

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

November 2016

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Lexington Senior Center

195 Life Lane
Lexington, KY 40502
278-6072 phone
277-4843 fax

Hours of Operation

8 a.m. – 5 p.m.
Monday – Friday

For more information:

Lunch Reservations

Emily Dahlman

Information & Assistance

Community Resources

Jennifer Garland
Social Worker

Melissa Stiff
Social Worker

Amanda Patrick
Social Worker

Recreation & Travel

Martha Duncan
Recreation Specialist

Jode Rose
Recreation Assistant

The future is here!

With 76 million Baby Boomers encroaching upon the inescapable adjustments associated with longevity, it's safe to say that the senior center of yesterday is no more. You've expressed that you want educational programs but you want your exercise classes too. Craft classes, shuffleboard, card games will certainly remain popular but the new savvy senior has expressed a need for more technological support to stay connected through social media and more travel opportunities are always in demand. We have them all and much more but now we plead for your patience.

The new Lexington Senior Center, after being open for a month, has had an enormous influx of **NEW FIRST TIME SENIOR CENTER PARTICIPANTS!** We want to reassure you that we are working tirelessly to adjust and adapt to the many request and suggestions to better serve all three generations under one gorgeously designed, contemporary, energetic roof. While we recalibrate and make program changes, please take the time to get acquainted with someone new and remember to smile and begin your new venture by simply saying "Hello my name is...."



Keep Moving – Sean

Thanksgiving Dinner Celebration

Friday, November 18
11 a.m.

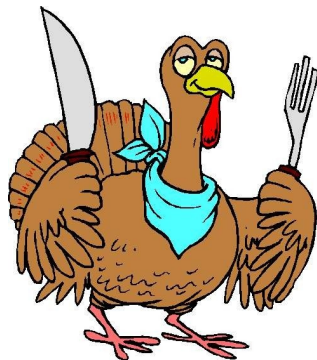
Please join us for a meal of turkey, stuffing, mashed potatoes, green beans, mac & cheese, rolls and cake for dessert.

Tickets – \$7

A craft fair will be held during the dinner celebration, so come prepared to do a little shopping and check out the amazing crafts created by your fellow Senior Center participants!

Tickets on sale

October 31 through November 11.
9 a.m. – 1 p.m.



Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

ACTIVITIES

Please refer to the calendar on page four and five for all regularly scheduled activities

Carolyn's Corner Book Club



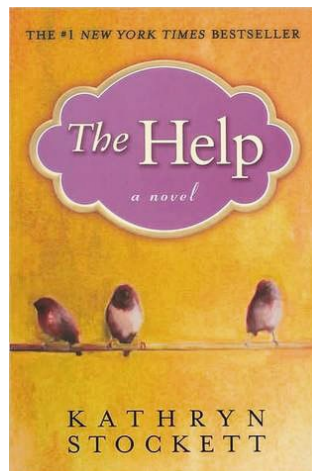
In November the book club will read and discuss **The Help** by Kathryn Stockett on **November 3 and 17 at 10 a.m.** in the assigned room at the new Senior Center. The book club meets on the first and third Thursday of each month and is open to all. Books are currently being checked out from the library or purchased by attendees.

Twenty-two-year-old Skeeter has just returned home after graduating from Ole Miss. She may have a degree, but it is 1962, Mississippi, and her mother will not be happy till Skeeter has a ring on her finger. Skeeter would normally find solace with her beloved maid Constantine, the woman who raised her, but Constantine has disappeared and no one will tell Skeeter where she has gone.

Aibileen is a black maid, a wise, regal woman raising her seventeenth white child. Something has shifted inside her after the loss of her own son, who died while his bosses looked the other way. She is devoted to the little girl she looks after, though she knows both their hearts may be broken.

Minnie, Aibileen's best friend, is short, fat, and perhaps the sassiest woman in Mississippi. She can cook like nobody's business, but she can't mind her tongue, so she's lost yet another job. Minny finally finds a position working for someone too new to town to know her reputation. But her new boss has secrets of her own. Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk. And why? Because they are suffocating within the lines that define their town and their times. And sometimes lines are made to be crossed.

