

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

December 2018

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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.

Make it the Happiest Holiday Season

What is there to really enjoy about the holidays? When you stop to think about it, it's just another season/day to get us to spend money on things we don't need and can't afford. It's also the time of year when we become self-righteous and wage war on religion, and let's not forget it's the loneliest time of the year for many.

Wait a minute. These are the very reasons you should enjoy the season! For the last 11 months you watched, read and heard some devastating news throughout your community and the world. Why not take one month to celebrate with lights, tinsel, friends and dinner. Why not get in the frenzy and fray. Why not indulge in a gift for a friend or even a stranger who could use a friend. And if nothing else, buy something for yourself – you've certainly earned it.

The LSC staff will respect your right to be alone but we can't accept any participant feeling lonely. Please, when the effects of the holidays become a bit overwhelming and you just need to talk about it to get through it, stop a staff member who is also your friend and let's work it out together.

From all of us here at the Lexington Senior Center to all of you, thank you for another successful year. Season's Greetings & Happy New Year!

Keep moving ~ Sean



Holiday Open House

December 14
1 – 3 p.m.

Activities will include pictures with Santa, photo booth and light refreshments.

No tickets necessary, just drop in!

*** See page 5 for schedule details ***

Craft Bazaar

11 a.m. – 3 p.m.

Get started on your holiday shopping and support local crafts!

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.

December Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 - Indoor Walking 8:30 - Adult Coloring 8:30 - Move IT 9:00 - Beginning Hand Building 9 - Piano I 9:30 - Get Up & Go 10 - Beginning Sewing 10:15 - Piano 2 10:30 - Active Aging 11:30 - Get Up & Go 11:30 - Bid Euchre 11:30- Pottery I 12:30 - Tai Chi for Better Balance 12:30—Eat. Weigh. Move. 12:30 - Standard American Bridge 1:30 - Table Tennis 1:30 - World of Dance 2:30 - Lotsa Line Dances 3:30 - BARRE. lattes!</p>	<p>8:30 - FLOW (yoga) 9 - Open Pottery Studio 9 - Crochet for a Cause 9 - Open Music Studio 9:30 - Lotsa Line Dances 9:30 - Checkers & Chess 10 - BINGO 10:30 - Tai Chi Chuan 11:30 - China Painting 11:30 - Move IT 12:30 - 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 - Reflections Yoga 3 - Indoor Walking 3:30 - Zumba Gold</p>	<p>8 - Indoor Walking 8:30 - Move IT - Muscle 9 - Intermediate Bridge 9 - Open Music Studio 9:30 - Get Up & Go 9:30 - Exp. Acrylic Pouring 10:30 - Active Aging 11:30 - Zumba Gold 12 - Water color 12 - Ceramics Painting 12:45 - Mindful Moments Meditation 1 - Djembe Drumming 1:30 - FLOW (yoga) 1:30 - Table Tennis 1:30 - Pinochle 2:30 - Drawing 2:30 - Yo-Chi-Med</p>	<p>8:30 - Move IT 9 - Pottery II 9:30 - Let's Dance! 10 - Glass Mosaic Tile 10 - BINGO 10:30 - Dance Team Practice 11:30 - Get Up & Go 11:30 - Bid Euchre 11:30 - Piano 2 12 - Performance Group 12:30 - Open Pottery Studio 12:30 - CH.oga 12:45 - Mindful Moments Meditation 1:15 - Station 2 Station 1:30 - Simply Yoga 2:30 - Station 2 Station 2:30 - Tai Chi for Better Balance 2:30 - Mexican Train 3 - Indoor Walking</p>	<p>8 - Indoor Walking 8:30 - Move IT 9 - Open Pottery Studio 9 - Scrabble 9:15 - Piano 2 9:30 - Get Up & Go 10:30 - Active Aging 10:30 - Piano 2 11:30 - Beat. Drum. Boogie. 11:30 - Mah Jongg 11:45 - Piano 1 12 - Adult Coloring 12 - Italian Majolica Ware 12:30 - Open Art Studio 12:30 - Tai Chi for Better Balance 1 - Piano 1 1 - Hand & Foot 1:30 - Zumba Gold 2:30 - FLOW (yoga)</p>
<p>Classes that are bold and italicized require registration.</p>				

