

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

March 2017

Page 1

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

Website

[www.lexingtonky.gov/
lexington-senior-center](http://www.lexingtonky.gov/lexington-senior-center)

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

Wendy Jett
Recreation Supervisor

"In like a Lion and out like a Lamb" is the promise of March, although March seems to have quietly arrived on the scene this year. As our lives energetically progress at the Senior Center, the long cold winters in Kentucky are truly not missed.



Daylight Saving Time begins March 12, allowing us more daylight hours to explore and rediscover our city and take long walks on our wonderful walking path that surrounds the park.

March 17 is St. Patrick's Day which allows us all to be Irish for a day.



March 20 arrives pulling back winters dark gray velvet curtain to reveal her jewel of the month, her *piece de resistance*. SPRING arrives in full fashion encouraging us all to take advantage of the many wonderful activities and programs at the Lexington Senior Center. Spring is also a representation of all things new. Awakening our creative nature and encouraging us to take on a positive attitude, not just towards your life, but your newly found friends at the Senior Center as well – all 1,600 of them and growing.

Keep Moving - Sean

March is Nutrition Month

Please join us, along with the University of Kentucky, in celebrating nutrition month with a cooking demonstration and nutrition education.

Enjoy a short lesson about phytonutrients (found in fruits and vegetables) and how they can protect against pollution.

We will then lead a cooking demonstration of a **plate it up Kentucky Proud cucumber, corn and bean salsa**. The cooking demo will include tips and tricks to cutting up produce and of course we'll have enough for everyone to sample, as well as copies of the recipe for folks to take home.

There will be two opportunities for this event: **Monday, March 13 at 1:30 p.m.**
AND Tuesday, March 14 at 1:30 p.m.

Please sign up at the front desk, so we can plan accordingly!

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 AND INFORMATION

Carolyn's Corner Book Club



The Book Club is currently reading and will meet and discuss **The Burgess Boys** by Elizabeth Strout on **March 2 and 16 at 10 a.m.** in the conference room on the second floor.

The book club meets on the first and third Thursday of each month and is open to all. The **April** reading, now being announced early, will be **Leaving Time** by Jodi Picoult. **Leaving Time** will be discussed on April 6 and 20.

Throughout her blockbuster career, Jodi Picoult has seamlessly blended nuanced characters, riveting plots, and rich prose, brilliantly creating stories that “not only provoke the mind but touch the flawed souls in all of us” (*The Boston Globe*). In **Leaving Time**, some say, she has delivered her most affecting work yet.



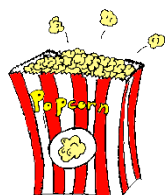
For more than a decade, Jenna Metcalf has never stopped thinking about her mother, Alice, who mysteriously disappeared in the wake of a tragic accident. Refusing to believe she was abandoned, Jenna searches for her mother regularly online and pours over the pages of Alice’s old journals. A scientist who studied grief among elephants, Alice wrote mostly of her research among the animals she loved, yet Jenna hopes the entries will provide a clue to her mother’s whereabouts.

Desperate to find the truth, Jenna enlists two unlikely allies in her quest: Serenity Jones, a psychic who rose to fame finding missing persons, only to later doubt her gifts, and Virgil Stanhope, the jaded private detective who had originally investigated Alice’s case along with the strange, possibly linked death of one of her colleagues. As the three work together to uncover what happened to Alice, they realize that in asking hard questions, they’ll have to face even harder answers. As Jenna’s memories dovetail with the events in her mother’s journals, the story races to a mesmerizing finish. A deeply moving, gripping, and intelligent page-turner, **Leaving Time** is Jodi Picoult at the height of her powers.

Movie matinee

Join us for popcorn and a movie!

Tuesday, March 28
12:30 p.m.
Multipurpose room



NOW YOU KNOW

Healthy Living for Your Brain and Body

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Wednesday, March 15
10:30 – 11:30 a.m.
Classroom B

On the Table Lex

This is a one-day opportunity – all across Lexington – to talk about the issues, big and small, that impacts our quality of life and that of the city. When we have a chance to talk about our experiences in this town and hear others, we connect and learn about what matters. Join us at the Lexington Senior Center to become part of the conversation.

