

THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington
Senior Center

JUNE
2024

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Monday – Friday
8 a.m. – 4:30 p.m.



Let's get rejuvenated in June

This spring has been marked by turbulent weather, unleashing over 100 tornados across our country, leaving destruction in their wake. Despite the chaos and devastation, a glimmer of hope is on the horizon as we look towards June. At the year's halfway point, June symbolizes a fresh start, promising warmth and rejuvenation.

Here at the Lexington Senior Center, we embrace this spirit of renewal, determined to cultivate new friendships and experiences as we embark on the summer season. Though many of us may face physical limitations, we draw inspiration from the resilience of The Greatest Generation, refusing to let any obstacle hinder our pursuit of joy and connection.

Keep moving ~ Sean



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.

Spotlight on Staff

We will be introducing you to our staff, so you can get to know a little bit about them!

Liz Thompson (AKA Lizard) Admin. Specialist Sr.

When asked what she likes most about working here Liz said “interacting with participants and staff.” Liz enjoys the outdoors – camping, boating, water of all kinds, lakes and oceans especially!



**In the event of severe weather,
instructor led activities may be cancelled.**

We are NOT accepting puzzle donations at this time. Thanks to your generous donations, we currently have plenty of puzzles.

Thank you!

**Lexington Senior
Center and Satellite
Centers are closed:**

- ▶ **Wed., June 19**
- ▶ **Thur., July 4**



Volunteer Fair June 5 | 9 a.m. – noon

Have you been interested in volunteering, but just don't know where to begin? If so, come to the Volunteer Fair where you can meet local non-profits that need your help to fulfill their mission. The demand for volunteers is higher than ever and the Lexington community needs your help. We hope you will join us.

The information contained herein is up-to-date as of the printing of the newsletter. All information is subject to change.

If you have any questions, contact the Lexington Senior Center directly.

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The advertisements help pay for the printing of this publication.

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Program Manager

Amanda Cobb
Recreation Supervisor

Wendy Jett
Recreation Supervisor

Nikole Mayfield
Recreation Assistant

NUTRITION PROGRAM
Jessica Stamm
Lunch reservations

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.



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New Member Meet and Greet **Friday | June 21** **11 a.m.**

If you are new to the Lexington Senior Center or want to learn more, join us for our new member meet and greet. This is your opportunity to hear from staff about what the Senior Center has to offer, take a tour of the building and get to know other participants. Light refreshments will be provided. Also, be prepared to participate in a fun activity. We hope you will join us!

Aging Support Group **2nd Friday of each month** **June 14 | 2:30 p.m.**

For those that aren't familiar, a support group is a group of people with common experiences or concerns who provide each other with comfort, encouragement and advice.

Diabetes Support Group **Tuesday | June 4 | 10 a.m.**

This group is led by a certified Diabetes Care and Education Specialist from the Health Department.

Gardening Club **Tuesdays | 9 – 11 a.m.**

If you have a green thumb, we need your help! The gardening club is looking for new members. We take care of the front and back patios along with our raised herb garden at the senior center.

If you have questions,
call Lindsay at (859) 278-6072.

Virtual Brain Power **Wednesdays | 11 a.m.**

Keep your brain sharp in this fun, virtual class. We will do word games, number games, logic puzzles and participate in all kinds of challenges to keep your brain thinking.

If you are new to this class, email Justin Halvorson for the Zoom link at jhalvorson@lexingtonky.gov.

Trivia Through Time **Tuesday | June 18 | 12:30 p.m.**

Join Justin and Amanda for an exciting journey through time with a fun and interactive trivia game. Test your knowledge and memory of historical events, popular culture and everything in between.

From the 1940s to the 1960s, from WWII to modern-day, take a trip down memory lane and you'll have a blast along the way!

Technology with Brad **Wednesdays, Thursdays & Fridays** **12:30 – 1:30 p.m.**

Having issues with your technology? If so, Brad will be here to help you work with your phone, tablet or laptop. Space is limited.

Cancelled June 26, 27 & 28

*** Brad will help solve your technology issues to the best of his abilities; however, we cannot guarantee that he can fix every issue you may have.***

EDUCATION | NOW YOU KNOW

How to Avoid Fraud June 11 | 10 a.m.

