

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

August 2018

Page 1

Director of Aging and Disability Services

Kristy Stambaugh

Aging Services Program Manager Sr.

Sean Wright

Information, Assistance & Community Resources

Jennifer Garland
Social Worker

Melissa Stiff
Social Worker

Amanda Patrick
Social Worker

Recreation & Travel

Martha Duncan
Program Manager

Jode Rose
Recreation Assistant

Wendy Jett
Recreation Supervisor

Lunch Reservations

Emily Dahlman

Website

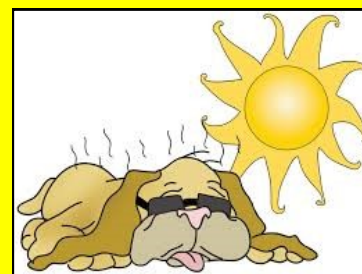
www.lexingtonky.gov/lexington-senior-center

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

Hours of Operation
Monday – Friday
8 a.m. – 5 p.m.

The month of August begins the dog days of summer, named by the ancient Romans as the hottest and most humid days of the season.

Instead of focusing on the heat and humidity, why don't we focus on the beautiful things we see every day? If we each try hard enough, I bet we can find beauty not only in the things around us, but also in the people and the love that surrounds us.



The Lexington Senior Center can be an oasis of friends and family and can provide an opportunity for us to forget all that chaos in the world around us. Aside from being nice and cool inside, the Senior Center also provides its participants with plenty of opportunities for friendship, fun and fitness.

As with every challenge, the dog days of August will pass and will bring with it cooler weather and new opportunities to find love and happiness.

Keep Moving – Sean

Check us out on Facebook!

If you are on Facebook, please take a moment to **like** and **follow** us. You can search for the Lexington Senior Center in the search bar or you can go straight to our page at the web address listed below. Stay up to date on activities and events!

www.facebook.com/LexKYSocialServicesSeniorCenter/



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.

August 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 & Go 10 - Quilting Applique 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—Eat. Weigh. Move. 12:30 - Standard American Bridge 1:30 - Table Tennis 1:30 - Let's Dance 2:30 - Lotsa Line Dances 2:30 - Open Pottery Studio 3:30 - BARRE.lattes!	8:30 - FLOW (yoga) 9 - Pottery I 9 - Crochet for a Cause 9 - Open Music Studio 9:30 - Lotsa Line Dances 9:30 - Checkers & Chess 10 - BINGO 10:30 - Beat. Drum. Boogie. BEG 8/14 11:30 - China Painting 11:30 - Move IT 12 - Advanced Hand Building 12:30 - Get Up & Go 1 - Hand & Foot Station 1:15 - Station 2 1:30 - Flex.ABLE 2:30 - Station 2 Station 2:30 - Open Pottery Studio 2:30 - Reflections Yoga 3 - Indoor Walking 3:30 - Zumba Gold	8 - Indoor Walking 8:30 - Move IT - Muscle 9 - Golden Arches 9 - Intermediate Bridge 9 - Open Music Studio 9:30 - Get Up & Go 9:30 - Water Color Naturescapes 10—Duplicate Bridge (2nd and 4th Wednesday) 10:30 - Active Aging 10:30 - Balance Basics Boot camp 11:30 - Zumba Gold 12:00— Let's Experiment w/ Acrylics 12 - Ceramics Painting 12:30 - FLOW (yoga) 1:30 - Table Tennis 1:30 - Pinochle 1:30 - Mindful Moments 2:30 - Grid Drawing 2:30 - Tai Chi for Arthritis (seated)	8:30 - Punch a Bunch 9 - Pottery II 9:30 - Let's Dance! 10 - Sew Much Fun II 10 - BINGO 10:30 - Dance Team Practice 11—History Class (starts August 16) 11:30 - Beat. Drum. Boogie. 11:30 - Bid Euchre 11:30 - Piano 2 12 - Beginning Hand Building 12:30 - CH.oga 1:30 - Mindful Moments Meditation 1:30 - Get Up & Go 2:30 - Station 2 Station 2:30 - Open Pottery Studio 2:30 - Tai Chi for Better Balance 2:30 - Mexican Train 3 - Indoor Walking	8 - Indoor Walking 8:30 - Move IT 9 - Golden Arches 9 - Open Pottery Studio 9:15 - Piano 2 9:30 - Get Up & Go 10 - Sew Much Fun III 10:30 - Active Aging 10:30 - Piano 2 11:30 - Simply Yoga 11:45 - Piano 1 12 - Adult Coloring 12 - Pottery I 12:30 - Open Art Studio 12:30 - Balance Basics Boot camp 12:30 - Tai Chi for Better Balance 1 - Piano 1 1 - Hand & Foot 1:30 - Zumba Gold
				Classes that are bold and italicized require registration.