Wednesday, March 15
1:30 – 3:30 p.m.
Multipurpose room

This event is free of charge and no sign-up is needed.

Instant Artist

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

Thursday
March 30
12:30 – 4:30 p.m.
See Martha or Jode to sign-up.

Cost: \$7
Payments can be made by check or money order, no cash accepted.

Hearing Aid Cleaning

Service provided by Debbie Henley. No appointment necessary!
Thursday, March 9
12:30 – 2:30 pm.
Lexington Senior Center consultation room (upstairs, just outside the elevator)

AARP Driver Refresher Course

Date: Monday, April 3
Time: Noon – 4:30 p.m.
Cost: \$15 for members
\$20 for non-members

Sign-up at the Lexington Senior Center front desk

ACTIVITIES AND INFORMATION

OLLI at UK - Donovan Forum Series Thursdays, 2 – 3 p.m.

3/2 – Cross cultural negotiation and homeland security – John D. Stempel

What makes cross-cultural negotiation important, even life saving? Join Dr. Stempel as he discusses attitudes and perspectives that help one survive in different cultures, as well as homeland security and what it means for your daily life.

3/9 – Women and Minorities in the U.S. Navy – Ken Scher

A discussion of the roles played by women and minorities in the American Armed Forces and particularly in the American Navy from the Revolutionary War to the present. The experiences of African-American, Hispanic, Native Americans and Asian-Americans will be examined. In addition the evolving role of women in the American Military will be covered.

3/16 – Everything you ever wanted to know about music – Alan Hersh

We are aware of music from even before we come into the world. What is music about? How do we understand it? Is there anything to understand? Who makes music and how? This presentation will include some audio examples, some descriptive remarks and a chance to interact with Dr. Hersh.

3/23 – Lexington Public Library: Past, Present and Future – Ann Hammond

The Lexington Public Library is the oldest library west of the Alleghenies and has a rich history of service to the people of Lexington and Fayette County. Come hear more about this venerable public institution and how it has evolved over the years to meet the changing needs of our citizens.

3/30 – Lincoln Institute of Kentucky – Gary Brown

This presentation will introduce the audience to the history of the Lincoln Institute of Kentucky: a boarding school for black students throughout Kentucky. The Lincoln Institute was founded by Berea College and opened its doors to 85 black students in 1912 as a result of the passage of the Day Law in 1904 which segregated the schools in Kentucky. Lincoln served as a high school for children from 66 of Kentucky's 120 counties. It closed its doors in 1966.

Nutrition site

Greetings! Spring is just around the corner. ☺
We have occupied our new Senior Center for almost six months now. Wow! What amazing growth there has been and continues to be with new participants arriving daily. When I think of March and the arrival of the spring season I think of change, new growth and even challenges. Just as the weather is unpredictable at this time, so is our growth and development. Just as children experience growing pains in their limbs and muscles during significant growth spurts, so do we experience this as we grow individually and corporately together in our environment here. The expectations, desires, needs and hopes continue to flourish as we seek growing ideas, opportunities and adventures. As we remain flexible, adaptable, patient, yet committed, we will each benefit from the continued joint efforts and encouragements we share with one another. Let's all make this spring season a joyful one and grow together in greater abundance of peace, patience and kindness individually and collectively. Blessings!!

– Emily Dahlman

Lunch Program

If you want to eat lunch at the Lexington Senior Center, you must first schedule a meeting with Emily Dahlman to be signed up for the program. After that you must call one day in advance when you want to reserve a meal.

Thank you for your cooperation.

AARP Tax Preparation

FREE TAX RETURN PREPARATION
by AARP FOUNDATION TAX AIDES

Mondays & Tuesdays

Due to a decrease in volunteers, space is limited and filling up fast. Please call to make your appointment soon!

To set up an appointment, please call the Lexington Senior Center at (859) 278-6072.

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 Senior Center for dates and times. Class size is limited and fill up quickly.