Did you know that U.S. consumers lost a record \$10 billion to fraud last year? Fraud exploitation is at an all-time high and growing. During this "Now You Know" session, we'll help you discover ways to protect yourself and uncover tips to spot and avoid scams all while playing an interactive game of FRAUD BINGO. Join us to learn about this important topic while having some fun! This will be an event you will not want to miss!

Pollinators and Native Host Plants June 18 | 10 a.m.

June 17–23 is National Pollinator Week – Dive into the enchanting world of pollinators and native host plants in Central Kentucky! Join us for an immersive class where you'll discover the vital role these species play in our ecosystem. From vibrant butterflies to busy bees, explore the beauty and importance of our local flora and fauna. Show up and deepen your appreciation for Kentucky's biodiversity.

You're Welcome Hear: Navigating Age-Related Hearing Loss June 25 | 10 a.m.

Join us for an informative session where we will shed light on the nuances of hearing loss that often accompany the natural process of aging. We'll explore the science behind our ability to hear and understand speech. We'll discuss common symptoms and warning signs, empowering you to recognize and address potential hearing issues early on, as well as the impact that hearing loss can have on cognitive functioning. We'll highlight the importance of seeking professional help and the various options available for managing hearing loss, from hearing aids and assistive listening devices to navigating insurance and coverage options. You'll learn about the latest advancements in hearing technology and how they can enhance your quality of life.

YOU ARE THE PRIORITY!!!

The January resolutions may have started to wear off, but the mindset of making yourself a priority should never go away.

Much like your car, we all need a tune up along the way. When we let the check engine light stay aglow for too long we know that we are rolling the dice for something to break down or fall apart. Our bodies aren't that much different.

If after this first month of 2024, your body's check engine light has come on, if you are starting to feel weathered from the chaos of winter and you feel nervous, at all, about conquering your goals as spring chores start to come around the corner, please give us a call.

If keeping your body and mind in top shape is a priority, and if making sure you are physically capable to tackle the rest of the year ahead is a goal...

Do NOT hesitate. Call us NOW at 859-303-6393. We will get you in, and get you on a PERSONALIZED plan set for your needs and your body.

NEW IN 2024!

We want to hear from **YOU** on a closer level.
Speak to **YOU** about what **YOU** need and want to hear about.
Allow **YOU** to have the ability to converse with us on a one-on-one basis.

We have launched a new digital Newsletter for our readership. We will send out a weekly email to all that sign up and post our articles in an archive to our website.

If you are interested in hearing from us on a regular basis from the comfort of your home, please scan the QRX code or [click here](#) and sign up NOW!



Dr. Avery Schroyer
Owner & Physical Therapist
Titan Physical Therapy

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**LEXINGTON
SCAM JAM &
SHREDDING DAY
THURSDAY, JUNE 20**

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BRENDA'S BOOK BUDDIES | BOOK CLUB

Thursday | June 6 & 20 | 9:30 – 11 a.m.

June 6 – The Women by Kristen Hannah. “Women can be heroes” are the words “Frankie” McGrath hears and she hears it as a revelation. She’s been raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents. It is now 1965 and the world is changing. She dares to imagine a different future for herself. As her brother ships out to serve in Vietnam, she decides to join the Army Nurse Corps and follow his path.

The Women is the story of one, Frankie, gone to war. It shines a light on all women who put themselves in harm’s way and describes the sacrifice and commitment to their country of women who have too often been forgotten. It’s a novel about deep friendships and bold patriotism, *The Women*, will leave you with a memorable heroine whose idealism and courage under fire will come to define an era.

June 20 – The Westing Game by Ellen Raskin. It’s a thrilling mystery of who may have killed Samuel Westing. Sixteen strangers are gathered together, grouped in pairs to solve the mystery and become the heir to his fortune

July: THE HOTEL NANTUCKET by Elin Hildebrand
MATILDA by Roald Dahl

August: THE LIGHTHOUSE KEEPERS DAUGHTER by Hazel Gaynor
TIGER RISING by Kate DiCamillo

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EDUCATION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classrooms A & B		9 a.m. Gardening Club 10 a.m. Diabetes Support Group (June 4) 10 a.m. Now You Know (June 11, 18, & 25) 12:30 p.m. Trivia (June 18)	11 a.m. Virtual Brain Power 12:30 p.m. Technology with Brad No AARP meeting this month. LSC is closed June 19.	9:30 a.m. Book Club (June 6 & 20) 12:30 p.m. Technology with Brad Tech with Brad is Canceled June 26, 27 & 28 Lunch and Bingo are cancelled on June 20.	11 a.m. New Member Meet and Greet (June 21) 12:30 p.m. Technology with Brad 1:30 p.m. Friday Friends (Does not meet the third Friday of each month.) 2:30 p.m. Agging Support Group (June 14)

Out of control blood sugar can lead to:



Increased risk for **heart disease**



Stroke



Blindness



Kidney disease

Don't let diabetes control your life.

