

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

December 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



Tis the season to be jolly, aware and informed. The holiday season has once again snuck up on us and all the more reasons why you should know who's being NICE vs. NAUGHTY. Scammers will ramp up their efforts to cuddle up to your kindness in hopes to take from your stockings and only leave you with a lump of coal.

These Grinches have a common scam known as the "grandparents scam" pretending to be a relative who desperately needs money to fix a car or get out of jail or come home for the holidays.

These calls are usually made while it's assumed you are all nestled and snuggled in bed for a long winter's nap. The caller will speak quickly with confusing chatter to get you to spring from your bed to attend to this matter. This message is not to impede your spirit but to empower you so that you can fully enjoy the season.

The Lexington Senior Center is truly committed to assisting you to navigate through the very real stressors and concerns often associated with the holidays by being here to listen and/or simply dialoguing through the anxieties. So jingle with a cup of coffee, jangle with a cup of cocoa or sing with a sip of cider with someone by the fireplace in the library and create your definition of a Happy Holiday, all-the-while being educated and safe this season.

Seasons greetings and keep moving – Sean



Holiday Party Friday, December 16 11 a.m.



Please join us for our holiday celebration!

Lunch will include:

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

Tickets are \$7 each and will be on sale
November 28 – December 9 (or until we are sold out)

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 December the book club will read and discuss **A Spool of Blue Thread** by Anne Tyler on December 1 and 15 at 10 a.m. in

the conference room at the Lexington Senior Center. The book club meets on the first and third Thursdays of each month and is open to all .

“It was a beautiful, breezy, yellow-and-green afternoon. . .” This is how Abby Whitshank always begins the story of how she fell in love with Red that day in July 1959. The Whitshanks are one of those families that radiate togetherness: an indefinable, enviable kind of specialness. But they are also like all families, in that the stories they tell themselves reveal only part of the picture. Abby and Red and their four grown children have accumulated not only tender moments, laughter, and celebrations, but also jealousies, disappointments, and carefully guarded secrets. From Red’s father and mother, newly arrived in Baltimore in the 1920s, to Abby and Red’s grandchildren carrying the family legacy boisterously into the twenty-first century, here are four generations of Whitshanks, their lives unfolding in and around the sprawling, lovingly worn Baltimore house that has always been their anchor.



Brimming with all the insight, humor, and generosity of spirit that are the hallmarks of Anne Tyler’s work, **A Spool of Blue Thread** tells a poignant yet unsentimental story in praise of family in all its emotional complexity. It is a novel to cherish.

SUPPORT GROUPS

We are thinking about adding some support groups to the Lexington Senior Center.

Some suggestions have included a general caregiver support group and an aging support group. If you would be interested in one of these, or if you have other suggestions for a support group, please contact Amanda Patrick at (859) 278-6072. We hope to start a new support group beginning sometime in spring of 2017.

Looking for a volunteer opportunity at the Lexington Senior Center? We are in need of volunteers to help us care for our indoor plants! If you have a green thumb and would like to help us out, please contact Amanda Patrick for more information. (859) 278-6072



Now You Know

This is a monthly educational session. We will get a new presenter to speak on a new topic each month.

Join us for an information session presented by Sally Fitch and Jennifer Mauer from the Willows in Hamburg. They will be discussing ways to communicate with someone diagnosed with Dementia.

Wednesday, December 21
10:30 – 11:30 a.m.

Classroom B at the Lexington Senior Center

Instant Artist

Take home a unique masterpiece by the end of the class.

Monday, December 12
12:30 – 4:30 p.m.
see Martha or Jode to sign up \$7.

Payments can be made by check or money order, no cash accepted.

Movie Matinee

Wednesday
December 21
Noon
Holiday Movie



ACTIVITIES

Descriptions of new activities that require sign-ups. These classes will run in set sessions and will be added at various times throughout the year. Please continually check the newsletter and the information boards at the Center for dates and times. These classes all require signing up at the front desk. Class size is limited and fill up quickly.

Beginning Pottery

Instructor: Corey Shultz

6 weeks

Fridays, November 4 – December 16

9:30 – 11:30 a.m. (FULL)

1 – 3 p.m. (FULL)

Mondays, December 5 – January 16

9:30 – 11:30 a.m. (FULL)

1 – 3:00 p.m. (FULL)

Thursdays, December 8 – January 12

9:30 – 11:30 a.m. (FULL)

1 – 3 p.m. (FULL)

*Fridays, December 30 – February 3

9:30 – 11:30 a.m.