<p>3 10 - KORT PT 12 - Smart Driver</p>	<p>4 1:30 - Adv. Spanish</p>	<p>5 10:30 - Participant's Council Meeting 10:30 - Brain Power 1 - NYK - Chronic Pain</p>	<p>6 10 - Book Club 11 - History Class (holiday party) 2 - Olli</p>	<p>7 1:45 - Friday Friends</p>
<p>10 9 - Diabetic Support 1 - Origami Ornaments</p>	<p>11 1:30 - Adv. Spanish 1:30 - NYK - Senior Housing Options</p>	<p>12</p>	<p>13</p>	<p>14 11 - Holiday Open House 1:45 - Friday Friends</p>
<p>17 10:30 - Tech 101</p>	<p>18 9:30 - Blood Pressure 12:30 - Instant Artist 1:30 - Adv. Spanish</p>	<p>19</p>	<p>20 10 - Book Club</p>	<p>21 12:30 - Movie Matinee 1:45 - Friday Friends</p>
<p>24 LSC Closed</p>	<p>25 LSC Closed</p>	<p>26 10 - Duplicate Bridge</p>	<p>27</p>	<p>28 1:45 - Friday Friends</p>
<p>31 LSC Closed</p>				

ACTIVITIES AND EDUCATION



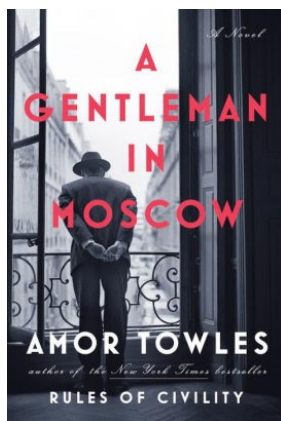
Carolyn's Corner Book Club

The **December** reading, being announced here, will be **A Gentleman in Moscow**, by Amor Towles and will be discussed on December 6 and 20.

From the *New York Times* bestselling author of *Rules of Civility* comes this transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel.

In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery.

Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the Count's endeavor to gain a deeper understanding of what it means to be a man of purpose.



Important Notices for 2019

The Book Club will **not meet in January.**

Beginning in **February**, the Book Club will meet only on the **first Thursday** of each month from **9:30 – 11 a.m.**

The February book will be **Lilac Girls** by Martha Hall Kelly.

OLLI – Donovan Forum Series

Thursdays, 2 p.m.

December 6

Big Band Music from the 1940s Young at Heart Band

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

IT'S THE MOST WONDERFUL TIME OF THE YEAR!

As you reflect on and ponder your 2018 year, be mindful of what has changed, what hasn't and what may need to. More importantly, take time to be grateful for the blessings. Discover how you have grown emotionally, mentally and spiritually. Each year of our lives, regardless of our numerical age, affords us the opportunity to grow in many ways, and sometimes reflecting on that growth brings fuller awareness, clarity and thankfulness for it. What lessons have you learned? What ideas have you birthed? What attitudes have changed as result of awareness and education? What do you value more or less than before? Who has shared love and joy with you on your journey? As we celebrate the holiday season (Christmas for this writer), share your gratitude with others and find ways you can bring more peace, joy and love into their hearts and lives.

Blessings!!!

Emily
Nutrition Site



ART

Beginning Wheel Throwing with Amelia Stamps:

Learn the basics of throwing on the pottery wheel and glazing pieces. No experience needed.

Mondays, Jan. 7 – Feb. 18 | 11:30 a.m. – 1:45 p.m.

Intermediate Wheel Throwing: Build on your wheel throwing skills. Must be able to center and pull walls.

With Amelia Stamps:

Thursdays, Jan. 10 – Feb. 21 | 9 – 11:15 a.m.

With Mary Hicks:

Fridays, Jan. 11 – Feb. 22 | 9 – 11:15 a.m.

Advanced Wheel Throwing with Amelia Stamps:

Refine and move to more complex forms and decorating techniques. Must be able to throw a 4" cylinder. Tuesdays, Jan. 8 – Feb 19 | 9 – 11:15 a.m.

Beginning Hand Building with Amelia Stamps:

Learn the basics of coil, pinch & slab building. No experience necessary.

Mondays, Jan. 7 – Feb. 18 | 9 – 11 a.m.

Intermediate Hand Building with Amelia Stamps:

Build on basic hand building skills. Must have completed beginning hand building.

Thursdays, Jan. 10 – Feb. 19 | 12:30 – 2:30 p.m.

Advanced Hand Building with Amelia Stamps:

Refine & move into more complex forms & decorating techniques. Must have completed at least two hand building classes.