Learn to prevent or manage it today.




Interested in learning how to manage your prediabetes through healthy eating & physical activity?

Contact us today to see if you qualify for our 12 month Diabetes Prevention Program.

Free gym membership offered while enrolled in class!

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14-1670

Independence Day Celebration!

Friday,
July 5
1 p.m.

*Photo booth, music, ice cream and more!
Join us in the multi-purpose room.*



We WANT you! Balance Basics Bootcamp

Fridays, 9:30 a.m.
(Fitness Studio by art)

Move through four stations of balance challenges. Learn techniques to improve your balance.
(You must be able to walk on your own. Cane use okay.)

Instant Artist

Friday, June 7 | Noon | \$10
Paint a summer masterpiece step-by-step with Rose!

Check/money order only. Payment is due at time of sign-up. Sign-Up in Amanda's office on 2nd floor.

Preference is given to those who did not take the most recent instant artist workshop.



4th of July Themed Craft Class

Friday, June 14 | 1 p.m.
No charge

Unleash your creativity with a fun summer-themed craft project!

Sign-up with Amanda over the phone or in person. Preference is given to those who did not take the most recent craft class.

YES, we offer personal training at a nominal fee! *A personal trainer –*

- Can objectively assess your fitness needs.
- Has the professional education to assess your body, your experience, your limitations and your goals!
- Can administer a range of fitness tests to accurately access your starting point.
- Is a source of accountability. A good trainer will inspire and motivate you to reach your goals, as well as hold you accountable!
- Is a support system for your overall good health.
- See WENDY for info!

Let's Ride!

Cycling can help to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis.



Check out one of our adult trikes at the front desk!
Ride: M – F, 9 a.m. – 3 p.m.
WEATHER PERMITTING!

RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MULTI-PURPOSE ROOM (1ST FLOOR)	<i>Self-guided walking is permitted in the multi-purpose room when other activities are not scheduled. Nineteen (19) times around the room is one mile.</i>				
	9 a.m. Walking for Better Balance	1:30–3:30 p.m. Table Tennis	9 a.m. Walking for Better Balance 1–3 p.m. Corn Hole Instruction	10–11 a.m. BINGO! (Not meeting June 20)	 Join us for DOMINOS Now on Tuesday and Friday!
CARDS & MORE (2ND FLOOR) FOOD IS NOT PERMITTED IN THE CARD AREA. USE THE 1ST FLOOR CAFÉ OR MP ROOM.	Join in a card game anytime! Meet new friends!				
	11:30 a.m. Bid Euchre 12:30 p.m. Standard American Bridge 1 p.m. Spades	1 p.m. Dominos 1 p.m. Hand & Foot	9 a.m. Intermediate Bridge 1 p.m. Mah Jongg 1 p.m. Chess	11:30 a.m. Bid Euchre 1 p.m. Mah Jongg	10 a.m. Dominos 1 p.m. Hand & Foot 1 p.m. Chess
<i>Numerous games are available in the cabinets on the 2nd floor. If you would like us to schedule other types of cards / games, see a Recreation staff member.</i>					



LSC Fitness Center | 2nd floor

Monday | Wednesday | Friday
8 a.m. – 4 p.m.

Tuesday | Thursday
8 a.m. – 1 p.m.

First time? See the fitness attendant for your equipment orientation. Stop by anytime we are open!

Athletic shoes required.
Must have closed toe and heel.



Personal Training available for a nominal fee

One-on-one and buddy training packages available. Purchase ONE session or a THREE pack!

Pick up a brochure or see Wendy for details!
wjett@lexingtonky.gov

MORE Group Fitness!

