



Templeton Center

MAY 2022 NEWSLETTER

225 Wiggington Rd. | 434-455-4115 | Monday-Thursday 9:00 am - 1:00 pm

Older Americans Month Celebration



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. In 2022, the ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is “Age My Way,” an opportunity for all of us to explore the many ways older adults can remain at home and be involved with their communities.

Nominate a senior (50+) who contributes to the Lynchburg community! Awards honor older Americans within on their accomplishments in the following fields: Sports, Arts, Business/Entrepreneurship, STEM, Education, Community Service/Volunteering, Activism, etc. Winners will be announced during the Celebration program at Miller Center auditorium that includes light refreshment and music by the Lynchburg Symphony Orchestra Brass Quintet. Program can be viewed live in person or virtually at home. Register to receive the link. Call 434-455-4115 to reserve a group. Register by 5/24.

NEW THIS MONTH

MIDDAY FIT & FUN EXERCISE CLASS
Tuesdays | 12:00 PM-1:00 PM | \$31 | \$31 LR

ESTATE PLANNING BASICS
W | 5/5 | 10:30 AM-11:30 AM | FREE

LOCAL ARTISTS WORKSHOP:
Watercolors
T | 5/10 | 6:00 PM-8:00 PM | \$50 | \$40 LR

VIRTUAL VACATIONS: ROATAN & BELIZE
T | 5/10 | 10:30 AM-11:30 AM | FREE

AARP SUPPORTING FAMILY CAREGIVERS
W | 5/11 | 10:00 AM-11:30 AM | FREE

CONCRETE COASTERS & PLANTERS
F | 5/20 | 6:00 PM - 8:00 PM | \$31 | \$25 LR

LYNCHBURG LEGENDS EVENING GAMES
M | 5/2-8/9 | 6:00 PM-9:00 PM | \$80

FRONTIER CULTURE MUSEUM
F | 5/20 | 9:00 AM - 5:00 PM | \$30

REC TECH SMART PHONE BASICS
T | 5/24 | 10:30 AM-12:00 PM | \$5

HEALTH CARE OPTIONS FOR IN HOME
T | 5/24 | 10:30 AM-11:30 PM | FREE

CONVERSATION CAFE' W/ BEAU WRIGHT
W | 5/25 | 10:30 AM-11:30 AM | FREE

IDENTIFYING THE ONSET OF COGNITIVE DECLINE
Th | 5/26 | 10:30 AM-11:30 AM | FREE

ARTIST OF THE MONTH

Nelfa McReynolds

The Templeton Gallery features works of art from members of the 7 Hills Art Club and are available for purchase.

COMING UP IN JUNE

Adult Art Camp, Beginner Line Dance, Latin Dance Fitness, Learn to Shag, Still Life Drawing, Virtual Vacations: Slovenia to Italy, Phone & Internet Scam Prevention, Pollinator Gardens, Macramé Plant Hangers, Conversation Café w/ Sterling Wilder, Exercise & Nutrition for a Healthy Brain, trip to Evergreen Lavender Farm, and Cycling Without Age.

HAPPY BIRTHDAY!

MARK BRANCH

Let us know your birth month and we'll give you a shout-on in the newsletter. Call 434-455-4115 or email paula.kepel@lynchburgva.gov.



TEMPLETON CENTER - May 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Chair Exercise Video 10:00 Intermediate Bridge Lessons 9:00 50+ Miniature Golf 12:30 Duplicate Bridge Club 5:00 Children's Afro-Caribbean Dance 6:00 Lynchburg Legends Softball League 6:00 Tween Afro-Caribbean Dance 7:00 Teen & Adult Afro-Caribbean Dance</p>	<p>3</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge 12:00 Midday Fit & Fun 1:00 Bowling at Fort Hill Bowling 4:00 Tai Chi 6:00 Writers Group 6:45 Modern Line Dance</p>	<p>4</p> <p>9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:00 Makerspace- Collage 6:30 Duplicate Bridge Club</p>	<p>5</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge & Mahjong 10:30 Estate Planning Basics 6:00 Yoga PM 6:00 Knit or Knot Group</p>	<p>6</p> <p>10:00 Duplicate Bridge Club</p>
<p>9</p> <p>9:00 Chair Exercise Video 10:00 Intermediate Bridge Lessons 9:00 50+ Miniature Golf 12:30 Duplicate Bridge Club 5:00 Children's Afro-Caribbean Dance 6:00 Lynchburg Legends Softball League 6:00 Tween Afro-Caribbean Dance 7:00 Teen & Adult Afro-Caribbean Dance</p>	<p>10</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge 10:30 Virtual Vacations- Roatan & Belize 12:00 Midday Fit & Fun 1:00 Bowling at Fort Hill Bowling 4:00 Tai Chi 6:00 Watercolor Workshop 6:00 Writers Group 6:45 Modern Line Dance</p>	<p>11</p> <p>9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:00 Makerspace 10:00 AARP Supporting Caregivers 10:30 Current Issues & Events 6:30 Duplicate Bridge Club</p>	<p>12</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge & Mahjong 6:00 Yoga PM 6:00 Knit or Knot Group</p>	<p>13</p> <p>10:00 Duplicate Bridge Club</p>
<p>16</p> <p>9:00 Chair Exercise Video 10:00 Intermediate Bridge Lessons 9:00 50+ Miniature Golf 12:30 Duplicate Bridge Club 6:00 Lynchburg Legends Softball League</p>	<p>17</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge 12:00 Midday Fit & Fun 1:00 Bowling at Fort Hill Bowling 1:30 Oil Painting Landscapes 4:00 Tai Chi 6:00 Writers Group 6:45 Modern Line Dance</p>	<p>18</p> <p>9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:00 Makerspace 6:30 Duplicate Bridge Club</p>	<p>19</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge & Mahjong 1:30 Acrylic Afternoons- Butterfly on a Wildflower 6:00 Yoga PM 6:00 Knit or Knot Group</p>	<p>20</p> <p>10:00 Duplicate Bridge Club 9:00 Frontier Culture Museum Trip 6:00 Concrete Planter Class</p>
<p>23</p> <p>9:00 Chair Exercise Video 9:00 50+ Miniature Golf 10:00 Intermediate Bridge Lessons 10:00 New Chapter Book Group 12:30 Duplicate Bridge Club 6:00 Lynchburg Legends Softball League</p>	<p>24</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge 10:30 Rec-Tech Smartphone Basics 10:30 Home Recovery Options 12:00 Midday Fit & Fun 1:00 Bowling at Fort Hill Bowling 4:00 Tai Chi 6:30 Paint After Work: James River Series 6:00 Writers Group 6:45 Modern Line Dance</p>	<p>25</p> <p>9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:00 Makerspace 10:30 Conversation Café- Beau Wright 6:30 Duplicate Bridge Club</p>	<p>26</p> <p>9:00 Chair Exercise Video 9:30 Social Bridge & Mahjong 10:30 Identifying Cognitive Decline 6:45 Yoga PM 6:00 Knit or Knot Group</p>	<p>27</p> <p>10:00 Duplicate Bridge Club 11:30 Golden Gourmet at Liberty Station 2:00 Older Americans Celebration at Miller Theater</p>
<p>30</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>2022 Summer Camp Registration is open!</p> <p>Camps are being offered for youth ages 6+ up to adults. The camp line-up this summer features: Adult Art Camp, Storybook Camp, Master Chef Camp, Local Super Hero Camp, Skate Camp, Archery Camp, Paddle Camp and Outdoor Explorers Camp. Check out our website for more information and to register.</p> <p>www.lynchburgparksandrec.com</p>			