		1 10:30 Participants Council 1—Now You Know—ITNBluegrass	2 10—Book Club	3 1:30 – Friday Friends
6 9—Diabetic Support 12—AARP Smart Driver	7 9:30—Class Registration	8 10—How to Build Strength with PT 10:30—Brain Power 2—How to Garden 101	9	10
13	14 1:30—Now You Know—Levels of Care	15 10:30— Now You Know—Audiology Associates 10:30—Brain Power	16 10—Book Club 1—Origami Class	17 1:30 – Friday Friends
20 10—Kort PT— Low Back Pain 11 – Technology 101	21 9:30—Blood Pressure clinic	22 10:30—Brain Power 12:30—AARP Meeting	23 9—Hearing Screening 10—Aging Support 12:30—Instant Artist	24 9—Hearing Screening 12—Love on a Leash 12:30-Movie Matinee 1:30 – Friday Friends
27 11—Technology 101	28	29	30 1—Summer Craft	31 1:30—Friday Friends

ACTIVITIES AND EDUCATION



Carolyn's Corner Book Club

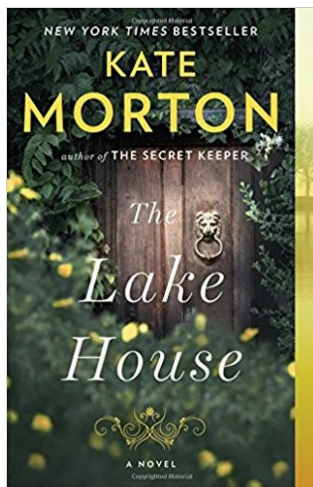
The Book Club is currently reading and will meet and discuss **Before the Fall** by Noah Hawley on **August 2 and 16**. The book club meets on the first and third Thursday of each month at 10 a.m. and is open to all.

The September reading, being announced here, will be *The Lake House* by Kate Morton and discussed on September 6 and 20.

From the *New York Times* bestselling author of *The Secret Keeper* comes a "moody, suspenseful page-turner" (*People*, Best Book Pick) filled with mystery and spellbinding secrets.

Living on her family's idyllic lakeside estate in Cornwall, England, Alice Edevane is a bright, inquisitive, and precociously talented sixteen-year-old who loves to write stories.

One midsummer's eve, after a beautiful party drawing hundreds of guests to the estate has ended, the Edevanes discover that their youngest child, eleven-month-old Theo, has vanished without a trace. He is never found, and the family is torn apart, the house abandoned.



Decades later, Alice is living in London, having enjoyed a long successful career as a novelist. Miles away, Sadie Sparrow, a young detective in the London police force, is staying at her grandfather's house in Cornwall. While out walking one day, she stumbles upon the old Edevane estate—now crumbling and covered with vines. Her curiosity is sparked, setting off a series of events that will bring her and Alice together and reveal shocking truths about a past long gone...yet more present than ever.

A lush, atmospheric tale of intertwined destinies from a masterful storyteller, *The Lake House* is an enthralling, thoroughly satisfying read.

Brain Power Class

10:30 a.m.

August 8, 15, 22 and
September 12.

Improve your brain power and learn tips and tricks to keep your brain healthy during this four week session taught by Elise Mandel.