BELL HOUSE

545 Sayre Ave. | 233-0986
Tues. & Thurs. 10:30 a.m.
Ch.oga | (chair yoga)
Jenny/Danika

CHARLES YOUNG CENTER

540 E. Third St. | 246-0281
Monday:
9:30 a.m. **Get Up & Go!** | Anne
11 a.m. **Ch.oga** | Victoria

Wednesday:
9:30 a.m. **Get Up & Go!** | Anne
12:30 p.m. **Line Dancing** | Tess

Friday:
9:30 a.m. **Yoga Funk** | Tess




BLACK & WILLIAMS

498 Georgetown St. | 252-1288
Mon. & Wed.: 10:30 a.m.
Ch.oga (chair yoga) | Tess

JUNE 2024 – LSC GROUP FITNESS CLASSES

Join us anytime! Check in for class on the MySeniorCenter computer. All classes first come, first served.

You must receive a GREEN checkmark when checking in for class! **CLOSED WED., JUNE 19**

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 Carey	8:30 a.m. FLOW YOGA Jenny	8:30 a.m. RETRO ROBICS Wendy
9 a.m. WALKING FOR BETTER BALANCE Cindee-MP room	9:30 a.m. BEAT DRUM BOOGIE Wendy	9 a.m. WALKING FOR BETTER BALANCE Cindee-MP room	9:30 a.m. BASIC STEP Wendy	9:30 a.m. GET UP & GO! Carey
9 a.m. YOGA 101 Jenny	9:30 a.m. STRENGTH & STABILITY Carey-fitness studio	9:30 a.m. GET UP & GO! Wendy	10:30 a.m. LET'S DANCE! Rebecca-Fitness Studio	9:30 a.m. BALANCE BASICS BOOTCAMP Dianne
9:30 a.m. GET UP & GO! Debbie	10:30 a.m. MUSCLE MADNESS Carey	10 a.m. YOGA 101 Danika-fitness studio	10:30 a.m. STRENGTH & STABILITY Cathy	10:30 a.m. ACTIVE AGING Carey
10 a.m. YOGA 101 Jenny-Fitness studio	10:45 a.m. WALK 2 MILES (30 min) Fitness Studio	10:30 a.m. ACTIVE AGING Cathy	11:30 a.m. GET UP & GO! Cathy	11:30 a.m. BEAT.DRUM. BOOGIE! Renee
10:30 a.m. ACTIVE AGING Debbie	11:30 a.m. WORLD OF DANCE Jode	11:30 p.m. WORLD OF DANCE Cathy	11:30 p.m. CH. OGA (chair yoga) Rebecca-Fitness Studio	12:30 p.m. TAI CHI NOT meeting JUNE 28
11:30 a.m. GET UP & GO! Carey	11:30 a.m. STRENGTH & STABILITY Tina-Fitness Studio	↓ 12:30 p.m. SEATED TAI CHI Meets JUNE 5 ONLY	12:30 p.m. CH. OGA (chair yoga) Rebecca	12:30 p.m. WORLD OF DANCE Will NOT MEET June 21
12:30 p.m. LET'S DANCE! Rebecca	12:30 p.m. FLEX.ABLE Cathy	12:30 p.m. BEAT DRUM BOOGIE! Renee	1:15 p.m. STATION2STATION (FitnessCenter) Wendy/Tina	 Arrive EARLY! Due to safety concerns, admittance to once classes have started is NOT permitted.
TIME 12:30 p.m. STRENGTH & STABILITY Debbie-fitness studio	1:15 p.m. STATION 2 STATION Carey/Tina	1:30 p.m. TAI CHI Meets JUNE 5 ONLY	2:30 p.m. STATION2STATION (FitnessCenter) Wendy/Tina	
1:30 p.m. BEAT DRUM BOOGIE! Renee	1:30 p.m. GET UP & GO! Diane	1:30 p.m. BARRE.LATES Renee-fitness studio	Fitness Center hours M/W/F 8 a.m.-4 p.m. TU/TH 8 a.m.-1 p.m.	
	2:30 p.m. STATION 2 STATION Carey/Tina			
YES, we still offer Senior Fitness Testing! See Wendy!				

Proper shoes must be worn for ALL classes!

Clean, closed toe/closed heel, athletic shoes that tie or Velcro.

(Yoga & Tai Chi may be barefoot or sock footed).

1st floor multi purpose room
Walking program only

2nd floor Group fitness studio across hall from fitness center (most classes meet here)

2nd floor Fitness Studio around corner from ART studio

Catch our Fitness classes on LEXTV Every day! (cable TV) 9 a.m. & 5 p.m. Spectrum ch. 185 MetroNet ch. 3 and on our YouTube Channel anytime!

