

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

October 2017

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Lunch Reservations

Emily Dahlman

Website

www.lexingtonky.gov/lexington-senior-center

Lexington Senior Center

195 Life Lane
Lexington, Ky. 40502
(859) 278-6072

Hours of Operation

Monday – Friday
8 a.m. – 5 p.m.

With the start of autumn, the beauty of Kentucky will be on full display as the leaves begin to change to magnificent shades of bright red, orange and yellow. Now that we've had one year to try out the many new physical fitness programs offered and hopefully are in a comfortable routine, it's time to do a check list to assure we are fiscally fit also. Here are a few things to note for October to help ensure a lively, humorous season vs. a ghastly one:

National Fire Prevention Week Oct. 8 – 14: change the batteries in your smoke detectors, check for frayed wires on your space heaters and be mindful to turn them off when not in use. Save on your heating bill by simply changing your filters, putting on layers of clothing and keeping the thermostat down.

Medicare Open Enrollment Oct. 15 – Dec. 7: Select a plan that's right for you or review your current plan to help save on costs.

Congregate meals: 10.2 million older adults faced the threat of hunger in the U.S. and 15.8% are adults 60+. However, with **Emily Dahlman and her staff** from the Bluegrass Community Action Partnership serving over 1,140+ congregate meals and 1,200 home delivered meals right here in the center, they are truly instrumental in combating the problem.

If you need any assistance consider consulting with **Jennifer Garland, Melissa Stiff and/or Amanda Patrick**, our very capable and knowledgeable center social workers, on matters such as health insurance counseling, transportation, abuse, scams and fraud, financial advice and bill paying assistance and much, much more.

Keep moving,

Sean Wright



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.

October Weekly Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 8 - Indoor Walking 8:30 - Adult Coloring 8:30 - Move IT 9 - Golden Arches 9 - Piano I 9:30 - Get Up and Go 10 - Basic Piece Quilting 10:15 - Piano 2 10:30 - Active Aging 11:30 - Get Up & Go 11:30 - Bid Euchre 12 - Pottery II 12:30 - Tai Chi for Better Balance 12:30 - Standard American Bridge 1 - Quilting Applique 1:30 - Table Tennis 1:30 - Piano 2 1:30 - Zumba Gold 2:30 - Let's Dance! 2:30 - Open Pottery Studio 3:30 - BARRE lattes! | 8:30 - FLOW (yoga) 9 - Pottery I 9 - Crochet for a Cause 9 - Chess Instructions 9 - Open Music Studio 9:30 - Lotsa Line Dances 10 - BINGO 10 - Checkers & Chess 10:30 - Tai Chi Chuan 11:30 - China Painting 11:30 - Move IT 12 - Advanced Hand Building 12:30 - Get Up & Go 1 - Hand & Foot 1:15 - Station 2 Station 1:30 - Active Aging 2 - Brains, Balance & Beyond 2:30 - Beginning Handbuilding 2:30 - Reflections Yoga 3 - Indoor Walking 3 - Eat. Weigh. Move | 8 - Indoor Walking 8:30 - Move IT - Muscle 9 - Golden Arches 9 - Intermediate Bridge 9:30 - Get Up & Go 9:30 - Water Color Painting 10:30 - Active Aging 10:30 - Brains, Balance & Beyond 11:30 - Zumba Gold 12 - Adult Coloring 12 - Charcoal Drawing 12 - Ceramics Painting 12:30 - FLOW (yoga) 12:45 - LSC Chorale 1:30 - Table Tennis 1:30 - Mindful Moments 1:45 - Handbells 2:30 - Mosaic Plaque 2:30 - Tai Chi for Arthritis (seated) 3:30 - Zumba Gold | 9 - Eat. Weigh. Move 9 - Pottery I 9:30 - Let's Dance! 10 - Sew Much Fun I 10 - BINGO 10:15 - Piano I 10:30 - Dance Team 11 - History Class 11:30 - Simply Yoga 11:30 - Bid Euchre 11:30 - Piano I 12 - Beginning Hand Building 12:30 - CH.oga (chair yoga) 1 - Sew Much Fun II 1:30 - Mindful Moments 2:15 - Station 2 Station 2:30 - Reflections Yoga 2:30 - Mexican Train 3 - Indoor Walking 3:30 - Get Up & Go | 8 - Indoor Walking 8:30 - Move IT 9 - Pottery II 9 - Golden Arches 9:15 - Piano 2 9:30 - Get Up & Go 10 - Sew Much Fun III 10:30 - Active Aging 10:30 - Piano 2 11:30 - BARRE lattes! 11:45 - Piano 1 12 - Pottery I 12:30 - Open Art Studio 12:30 - Tai Chi for Better Balance 1 - Piano 1 1 - Brains, Balance, & Beyond 1 - Hand & Foot 1:30 - Pinochle 1:30 - Zumba Gold 1:30 - Table Tennis 2:30 - Open Pottery Studio |