It is a HOT and HUMID summer and that means you are more prone to heat exhaustion. Keep your body HYDRATED to avoid overheating, exhaustion, muscle weakness and becoming light-headed which can make you more prone to fall and sustain injury. Water is by far the best hydrator for your body. So, keep a bottle with you always, especially outdoors in the sun. Drinking light amounts consistently throughout the day is the most effective way to maintain sufficient hydration. Maintain good nutrition by eating the recommended daily servings for senior adults (60 and older):

Vegetables: 5 servings per day (1 serving is a ½ cup)

Fruits: 4 servings per day (1 serving is a ½ cup)

Grains: 6 servings a day (this can be a slice of whole grain bread; ½ cup of whole grain rice or brown rice, a ½ cup of whole wheat pasta, ½ cup of oatmeal)

Dairy: 3 servings per day (1 cup of milk; 1 oz. cheese; ¾ cup yogurt)

Meat/Protein: 8-9 servings per week (1 serving is 3 ounces)

Fish/Seafood: 2-3 servings per week (1 servings is 3 ounces)

Nuts/Seeds: 5 servings per week (1 ounce per serving)

Fat: 3 servings per day (1 teaspoon of oil, butter, mayonnaise; 1 tablespoon of salad dressing)

Have a wonderful remainder of this summer season!
~ Emily

AARP Smart Driver Course

Date:

Monday, August 6

Time:

Noon – 4:30 p.m.

Cost:

\$15 for members

\$20 for non-members

**Must register
at the front
desk.**

REGISTRATION FOR THE NEXT CLASS SESSION

(August 13 – September 28) WILL BEGIN ON

Tuesday, AUGUST 7 | 9:30 – 11:30 a.m.
1st FLOOR classroom next to the library.

Please Note: ALL classes that require pre-registration also require a \$10 materials or equipment fee for each session. Payment must be made at time of registration by **CHECK OR MONEY ORDER** payable to LSC. (No cash or cards.) Scholarships are available, please see a social worker for more information on assistance.

We cannot accept registration prior to the AUGUST 7 date.
 If you cannot make it to the group registration session, please see a recreation staff member.

Pottery I: Instructor: TBA

Tuesday, Aug. 14 – Sept. 25: 9 – 11:15 a.m.
 Friday, Aug. 17 – Sept. 28: Noon – 2:15 p.m.



Learn how to make pottery via a pottery wheel. "Throw," form, and glaze your pottery. Materials fee: \$10

Let's Experiment with Acrylics

Instructor: Heather Medina

Wednesday, Aug. 15 – Sept. 26: Noon – 2 p.m.

Create three or more abstract original paintings utilizing unconventional methods. No pre-requisites. Materials fee: \$10

Pottery II: Instructor: TBA

Monday, Aug. 13 – Sept. 24: Noon – 2:15 p.m.
 Thursday, Aug. 16 – Sept. 27: 9 – 11:15 a.m.

Must have completed Pottery I to attend. Materials fee: \$10

Water Color Naturescapes

Instructor: Heather Medina

Wednesday, Aug. 15 – Sept. 26: 9:30 – 11:30 a.m.

Build upon techniques learned in the beginner water color class to construct naturescapes.

Beginner watercolor is a pre-requisite
 Materials fee: \$10

Beginning Hand Building: Instructor: TBA

Thursday, Aug. 16 – Sept. 27: Noon – 2 p.m.

Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire in a kiln. Materials fee: \$10

Grid & Perspective Drawing

Instructor: Heather Medina

Wednesday, Aug. 15 – Sept. 26: 2:30 – 4 p.m.

Build upon the drawing techniques learned in Basic Drawing. Concentrating on perspective and the grid technique. Basic drawing experience & knowledge required.

Materials fee: \$10

Advanced Hand Building: Instructor: TBA

Tuesday, Aug. 14 – Sept. 25: Noon – 2p.m.