These classes all require signing up at the front desk. You may sign-up in person or by calling.

Pottery I

Instructor: Corey Shultz

Sign ups start Monday March 13

Monday, April 3 – May 8
9 – 11:15 a.m.

Fridays, April 7 – May 12
Noon – 2:15 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.

Hand Building Ceramics

Instructor: Corey Shultz

Sign-ups start Monday, March 13

Tuesdays, April 4 – May 9
Noon – 2 p.m.

Thursdays, April 11 – May 11
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

Sign-ups start Monday, March 6

Wednesdays, April 5 – May 10
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. Students can expect to walk away with 1 to 2 finished paintings.

Pottery II

Instructor: Corey Shultz

Sign-ups start Monday, March 13

Mondays, April 3 – May 8
Noon – 2:15 p.m.

Tuesdays & Fridays, April 4–May 12
9 – 11:15 a.m.

This is a continuation of pottery I. Come advance your skills and learn new ones. Students must have taken pottery I to sign up for this class.



Sew Much Fun I

Instructor: Chris Cull

Sign-ups start Monday, March 6

Mondays, March 20 – April 27
1 – 3 p.m.

Learn or renew your basic sewing skills. Students will be sewing a fun beginner project as well as learn basic sewing machine skills.

Basic Piece Quilting Class

Instructor: Sheril Drummond

Sign-ups start Monday, March 6

Mondays, March 20 –April 24
10 a.m. – noon

During this class, students will learn beginning quilting and complete their own small “ Log Cabin” quilt using the sewing machine.

Charcoal Drawing

Instructor: Corey Shultz

Sign-ups start Monday, March 6

Wednesdays, April 5 – May 10
Noon – 2 p.m.

Learn how to make your very own charcoal drawings. Students will be taught the basics of drawing objects and people.

Sew Much Fun II

Instructor: Chris Cull

Sign-ups start Monday, March 6

Thursdays, March 23 – April 22
9:30 – 11:30 a.m.

This is a continuation of Sew Much Fun I and students will continue to build on their skills and work on projects for themselves and also a community service project.

Mosaic Plaque

Instructor: Corey Shultz

Sign-ups start Monday, March 6

Wednesdays, April 5 – May 10
2:30 – 4 p.m.

Students will create a 12X12 colorful mosaic plaque of their own design to take home.

ACTIVITIES BY ROOM

Art Studio A Class Schedule

Pottery and hand building required pre-registration.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:30 – noon Pottery I (Ends March 13) 1 – 3:30 p.m. Pottery I (Ends March 13) 2:30 – 4:15 p.m. Open Studio (Starts March 20)	Noon – 2 p.m. Hand Building (Ends March 14)	Noon – 4 p.m. Ceramics Painting	9:30 a.m. – noon Pottery I (ends March 16) 1:30 – 3 p.m. Hand Building (Ends March 16)	9:30 a.m. – noon Pottery II (Ends March 17) 1 – 3:30 p.m. Pottery II (Ends March 17) 2:30 – 4:15 p.m. Open Studio (Starts March 31)

Art Studio B Class Schedule

Quilting, sewing, water color & charcoal required pre-registration.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10 a.m. – noon Sew Much Fun I (Ends March 13) 1 – 3 p.m. Sew Much Fun I (Ends March 13) 10 a.m. – noon Quilting (Starts March 20) 1 – 3 p.m. Sew Much Fun I (Starts March 20)	9 – 10:30 a.m. Needlework 11:30 a.m. – 3:30 p.m. China Painting	9:30 – 11:30 a.m. Water Color Painting (Ends March 15) Noon – 2 p.m. Charcoal Drawing (Ends March 15)	10 a.m. – noon Sew Much Fun II (ends March 16) 9:30 – 11:30 a.m. Sew Much Fun II (Starts March 23)	12:30 – 4:30 p.m. Open Art Studio