Tuesdays, Jan. 8 – Feb. 19 | 12:30 – 2:30 p.m.

Water Color with Heather Medina: Learn various water color techniques!

Wednesdays, Jan. 9 – Feb. 20 | 9:30 – 11:30 a.m.

Ceramics with Barb Steinrock: Ceramic pieces, paints and kiln time are provided. An instructor is available to assist you with your projects.

Wednesdays, Jan. 9 – Feb. 20 | noon – 3 p.m.

China Painting with Betsy Packard: Paint on china! We provide paint, kiln time and your first china piece. Tuesdays, Jan. 8 – Feb. 19 | noon – 3 p.m.

Italian Majolica Ware with Amelia Stamps:

Painting with stains on white opaque food safe glaze. Prior piece painting experience preferred. Some clay work involved.

Fridays, Jan. 11 – Feb. 22 | noon – 2 p.m.

Glass Mosaic Tile with Patricia Lawrence: Create a decorative art piece using glass tiles! No experience needed.

Thursdays, Jan. 10 – Feb. 21 | 10 a.m. – noon

REGISTRATION INFO!

Art-Music-Support Class Session Info January 7 – February 22, 2019

Registration begins:

TUESDAY, DEC 11

9:30 – 11:30 a.m. | 1st FLOOR classroom
Please pick up & complete a registration form.

ALL classes that require pre-registration also require a \$10 materials-equipment fee for each class.

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 to for more information on assistance.

NOTE: MONDAY classes include TWO HOLIDAYS!
Classes will NOT meet on these days and will NOT be made up! January 21 AND February 18.

SEWING

Beginning Sewing with Debbie Orr: This is for the TRUE beginner! Learn about the machine and the basics of sewing!

Wednesdays, Jan. 9 – Feb. 20 | 12:30 – 2:30 p.m.

MUSIC

Djembe Drumming with Jerry Moody:

Learn basic hand drumming on the Djembe drum!

Tuesdays, Jan. 8 – Feb. 19 | 1 – 2 p.m.

Piano 1 with David Branstrator: Learn basic piano skills and have fun doing it! Mondays, Jan. 7 – Feb. 18 | 9 – 10 a.m. OR Fridays, Jan. 11 – Feb. 22 | 11:45 a.m. – 12:45 p.m. OR Fridays, Jan. 11 – Feb. 22 | 1 – 2 p.m.

Piano 2 Must complete Piano 1 to attend!
with David Branstrator: Mondays, Jan. 7 – Feb. 18 | 10:15 – 11:15 a.m. OR Fridays, Jan. 11 – Feb. 22 | 9:15 – 10:15 a.m. OR Fridays, Jan. 11 – Feb. 22 | 10:30 – 11:30 a.m. **With Andrew Wood:** Thursdays, Jan. 10 – Feb. 21 | 11:30 – 12:30 p.m.

SUPPORT

Eat.Weigh.Move. with Carey Highland: This interactive weight loss support group and workshop is packed with information so you can be successful in your weight loss journey!

Wednesdays, Jan. 9 – Feb. 20 | 10:30 – 11:30 a.m.

ONE TIME ART CLASSES!

Sign up with Jode on 2nd floor beginning December 3

Origami Christmas Ornament

December 10 | 1 – 3 p.m.
No fee

Instant Artist Winter Scene

“Home for the Holidays”
December 18
12:30 – 4:30 p.m.
\$7



LOVE ON A LEASH!

Will return Friday,
December 7
Noon – 1 p.m.
Meet our canine friends!

KORT Physical Therapy General HELP session!

Bring your questions and we will provide answers and assistance!

Monday, December 3 | 10 a.m.
2nd floor conference room
No pre-registration needed!

December 14 Open House

Drop in anytime
1 – 3 p.m.

Shop the Craft Bazaar
11 a.m. – 3 p.m.

Giveaways between entertainment sets!

1 p.m. – **SCAPA performance**

1:30 p.m. – **Tiny Dancers**

1:45 p.m. – **LSC performance group with improv!**

2 p.m. – **PrimeTime Dancers**
12 Days of Christmas

2:15 p.m. – **Beat.Drum.Boogie!**

2:40 p.m. – **Tiny Dancers**

2:50 p.m. – **Let’s SING & giveaway door prizes!**

Mark your calendars!

DECEMBER

24 – 25 We are closed!

26 – 28 Center open
NO FITNESS classes
Fitness Center open regular hours

31 – We are closed

JANUARY

1 – We are closed

2 – Resume regular schedule for all!