Build on your current Hand building skills! Materials fee: \$10

Ceramics Painting

Wednesday, Aug. 15 – Sept. 26: Noon – 4 p.m.

Get creative with ceramics! Your first ceramic piece, paints and kiln time are provided. An instructor is available to help you with your projects.

Materials fee: \$10

OPEN POTTERY STUDIO

Monday: Aug. 13 – Sept. 24: 2:30 – 4:15 p.m.
 Tuesday: Aug. 14 – Sept. 25: 2:30 – 4:15 p.m.
 Thursday: Aug. 16 – Sept. 27: 2:30 – 4:15 p.m.
 Friday: Aug. 17 – Sept. 28: 9 – 10:45 a.m.

Must have completed Pottery I or Hand building I.
Attendance limited to one time per week, per person.
 Materials fee: \$10



Art Studio B is open Fridays, 12:30 – 4:30 p.m. for painting & drawing. Please bring your own supplies.

China Painting: Instructor: Betsy Packard

Tuesday, Aug. 14 – Sept. 25: 11:30 a.m.– 3:30 p.m.

Get creative and paint on china! We provide paint, kiln time and your first china piece. Materials fee: \$10

Sew Much Fun II: Instructor: Chris Cull

Thursday, Aug. 16 – Sept. 27: 10 a.m. – Noon

A continuation of Sew Much Fun I. Build on current skills.
Materials fee: \$10

Sew Much Fun III: Instructor: Chris Cull

Friday, Aug. 17 – Sept. 28: 10 a.m. – Noon

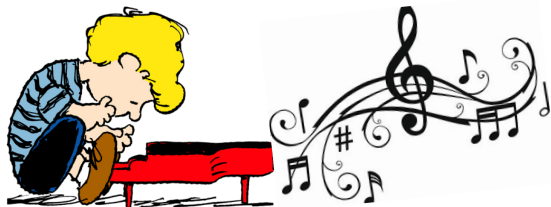
A continuation of Sew Much Fun II. Build on current skills.
Materials fee: \$10

Quilting Applique: Instructor: Sheril Drummond

Monday, Aug. 13 – Sept. 24: 10 a.m. – noon

Must have basic sewing machine skills.

Sewing decorative cloth shapes onto a background.
Materials fee: \$10



Piano 1: Materials & Equipment fee: \$10
Have fun and learn basic piano skills.

Instructor: David Branstrator

Monday, Aug. 13 – Sept. 24: 9 – 10 a.m.

Friday, Aug. 17 – Sept. 28: 11:45 a.m. – 12:45 p.m.

Friday, Aug. 17 – Sept. 28: 1 – 2 p.m.

Piano 2: Materials & Equipment fee: \$10
Must complete Piano 1 to attend!

Instructor: David Branstrator

Monday, Aug. 13 – Sept. 24: 10:15 – 11:15 a.m.

Friday, Aug. 17 – Sept. 28: 9:15 – 10:15 a.m.

Friday, Aug. 17 – Sept. 28: 10:30 – 11:30 a.m.

Instructor: Andrew Wood

Thursday, Aug. 16 – Sept 27: 11:30 a.m. – 12:30 p.m.



Eat. Weigh. Move.

Instructor: Carey Highland

Monday, Aug. 13 – Sept. 24
12:30 – 1:30 p.m.

Learn to eat healthy, move more and meet your weight loss goals with this interactive workshop!

Materials fee: \$10

MORE Recreation News!

KORT Physical Therapy
Monday, August 20, 10 a.m.

LOW BACK PAIN!

Join us for an information packed session. Check in on the MySeniorCenter computer the day of the event and join us in the 2nd floor conference room!



LOVE ON A LEASH!

Will return Friday, August 24
Noon – 1 p.m.! Meet our canine friends!

“Ask the Physical Therapist”
Bennett will be here during August!
Please check the center for day-times!

TRIKE LOANER Program

Dolly, Jerry Lee & Elvis are in the building! Available for checkout to tour the bike path! See staff for details!

GROUP FITNESS

Check out one of our TRIKES at the front desk for some outdoor exercise!