In pitch-perfect voices, Kathryn Stockett creates three extraordinary women whose determination to start a movement of their own forever changes a town, and the way women--mothers, daughters, caregivers, friends--view one another. A deeply moving novel filled with poignancy, humor, and hope, **The Help** is a timeless and universal story about the lines we abide by, and the ones we don't.



Veterans Day Breakfast

If you, your spouse or an immediate family member is a veteran, we would like to thank you for your service to our country with a breakfast in your honor.

Friday, November 11 at 8:30 a.m.

Note: The Honor Guard will be here around 10 a.m.

Please sign up at the front desk.



Now You Know

Senior Living – Knowing Your Options

Join us for an information session presented by Tracy Javid of Hometown Manor. She will talk to you about the different housing options available for seniors in Lexington and answer any questions you may have!

Wednesday, November 16
10:30 – 11:30 a.m.

If your native language is Arabic and you would like to participate in English as second language classes at the Senior Center please sign up at the front desk. Once we have enough interest we will organize a class.

Friday Friends

It's about meeting new people, making new friends and sharing common interests. It's just that simple. At our weekly meetings we discuss activities that members might be interested in participating in.

Please join us!

Fridays at 2:30 p.m.

Save the Date Holiday Party Friday, December 16

Tickets are \$7 each and will be on sale
November 28 – December 9

Lunch will include:

Turkey & mashed potatoes OR ham & sweet potatoes stuffing, green beans, macaroni and cheese, dinner roll and various cakes for dessert.



ACTIVITIES

Please refer to the calendar on pages four and five for all regularly scheduled activities.

OLLI at UK Donovan Forum Series

Thursdays at 1:15 p.m.

November 3 – Writing, Publishing & Marketing Eddie Price

A practical, down-to-earth program for aspiring (or published) writers. Eddie Price examines the publishing industry today, how to write a query letter, approach literary agents and publishers, define the target audience, create the marketing plan, networking and adapting the marketing plan. Price will also look at the burgeoning world of self-publishing.

November 10 – C.J. Young Artist: Archeology of Civil War Photography & Stencil Cutting at Camp Nelson – Stephen McBride

Recent excavations at Camp Nelson Civil War Heritage Park have focused on the William Berkeley Sutler store, part of the camp's commercial district. Further excavations revealed evidence of a photograph gallery and stencil cutting operation, products in demand during the Civil War and some of which were created by Cassius Jones Young or "C.J. Young Artist." Come learn about the fascinating history of portrait photography during wartime.

November 17 – Walking Across Afghanistan in High Heels: One Diplomat's 10 Year Adventure – Deborah Alexander

Dr. Alexander spent the better part of a decade on the ground in Afghanistan working for the U.S. State Department and the Agency for Development in some of the most dangerous frontline locations. Upon her return home she asked herself: Why do Americans know so little about what diplomats and development specialists do in conflict zones? What's the interplay between warfare and diplomacy? What are the roles women can play in bringing stability to a war torn nation? These questions will be explored through photographs from a decade in Afghanistan.

December 1 – Big Band Music from the 1940s with the Young at Heart Band.

Celebrate the holidays with a rousing performance of big band music!

AARP Driver Refresher Course

Date:

Wednesday, December 5

Time:

Noon – 4:30 p.m.

Cost:

\$15 for members

\$20 for non-members

Sign up at the
Lexington

Senior Center



Cooking Demonstration

Cooking with blackberries! Come join Mollie Dawahare from the University of Kentucky as she shows you fun recipes using blackberries.

Space is limited so please sign up at the front desk!

Thursday, Nov. 10
2 – 4 p.m.

Craft Class

Holiday craft class
December 2, 9:30 a.m.
Please sign up at the
front desk!

Movie Matinee

Wednesday
November 30
12:30 p.m.



Call to see what movie
we are showing this
month!

Medicare Part D Enrollment

Don't forget to review your prescription plan during open enrollment. There are several people that can help you with these decisions:

- You can contact Medicare directly by calling 1-800-MEDICARE.
- Contact the State Health Insurance Assistance Program (SHIP) by calling 1-866-516-3051.
- OR call Melissa Stiff at the Lexington Senior Center at (859) 278-6072.