Bold and italicized activities require registration.

| | | | | |
|---|--|--|--|---|
| 2 Noon – AARP Driver Course | 3 9 – NARFE Book sale | 4 9 – NARFE Book sale 10:30 Participant's Council | 5 10 – Book Club 1:30 - Olli Forum 1 - Medicare Updates | 6 2:30 – Friday Friends |
| 9 10 – Diabetic Support | 10 | 11 10 – Duplicate Bridge 1 – Now You Know | 12 2 – Olli Forum | 13 |
| 16 9 - Wine Cork Pumpkin 1:30 – Preserving Family Stories | 17 1 – Preserving Family Photos | 18 10:30 – Now You Know 11 - The Starting Line | 19 10 – BINGO CANCELLED 10 – Book club 2 – Olli Forum | 20 12:30 - Instant Artist 2:30 – Friday Friends |
| 23 1:30 – Dementia Basics | 24 12:30 - Movie Matinee 1 – Nursing Students | 25 10 – Duplicate Bridge Noon – AARP Meeting | 26 10 – Aging Support 2 – Olli Forum | 27 2:30 – Friday Friends |
| 30 | 31 1 – Halloween Party | | | |

ACTIVITIES AND EDUCATION



Carolyn's Corner Book Club

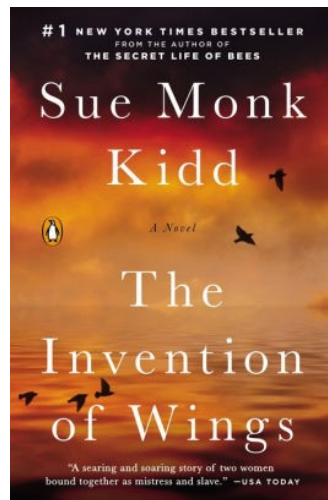
The Book Club is currently reading and will meet to discuss **The Book Thief** by Markus Zusak on **October 5 and 19 at 10 a.m.** in the conference room on the second floor. The book club meets on the first and third Thursday of each month and is open to all. The **November** reading will be **The Invention of Wings** by Sue Monk Kidd and will be discussed on **November 2 and 16.**

Sue Monk Kidd (celebrated author of *The Secret Life of Bees*) presents a masterpiece of hope, daring, the quest for freedom, and the desire to have a voice in the world.

Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women.

Kidd's sweeping novel is set in motion on Sarah's eleventh birthday, when she is given ownership of ten year old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty five years, as both strive for a life of their own, dramatically shaping each other's destinies and forming a complex relationship marked by guilt, defiance, estrangement and the uneasy ways of love.

Inspired by the historical figure of Sarah Grimke, Kidd goes beyond the record to flesh out the rich interior lives of all of her characters, both real and invented, including Handful's cunning mother, Charlotte, who courts danger in her search for something better. This exquisitely written novel is a triumph of storytelling that looks with unswerving eyes at a devastating wound in American history, through women whose struggles for liberation, empowerment, and expression will leave no reader unmoved.



The Basics Memory Loss, Dementia and Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more.

October 23 from 1:30 – 2:30 p.m.

*This program is provided by the
Alzheimer's Association.*

Olli at UK, DONOVAN FORUM SERIES Thursdays, 2 – 3 p.m.

Oct. 5 – Adventures in Writing about Religion – Paul Prather

A long-time contributing columnist for the Lexington Herald Leader, Prather will discuss his own faith and the challenges of discussing religion in the media.