Join us anytime! 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	8:30 a.m. Punch A Bunch Wendy/Carey	8:30 a.m. Move IT Wendy
9 a.m. Golden Arches (outdoors behind center) Carey	9:30 a.m. Lotsa Line Dances-(Int-Adv) Mimi	9 a.m. Golden Arches (outdoors behind center) Carey	9:30 a.m. *Let's Dance! Rebecca	9 a.m. Golden Arches (outdoors behind center) Carey
9:30 a.m. *Get up & Go Wendy	10:30 a.m. Beat.Drum.Boogie! BEGINS AUG 14	9:30 a.m. *Get up & Go Cathy	10:30 a.m. LSC DANCE TEAM PRACTICE (You must be a current team member.)	9:30 a.m. *Get up & Go Wendy
10:30 a.m. *Active Aging (seated) Carey	11:30 a.m. Move IT! Carey	10:30 a.m. Balance Basics Bootcamp 2nd floor conference room) Carey	11:30 a.m. Beat.Drum.Boogie! Renee	10:30 a.m. *Active Aging (seated) Carey
11:30 a.m. *Get up & Go Carey	12:30 p.m. Get Up & Go! Wendy	10:30 a.m. *Active Aging (seated) Cathy	12:30 p.m. CH.oga (chair yoga) Wendy	11:30 a.m. Simply Yoga Wendy
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	1:30 p.m. Get Up & Go Carey	12:30 p.m. Tai Chi for Better Balance Victoria
1:30 p.m. *Let's Dance! Jode	1:30 p.m. Flex.ABLE (seated) Cathy	12:30 p.m. FLOW (yoga) Wendy	1:30 p.m. Mindful Moments Meditation (2nd floor conference room) Wendy	12:30 p.m. Balance Basics Bootcamp 2nd floor conference room) Wendy
2:30 p.m. Lotsa Line Dances (Beg-Int) Tess	2:30 p.m. Station 2 Station (in the fitness center) Carey	1:30 p.m. Mindful Moments Meditation Wendy	2:30 p.m. Station 2 Station (in the fitness center) Wendy	1:30 p.m. *Zumba Gold Cathy
3:30 p.m. BARRE.lattes! Renee	2:30 p.m. Reflections Yoga Victoria	2:30 p.m. Tai Chi for Arthritis (seated) Victoria	2:30 p.m. Tai Chi for Better Balance Victoria	
PICKLEBALL INSTRUCTION RESUMES IN SEPTEMBER!	3:30 p.m. Zumba Gold Cathy			Please sign in on the MySeniorCenter computer & make sure you receive a GREEN CHECKMARK prior to entering ALL classes!


PUZZLES

Now accepting puzzle donations. 300–500 piece puzzles please. Non-smoking households.



LEXINGTON
SENIOR CENTER

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 11:30 a.m. Bid Euchre 12:30 p.m. Standard American Bridge	9:30 a.m. Checkers & Chess  1 p.m. Hand & Foot	9 a.m. Intermediate Bridge 10 a.m. Duplicate Bridge 2 & 4 Wed. of the Month ONLY 1:30 p.m. Pinochle!	11:30 a.m. Bid Euchre 2:30 p.m. Mexican Train	Noon Adult Coloring 1 p.m. Hand & Foot

MOVIE MATINEE!
In the multipurpose room
Join us for a movie & snacks!
Friday, August 24 at 12:30 p.m.

Multi-purpose Room (1st floor)

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

FITNESS CENTER

Monday, Wednesday, Friday
8 a.m. – 4 p.m.
Tuesday, Thursday
8 a.m. – 1 p.m.

Everyone **MUST** complete an equipment orientation prior to their first workout!
Stop by anytime we are open!

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

Please bring water in a container with a lid. **No coffee or other drinks** permitted in the studio-fitness center.

ONE TIME ONLY ART CLASSES

Sign up with Jode Rose (2nd floor) beginning August 1st.