LSC ARTS REGISTRATION opens June 25 online & in-person

7-week session: July 1– August 16, 2024

MUSIC

606016 – Piano 1 | David Branstrator

Learn basic piano skills. This class is for true beginners!

A0001: Mondays, July 1-Aug. 12 | 9-10 a.m.

A0004: Fridays, July 5-Aug. 16 | 10:30-11:30 a.m.

A0002: Fridays, July 5-Aug. 16 | 11:45-12:45 p.m.

A0003: Fridays, July 5-Aug. 16 | 1-2 p.m.

606016 – Piano 2 | David Branstrator

Must have completed Piano 1 to attend!

B0001: Mondays, July 1-Aug. 12 | 10:15-11:15 a.m.

B0002: *Thursdays, July 11-Aug. 15 | 9-10 a.m.

B0003: Fridays, July 5-Aug. 16 | 9:15-10:15 a.m.

POTTERY

MAY ONLY TAKE 1 POTTERY CLASS PER SESSION

606008 – Handbuilding 1

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

A0001: Mondays, July 1-Aug. 12 | 10 a.m.-noon
W/Amelia

A0002: Tuesdays, July 2-Aug. 13 | 10 a.m.-noon
W/Trevor

606009 – Handbuilding 2 | Trevor Johnson

Build on your basics! Must have completed Handbuilding 1 to attend.

A0001: Tuesdays, July 2-Aug. 13 | 1-3 p.m.

606005 – Wheel Throwing 1 | Tim Guthrie

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

A0003: Fridays, July 5-Aug. 16 | 10 a.m.-noon

A0004: Fridays, July 5-Aug. 16 | 1-3 p.m.

606006 – Wheel Throwing 2 | Amelia Stamps

Build on your current throwing skills. Must have completed a Wheel Throwing 1 class to attend.

A0001: Mondays, July 1-Aug. 12 | 1-3 p.m.

606007 – Wheel Throwing 3 | Amelia Stamps

Build on your current throwing skills. Must have completed a Wheel Throwing 1 class to attend.

A0001: Wednesdays, July 3-Aug. 14 | 1-3 p.m.

- Each class requires a non-refundable one time materials fee of \$10.60. Payment is due at the time of registration. We accept debit/credit card, check, or money order only. Neither cash or American Express are accepted.
- Scholarships are available! Please see a social worker before registration day for eligibility.
- Class schedules, including dates, times, and instructors, may change for any reason.

ART

MAY ONLY TAKE 2 ART CLASSES PER SESSION

606015 – Charcoal 1 | Joey Siemer

An introduction to one of the most diverse paint mediums! No experience necessary.

A0001: Wednesdays, July 3-Aug. 14 | 9-11 a.m.

606015 – Charcoal 2: Portraits | Joey Siemer

Refine your understanding of shading and form as you learn more complex techniques with charcoal. Face and portraits will be the overall theme of this course.

B0001: Fridays, July 5-Aug. 16 | 9-11 a.m.

606011 – Drawing 1 | Joey Siemer

Learn the basics behind the art of drawing! Learn about form, line, and shadow while experimenting with different subject matter.

B0001: Mondays, July 1-Aug. 12 | Noon-2 p.m.

606022 – Mixed Media Painting | Joey Siemer

Learn techniques to create artwork using mediums such as watercolor and colored pencils.

No experience needed!

A0001: Wednesdays, July 3-Aug. 14 | Noon-2 p.m.

606012 – Watercolor 1 | Joey Siemer

Offering the true basics of watercolor painting.

No experience needed!

A0001: Mondays, July 1-Aug. 12 | 9-11 a.m.

606020 – Watercolor 2: Landscapes | Joey Siemer

Hone in on landscape painting while learning more complex watercolor techniques! Must have taken Watercolor 1 to attend.

A0001: *Thursdays, July 11-Aug. 15 | 1-3 p.m.

SEWING

606018 – Sewing | Debbie Orr

Learn the basics of sewing in this introductory course.

A0001: Tuesdays, July 2– Aug. 13 | 1-3 p.m.

DANCE

606031 – Bellydancing | Teresa Tomb

Let's learn the basics of belly dancing!

A0001: *Thursdays, July 11-Aug. 15 | 12:30-2 p.m.

PICKLEBALL INSTRUCTION

606025 – Beginner Pickleball

Learn the basic rules and skills of Pickleball!

A0001: Tuesdays, July 2-Aug. 13 8:30-9:30 a.m.