Fitness classes will NOT meet Dec. 24 – Jan. 1

GROUP FITNESS


Fitness classes will NOT meet Dec. 24 – Jan. 1

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 **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. Move IT Wendy	8:30 a.m. Move IT Wendy
9:30 a.m. *Get Up & Go Bob	9:30 a.m. Lotsa Line Dances (int-adv) MiMi	9:30 a.m. *Get up & Go Cathy	9:30 a.m. *Let's Dance! Rebecca	9:30 a.m. *Get Up & Go Wendy
10:30 a.m. *Active Aging (seated) Carey	10:30 a.m. Tai Chi Chuan Tom	10:30 a.m. *Active Aging (Seated) Cathy	10:30 a.m. LSC Dance Team (dance team members only)	10:30 a.m. *Active Aging (Seated) Carey
11:30 a.m. *Get Up & Go Carey	11:30 a.m. Move IT Carey	11:30 a.m. *Zumba Gold Cathy	11:30 a.m. *Get Up & Go Carey	11:30 a.m. Beat.Drum.Boogie Renee
12:30 p.m. Tai Chi for Better Balance Victoria	12:30 p.m. *Get Up & Go Wendy	12:45 p.m. Mindful Moments Meditation Wendy	12:30 p.m. CH.oga (chair yoga) Chris	12:30 p.m. Tai Chi for Better Balance Victoria
1:30 p.m. *World of Dance! Jode	1:15 p.m. Station2Station (in the fitness center) Carey	1:30 p.m. FLOW (yoga) Letitia	12:45 p.m. Mindful Moments Meditation 2nd floor conf. room Wendy	1:30 p.m. *Zumba Gold Cathy
2:30 p.m. Lotsa Line Dances (beg-int) Tess	1:30 p.m. FLEX-ABLE (seated) Cathy	2:30 p.m. Yo-Chi-Med (seated) Wendy	1:15 p.m. Station2Station (in the fitness center) Carey	2:30 p.m. FLOW (yoga) Wendy
NEW ATHLETIC SHOES make GREAT presents for the holidays!	2:30 p.m. Station2Station (in the fitness center) Wendy	WATCH for NEW Class formats! Friday Fitness BINGO! Better Balance Basics Bootcamp! BATA Warrior!	1:30 p.m. Simply Yoga Chris	WATCH for NEW Class formats! CORE Control SeatBEATS!
	2:30 p.m. Reflections Yoga Victoria		2:30 p.m. Station2Station (in the fitness center) Wendy	
	3:30 p.m. *Zumba Gold Cathy		2:30 p.m. Tai Chi for Better Balance Victoria	

UPSTAIRS-DOWNSTAIRS

Cards & More (2nd floor) Join us anytime!

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Adult Coloring	9:30 a.m. Chess & Checkers	9 a.m. Intermediate Bridge	11:30 a.m. Bid Euchre	9 a.m. Scrabble
11:30 a.m. Bid Euchre	1 p.m. Hand & Foot	10 a.m. Duplicate Bridge 4th Wed. of the month ONLY	2:30 p.m. Mexican Train	11:30 a.m. Mah Jongg
12:30 p.m. Standard American Bridge		1:30 p.m. Pinochle!	MOVIE Matinee Friday, Dec. 21 12:30 p.m.	Noon Adult Coloring
				1 p.m. Hand & Foot

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	10 – 11 a.m. Bingo	8 – 10 a.m. Open Indoor Self Guided Walking	10 – 11 a.m. Bingo	8 – 10 a.m. Open Indoor Self Guided Walking
1:30 – 3:30 p.m. Table Tennis	3 – 5 p.m. Open Indoor Self Guided Walking	1:30 – 3:30 p.m. Table Tennis	3 – 5 p.m. Open Indoor Self Guided Walking <i>(will not meet Dec. 6)</i>	

FITNESS CENTER

M/W/F | 8 a.m. – 4 p.m.
TU/TH | 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.



Pick up a JANUARY FITNESS class schedule at the center beginning Monday, December 17

The Fitness Center is OPEN

Wed. Dec. 26, 8 a.m. – 4 p.m.
Thur. Dec. 27, 8 a.m. – 1 p.m.
Fri. Dec. 28, 8 a.m. – 4 p.m.

RESOURCES & EDUCATION



NOW YOU KNOW

Chronic Pain
December 5
1 p.m.

Laura Brock, physical therapist, will be doing a presentation on chronic pain - combining neuroscience, exercise, and nutrition.

