

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



Lynchburg Parks and Recreation and the Templeton Center are striving to keep our patrons safe and healthy during the COVID-19 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.

☎ **70's Rock Countdown**

Carol Tucker joins us with her versions of the songs we listened to on FM radio in the 1970s. Register by 10/20. Free.
Th 10/22 2:00pm-3:30pm

\$ **Acrylics: Still Life with Apples**

Participants will sharpen their painting skills with guidance on creating a still life of apples using acrylic paints on an 8x10 canvas. All supplies provided. Instructor: Betty Leary Register & pay by 10/13.

Fee: \$25.00 LR: \$20.00
Th 10/15 1:30pm-4:30pm

☎ **Better Posture, Better Balance, Better Life**

Discover ways to develop better posture and balance, walk more efficiently, prevent injuries, and accelerate recovery at any age. John Franklin teaches the Feldenkrais Method to reduce strain and stress on the body by explaining the process followed by a demonstration of simple techniques that can increase ease and range of motion. Register by 10/20. Free.
Th 10/22 10:30am-11:30am

☎ **Classy Curb Appeal**

How welcoming is your welcome mat? Deb Straw will show you how to put your best foot forward for a great first impression. Learn what makes your home's curb appeal more attractive and how to improve your front yard presentation. Register by 10/4. Free.
Tu 10/6 1:00pm-2:30pm

Current Issues & Events

Contact the Templeton Center for the schedule of topics. No registration required.
W 10/14 & 10/28 10:30am-11:30am

\$ **Great Horned Owl in Acrylics**

Geared towards beginner and intermediate artists, create a close up of a Great Horned Owl in acrylics on an 8x10 canvas. All supplies provided. Instructor: Linda Duff

Register & pay by 10/24.
Fee: \$19.00 LR: \$15.00
M 10/26 6:30pm-8:00pm

☎ **Home Equity: When and How to Access Those Funds**

During a financial crisis many homeowners look to their home equity as a source of funds. Jason Witt from Apex Home Loans discusses when this might become necessary and how to access those funds. Register by 10/11. Free.
Tu 10/13 10:30am-11:30am

\$ **Luncheon: Brunswick Stew**

The temperature is dropping, so stop by and warm up with a bowl of hot stew and a grilled cheese sandwich. Register and pay by 10/25.
Fee: \$10.00 LR: \$8.00
Tu 10/27 11:30am-12:30pm

☎ **Medicare: Planning Today for Tomorrow**

The Medicare enrollment season has begun. John Thompson, with Thompson-Brooks Insurance will be here to discuss changes in Medicare and the different plans available. Register by 10/6. Free.
Th 10/8 10:30am-11:30am

\$ **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 10/25.

Fee: \$38.00 LR: \$30.00

Tu 10/27 1:30pm-4:30pm

\$ Pumpkin Carving Contest

Enjoy a crisp fall morning of pumpkin carving with warm apple cider and roasted pumpkin seeds.

All supplies provided and we will clean up the mess! Families are welcome! Register & pay by 10/21.

Fee: \$19.00 LR: \$15.00

Sa 10/24 10:00am-12:00pm

\$ Tai Chi

Instructor: Scott Larson

Register & pay by the first class.

Fee: \$31.00 LR: \$25.00

Tu 10/6-10/27 4:00pm-5:10pm

☎ Ten Signs of Alzheimer's

Annette Clark, from the Alzheimer's Association of Central and Western VA, will be here to discuss what the disease is and how to recognize early onset signs.

Register by 10/13. Free.

Th 10/15 10:30am-11:30am

Video Chair Exercise Class

Armchair fitness provides safe, seated fitness improvement routines. Free. M Tu Th F

10/1-10/30 9:15am-10:15am

\$ Watercolors Express

Integrate new watercolor techniques and skills with local artist Betty Leary. All supplies provided.

Register & pay by 9/29.

Fee: \$19.00 LR: \$15.00

Th 10/1 1:30pm-3:30pm

\$ Yoga

Register & pay by the first class.

Fee: \$31.00 LR: \$25.00

Yoga AM with Debbie Ladd:

Tu 10/6-10/27 8:15am-9:05am

Yoga after Work with Paul Webb:

Th 10/1-10/29 5:30pm-6:30pm

Yoga PM with Paul Webb:

Th 10/1-10/29 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:

Canasta & Board Games

F 10/2-10/30 9:30am-12:30pm

Chess

M 10/26 6:00pm-8:00pm

Mahjong

Th 10/1-10/29 9:30am-12:30pm

Social Bridge

Tu & Th 10/1-10/29
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 10/6-10/27 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 10/5-10/26 10:00am-12:00pm

\$ Fifty-Plus Softball

Register and pay monthly by the first day of play. Come early at 9:30am for some batting practice! Peaks View Park, field #1.

Fee: \$13.00 LR: \$10.00

M W 10/5-10/28 10:00am-12:00pm

☎ Golden Gourmet @ Bull's Steakhouse

Meet at Bull's Steakhouse, 1887
Graves Mill Road, Forest.

Volunteer: Carolyn Maness

F 10/23 11:30am-1:00pm

New Chapter Book Group

The Sweetness of Forgetting by Kristin Harmel is the reading for October. Group normally meets monthly on the 4th Monday at The Drowsy Poet, however this month it will take place at Templeton Center.

Volunteer: Vicki Hogan

M 10/26 10:00am-11:30am

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:

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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.