Origami: Thursday, August 16, 1 – 3 p.m.
Make a beautiful flower bouquet.

Instant Artist: Thursday, August 23
12:30 – 4:30 p.m. Fee: \$7

Paint your own beautiful oil painting in just one class! No experience necessary! (Note: If you participated in the last Instant Artist class, you must 'sit this one out' to allow others the opportunity to attend.)

Summer Craft: Thursday, August 30, 1 – 3 p.m.
Make and take an easy summer themed craft. No skills necessary!

RESOURCES & EDUCATION

Now You Know Transportation Options

August 1 at 1 p.m.

ITNBluegrass will be here to talk about their transportation program for seniors.

If you are struggling with transportation, you don't want to miss this presentation. If you are currently driving and looking for a volunteer opportunity, this is great information for you too!

Now You Know Audiology Associates

August 15 at 10:30 a.m.

Tina Donovan will present the benefits of having regular hearing screenings, information for good hearing health and using assistive devices to help you hear.

There will be a question and answer session as well as lots of giveaways to help you hear at your very best!

How to Build Strength with a Physical Therapist

August 8 at 10 a.m.

Staying strong is a huge part of keeping our bodies moving comfortably and safely.

It also allows you to continue doing the activities you love! Join Physical Therapist

Kelsey Harm to learn basic strength building concepts and how to use them in your daily life. Kelsey will present gym based exercises as well as options to do in your home.

Now You Know Levels of Care

August 14 at 1:30 p.m.

Michelle Simpson from Morning Pointe of Lexington will present information on different housing options in Kentucky from independent living to personal care and skilled nursing options.



It is always beneficial to know what your options are. Take this opportunity to learn what is available for you for your future.

Basic Computer Class

Wednesday, August 29

Join this one day class to get basic Windows 10 instruction and learn about other topics such as how to use email, anti-virus software, basic internet skills, and uploading photos from your phone. *This class is for PC users only, not MAC.*

Must register to attend this one day class!

Class times:

8:45 – 10:15 a.m.

10:30 a.m. – noon

1 – 2:30 p.m.

2:45 – 4:15 p.m.



Call Amanda Patrick at 278-6072 beginning August 1 to register for this event!

RESOURCES & EDUCATION

How to Garden 101

August 8 at 2 p.m.

Join Master Gardener Karen Whitt as she presents basic skills for growing a beautiful garden from colorful flowers to delicious vegetables and herbs!



Volunteers Wanted

We are always on the lookout for more volunteers! Right now we are in need of more people to help us fold our newsletters each month. Our mailing list keeps growing, so we always need more assistance with this task!

We also need technology tutors. Do you already have a basic understanding of email, smart phones, tablets and laptops? Think you could help others to better understand their devices?

Call Amanda Patrick at 278-6072 to learn more about our volunteer opportunities!

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.

**Fourth Thursday
10 a.m.
Conference Room**

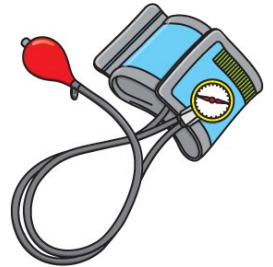
Next Month...

Thanksgiving basket sign ups should start at the end of August/beginning of September. No set dates have been announced yet, so keep an eye out for more information to be posted at the Lexington Senior Center and in the September newsletter!

Blood Pressure Clinic

**August 21
9:30 – 10:30 a.m.**

You will be able to get your blood pressure checked in the front lobby of the senior center.



Hearing screenings and hearing aid cleanings

**9 a.m. – 4 p.m.
August 23 & 24**

Tracy King from Miracle Ear/Miracle Ear Foundation is going to be here to complete hearing screens and hearing aid cleanings/battery replacements.

You must register for this service. Registration will begin August 1 at the front desk.

Coming Next Month:

Cardiac & Stroke Screening Event September 18 at 9:30 a.m.