Please join us!
No registration required!

Senior Housing Options
December 11
1:30 p.m.

Sharon Metz, from Pleasant Meadow Assisted Living, will be discussing the various housing options available for seniors. This is the perfect talk for any senior that wants to start looking at future options



No registration required!

Technology 101

Monday, December 17
10:30 a.m. – noon

Call Amanda to register.

Aging Support Group

We are taking a break for the holidays.
We will be returning:

January 24
10 a.m.

Conference room

Hope to see you then and
Happy Holidays!

AARP Smart Driver Course

Date:
Monday, February 4

Time:
Noon – 4:30 p.m.

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

Must register at the front desk.

Technology Tutoring with Jason

Tuesdays December 3, 10 and 17
2 p.m.

Call Amanda if you are interested in a one-on-one tutoring session with our new volunteer Jason!

Wishing you a safe and happy holiday season!

Don't Forget... Medicare Open Enrollment ends December 7!

RESOURCES & EDUCATION

Friends of the Lexington Senior Center

It's the time of the year you remember your friends, with a gift, a card or a fruitcake you send.

But what better way for you to convey your wishes for the season than with a donation to the Friends of the Lexington Senior Center.

Such a gift, you see, will help you and me with programs, classes and games that are free.

Just log onto the web or give us a call, to make a bequest or honor someone you know.

So when you hear Yuletide bells ringing, imagine the joy you'll be bringing

Your gift will deliver loads of holiday cheer, not just today but throughout the whole year.

www.lexseniorcenterfriends.org
or contact Kristy at (859) 278-6072

We Need Plastic Bags!

Please donate your plastic bags for our commodities program. We are running low!

Turn in donations at the front desk.

Thank you!

Blood Pressure Clinic

**December 18
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.
December 20 & 21**

Call the center to register for this service.



Breckenridge Donation Drive

Do your part to help the kids and families of Breckenridge Elementary School! We are collecting the following items:

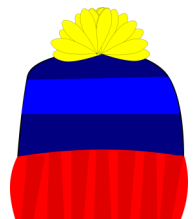
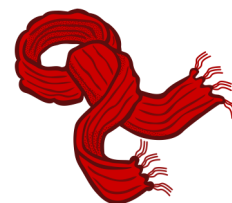
December 1 – 31

Drop off items including socks, underwear (size 4 – 12), paper towels, toilet paper, scarves, hats, gloves, sweat pants, sweat shirts and belts for the kids.

Please only bring new items.

December 1 – 15

Drop off liquid or powder laundry detergent of any size. The Parent Resource Center will send the kids home with detergent before schools ends for the winter break.



Volunteer Opportunities

We will still need a few more volunteers to deliver commodities each month!

When: Fourth Wednesday of each month

Where: Pick up food at the Senior Center and deliver in Lexington

How many: 2 – 5 deliveries

If you are interested please call Jennifer Garland at (859) 278-6072.

Inclement Weather Policy

The Lexington Senior Center follows Fayette County Public Schools decisions in the event of inclement weather.

If schools are CLOSED due to inclement weather, the center will be OPEN but all **instructor lead activities will be cancelled and we will not serve lunch. The Fitness Center will run regular hours.**

If schools are on a DELAY, all classes will meet as scheduled.

The Lexington Senior Center will be closed if the mayor closes City offices.



Happy Holidays!

Our travel program will start again in March!

Watch for details on 2019 Day trips!



The **PrimeTime Dancers** will be performing at the UK Women's Basketball game on Thursday, January 31 at 6:30 p.m.

Watch for info on how YOU can attend to support the team!

Waterways and National Parks of the Pacific Northwest!

July 25 – August 1, 2019

Highlights include: Mt. Rainer National Park, San Juan islands and whale watching cruise, Chihuly Glass Museum, the Space Needle and other Seattle highlights.

\$3,395 per person double occupancy
\$4,390 single occupancy

\$100 per person discount when deposits are received by Dec. 17, 2018.
STOP BY THE 2ND FLOOR TRAVEL TABLE!



Personal training sessions make great holiday gifts for yourself and others! See staff for details or pick up a brochure!



SATELLITE SENIOR CENTERS

The Senior Center at Charles Young Center

540 E. Third St. | 246-0281
Mondays & Fridays, 9 a.m. – 1 p.m.
Wednesdays, 9 a.m. – 3 p.m.

Bodies in Balance: Improve muscle tone and flexibility.