The Lexington Senior Center Participant's Council is pleased to announce that we have reached our goal in order to buy a new bench for the Center. The Council would like to thank the following individuals for their help in making this project so successful: Sharon Whaley, Ethel Hanna, Helen Spears, Jessie Simmons, Donna Bruszewski, Jacob Hatfield, Tony Higdon, Susan Higdon, Norm Huverman, Beverly Jacobs, Pat Janes, Barbara Janes, Eric Herrin, Gaye Herrin, Ann Harper and Lena Cornett. Special thanks to Kathleen Hatfield who chaired this very important project for the Council!

Fitness/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
* Indicates a class that requires you to sign up in advance. Space is limited	9:30 - Line Dancing 12:30 - Table Tennis 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 2 - Drums Alive*	11:30 - Beginner Yoga 12:30 - Table Tennis 12:30 - Chair Yoga 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1:15 - Zumba Gold
7	8	9	10	11
8:30 - MOVE IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 12:30 - Table Tennis 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 2 - Drums Alive *	11:30 - Beginner Yoga 12:30 - Table Tennis 12:30 - Chair Yoga 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1:15 - Zumba Gold
14	15	16	17	18
8:30 - MOVE IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 12:30 - Table Tennis 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold	11:30 - Beginner Yoga 12:30 - Chair Yoga 12:30 - Table Tennis 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1:15 - Zumba Gold
21	22	23	24	25
8:30 - MOVE IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 12:30 - Table Tennis 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold	Senior Center is Closed 	Senior Center is Closed 
28	29	30		
8:20 - MOVE IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 12:30 - Table Tennis 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold		

Seated Tai Chi for Arthritis


Wednesdays, 3 p.m. beginning December 7, 2016

This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life. Health Professionals and care givers using this program with people with disabilities can share quality time with them while improving their own health.

Fitness Center Schedule

Mondays, Wednesdays and Fridays
8 a.m. – 4 p.m.
Tuesdays & Thursdays 8 a.m. – 1 p.m.
Tuesdays 1 – 4 p.m. Personal Training sessions – must register in advance.
* Hours are subject to change as needed*
You must complete an orientation to use the fitness equipment.

Activity/Socialization Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
* Indicates a class that requires you to sign up in advance. Space is limited	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting Noon - Beginning Ceramics* 1 - Hand & Foot	10 - Participant's Council Noon - Advanced Ceramics Noon - Adult Coloring Noon - Pastel Still Life*	9:30 - Pottery* 10 - Bingo 10 - Book Club 10 - Sewing Class* 11 - History Class 11:30 - Bid Euchre 1 - Hand & Foot 1 - Pottery* 1 - Sewing Class* 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
7	8	9	10	11
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery* 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery*	9 0 Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting Noon - Beginning Ceramics* 1 - Hand & Foot	10 - Duplicate Bridge Noon - Advanced Ceramics Noon - Adult Coloring Noon - Pastel Still Life*	9:30 - Pottery* 10 - Bingo 10 - Sewing Class* 11 - History Class 11:30 - Bid Euchre 1 - Hand & Foot 1 - Pottery* 1 - Sewing Class* 1:15 - Olli Forum 2 - Cooking Demo	8:30 - Veteran's Breakfast 10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends 
14	15	16	17	18
8:30 - Adult Coloring 9 - Needlework 9 - Diabetic Support 9:30 - Pottery* 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery*	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting Noon - Beginning Ceramics* 1 - Hand & Foot	10:30 - Now You Know Noon - Advanced Ceramics Noon - Adult Coloring Noon - Pastel Still Life*	9:30 - Pottery* 10 - Bingo 10 - Book Club 10 - Sewing Class* 11 - History Class 11:30 - Bid Euchre 1 - Hand & Foot 1 - Pottery* 1 - Sewing Class* 1:15 - Olli Forum	10 - Family Stories 11:00 - Thanksgiving Dinner & Craft Sale 12:30 - Art Class 2:30 - Friday Friends
21	22	23	24	25
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery* 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery*	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting Noon - Beginning Ceramics* 1 - Hand & Foot	10 - Duplicate Bridge Noon - Advanced Ceramics Noon - Adult Coloring Noon - Pastel Still Life*	Thanksgiving Day Senior Center is Closed	Senior Center is Closed 
28	29	30	<p style="text-align: center;">Sew Much Fun, Sewing Class! Come learn or renew your basic sewing skills. You will be sewing a fun project for yourself and also sewing a project for "Sewing for a Cause" to help others. 8-week Class, must sign up in advance Thursday 10 a.m.–noon or 1–3 p.m.</p>	
8:30 - Adult Coloring 9 - Needlework 11:30 - Bid Euchre 12:30 - Bridge	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting Noon - Beginning Ceramics* 1 - Hand & Foot	Noon - Advanced Ceramics Noon - Adult Coloring Noon - Pastel Still Life* 12:30 - Movie Matinee		