A0002: Tuesdays, July 2-Aug. 13 | 9:45-10:45 a.m.

A0003: Thursdays, July 11-Aug. 15 | 9:45-10:45 a.m.

606025 – Intermediate Pickleball

Build on your skills! Must have pickleball experience.

B0001: *Thursdays, July 11-Aug. 15 | 8:30-9:45 a.m.

The center will be CLOSED on
Thursday, July 4.

A * symbol next to a class
indicates a later start date.

How to register online for art classes

Go to the website: <https://parks.lexingtonky.gov> (You must include **https://**)

Note: New accounts must be created *at least three business days before* the registration date.

Creating Your Account:

- If you don't yet have an account with Parks & Recreation, click on "Create an Account."

Note: You **do not need** an account to register in person.

- Fill in the required information indicated in red. Double check your date of birth. Select the "I'm not a robot" checkbox and then click "Submit."

Note: Parks & Recreation takes up to three business days to approve your account. Until then, your account may read as *inactive*.

Finding Classes:

- On the registration date, log into the website with your User ID and Password.
- Click on "Senior Center Classes" under the "Cultural Arts" heading.

Note: Classes may not be visible until registration day.

Choosing Classes & Adding to Cart:

- Click the "+" sign to the left of each class you want to register for.
- A green box will appear at the bottom; click "Add to Cart" to add the class to your shopping cart.
- Click "Shopping Cart" when you have finished adding classes.

Reviewing Your Cart:

- If your cart is accurate, click "Proceed to Checkout."
- Choose your payment method (Visa/MasterCard or Discover).
- Provide the billing information requested.
- A materials fee of \$10.60 is required for each class. (We do NOT issue refunds)

Completing the Transaction:

- After filling in payment details, click "Continue" to complete your purchase.
- You will receive a receipt at the email address you provided.

Next registration opens in-person AND online at 9 a.m. on Tuesday, June 25, 2024

For more account help, contact Parks & Recreation at (859) 288-2980
or parkswebhelp@lexingtonky.gov.

Questions regarding classes?
Contact Amanda on the 2nd floor, acobb@lexingtonky.gov or (859) 278-6072.



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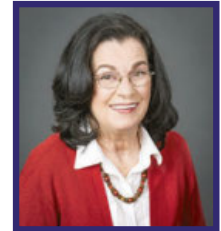


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Thursday, September 19

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Doors open at 6:00 PM

The Lexington Senior Center
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For sponsorship details contact:
Amber Lakin **amber@silverlexington.com**



CivicLex Workshops

Join CivicLex for two engaging and educational workshops at the **Lexington Senior Center**! You'll learn about how Lexington's City Government works and how you can get involved. These workshops are free and open to the public.



Local Government 101

June 25th @1:00pm, Lexington Senior Center

Local government can be complicated, but learning about it shouldn't be! Join CivicLex in an exploration of the people, places, and processes that make up local government here in Lexington!



Making Sense of Lexington's City Budget

July 10th @1:00pm, Lexington Senior Center

Did you know that Lexington creates a city budget every year? Do you know where the money goes? If you're curious about the budgeting process, how the city spends its money, and how you can get involved, be sure to cash in on this opportunity!



LEXINGTON
Aging & Disability
Services



CivicLex

NUTRITION PROGRAM

Did you know that the Lexington Senior Center has a daily lunch program? The Nutrition Program is run by the Bluegrass Community Action Partnership and is a separate program from the Senior Center. Because of this, the initial registration for lunch is a separate process from signing up as a center participant.

When is lunch: Monday through Friday at 11:15 a.m.

How to sign up: Schedule a brief appointment with Jessica Stamm. It's easy! Just call (859) 278-6072 to schedule your appointment. You can schedule a next-day appointment or meet with Jessica on the same day that you order your first meal!

How to order food: Call *before noon* the day before you want to eat lunch.

Cost: We ask for a \$3 donation.

Questions: Call Jessica Stamm at (859) 278-6072.



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SUMMER SAFETY TIPS

1. Stay hydrated! Drink plenty of fluids, but avoid alcohol and caffeine.
2. Avoid direct sun exposure as much as possible. Try to plan your outdoor activities either early in the morning or when the sun starts to set.
3. Dress appropriately. Try to wear loose, light colored clothes.
4. Use sunscreen! Anytime you are planning to be outdoors, make sure you are using sunscreen with SPF 15 or higher.
5. Take time to cool down. Take breaks from the heat often if you are working outdoors during the day.



