROUP GAMES AT TSC**

Come out on your own or with a group of friends to play any of the following group games for free:

#### **Board Games**

F 9/4-9/25 9:30am-12:30pm

#### **Canasta**

F 9/4-9/25 9:30am-12:30pm

#### **Mahjong**

Th 9/3-9/24 9:30am-12:30pm

#### **Social Bridge**

Tu & Th 9/1-9/29 9:30am-12:30pm

### **OFF-SITE LOCATIONS**

#### **\$ Bowling**

Fee: \$1.25/game plus tax  
Fort Hill Bowling Center,  
6015 Fort Ave. Pay on site.  
Tu 9/1-9/29 1:00pm-3:00pm

#### **\$ Fifty-Plus Putt-Putt Miniature Golf**

Volunteer: Willie Perry  
Fee: \$3.25/two games  
Putt-Putt Fun Center, 8105  
Timberlake Rd. Pay on site.  
M 9/7-9/28 9:30am-11:30am

#### **\$ Fifty-Plus Softball**

Register and pay monthly by the first day of play. No game on 9/7.  
Peaks View Park, field #1.  
Fee: \$13.00 LR: \$10.00  
M W 9/2-9/30 10:00am-12:00pm



### **☎ Golden Gourmet @ Charley's**

Meet at Charley's, 4707 Graves Mill Road, Lynchburg.  
Volunteer: Carolyn Maness  
F 9/25 11:30am-1:00pm

### **New Chapter Book Group**

*Finding Dorothy* by Elizabeth Letts is the reading for September. Group meets monthly on the 4th Monday at The Drowsy Poet, 2236 Lakeside Drive. Volunteer: Vicki Hogan  
M 9/28 10:00am-11:30am

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.