Oct. 12 – Kentucky's Wine Industry – Tyler Madison

Join Tyler Madison as he provides a brief history of Kentucky's wine industry and recent growth. He will also discuss the sort of wine being made, as well as the future of the wine industry.

Oct. 19 – Of Family and Place – Joan Mayer

From an ancestor living in an Oyster Shell home on the Chesapeake in 1935 to her 1790 log home in Kentucky, join Joan as she shares stories of her family home. These stories will include a frightening ride, a near murder, a mean drunk, blessing of hounds, fox hunting and horses.

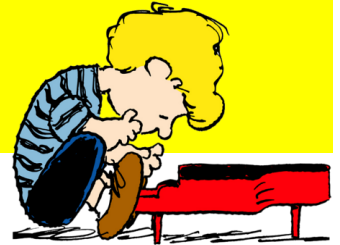
Oct. 26 – Helping Women Heal from Trafficking, Addiction, and Homelessness – Kim Edwards and Susan Weatherford

This presentation will address what inspired the founding board members to start The Well of Lexington, their mission and their fundraising. They will also discuss the first class of women and where they are in the program now.

**REGISTRATION FOR THE NEXT CLASS SESSION
(OCTOBER 23 – DECEMBER 15)**

**WILL BEGIN ON THURSDAY, OCTOBER 19 from 10 a.m. – noon
1st FLOOR classrooms next to the library.
You must register in person.**

If you are unable to make the registration date, please see a Recreation staff member on the 2nd floor AFTER the OCTOBER 19 registration session.



Pottery I
Instructor: Corey Shultz
Tuesday, Oct. 24 – Dec. 12
9 – 11:15 a.m.
Thursday, Oct. 26 – Dec. 14
9 – 11:15 a.m.
Friday, Oct. 27 – Dec. 15
Noon – 2:15 p.m.
Learn how to make pottery via a pottery wheel. “Throw,” form and glaze your pottery.

Pottery II
Instructor: Corey Shultz
Monday, Oct. 23 – Dec. 11
Noon – 2:15 p.m.
Friday, Oct. 27 – Dec. 15
9 – 11:15 a.m.
Must have completed Pottery I to attend.

Beginning Hand Building
Instructor: Corey Shultz

Tuesday, Oct. 24 – Dec. 12
Noon – 2p.m.
Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire in a kiln.

Advanced Hand Building
Instructor: Corey Shultz
Thursday, Oct. 26 – Dec. 14
Noon – 2 p.m.
Build on your current handbuilding skills!

Water Color Painting
Instructor: Corey Shultz
Wednesday, Oct. 25 – Dec. 13
9:30 – 11:30 a.m.
Learn techniques through hands on demonstrations. Students can expect 1 – 2 paintings.

Charcoal Drawing
Instructor: Corey Shultz
Wednesday, Oct. 25 – Dec. 13
Noon – 2 p.m.
Learn the basics of drawing objects and people using charcoal.

Acrylic Painting
Instructor: Corey Shultz
Wednesday, Oct. 25 – Dec. 13
2:30 – 4 p.m.
Experiment with the acrylic painting process. Learn to paint in layers! Complete 2 – 3 paintings!



OPEN POTTERY STUDIO AVAILABLE
Monday, Tuesday and Friday
2:30 – 4:15 p.m.
Must have completed Pottery I or Hand building I.
Attendance limited to one time per week, per person.

Sew Much Fun I
Instructor: Chris Cull
Thursday, Oct. 26 – Dec. 14
10 a.m. – Noon
Learn or renew your basic sewing skills. Sew a fun beginner project

Sew Much Fun II
Instructor: Chris Cull
Thursday, Oct. 26 – Dec. 14
1 – 3 p.m.
A continuation of Sew Much Fun I. Build on current skills.

Sew Much Fun III
Instructor: Chris Cull
Friday, Oct. 27 – Dec. 15
10 a.m. – Noon
A continuation of Sew Much Fun II. Build on current skills.

Basic Piece Quilting Class
Instructor: Sheril Drummond
Monday, Oct. 23 – Dec. 11
10 a.m. – noon
Learn beginning quilting on the sewing machine and complete a small “Log Cabin” quilt.

Please note:
All classes subject to minimum registration requirement. Classes are subject to change if minimum is not met.