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COLORING PAGE – ADD YOUR IDEAS

Add an inspiring quote, wishes for the future, gratitude, personal reflection or whatever you want to the center of the page. Turn in your coloring sheet to the front desk by June 28 to be entered to win a prize!





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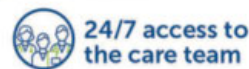


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SATELLITE CENTERS

Eldercrafters Program | Black and Williams Center

498 Georgetown St. | (859) 252-1288

JoAnn Turner | jturner@lexingtonky.gov

Program hours | Monday – Thursday | 9:30 a.m. – 2 p.m.

*** Closed June 19 for Juneteenth

Mondays & Wednesdays	10:30 a.m.	Ch.oga and Dance Moves – Tess
Mondays & Wednesdays	11:15 a.m.	Games, puzzles & projects
Tuesdays & Thursdays	10 a.m.	Ceramics Instruction in the studio – Linda
Tuesdays & Thursdays	11:15 a.m.	Community service projects

Chair Yoga (Ch.oga) | Stretching, breathing and moving all from a chair with music.

Community Service Projects | Ongoing knitting, crochet, needlework and sewing projects.

Ceramics | Working with Bisque and Green Ware. Learning staining, glazing and painting techniques.

Special activities are added throughout the month.

Call for more details or visit lexingtonky.gov/eldercrafters.



SATELLITE CENTERS

Bell House

545 Sayre Ave. | (859) 233-0986

Martha McFarland: Recreation Specialist Sr. | mmcfarla@lexingtonky.gov

Staff available Monday – Friday | 8 a.m. – 4:30 p.m.

Note: Center hours vary based on scheduled programming.

*** Closed June 19 for Juneteenth

Monday June 10 & 24	11:30 a.m.	Monday Club
Tuesdays & Thursdays	10:30 a.m.	Ch.Oga (Chair Yoga) – Jenny & Danika
Tuesdays	10 a.m. – noon	Painting with oils & acrylics
Tuesdays	12:30 – 3:30 p.m.	Open Art Studio
Tuesday June 4	12:30 p.m.	Handpaint Christmas Village Houses
Tuesday June 11	Noon – 1:30 p.m.	*** Book Buddies – <u>Women</u>– Registration is required.
Wednesdays	9 a.m.	Beginning Crochet/Knitting
Wednesdays	11 a.m.	Bell House Troubadours – All singers
Thursdays	9:30 – 11:30 a.m.	Ceramics instruction – Debbie
Thursdays	Noon – 3 p.m.	***Bridge – Call to reserve your spot.
Thursdays	Noon – 3 p.m.	Ceramics on your own
Thursdays at the Ballroom House – 312 Southland Dr.	9:30 – 11:30 a.m. May 30 – July 25	Line Dance – Mimi

Monday Club

June 10 – Bring a sack lunch and help celebrate the 57th birthday of the Monday Club and the start of senior adult programs at the Bell House. We will have cake and ice cream, plus games, prizes and lots of fun! June birthdays will be recognized.

June 24 – Bring a sack lunch and enjoy choral music from our own Bell House Troubadours!

Hope you can join us for these great programs!

AARP Safe Driver Course

Monday | June 3
11:30 a.m. – 4 p.m.

\$15 – AARP member
\$20 – Non-members

Call Martha McFarland to sign up.



SATELLITE CENTERS

Charles Young Center

540 E. Third St. | (859) 246-0281 | Katherine Dailey | kdailey@lexingtonky.gov

Program hours: Mondays & Fridays | 9:30 a.m. – 1 p.m.

Wednesdays | 9:30 a.m. – 3 p.m.

***Closed June 19 for Juneteenth

Mondays	9:30 a.m.	Get Up & Go – Anne
Mondays	11 a.m.	Ch.Oga – Victoria
Mondays	Noon	Social/Games
Wednesdays	9:30 a.m.	Get Up & Go – Tess
Wednesdays	Noon	Line Dance – Tess
Fridays	9:30 a.m.	Yoga Funk – Tess
Fridays	11 a.m.	Pickleball
Fridays	11 a.m.	Social/Games



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Thursday, September 19

6:30 PM

Doors open at 6:00 PM

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For ticket information, please visit the
front desk of the Lexington Senior Center or
call (859)278-6072.