1 – 3:00 p.m.

Come and learn how to make pottery using clay and a pottery wheel.

You will learn how to “throw,” form and glaze your very own piece of pottery.



Beginning Ceramics

Instructor: Corey Shultz

6 weeks

Tuesdays, November 1 – December 6

Noon – 1:45 p.m. (FULL)

* December 13 – January 17

Noon – 2 p.m.

Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire them in a kiln. Expect to take home 3 to 4 pieces.

Water Color Painting

Instructor: Corey Shultz

6 weeks

Wednesdays,

November 2 – December 7

9:30 – 11:30 a.m. (FULL)

* December 14 – January 18

9:30 – 11:30 a.m.

Come and experiment with the watercolor painting process. You will learn watercolor techniques and will be given hands on demonstrations. Using bright colors, students can expect to walk away with 1 to 2 finished paintings.



Sew Much Fun

Instructor: Chris Cull

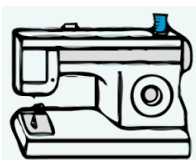
9 weeks

Thursdays, November 3 – December 29

10 a.m. – Noon (FULL)

1 – 3 p.m. (FULL)

Learn or renew your basic sewing skills. Students will be sewing a fun project for themselves and also sewing a project for “Sewing for a Cause” to help others.



Small Group Training

Instructor:

4 weeks

Tuesdays,

November 29 – December 20

1:30 – 2:30 p.m. (FULL)

2:30 – 3:30 p.m. (FULL)

3:30 – 4:30 p.m. (FULL)

During this 4-week session in our Fitness Center, participants will work in small groups with personal trainers. You will receive a personal workout plan that includes free weights, kettle bells, stability balls, fitness center machines and more. Sign up at the front desk.

(You may only register for one session.)



Pastels Still Life

Instructor: Corey Shultz

6 weeks

Wednesdays,

November 2 – December 7

Noon – 2 p.m. (FULL)


* December 14 – January 18

Noon – 2 p.m.

Learn how to make oil pastel drawings by direct observation. There will be two different, colorful still life drawings that you will be able to take home.

*In order to give everyone an opportunity to participate in these art classes, we are limiting these classes to new students only. Sign-ups for these art classes will begin December 1, 2016.

Fitness/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Indoor Walking Track The indoor walking track in the multipurpose room will be available for use beginning in December. Monday, Wednesday and Friday from 8 – 10 a.m. Tuesday and Thursday 3 – 5 p.m. * Walking track will be unavailable on Friday, December 16*			11:30 - Beginner Yoga 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 2:30 - Table Tennis
5	6	7	8	9
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! 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 2:30 - Table Tennis 3 - Seated Tai Chi	11:30 - Beginner Yoga 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 1:30 - Zumba Gold 2:30 - Table Tennis
12	13	14	15	16
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19	20	21	22	23
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26	27	28	29	30
Senior Center is closed 	9:30 - Line Dancing Noon - Get Up and Go! 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 2:30 - Table Tennis 3 - Seated Tai Chi	11:30 - Beginner Yoga 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 1:30 - Zumba Gold 2:30 - Table Tennis

Seated Tai Chi for Arthritis Wednesdays, 3 p.m.

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.

Fitness Center Schedule

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

Table Tennis Updates

The scheduled times have changed to Monday, Wednesday & Friday from 2:30 – 4:30 p.m.
 If you have any interest in playing Table Tennis, please join us! We would love to have you!

Activity/Socialization Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10 - Bingo 10 - Book Club 11 - History Class 11:30 - Bid Euchre 1:15 - Olli Forum	10 - Family Stories 12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
5	6	7	8	9
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 1 - Hand & Foot	9 - Intermediate Bridge 10:30 - Participant's Council Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 11 - History Class 11:30 - Bid Euchre	12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
12	13	14	15	16
8:30 - Adult Coloring 9 - Needlework 9 - Diabetic Support 11:30 - Bid Euchre 12:30 - Bridge	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	9 - Intermediate Bridge 10 - Duplicate Bridge Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 10 - Book Club 11:30 - Bid Euchre	11 - Holiday Party 12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
19	20	21	22	23
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 1 - Hand & Foot	9 - Intermediate Bridge 10:30 - Now You Know Noon - Advanced Ceramics Noon - Adult Coloring Noon - Movie Matinee	10 - Bingo 11:30 - Bid Euchre	Senior Center is Closed 
26	27	28	29	30
Senior Center is closed 	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	9 - Intermediate Bridge 10 - Duplicate Bridge Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 11:30 - Bid Euchre	12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends

Open Art Studio
 Open studio time for any painting. There will not be a scheduled instructor for this time. It is open for you to work on any paintings from another class.