A physician from the UK Gill Heart & Vascular Institute will discuss good heart health and how to reduce your risk of heart disease. He will also cover signs and symptoms of heart attack, as well as what to do if you or a loved one may be having a heart attack. A second physician from the UK Kentucky Neuroscience Institute will discuss how cardiac health can influence your risk of having a stroke as well as covering signs and symptoms of stroke and what to do if you or a loved one may be having a stroke. Following these talks, UK physicians and staff will conduct cardiac and stroke risk assessments to help you determine what your risk is and ways to reduce that risk.

This event is free, but registration is required. Please register at the front desk beginning August 1.

TRAVEL INFORMATION

Itinerary times are approximate and subject to change as needed.

The Derby Museum & Churchill Downs

Friday, September 21, 2018

Cost: \$65

(Includes motor coach transportation, admission to Derby Museum & Churchill Downs, reserved Millionaires Row seating, Chef's Table Buffet, race day program and driver gratuity)

Itinerary & Schedule

- 9 a.m. – Depart Lexington Senior Center
- 10:30 a.m. – Arrive Derby Museum
- 12:30 p.m. – Churchill Chef's Table Buffet
- 1:45 p.m. – First Race
- 6:15 p.m. – Depart Churchill
- 7:45 p.m. – Arrive Lexington Senior Center



Travel Physical Exertion Rating

Watch for the **Sneaker** rating for each trip! This rating is intended to be a general estimate of the physical exertion for the trip. Please speak with a staff member if you have specific mobility concerns.



ONE Sneaker: minimal walking, lots of sitting, may include stairs.

TWO Sneakers: moderate walking, may include stairs, walking between buildings etc.

THREE Sneakers: Lots of walking, may include: uneven surfaces such as gravel or grass and/or multiple stairs



Waterways and National Parks of the Pacific Northwest!

Highlights include Mt. Rainier National Park, San Juan Islands & whale watching cruise, Chihuly Glass Museum, the Space Needle and other Seattle highlights.

- \$3,395 per person based on double occupancy
- \$4,390 single occupancy
- \$100 per person discount when deposits are received by Dec. 17, 2018.

Informational meeting: Oct. 19 at 2 p.m. This will be your first opportunity to sign up for this trip!

SUPPORT THE PRIMETIME DANCERS! at the Lexington Legends vs. Asheville Tourists game!

Thursday, August 9, 2018

Cost: \$15

(Includes van transportation, ticket, parking)

Itinerary & Schedule

- 5:30 p.m. – Depart Lexington Senior Center
- 6 p.m. – Arrive Whitaker Bank Ballpark
- 6:45 p.m. – **Primetime Dancers Perform**
- 7:05 p.m. – Opening pitch
- 9:45 p.m. – Depart Whitaker Bank Ballpark
- 10 p.m. – Arrive Lexington Senior Center



Holiday Treats & Sweets

Gatlinburg, TN and Asheville, NC
November 26 – 30

Highlights include: Holiday & craft shows, Smoky Mountain National Park tour, National Gingerbread House Display, Biltmore Estate
\$970 for double occupancy
\$1,215 for single occupancy

Pick up a flyer on the 2nd floor TRAVEL TABLE for more details!

TRAVEL REGISTRATION INFORMATION

Registration for day trips is on a first-come, first-served basis until fullso don't delay.

REGISTER at the 2nd floor travel table at LSC.

Checks or Money Orders ONLY!

NO CASH OR CARDS.

Make payable to LSC Travel.

Payment **MUST** be made at time of registration.

For more information, contact:

Martha Duncan at 278-6072

mduncan@lexingtonky.gov

Jode Rose at 278-6072

srose@lexingtonky.gov

SATELLITE SENIOR CENTERS

The Senior Center at Charles Young Center

540 E. Third St. – 246-0281
M/F: 9:15 a.m. – 1 p.m.
W: 9:15 a.m. – 3 p.m.

Contact Katherine for details!

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

Pickleball: Will return when floor finished.

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.