Piano 1
Instructor: David Branstrator
Monday
Oct. 23 – Dec. 11
9 – 10 a.m.
Friday,
Oct. 27 – Dec. 15
11:45 a.m.– 12:45 p.m.
1 – 2 p.m.
Instructor: Andrew Wood
Thursday,
Oct. 26 – Dec. 14
10:15 – 11:15 a.m.
Learn basic piano skills and have fun doing it.

Piano 2
Instructor: David Branstrator
Monday,
Oct. 23 – Dec. 11
10:15 – 11:15 a.m.
Friday,
Oct. 27 – Dec. 15
9:15 – 10:15 a.m.
10:30 – 11:30 a.m.
Instructor Andrew Wood
Thursday
Oct. 26 – Dec. 14
11:30 a.m. – 12:30 p.m.
Must complete Piano 1 to attend!

HALLOWEEN PARTY!

Tuesday, October 31! 1 – 3 p.m. (no charge)

Sign up at the front desk beginning October 9!

Music, snacks, costume contest and more!
Watch for more information.



MOVIE MATINEE

TUESDAY, OCTOBER 24
12:30 p.m.
Multipurpose Room



Eat. Weigh. Move.

A NEW interactive workshop!

This 7-week workshop will provide you with loads of information on how to eat right and move more! We will support one another as we work towards our weight loss goals!

Meets ONE time per week for 50 minutes for 7 weeks.
Choose ONE of the following sessions.

Session 1: Mondays, 12:30 p.m. begins OCTOBER 23
Session 2: Tuesdays, 3 p.m. begins OCTOBER 24



You ARE invited!

Join us anytime for these on going class opportunities. **NO registration needed.**
Just drop in on the 2nd floor!

Please bring your own brushes for the following:
(First piece provided.)

- Ceramics Painting:** Wednesdays, noon – 4 p.m.
- China Painting:** Tuesdays, 11:30 a.m. – 3:30 p.m.
- Open Art Studio:** Fridays, 12:30 – 4:30 p.m.
- Crochet for a Cause:** Tuesdays, 9 – 10:30 a.m.
- Chorale:** Wednesdays, 12:45 – 1:45 p.m.

One time only CRAFT class!

Wine Cork Pumpkin!

Monday, October 16
9 – 11 a.m.

Register with Jode Rose on 2nd floor beginning October 2. **Space is limited.**
Sample craft in display case upstairs.

PUZZLE DONATIONS!



We are in need of 200 – 500 piece puzzles for our PUZZLE TABLE.

Drop off in Wendy's office next the elevator on 2nd floor.

THE STARTING LINE

Short 20 minute informational workshops in the Fitness Center. No need to register, just show up!

Wednesday, October 18
ROPIN' IT! – 11a.m.

Learn new ways to use the ROPE MACHINE!



INSTANT ARTIST

Friday, Oct 20
12:30 – 4:30 p.m.
\$7 fee

Register With Jode Rose on the 2nd floor beginning October 2. Space limited!

GROUP FITNESS


Classes marked with an asterisk (*) require a class card.