Multipurpose Room & Dining Room Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 – 10 a.m. Indoor Walking 1:30 – 3:30 p.m. Table Tennis	10 – 11 a.m. Bingo 3 – 5 p.m. Indoor Walking	8 – 10 a.m. Indoor Walking 1:30 – 3:30 p.m. Table Tennis *Cancelled on March 15	10 – 11 a.m. Bingo 3 – 5 p.m. Indoor Walking	8 – 10 a.m. Indoor Walking 1:30 – 3:30 p.m. Table Tennis

ACTIVITIES BY ROOM

Group Fitness Studio Schedule Yoga Workshop & Drums Alive required pre-registration

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Move IT Wendy	9:30 a.m. Line Dance Mimi	9:30 a.m. Get up & Go Cathy	11:30 a.m. Beginning Yoga Kelly	8:30 a.m. Move IT Wendy
9:30 a.m. Get up & Go Wendy	11 a.m. Yoga Workshop Elaina	10:30 a.m. Active Aging Cathy	11:30 a.m. Chair Yoga Kelly	9:30 a.m. Get up & Go Wendy
10:30 a.m. Active Aging Wendy	Noon Get Up & Go Bob	Noon Zumba Gold Cathy	2:15 p.m. Yoga Victoria	10:30 a.m. Active Aging Wendy
12:15 p.m. Tai Chi Victoria	1 p.m. Active Aging Bob	1:30 p.m. Drums Alive Ann & Wendy	4 p.m. Get Up & Go Bob	1:30 p.m. Zumba Gold Cathy
1:15 p.m. Zumba Jode	2:15 p.m. Yoga Victoria	3 p.m. Seated Tai Chi Victoria		
2:30 p.m. Line Dance Tess				

Fitness Center Scan Cards

Fitness Center scan cards are currently being assigned to participants that regularly visit the Fitness Center. Attendance is being tracked through the *My Senior Center* computer so please sign in every time you come to the Senior Center (not just when you come to the Fitness Center but for every activity). At the end of each month, attendance is reviewed and those participants that have used the Fitness Center at least six times will be assigned a scan card. When you sign in to *My Senior Center*, a message alert will pop up and inform you that your scan card is ready to be picked up at the front desk.

Fitness Center Schedule

Mondays, Wednesdays
& 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.

Small Group Training

Instructors:
Anne Graff & Anne Merchant

Tuesdays, April 4 – 25
1:30 – 2:30 p.m.
2:30 – 3:30 p.m.
3:30 – 4:30 p.m.

During this 4-week session in our fitness center, participants will work in small groups to receive a personal workout plan that includes free weights, kettle bells, stability balls, fitness center machines and more.

Sign-up at the front desk beginning March 3. You may only register for one session.

ACTIVITIES BY ROOM

Card Area Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Adult Coloring 11:30 a.m. Bid Euchre 12:30 p.m. Standard American Bridge	9 a.m. Chess Instruction 10 a.m. Checker & Chess 1 p.m. Hand & Foot	9 a.m. Intermediate Bridge 10 a.m. Duplicate Bridge 2 & 4 Wed. of the month ONLY Noon Adult Coloring	11:30 a.m. Bid Euchre	1 p.m. Hand & Foot

Classroom B Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 a.m. – noon AARP tax preparation (By appointment)	8 a.m. – noon AARP tax preparation (By appointment)	10:30 a.m. Now You Know Third Wednesday each month	11 a.m. History Class 2 p.m. OLLI Forum	10 a.m. Senior Technology Seminar

Music Studio Class Schedule

Beginning Keyboard
Required Pre-registration

FRIDAYS

9:30 – 10:15 a.m. and
10:30 – 11:15 a.m.

Ends April 7
Taught by David.

Card Area

The card/game area on the second floor is open and available for use unless there is an activity scheduled. If there is a card game scheduled there will be a “reserved” sign on the tables.

Technology Class

5-week class on various topics
Fridays, 10 a.m.
Classroom B

- March 10 – Basic device navigation
- March 17 – Social media
- March 24 – Apps (applications)
- March 31 – Online shopping
- April 6 – Overview of topics covered

Friday Friends

Fridays
2:30 p.m.
Conference room

Diabetic Support Group

Second Monday of each month
9 a.m.
Conference room

You can attend all the offered classes or just the ones in which you are more interested. No need to sign-up in advance. We hope you join us for this new exciting opportunity to learn about technology with our social work students!