Pastel Still Life Class

Students will learn how to make oil pastel drawings by direct observation. There will be two different, colorful still life drawings that students will be able to take home. This is a 6-week class that take place Wednesdays beginning November 2. You must sign up at the front desk. Class is full, taking sign ups for waiting list.

Beginning Ceramics

Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire them in a kiln. Students can expect to take home 3-4 pieces. This is a 6-week class, beginning Tuesday, November 1. You must sign up at the front desk.

Information

Annual Outlet Mall Shopping Trip to The Outlet Shoppes of the Bluegrass

Tuesday, November 15

SOLD OUT

Cost: \$15 – includes van transportation and snacks

Schedule:

- 9:00 a.m. – Depart LSC
- 10:15 a.m. – Arrive at outlet mall
- 1:15 p.m. – Depart outlet mall
- 1:30 p.m. – Arrive at Cracker Barrel
(lunch on your own)
- 4:15 p.m. – Arrive at LSC

December

“It’s a Wonderful Life” at the Woodford Theatre

Sunday, December 4

Cost: \$25 – includes van transportation and matinee admission

Schedule:

- 1 p.m. – Depart LSC
- 1:30 p.m. – Arrive at Woodford Theatre
- 2 p.m. – Matinee Performance
- 4:45 p.m. – Depart Woodford Theatre
- 5:15 p.m. – Arrive at LSC



Galt House and Mega Cavern Lights

Wednesday, December 14

SOLD OUT

Cost: \$75 includes small coach transportation, dinner, admission to KaLightoscope Christmas, Lights under Louisville and driver gratuity)

Schedule:

- 1 p.m. – Depart LSC
- 2:30 p.m. – Arrive at Galt House
- 2:45 p.m. – KaLightoscope Christmas
- 5 p.m. – Dinner
- 6:45 p.m. – Lights under Louisville
- 9:30 p.m. – Arrive at LSC

Note: All times are approximate and subject to change as needed.

GENERAL TRIP INFORMATION

Sign-ups for day trips are ongoing on a first-come, first-served basis until full so don’t delay and register now at the LSC. **We are only able to accept checks or money orders, no cash accepted. Please make checks payable to LSC Travel.** Payment must be made at the time of sign-up to guarantee your slot. Spaces will not be held without payment. **Itinerary times are approximate and subject to change as needed.**

Extended Trips for 2017

Historic Savannah & Jekyll Island

SOLD OUT – on waiting list

March 20 – 24, 2017

Pricing is \$1,065 per person for double and triple occupancy and \$1,390 for single occupancy. Includes motor coach transportation four nights accommodations, all touring, admissions, entertainment and activities.



Alaskan Cruise and Land Tour

June 6 – 18, 2017

Pricing starts at \$5,100 per person, double occupancy and \$7,700 single occupancy. Includes flight, seven night cruise and five night accommodations including lodging and tour of Denali National Park. Other tours, activities and entertainment opportunities are included.

For more information, contact

Martha Duncan

278-6072 or mduncan@lexingtonky.gov

Jode Rose

278-6072 or srose@lexingtonky.gov

SHIP Medicare Enrollment Event

Call to schedule your appointment to meet with one of the SHIP volunteers at the Lexington Senior Center 1 (866) 516-3051

Thursday, November 17
8 a.m. – 5 p.m.