Pick one up at the 2nd FLOOR MySeniorCenter computer table. Classes meet in the group fitness studio (2nd floor) unless otherwise noted and are on a first-come, first-served basis.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 8:30 a.m. Move IT Wendy | 8:30 a.m. FLOW (yoga) Jenny | 8:30 a.m. Move IT – Muscle Wendy | 9:30 a.m. Let’s Dance! Rebecca | 8:30 a.m. Move IT Wendy |
| 9 a.m. Golden Arches (walking, meet behind bldg.) Carey | 9:30 a.m. Lotsa Line Dances Mimi | 9 a.m. Golden Arches (walking, meet behind bldg.) Carey | 10:30 a.m. LSC Dance Team Practice: You must currently be a team member to participate. | 9 a.m. Golden Arches (walking, meet behind bldg.) Carey |
| 9:30 a.m. * Get up & Go Wendy | 10:30 a.m. TAI CHI Chuan Tom | 9:30 a.m. * Get up & Go Cathy | 11:30 a.m. Simply Yoga Kelli | 9:30 a.m. * Get up & Go Wendy |
| 10:30 a.m. * Active Aging Carey | 11:30 a.m. Move IT Carey | 10:30 a.m. *Brains, Balance & Beyond (2nd floor conference room) Carey | 12:30 p.m. CH.oga (chair yoga) Kelli | 10:30 a.m. * Active Aging Carey |
| 11:30 a.m. * Get up & Go Carey | 12:30 p.m. * Get Up & Go Bob | 10:30 a.m. * Active Aging Cathy | 1:30 p.m. Mindful Moments Wendy | 11:30 p.m. BARRE.lattes! Carey |
| 12:30 p.m. Tai Chi for Better Balance Victoria | 1:15 p.m. *Station 2 Station (in the fitness center) Carey | 11:30 a.m. * Zumba Gold Cathy | 2:15p.m. *Station 2 Station (in the fitness center) Wendy | 12:30 p.m. Tai Chi for Better Balance Victoria |
| 1:30 p.m. * Zumba Gold Jode | 1:30 p.m. * Active Aging Bob | 12:30 p.m. FLOW (yoga) Wendy | 2:30 p.m. Reflections Yoga Victoria | 1 p.m. *Brains, Balance & Beyond (2nd floor conference room) Wendy |
| 2:30 p.m. Let’s Dance! Tess | 2 p.m. *Brains, Balance & Beyond (2nd floor conference room) Wendy | 1:30 pm. Mindful Moments Wendy | 3:30 p.m. *Get Up & Go Bob | 1:30 p.m. * Zumba Gold Cathy |
| 3:30 p.m. BARRE.lattes! Renee | 2:30 p.m. Reflections Yoga Victoria | 3:30 p.m. *Zumba Gold Cathy | <p>THE STARTING LINE Short 20 minute informational workshops in the Fitness Center. No need to register, just show up! Wednesday, October 18 ROPIN’ IT! – 11a.m. Learn new ways to use the ROPE MACHINE!</p> | |

UPSTAIRS-DOWNSTAIRS

Cards & More (2nd floor)

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

Multi-purpose Room (1st floor)

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|---|-------------------------------------|---|-------------------------------------|---|
| 8 – 10 a.m. Indoor Walking | 10 – 11 a.m. Bingo | 8 – 10 a.m. Indoor Walking | 10 – 11 a.m. Bingo | 8 – 10 a.m. Indoor Walking |
| 1:30 – 3:30 p.m. Table Tennis | 3 – 5 p.m. Indoor Walking | 1:30 – 3:30 p.m. Table Tennis | 3 – 5 p.m. Indoor Walking | 1:30 – 3:30 p.m. Table Tennis |

FITNESS CENTER



M/W/F 8 a.m. – 4 p.m.
TU/TH 8 a.m. – 1 p.m.

For your safety: Proper, clean, athletic footwear must be worn in classes and in the fitness center. **Footware must be closed toe and heel, rubber soled, tied or Velcro closures. NO BOOTS, SANDALS, FLIP FLOPS, DRESS SHOES OR HEELS.**

Also, you must complete an equipment orientation to use the fitness center. Stop by anytime we are open. You do not need to schedule a time.

Finally, please bring water in a container with a lid. No coffee or other drinks are permitted in the studio-fitness center.

Mindful Moments

Guided meditation to encourage healing and relaxation (30 minutes)



Wednesday, 1:30 p.m.
Thursday, 1:30 p.m.

Group Fitness Studio
Seated or on floor (your choice)
No experience necessary.

Meditation has been proven to reduce stress, improve memory, reduce high blood pressure, improve sleep, jumpstart the immune system...and more!

ART WORK ALERT!

All unfinished art work such as pottery, mosaic tile, charcoal, etc., must be removed from art rooms by **October 18** to make room for our new sessions!

OPEN ART STUDIO CANCELLED ON Friday, October 20.

RESOURCES

Preserving your Family Stories
October 16 at 1:30 p.m.
Classroom B

In this month's class on Preserving Family Stories, Virginia will bring examples of NEW family story projects!

Feel free to bring things you have created as well to show class!

Preserving your Family Photos
October 17 at 1 p.m.
Classroom B

Come and ask questions about how you can easily scan your family photos, slides, or negatives into digital format.

You may also ask questions about how to edit and organize your digitized images. Scanning/conversion and editing costs can be expensive, and you can do this yourself with just a home computer, a scanner and some low cost software.