RESOURCES

Commodity Supplemental Food Program

Am I eligible?

You are eligible if you are age 60 or over, live in Fayette County and your household meets the following income guidelines:

<u>Household Size</u>	<u>Monthly Income (before deductions)</u>
1	\$1,287
2	\$1,736
3	\$2,184
4	\$2,633



How do I apply?

See Jennifer Garland at the Lexington Senior Center or call 278-6072. **You will need to provide proof of age, address and income for each member of your household.**

What foods will I receive?

Juice, cereal, cheese, peanut butter or beans, pasta, canned meat, canned fruits and vegetables and evaporated milk.

When can I pick up my food?

After you apply, you will receive a letter telling you if you have been approved. Food will be distributed on the fourth Wednesday of each month at the Lexington Senior Center. At this time the program is full. We are accepting application but we are currently on a waiting list.

Keep plastic bags out of the landfill by donating them to the Lexington Senior Center instead! We use bags for bread and commodities. Just drop bags off at the front desk. Thank you!

Need Assistance with your electronic device?

Call the Lexington Senior Center to set up a one-on-one appointment with one of our social work students. They will be happy to assist you with your laptop, tablet or smart phone.

278-6072

Attention hearing aid users:

If you use a hearing aid and need new batteries, the Lexington Senior Center has had a donation of hearing aid batteries. Please ask to speak to a social worker and we will see if we have any batteries that are the correct size for your hearing aids.



The Lexington Senior Center staff is here to assist you!

Did you know that the Lexington Senior Center has three social workers on staff?

If you have questions about housing, Medicare, food, transportation or other services available in Lexington, please call 278-6072 and ask to speak with a social worker. We would be happy to talk with you!

The State Health

Insurance Program (SHIP)

will be at the Lexington Senior Center the **second and fourth Wednesday** of the month from 10 a.m. to noon to counsel you on health insurance coverage, benefits and consumer rights.

No appointment necessary. Meetings held in the consultation room (upstairs by the elevator).

RESOURCES

Please join us for the next
i know expo®

April 2, 2017

Noon – 4:30 p.m.

FREE EVENT – No registration required

Located at the Bluegrass Ballroom of
the Lexington Center

The i know mission is to arm you with **what you
need to know to plan for the future.**

- ~ Care for someone you love.
- ~ Live with disabilities.
- ~ Age with joy and grace.
- ~ **Once a year** at the i know expo.
- ~ **Once a quarter** at the i know Sunday sessions.
- ~ **And every day** of the year on the website at
www.iknowexpo.org



Grandparents As Parents of Kentucky

Thursday, March 16

8 a.m. – 3:30 p.m.

Located at the Clarion Hotel
on Newtown Pike

Cost: \$5 for grandparents and relatives

Registration deadline March 10.

Go to www.gapofky.org for more
information and a registration form.



Save the Date!

***34th Annual
Meeting the Challenges and
Opportunities of
Aging Conference***

***Friday, May 19, 2017
Northeast Christian Church
990 Star Shoot Parkway
(Hamburg)***

***More information coming soon!
(959) 257-5582
Challengesofaging.com***

Travel Information

Day Trips for 2017

Horseshoe Casino in Indiana

Wednesday, March 15

Cost: \$30 per person

Includes motor coach transportation, Complimentary \$15 food coupon and driver gratuity (server gratuity not included).

Schedule

9:30 a.m. – Depart LSC

4 p.m. – Depart Casino

6 p.m. – Arrive LSC



Keeneland

Thursday, April 27

Cost \$15 per person

Includes van transportation, admission, reserved grandstand seating and race day program.

Schedule

11:30 a.m. – Depart LSC

Noon – Arrive Keeneland

1 p.m. – First race

4:30 p.m. – Depart Keeneland

5 p.m. – Arrive LSC

The Lexington Legends vs. Greensboro

Grasshoppers

Wednesday, May 10

Cost: \$15 per person

Includes van transportation, ticket and parking

Schedule

11:30 a.m. – Depart LSC

4 p.m. – Depart Whitaker Bank Park

4:30 p.m. – Return to LSC

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

SOLD OUT – on waiting list

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.