NARFE Book sale

This is a great opportunity to stock your bookshelves! Buy some new (used) books for a great price and help a charity while you do it.

Tuesday November 1 and
Wednesday November 2
10 a.m. – 5 p.m.



Lexington Senior Center Classroom B

Satellite Centers News



The Senior Center at Charles Young Center

540 E. Third Street
Hours: 9 a.m.–1 p.m.
 Mondays, Wednesdays and Fridays
Phone: 246-0281

Tai Chi: This class helps the participant focus on breathing, posture, and strengthening and lengthening muscles.

Wednesdays & Fridays 12:15 – 1 p.m.

Bodies in Balance: Physical fitness for those who wish to improve muscle tone and flexibility.
Mondays, Wednesdays and Fridays, 9:30 – 10:30 a.m.

Pickleball: Join in this fun doubles game. It is a combination of racquetball, table tennis, badminton, tennis and squash. Played in the gymnasium with a wiffleball and wooden paddles.

Fridays, 11 a.m. – noon.

Line Dancing: (Beginners) Come out for this fun-filled class that is sure to keep you moving.
 Instructor: Tess Morton,

Wednesdays, 11:15 a.m. – noon

Tablets – Would you like to know how to use a computer tablet or laptop to find resources and information. Need help sending emails or navigating Facebook? If so, call the center to schedule an appointment. Classes are offered every **Monday, 10:30 a.m. to 12:30 p.m.**

Elder Crafters at Black and Williams Center 498 Georgetown Street (859) 252-1288

This program operates Monday–Thursday from 9:30 a.m.– 2 p.m.

This center offers occasional exercise classes, ceramics, card playing, socialization, special events and projects that benefit citizens in need in our community.

Chair Yoga – Monday and Wednesday at 10 a.m.

Ceramics – Tuesday and Thursday, all day
 Please call for a full list of activities and a calendar of events!

Water Fitness YMCA Water Fitness YMCA

Beaumont Branch:

9 – 10 a.m. Tuesdays/Thursdays

Loudon Branch:

1 – 2 p.m. Wednesdays/Fridays

For more information,
 contact Martha McFarland
 at 231-0986.



Bell House Parks & Recreation Activities

For more information, contact Martha McFarland at 231-0741.

November greetings from the Nutrition Site!

What an exciting time for all of us at the Senior Center as we begin one of the busiest times of the year full of holiday cheer! I think I may be speaking for many of us when I say that this year has been a whirlwind of activity, transitions and adjustments. Some outcomes turned out as anticipated and others have not. Regardless, we have certainly been challenged to adapt and expand. November presents the opportunity to reflect on the year and discover for what and for whom we are most thankful. An attitude of gratitude goes such a long way in helping us identify the areas we can be most thankful. The interaction of our lives with others creates such an abundance of opportunity for reflection, appreciation and gratefulness if we are willing to see it and embrace it. As we go through this beautiful autumn month, let us be filled with the belief, intention and expectation that each of our lives will manifest the abundance of goodness, greatness and gratitude. Blessings to each of you!



Aging Services
Lexington Senior Center
200 E. Main St
Lexington KY 40507

Return Service Requested

Mission Statement

The Lexington Senior Center is a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence and encourage their involvement in the community.

Library

We are slowly building the collection in our new library. If you have books you want to donate, we are mostly in need of LARGE PRINT books at this time.

Feel free to borrow a book from our library and then return any book in its place. If you remove a book from the shelf, please place it on the table near the staircase for a volunteer to reshelv.

Thank you!

Special thanks to our Library Volunteers

Carolyn Tassie
Anne Wood
Barb Welsch
Janice Younce
Wendy Miller



Dates to Remember

11/1 & 11/2 – NARFE Book sale
11/10 – Cooking Demo (must sign up)
11/11 – Veteran’s Day
11/16 – Now You Know
11/17 – SHIP Medicare open enrollment
11/18 – Thanksgiving Dinner Party
11/23 – Commodities Distribution
11/24 – Thanksgiving Day–Center Closed
11/25 – Senior Center Closed
11/30 – Movie Matinee

This information is made possible by state and/or federal funding provided by the Department for Aging and Independent Living.