Wednesday, November 9, 12:30–2:30 p.m.

Join us for talks on:

Tips and tricks to avoid the Donut Hole/Coverage Gap on your Part D Plan

Chris Palutis, Owner: C&C Pharmacy in Lexington

Right Place at the Right Time

Susan Neville, Senior Living Consultant, Silver Lexington

Downsizing with Ease

Jessica Hundley, Sales Specialist: Everything but the House

And visit the various vendors including:

- Senior Benefits Alliance
- Silver Lexington
- Everything But the House
- Lifeline Home health-offering **free** blood pressure screenings
- MD2U
- Bluegrass Care Navigators
- Lexington Hearing & Speech Center – offering **free** hearing aid cleanings

Also, a Lifetrack agent will be here to activate free cell-phones.

The State Health Insurance Program (SHIP)

SHIP will be at the Lexington Senior Center the second and fourth Wednesday of the month from 10 a.m. – noon to counsel you on health insurance coverage, benefits and consumer rights.
 No appointment necessary.

White Cane Awareness Walk

Saturday, October 16
 11 – 11:45 a.m.
 Phoenix Park

Come walk to show your support for people who are blind.
 Contact Kristy at 278-6072 for more Information.

Dresses of India

Saturday, October 21
 3 – 5 p.m.
 Lexington Senior Center

Contact Kristy at 278-6072 for more Information.

AARP Smart Driver Course

Date: Monday, October 2
Time: Noon – 4:30 p.m.

Cost: \$15 for members
 \$20 for non-members
Sign-up at the Lexington Senior Center front desk

RESOURCES/INFORMATION

NOW YOU KNOW

This is a twice monthly educational class featuring a speaker from an organization here in Lexington. There will be a variety of topics throughout the year.

If you have suggestions about an organization you would like to see featured in the "Now You Know" series, let one of the social workers know about your idea.

October 11
1 p.m.

Dupree Financial

Join Dupree Financial Group to learn about ways to secure your financial future. Representatives will be available to discuss important documents needed to ensure you are prepared for anything and answer any questions you may have regarding financial planning.

October 18
10:30 a.m.

Kentucky One Health

Kentucky One Health will present information on easy ways to stay healthy and fit through diet and exercise, to name a few, and tips on preventing major health episodes. A representative will be on site to answer any questions you may have and provide resources for further information.

Aging Support Group

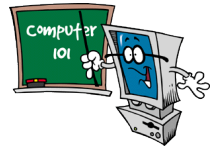
Join us on the fourth Thursday of every month at 10 a.m. for lively discussions of all things related to aging, life after retirement and tips on staying brain and heart healthy in your golden years. Share tips and tricks with the group, get to know fellow participants and enjoy a monthly meeting devoted to anything and everything you want to discuss. Call Amanda Patrick at 278-6072 for more information and to suggest a topic for discussion. See you there!

Fourth Thursday each month, 10 a.m.
Lexington Senior Center
Conference Room

Technology 101

If you have questions regarding your tablets, laptops or smartphones, AARP volunteers will be at the Senior Center on the third and fourth Mondays of each month from 11 a.m. to 12:30 p.m. to work with you one-on-one.

Please contact Amanda Patrick at 278-6072 to set up an appointment. When you call, be ready to specify what device you need assistance with, so that we can set you up with the right volunteer!



Nursing Students:

Nursing students from the University of Kentucky School of Nursing will be at the center from 1 – 2 p.m. on Tuesday, October 24 and Thursday, November 2 to meet with anybody who may be interested in participating in four informal informational sessions throughout the month of November. The topic of each session will be selected by the participants and presented by the students in fun and innovative ways. The goal of these sessions is to help prepare and inspire the graduating nursing students for careers in the aging population. Sign-ups will be taken at the front desk beginning October 1.

Medicare Open Enrollment

October 15 – December 7

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 278-6072.

Medicare Updates

Join Pete Alberti for a talk about Medicare updates for this year. Learn about important changes before open enrollment begins.

Thursday,
October 5
1 – 2 p.m.