**Mondays, Wednesdays & Fridays,
9:30 – 10:30 a.m. M–Anne, W–F Danielle**

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

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.**

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

Fridays, 11 a.m. – 1 p.m.

Bingo/Social Time! Have fun and meet new friends! **Third & fourth Mondays, 11 a.m.–1 p.m.**

Technology Help: TECHNOLOGY WILL NOT MEET IN DECEMBER/JANUARY. Learn to navigate your tablet, phone or laptop. Call the Center to schedule an appointment. Assistance available on a one-on-one base. **First & second Mondays of each month from 10:30 a.m. – noon**

****Winter Weather Policy****

The Center will be closed if Fayette County schools are closed due to inclement weather.

**Charles Young closed from
December 17 - January 1.
Reopen January 2**

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

Remember to bring a sack lunch.

Non-member reservations are required for all provided luncheons.

- Dec. 3 Hot buffet lunch provided by Brookdale Richmond Place. Bring a \$5 – \$10 wrapped gift for the Wright Family game.
- Dec. 10 Enjoy musical entertainment from Loren Tice and Lee Patrick entitled "Fruit Cocktail."
- Dec. 17 Enjoy Storytelling by the Lexington Story Tellers.

Special Event: Friday Dec. 7 | 10 a.m. – noon
Take charge of your health. Strategies and resources to maximize your health and cleanse your body. Call to register.

<i>Note: Classes meet at the Bell House unless otherwise noted.</i>		
Aging with Grace with DG	1:30 p.m./9:30 a.m.	Monday/Friday
Art Class with Nelle	9 a.m.	Tuesday
Piano with Wanda	9 a.m. – 4 p.m.	Tuesday/Thursday
Troubadours Choral Group	10:30 a.m.	Tuesday
Chair Yoga with Danielle	2 p.m.	Tuesday/Thursday
Adult coloring with Nelle	Noon – 2 p.m.	Tuesday
Beaus & Belles Hand Bell	10 a.m.	Thursday
Ceramics with Nelle	10 a.m. & 1 p.m.	Thursday
Bridge	Noon	Friday

Int. Line Dance with Mimi: 9 a.m. Friday (Meets at Carver Center)
Beginner + Line Dance with Mimi: 10:30 a.m. Friday (Meets at Carver Center)

Striders Walking Club: 9:30 a.m. – 11:30 a.m. Wednesday.
Walk when and where you choose; keep track of miles or time to be recorded at group get-together on Dec. 18. Incentives from the Lexington Medical Society are also available.

Water Fitness with Denny:
Tuesday & Thursday – 9 a.m. | Beaumont YMCA
(through Dec. 18 resumes Jan 8)
Wednesday & Friday – 1 p.m. | North Loudon YMCA
(through Dec. 19 resumes Jan. 9)

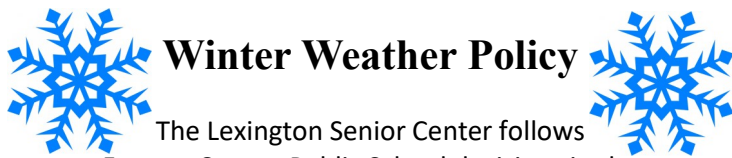
Bell House closed Dec. 21 – Jan. 4. If Fayette county schools are closed due to inclement weather, classes are cancelled.



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

The Lexington Senior Center follows Fayette County Public School decisions in the event of severe weather.

If schools are CLOSED due to severe weather, the center will be OPEN but all **instructor led activities will be cancelled and we will not serve lunch.**

If schools are on a DELAY, it will not affect any activities. All classes will meet as scheduled.

The Lexington Senior Center will be closed if the mayor closes City offices.

NOVEMBER DATES TO REMEMBER

- 12/3 – AARP Smart Driver
- 12/3 – KORT Physical Therapy – General Help Session
- 12/5 – Now You Know: Chronic Pain
- 12/5 – Participant’s Council
- 12/7 – Love on a Leash
- 12/10 – Origami Christmas Ornament (Must register)
- 12/11 – Now You Know: Senior Housing Options
- 12/14 – Holiday Open House
- 12/18 – Instant Artist (must register)
- 12/18 – Blood pressure checks
- 12/20 – Hearing screening (must register)
- 12/21 – Hearing screening (must register)
- 12/24 – LSC closed
- 12/25 – LSC closed
- 12/31 – LSC closed
- 1/1 – LSC closed – Happy New Year!

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