Travel Meeting

Have you ever wondered what our **senior travel program** is all about? Here's your chance to gather lots of information about our day and extended trips. We will answer all of your questions about our travel program as well as collect suggestions from your "bucket list" of travel ideas.

Friday, April 7

12:30 p.m.

Lexington Senior Center
Classroom B

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. There is drop box located on the travel table for your payment.

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.**

For more information, contact:

Martha Duncan at 278-6072 or mduncan@lexingtonky.gov

Jode Rose at 278-6072 or srose@lexingtonky.gov

Satellite Centers News

The Senior Center at the Charles Young Center

540 E. Third Street

Hours: 9 a.m. – 1 p.m.

Mondays, Wednesdays and Fridays

Phone: 246-0281

Tai Chi: Wednesdays & Fridays, 12:15 – 1 p.m.

Bodies in Balance: Mondays, Wednesdays and Fridays, 9:30 – 10:30 a.m.

Pickleball: Fridays, 11 a.m. – noon

Line Dancing: Wednesdays, 11:15 a.m. – noon

Tablets: Call the Center to schedule an appointment. Volunteers are available Mondays from 10:30 a.m. – noon.

Gym Walking: Wednesdays, 9:15 – 10:30 a.m.

Clay Jewelry Making: 6-week session. Create your own jewelry from clay. Wednesday, 1 – 3 p.m. Cost: \$1 per class. Call 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.

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

Winter Weather Policy

Satellite centers are closed if Fayette County Schools are closed.

Activities are not affected if Fayette County Schools call for a delay.

Bell House

Parks & Recreation activities

545 Sayre Ave

Phone: 233-0986

Monday Club – 11:30 a.m. (lunch) | Noon (program)
Non-member reservations required for all provided luncheons.

3/6 – Mayor Jim Gray

3/13 – Musical entertainment by Mr. Harley Cannon

3/20 – Musical program entitled “On Wings of Song” by Loren Tice & Lee Patrick.

3/27 – Hot buffet luncheon provided by The Lantern at Morning Pointe. Bring a food donation for the Salvation Army. March birthdays will be celebrated.

Art Class – 9 a.m., Tuesday

Piano Lessons – 8:30 a.m. – 1:30 p.m., Tuesday

12:30 – 2 p.m., Wednesday

8:30 a.m. – 12:30 p.m., Thursday

Troubadours Choral Group – Tuesday, 10 – 11 a.m.

(No experience needed to join)

Chair Yoga – 2 p.m., Tuesday & Thursday

Adult Coloring Class – 10 a.m. – 1 p.m., Wednesday

Beaus & Belles Hand Bell Group – 10 a.m., Thursday

(No experience needed to join)

Ceramics – 10 a.m. and 1 p.m., Thursday

Bridge – noon, Friday

AARP Driver Safety: Wednesday, March 8, 11:30 a.m. – 4 p.m.

Off-site Senior Activities

Advanced Line Dance: Friday, 9 a.m. (Carver Center)

Intermediate Line Dance: Friday, 10:30 a.m. (Carver Center)

Strider’s Walking Club: (Fayette Mall food court) Wednesday

9:30 – 11:30 a.m. Walk when and where you choose, just

keep track of miles or time to be recorded at group get-

together on March 8.

Water Fitness:

Beaumont YMCA

Tuesday and Thursday

9 – 10 a.m.

North YMCA

Wednesday and Friday

1 – 2 p.m.



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 that are lead by an instructor 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 not have any instructor lead activities before 9 a.m., and there will be 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.**

March Dates to Remember

- 3/1 – Participant’s Council
- 3/9 – Hearing aid cleaning
- 3/13 – Cooking demo
- 3/14 – Cooking demo
- 3/15 – Now You Know
- 3/15 – On The Table
- 3/22 – Commodities
- 3/28 – Movie matinee
- 3/28 – Instant artist (sign-up required)

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