Lexington Senior Center

TRAVEL INFORMATION

Day Trips for 2017

Keeneland

Wednesday, October 11
 Cost: \$15 includes van transportation, admission, reserved grandstand seating and race day program.
 11:30 a.m. – Depart LSC
 Noon – Arrive at Keeneland
 1p.m. – First Race
 4:30 p.m. - Depart Keeneland
 5 p.m. – Arrive at LSC

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

Wednesday, November 8
 Cost: \$15 includes van transportation and snacks.
 9 a.m. – Depart LSC
 10:15 a.m. – Arrive at The Outlet Shoppes
 1:15 p.m. – Depart The Outlet Shoppes
 1:30 p.m. – Arrive Cracker Barrel (lunch on your own)
 2:45 p.m. – Depart Cracker Barrel
 4:15 p.m. – Arrive at LSC

LaComedia Dinner

Timeless Memories of Christmas

Wednesday, November 29
 Cost: \$75 includes motor coach transportation, buffet lunch, admission and gratuities.
 8:30 a.m. – Depart LSC
 11 a.m. – Arrive at LaComedia
 11:15 a.m. – Luncheon Buffet
 1 p.m. – Performance
 3:45 p.m. – Depart LaComedia
 6 p.m. – Arrive at LSC



Southern Lights & Kentucky Horsepark dinner at the Center and Christmas Lights at the Horsepark.

December 13 – Details to follow in the NOVEMBER newsletter.

Extended Trips for 2017

Fall Foliage Trip

October 17 – 21 (**SOLD OUT – on waiting list**)
October 24 – 28 (SECOND TRIP ADDED! BOOK TODAY!)
Pricing starts at \$945 per person, double & triple occupancy and \$1,185 single occupancy.
 Travel to northeast West Virginia to Canaan Valley Mountain resort for two nights with dinner theater and train excursion. Visit Frank Lloyd Wright’s Fallingwater on the way to Pittsburgh for two nights and river cruise.

Holiday Trip to Nashville & Opryland

December 4 – 6
 Pricing starts at \$745 per person, double & triple occupancy and \$920 single occupancy.
 Progressive luncheon and tours at Belle Meade Plantation and Belmont Mansion, Peanuts Ice exhibition, Christmas dinner show, river luncheon cruise, Christmas show and other Nashville highlights.

2018 – European river cruise on the Danube with TWO nights in Germany

October 2 – 12, 2018
 Pricing starts at \$4,795 per person and goes up based on deck section and occupancy. Price does not include group insurance.
NOTE: Early bird booking discount ends October 15. Space is filling up quickly so don’t wait till the last minute to sign up!

Mackinac Island and upper Michigan – 2018 Late spring or early summer trip. More details late October.



Please note that all times are approximate and subject to change. Stop by the travel table on the 2nd floor for more information.

GENERAL TRIP INFORMATION

Signups for day trips are ongoing on a first-come, first-served basis until full so don’t delay. 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 signup 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 SENIOR CENTERS



The Senior Center at Charles Young Center

540 E. Third St. – 246-0281
M/W/F, 9 a.m. – 1 p.m.

Bodies in Balance: Improve muscle tone and flexibility. **Mondays, Wednesdays and Fridays 9:30 – 10:30 a.m.**

Pickleball: Join in this fun doubles game. Played in the gymnasium with a wiffleball and wooden paddles. **Fridays, 11 a.m. – Noon**

Line Dancing: (Beginners) Fun-filled class that is sure to keep you moving. Instructor: Tess Morton **Wednesdays, 11:15 a.m. – 12:05 p.m.**

Jewelry Making Classes: Create your own jewelry from clay. No experience necessary. All materials and tools provided. Call Katherine to register. **Wednesday 12:30 – 3 p.m. Oct. 11, 18 and 25.**

Phase 10 and Spoons: Card games guaranteed to keep your mind engaged.

Technology Help: Learn to navigate your tablet, phone or laptop. Call the Center to schedule an appointment. Assistance available on a one-on-one base. **Mondays, 1 a.m. – 12:30 p.m.** These classes will be held at the Charles Young Center on the first and second Monday of each month, the rest of the month, the classes will be held at the LSC on Life Lane.

Contact Katherine to be scheduled at CYC and Amanda to schedule at the LSC/Life Lane.