12:30 – 2:45 p.m. Aug. 1, 22, & 29

Phase 10 and Spoons: Card games guaranteed to keep your mind engaged. **Call Katherine for more information!**

Technology Help: Learn to navigate your tablet, phone or laptop. Call the Center to schedule an appointment. Assistance available on a one-on-one basis.

First and second Mondays of each month from 11 a.m. – 12:30 p.m.

Please call Katherine to schedule.

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 for a full list of activities and a calendar of events.

Bell House Senior Adult Activities

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

Bluegrass Senior Citizen's Monday Club

11:30 a.m.–lunch/Noon–program (**BRING A SACK LUNCH**)
All non-member reservations are required for all provided luncheons.

Monday, August 6 – Entertainment by Mr. Scott Collins

Monday, August 13 – Entertainment Mr. Ron Wilburn

Monday, August 20 – Potluck lunch – bring a dish to serve 6 to share.

Monday, August 27 – Entertainment by Mr. Glen Dawson on clarinet and saxophone. August birthdays will be celebrated.

Craft Fair, Bake Sale & Yard Sale. Bell House – Saturday, Sept. 8 from 9 a.m. – 3 p.m. Vendor tables available to sell your own crafts. \$20 members, \$25 non-members. Lunch will be available for purchase. All proceeds benefit the Bluegrass Senior Citizen's Monday Club.

Classes meet at the Bell House unless otherwise noted.

Monday Club – Mondays, 11:30 a.m.–Lunch/Noon–program

Aging with Grace with DG – Monday & Friday, 2 p.m.

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

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

Troubadours Choral with Wanda – Tuesday, 10:30 a.m.

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

Adult Coloring Class with Nelle – Tuesday, noon–2 p.m.

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

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

Bridge – noon, Friday

AARP Driver Safety with Red Grange – 11:30 a.m. – 4 p.m.

*Tues., Sept. 11. Call to reserve your space. No lunch break – bring a sandwich. \$15 for AARP members, \$20 for non-members. Checks payable to the AARP, payable the day of class.

Off-site meets at Carver Center

Intermediate Line Dance with Mimi – 9 a.m., Friday

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

Strider's Walking Club – Fayette Mall Food Court – 9:30–11:30 a.m., Wednesday

Walk when and where you choose, keep track of miles or time to be recorded at the group get-together on Aug. 15. Incentives from the Lexington Medical Society are also available.

Water Fitness with Denny – Monday – Friday

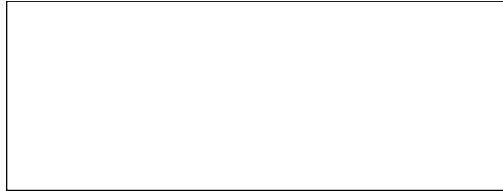
Now through August 17, 12:15 to 1:15 p.m. at Picadome Pool, August 20 – 31, 2 to 3 p.m. at Tates Creek Pool

DIP & DANCE – TUESDAY, AUGUST 14, 1–3 p.m. at PICADOME POOL! BRING AN APPEITIZER TO SERVE 6.



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.



Friends
of the Lexington
Senior Center

Become a Library Storyteller

August 6, 8 & 13
9:30 a.m. – 3 p.m.
Beaumont branch

Free three-day training makes you a Lexington Public Library Storytellers volunteer. Enchant children with stories while supporting school curriculum.

**To register call
(859) 231-5519**

Dates to Remember in August

- 1 – Participant’s Council
- 1 – Now You Know – Transportation with ITN Bluegrass
- 7 – Class registration day
- 8 – How to Build Strength with a physical therapist
- 8 – How to Garden 101
- 14 – Now You Know – Levels of care in Kentucky
- 15 –Now You Know – Audiologist Associated
- 16 – Origami (registration required)
- 20 - Kort PT—Low Back Pain
- 21 – Blood pressure checks
- 23 – Aging support group
- 23 – Instant Artist (registration required)
- 23—Hearing Screenings (registration required)
- 24—Hearing Screenings (registration required)
- 24 – Love on a Leash
- 24 – Movie Matinee
- 30 – Summer craft (registration required)

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