MAY 2021 | VOL. 16

THE LIVE WIRE

CAMPBELL COUNTY PARKS AND RECREATION
SENIOR NEWSLETTER

Birthdays

MAY

Pricilla Adams
Richie Bernard
June Byers
Brenda Bryant
Pansy Belcher
Nell Cook
Janet Goin
Harriet Hardy
Marjorie Paris
Brenda Shelton
MaryJo Thompson
Arlene Trent
Roberta Tucker
Dale Robertson
Jean Roberge

What's inside:

- CENTER SCHEDULES
- CENTER REOPENING PLAN
- POINTS OF INTEREST
- FUN AND GAMES

May 2021 Center Schedules

Altavista Center
Avoca Park
104 Avoca Lane, Altavista, VA
Coordinator: Rose Epperson
Wednesdays, 1:00pm

Wed. May 5 - Meet at the Tuscan Italian Grill for lunch at 12 noon.

Wed. May 12- No Meeting

Wed. May 19- Guest Speaker, Bring your lunch, drink and a chair

Wed. May 26 - Fun and Games, Bring your lunch, drink and a chair

Timberlake Center
21129 Timberlake Rd. Lynchburg, VA
Coordinator: Brenda Walsh
Tuesdays, 9:30am-2:00pm

Tues. May 4- Devotion by Mary Lou Jones, Business Meeting, Celebrate Birthday's, Celebrate Mother's Day

Tues. *May 11*- Devotions by June Byers, Fun Day at Putt-Putt, Lunch at La Villa

Tues. May 18- Devotions by Hellen Dawson, Fun & Games

Tues. May 25- Day Trip at Sea Quest, Lunch at Shakers

Concord Center
"Happy Hearts"
327 Midget Farm Rd. Concord, VA
Coordinator: Brenda Walsh
Wednesdays, 9:00am-2:00pm

Wed. May 5- Business Meeting, Celebrate Birthday's, Celebrate Mother's Day

Wed. *May 12*- Special Guest, Fun & Games

Wed. May 19- Devotions by Joyce Hing, Day of sharing canned goods for Max's Kitchen, Fun & Games

Wed. May 26 - Fun & Games

Gladys/Long Island Center
Location: Kedron Church Pavilion
Coordinator: Marilyn Bryant
Wednesdays, 11:00am

Wed. May 5- Devotions Team 1, Mother's Day Tribute Craft. (Bring magazines to cut out pictures)

Wed. *May 12*- Meet at Yoder's Farm for strawberry picking

Wed. May 19- Devotions by Team 1, Game Day with Follywood Squares. Prizes Furnished.

Wed. May 26 - Devotions by Team 1, My Favorite Things Day. (Bring photo and a favorite item from home)

Altavista Line Dancers
English Park Basketball Court
behind the Booke Building
Coordinator: Rose Epperson
Mondays, 10:30am

Timberlake Line Dancers
Moose Lodge 934 Waterlick Lynchburg, VA
Coordinator: Brenda Walsh
Tuesdays, 1:15pm-2:45pm

Timberlake Line-Dancers, I'm so excited that we're back together. It'll be different, but we are together and will do all we need to do to stay safe and enjoy our time together. SMILE! -Brenda

Call: 434-332-9570 Email: recreation@campbellcountyva.gov

www.virginiagrown.com

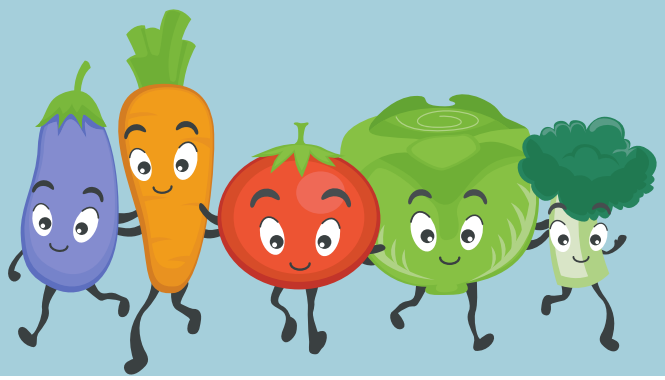
What's in Season?