Elder Crafters at Black and Williams Center 498 Georgetown St. | 252-1288

Monday – Thursday, 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 252-1288 for a full list of activities and a calendar of events.

BELL HOUSE SENIOR ADULT ACTIVITIES

Martha McFarland – mmcfarla@lexingtonky.gov
545 Sayre Avenue | 233-0986

Bluegrass Senior Citizen's Monday Club –

11:30 a.m. – Lunch | Noon – Program

Non-member reservations required for all provided luncheons.

Monday, October 2 – Bring a sack lunch and participate in a panel discussion by the Health Recovery International Team on how to safeguard and improve your health. A three to five member team will be in attendance.

Monday, October 9 – Potluck lunch – bring a dish to serve at least 6 people and enjoy the culinary talents of our members and guests.

Monday, October 16 – Bring a sack lunch and enjoy musical entertainment on Italian Splendor by Loren Tice (piano) and Lee Patrick (sax).

Monday, October 23 – Bring a sack lunch and some pocket change for our annual yard sale. (Pre-priced items for sale are also needed.) One hundred percent of all proceeds go to the Bluegrass Senior Citizen's Monday Club.

Monday, October 30 – Bring a sack lunch, a Halloween snack to share and your costume for our Annual Halloween Party – games, prizes, food, fun and fellowship also! This is an event you don't want to miss!

Classes meet at the Bell House.

Art Class with Nelle – 9 a.m., Tuesday

Piano Lessons with Wanda – 9 a.m. – 4 p.m., Tuesday & Thursday

Troubadours Choral Group with Wanda

10 – 11 a.m., Tuesday

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

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

Beaus & Belles Hand Bell Group with Wanda

10 a.m., Thursday

Ceramics with Nelle – 10 a.m. & 1 p.m., Thursday

Bridge – noon, Friday

AARP driver safety with Red Grange – 11:30 a.m. – 4 p.m., Wednesday, November 8. Call to reserve your space. No lunch break taken – bring a sandwich to enjoy during video portions of the class. Cost is \$15 for AARP members, \$20 for non-members – checks payable to the AARP.

Off-Site Bell House Senior Activities

Advanced Line Dance with Mimi – Carver Center – 9 a.m., Friday

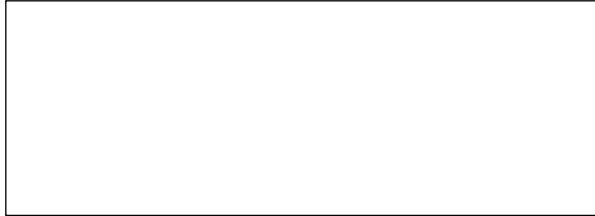
Beginner + Line Dance with Mimi – Carver Center – 10:30 a.m., Friday

Strider's Walking Club - Fayette Mall Food Court – 9:30 – 11:30 a.m., Wednesdays. Walk when and where you choose; just keep track of miles or time to be recorded at group get-together on October 11.

Water Fitness with Denny – Beaumont YMCA – 9 – 10 a.m., Tuesday & Thursday; Loudon YMCA – 1 – 2 p.m., Wednesday & Friday. Water Fitness classes will not meet when Fayette County Public Schools are not in session – October 5 & 6, November 22, 23 & 24.

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.

Participant's Council Officer Submissions

A nominating committee for the election of Participants Council officers is appointed by the President. Officers consist of a President, Vice President, Secretary and Treasurer who are elected to a two-year term. A staff liaison to the Council is appointed by the Director of the Center.

Members of the nominating committee are Margaret Dunn, Paul Baumgartner (rpaulbaumgartner@gmail.com) and Kathleen Hatfield (kathleenhatfield99@yahoo.com). A slate of officers will be submitted at the October meeting. **If you wish to be an officer, please contact someone from the nominating committee!**

Dates To Remember

- Oct. 3 & 4 – NARFE book sale
- Oct. 4 – Participant's Council
- Oct. 15 – Medicare open enrollment
- Oct. 19 – Class registration begins
- Oct. 20 – Instant Artist
(registration required)
- Oct. 24 – Movie Matinee
- Oct. 25 – Commodities
distribution
- Oct. 25 – AARP meeting
- Oct. 26 – Aging support group
- Oct. 31 – Halloween party