Friday Friends is all about meeting new people, making new friends, and sharing common interests. Some of the participants choose to meet at a pre-determined location outside of the senior center on the second Friday of each month. If you do not wish to go on this outing, you are welcome to meet at the regularly scheduled group time on that day.

If you are interested in playing Euchre, Canasta, Scrabble or Mexican Train at a regularly scheduled time during the week, please sign up at the front desk. We will schedule a time if we have enough interest!

Do you have Suggestions?

Please complete one of our client satisfaction surveys located on the front desk. We would love to hear your suggestions! These surveys can be kept anonymous, if you prefer, or we can contact you with a response to your issue or suggestions.

Thank you!

Medicare Part D Enrollment



Open enrollment ends December 7!
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.

AARP Driver Refresher Course

Date:
Monday, December 5

Time:
Noon – 4:30 p.m.

Cost:
\$15 for members
\$20 for non-members

Sign-up at the Lexington Senior Center

Travel Information

Day Trips for 2016

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.

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



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.**

OLLI at UK Donovan Forum Series

Thursdays at 1:15 p.m.

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!

Thank you!

We greatly appreciate your generous donations of yarn, but as a result we are out of storage space! So, we do not need anymore yarn at this time.

Joyful holiday greetings to everyone!

I am so pleased to see the multiplication of new clients to the nutrition program over the last few weeks. Since the opening of our new center, we have added around 150 new clients to the meal participant roster, raising the total meal client count at the center to almost 300.

WOW! That is wonderful! I am happy to see so many of you placing emphasis on your nutrition and choosing healthier eating habits. I am still taking appointments for new clients, so give me a call if you want to sign up for our healthy, delicious lunch options at the center.

I want to thank the outstanding nutrition staff who work in tandem with me each day to ensure clients receive their meals, both at the center and in the community. These are caring, dedicated and precious individuals who make the day better and more enjoyable for all of us. I am personally and professionally grateful for every one of them and look forward to continued time with them in the upcoming year. I, likewise, look forward to more time with each of you at the center and wish each of you a blessed holiday season!

~ Emily

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. – 12:30 p.m.** Contact Katherine to register

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 & Wednesday at 10 a.m.

Ceramics – Tuesday & Thursday, all day

Please call for a full list of activities and a calendar of events!

Water Fitness YMCA

Beaumont Branch:

9 – 10 a.m. Tuesdays/Thursdays

Last class for 2016 is December 15

Loudon Branch:

1 – 2 p.m. Wednesdays/Fridays

Last class for 2016 is December 16

For more information, contact Martha McFarland at 233-0986.



Bell House Parks & Recreation Activities

For more information, contact Martha McFarland at 233-0986.



LEXINGTON
Senior Center

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.

Winter Weather Policy

To ensure the safety of our participants, the Lexington Senior Center has an inclement weather policy. Whenever Fayette County Public Schools are cancelled due to the weather, all activities and classes will be cancelled. The nutrition site will not be serving lunch. The LSC van will not be picking up participants that day. If Fayette County Public Schools are on a delay, we will have activities as normal, but no transportation with the LSC van. The only exception to this policy is for a trip that has motor coach transportation. Be sure to tune into local radio and TV for cancellation announcements.

For more information, call **278-6072**.

Dates to Remember

- 12/2 – Craft Class
- 12/5 – AARP Driver Refresher Course
- 12/7 – Participant’s Council Meeting
- 12/7 – Last day of Medicare Open Enrollment
- 12/16 – Holiday Party (must have a ticket)
- 12/23 – Lexington Senior Center closed
- 12/26 – Lexington Senior Center closed
- 12/28 – Commodities Distribution
- 1/2/17 – Lexington Senior Center closed

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