Vegetables

Asparagus
Beets
Greens/Spinach
Herbs
Onions

Fruit

Strawberries



Shop Local for Vegetables and Fruit

Davis Farm Fresh Produce

13475 Wards Rd,
Lynchburg, VA 24501

Yoder's Farm

1134 Browns Mill Rd,
Rustburg, VA 24588

Points of Interest

IMPORTANT DATES IN MAY

5TH- CINCO DE MAYO

6TH- NATIONAL DAY OF PRAYER

9TH- MOTHER'S DAY

31ST- MEMORIAL DAY

Outdoor Activities

- Bird Watching
- Fruit Picking
- Picnic
- Gardening
- Walks

Guacalmole

Ingredients:

- 3 avocados, ripe
- 1/2 small onion, finely diced
- 2 Roma tomatoes, diced
- 3 tablespoons finely chopped fresh cilantro
- 1 jalapeno pepper, seeds removed and finely diced
- 2 garlic cloves, minced
- 1 lime, juiced
- 1/2 teaspoon sea salt

Directions:

- Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
- Mash the avocado with a fork and make it as chunky or smooth as you'd like.
- Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.
- Serve the guacamole with tortilla chips.

Senior Center Reopening Plan

Locations, Start Dates and Times:

We hope everyone has had a great first month back! We will continue our center's meetings *outside* on the following days at the following locations. If there are any changes your coordinator will contact you.

- **Altavista Senior Center:** Avoca Gardens, Wednesdays, 1:00 PM
- **Altavista Line Dancers:** English Park Basketball Court, Mondays, 1:00 PM
- **Concord:** Concord Community Center Pavilion, Wednesdays, 1:00 PM
- **Gladys/Long Island:** Kedron Pavilion, Wednesdays, 11:00 AM
- **Timberlake Senior Center:** Timbrook Park Pavilion, Tuesdays, 1:00 PM
- **Timberlake Line Dancers:** Waterlick Moose Pavilion, Tuesdays, 1:00 PM
- **BINGO Groups**: Not yet meeting, the department is still working to find adequate space and procedures.

Guidelines:

- Masks **must** be worn at all times
- Temperature checks will be completed upon arrival
- All participants must follow social distancing protocols, please no unnecessary contact (hugging, shaking hands, etc.)
- All participants should sanitize their hands upon arrival, hand sanitizer will be available.
- All participants must sign a COVID release form. If refused, service will be denied
- If a participant has a fever or is showing any other signs of illness they are not able to participate in activities that day and must return home.

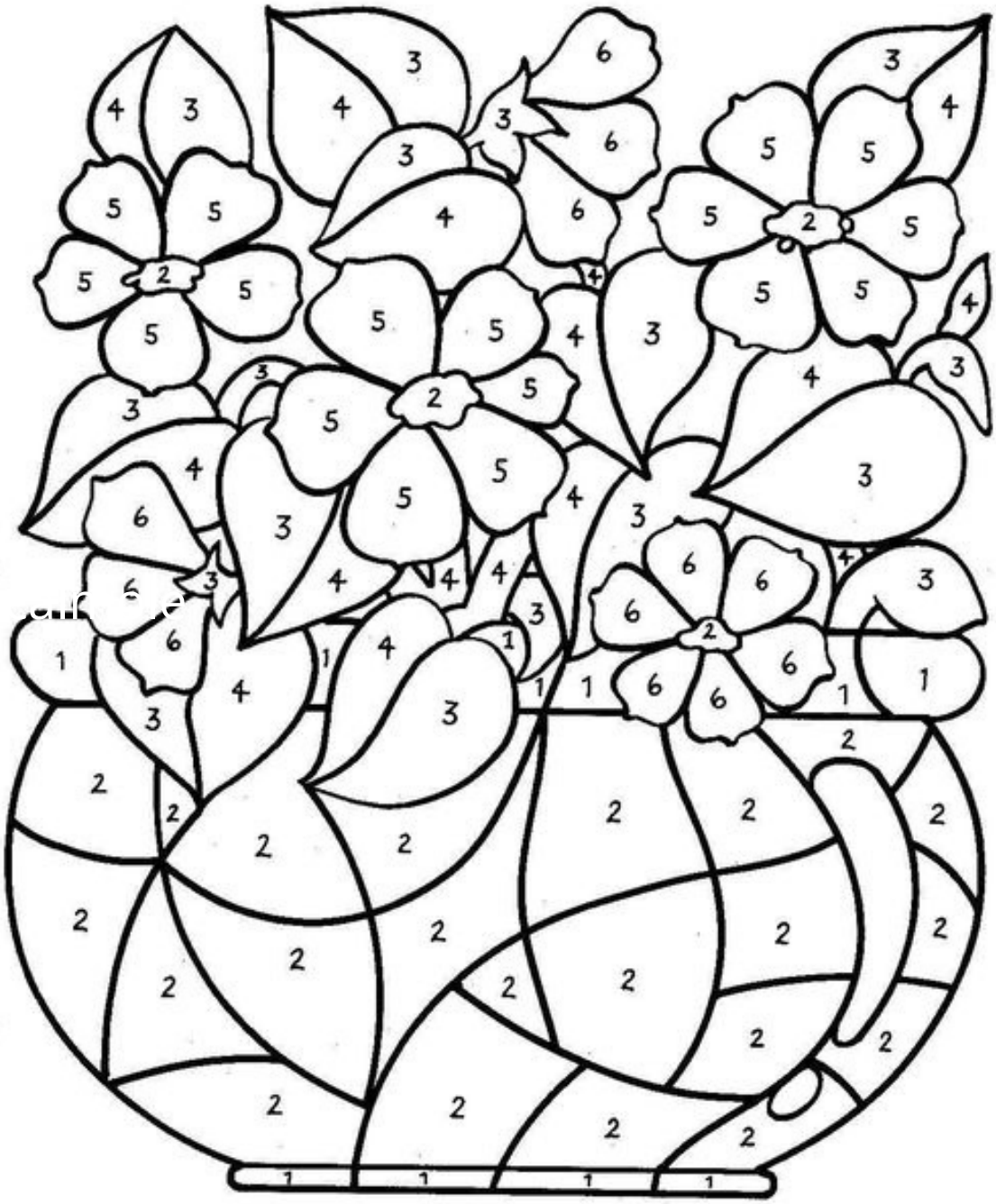
Weather:

- As usual, if schools are closed due to inclement weather, the senior centers will not operate
- Weather closures that are not determined by the school are up to the discretion of the Senior Coordinator

Questions?

Contact your center coordinator if you have any questions!

Visit: http://www.campbellcountyva.gov/275/Parks-and-Recreation



1. Red 2. Yellow 3. Light Green 4. Dark Green 5. Blue 6. Purple

Spring

W	H	M	Z	A	L	K	R	S	G	U	B	E	C	H	T	Q	I
F	T	U	L	Y	I	J	B	E	P	Q	N	O	P	A	S	D	X
S	J	N	I	B	O	R	H	L	V	M	C	S	U	T	L	E	K
P	E	D	W	G	X	E	K	J	O	A	Z	R	M	C	Q	F	B
R	C	Y	Q	U	S	A	V	N	T	S	I	E	K	H	R	O	L
O	L	A	M	B	F	D	T	E	U	P	S	W	G	X	T	J	E
U	N	P	H	Y	G	Z	R	L	K	D	H	O	V	C	E	N	R
T	B	E	J	D	W	P	Q	I	S	G	X	L	M	F	P	A	U
V	M	Z	C	A	I	K	D	H	B	N	U	F	S	E	B	R	T
D	K	Y	T	L	X	G	O	R	F	P	E	J	Q	B	W	O	A
E	P	G	L	E	B	S	U	A	M	O	C	H	I	C	K	S	N
B	N	A	R	F	Y	O	J	T	H	Z	M	T	D	L	I	P	G
G	R	K	E	N	R	T	S	N	A	I	L	Q	W	U	S	R	V
A	D	O	N	P	H	E	M	B	J	S	T	C	E	S	N	I	F
K	W	U	F	I	N	L	T	Q	E	R	M	E	A	Y	O	N	D
I	B	S	E	C	K	F	X	T	D	V	J	R	H	P	A	G	Z
N	E	D	R	A	G	M	W	K	U	L	G	S	O	R	C	L	E
H	Z	M	T	U	L	I	P	V	E	B	A	D	Y	W	F	X	J

BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM

Tree Valley Academy

https://www.treevalleyacademy.com/difficult-spring-word-search/

The Live Wire Bulletin
c/o Campbell County Recreation Department
P.O. Box 369
Rustburg, VA 24588

Campbell County Staff:

Mary Pascale - Director
Stormi Arrowood - Program Manager
Randy Nixon - Athletic Director
Amy Clark - Office Manager
Rhonda Morgan - Admin. Aide
Tiffany Johnson - Recreation Coordinator
Marilyn Bryant - Senior Coordinator
Rose Epperson - Senior Coordinator
Brenda Walsh - Senior Coordinator

434-332-9570, Monday-Friday,
8:30am-5:00pm

Campbell County Recreation Department

@campbellcountyparksrec