



LYNCHBURG PARKS AND RECREATION

Templeton Center

SEPTEMBER 2022 NEWSLETTER

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

Virginia Senior Games

"Life Begins at 50 with Fitness and Gold!" This is what the Virginia Senior Games are all about. The Virginia Senior Games will be held in Lynchburg on Sunday, Sept. 11, through Sunday, Sept. 18.

A total of 1,500 athletes 50 and older are expected to compete in a variety of individual and team sports.

"Aging is not a problem to be fixed or a disease to be cured," says David DeBiasi, AARP Virginia associate state director—and a former bronze-medal sprinter at the Virginia Senior Games. "It's a lifelong process that unites us all. The games are a fun way to lean into that."

Register at vaseniorgames.org. Fees range from \$40 for individuals to \$400 for teams; the games are free to spectators.



NEW THIS MONTH

THERAPEUTIC RECREATION WEDNESDAYS
Wednesdays | 10:30AM-11:30AM | FREE

SOCIAL POKER
Mondays | 9:30AM-12:30AM | FREE

AGING WITH STYLE & GRACE: AEROBIC STRENGTH
T | 9/13 | 10:30AM-11:30AM | FREE

LUNCH & LEARN: SENIOR HOUSING & FINANCE
TH | 9/15 | 11:30AM-1:30PM | FREE

LIVING WILLS 101
T | 9/20 | 10:30AM-11:30AM | FREE

INTERMEDIATE WATERCOLOR W/ PURNELL PETTYJOHN
T | 9/20 | 6:00PM-8:30PM | \$40LR | \$50

TEDDY TALK: HEART DISEASE PREVENTION
TH | 9/22 | 2:30PM-3:30PM | FREE

ARTIFICIAL LIGHT GARDENING
Th | 9/22 | 7:00PM-8:00PM | \$5LR | \$6

AMERICAN CIVIL WAR MUSEUM TRIP
F | 9/23 | 9:00AM-2:00PM | \$25

REC TECH: SURFING THE WEB W/ A SMARTPHONE
M | 9/26 | 10:30AM-12:00PM | FREE

CONVERSATION CAFE' W/ JUDGE WATSON
W | 9/28 | 10:30AM-11:30AM | FREE

ARTIST OF THE MONTH

Teresa Frame

The Templeton Gallery features works of art from members of the 7 Hills Art Club and are available for purchase. Please call ahead to view artwork.

COMING UP IN OCTOBER

Identifying Invasive Plant Species, Rec Tech: Help Desk, Medicare Options for 2022, Fall Foliage Trail Ride, Fall Foliage Road Trip to Waynesboro, Oktoberfest Concert.

HAPPY BIRTHDAY!

Boxcar Willie, Gloria Estefan, Paul Harvey, Bob Newhart, Otis Redding, Roy Acuff, Lauren Bacall, and Greta Garbo!



LYNCHBURG
PARKS & REC

CANCELLATION LINE (434) 455-5860 EXT. 5



TEMPLETON CENTER- Sept 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:00 Chair Exercise Video 9:30 Social Bridge 9:30 Mahjong 1:30 Watercolors Express 6:00 Yoga 6:00 Knit or Knot Knitting Group	10:00 Duplicate Bridge Club
5 CLOSED FOR THE HOLIDAY	6 9:00 Chair Exercise Video 9:30 Social Bridge 1:00 Bowling at Fort Hill Bowling 4:00 Tai Chi 5:30 Beginner Modern Line Dance 6:00 Hill City Writers Group 6:45 Intermediate Modern Line Dance	7 9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:30 Therapeutic Recreation Wednesdays 6:30 Duplicate Bridge Club	8 9:00 Chair Exercise Video 9:30 Social Bridge 9:30 Mahjong 6:00 Yoga 6:00 Knit or Knot Knitting Group	9 10:00 Duplicate Bridge Club 11:00 Cycling Without Age: Percival's Island
12 9:00 Chair Exercise Video 9:00 50+ Miniature Golf 9:30 Social Poker 12:30 Duplicate Bridge Club 5:00 Children's Afro-Caribbean Dance 6:00 Tween Afro-Caribbean Dance 7:00 Teen & Adult Afro-Caribbean Dance	13 9:00 Chair Exercise Video 9:30 Social Bridge 10:30 Aging with Style & Grace: Aerobic Strength 1:00 Bowling at Fort Hill Bowling 4:00 Tai Chi 5:30 Beginner Modern Line Dance 6:00 Hill City Writers Group 6:45 Intermediate Modern Line Dance	14 9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:30 Therapeutic Recreation Wednesdays 10:30 Current Issues & Events 6:30 Duplicate Bridge Club	15 9:00 Chair Exercise Video 9:30 Social Bridge 9:30 Mahjong 11:30 Lunch & Learn: Senior Housing & Finance Options 1:30 Acrylic Afternoons 6:00 Yoga 6:00 Knit or Knot Knitting Group	16 10:00 Duplicate Bridge Club
19 9:00 Chair Exercise Video 9:00 50+ Miniature Golf 9:30 Social Poker 12:30 Duplicate Bridge Club 5:00 Children's Afro-Caribbean Dance 6:00 Tween Afro-Caribbean Dance 7:00 Teen & Adult Afro-Caribbean Dance	20 9:00 Chair Exercise Video 9:30 Social Bridge 10:30 Living Wills 101 1:00 Bowling at Fort Hill Bowling 1:30 Landscape Painting in Oils 4:00 Tai Chi 5:30 Beginner Modern Line Dance 6:00 Hill City Writers Group 6:00 Intermediate Watercolor 6:45 Intermediate Modern Line Dance	21 9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:30 Therapeutic Recreation Wednesdays 6:30 Duplicate Bridge Club	22 9:00 Chair Exercise Video 9:30 Social Bridge 9:30 Mahjong 2:30 Teddy Talk: Heart Disease Prevention 6:00 Yoga 6:00 Knit or Knot Knitting Group 7:00 Artificial Light Gardening	23 9:00 American Civil War Museum in Appomattox 10:00 Duplicate Bridge Club 11:30 Golden Gourmet: Charley's Restaurant
26 9:00 Chair Exercise Video 9:00 50+ Miniature Golf 9:30 Social Poker 10:00 New Chapter Book Group 10:30 Rec Tech: Surfing the Web with a Smartphone 12:30 Duplicate Bridge Club 5:00 Children's Afro-Caribbean Dance 6:00 Tween Afro-Caribbean Dance 7:00 Teen & Adult Afro-Caribbean Dance	27 9:00 Chair Exercise Video 9:30 Social Bridge 1:00 Bowling at Fort Hill Bowling 4:00 Tai Chi 5:30 Beginner Modern Line Dance 6:00 Hill City Writers Group 6:30 Acrylic Paint Night 6:45 Intermediate Modern Line Dance	28 9:00 Chair Exercise Video 9:30 Canasta 10:00 Lynchburg Legends Softball League 10:30 Conversation Café with Judge Watson 10:30 Therapeutic Recreation Wednesdays 6:30 Duplicate Bridge Club	29 9:00 Chair Exercise Video 9:30 Social Bridge 9:30 Mahjong 6:00 Yoga 6:00 Knit or Knot Knitting Group	30 10:00 Duplicate Bridge Club

