

THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington
Senior Center

JULY
2024

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Monday – Friday
8 a.m. – 4:30 p.m.



The American flag, commonly called "Old Glory," profoundly symbolizes our nation's history, unity and enduring spirit. As we celebrate the 248th birthday of the United States, the flag reminds us of the core values upon which our country was founded: liberty, justice and equality for all. The stars and stripes represent the resilience and sacrifices of those who have fought to preserve our freedoms and the ongoing pursuit of a more perfect union. On this Fourth of July, let us reflect on the ideals that bind us together as Americans, regardless of our diverse backgrounds and beliefs.

As we approach another pivotal election year, we must remember the true purpose of our democracy as embodied by Old Glory. The flag calls on us to uphold the principles of equality and fairness, ensuring that every voice is heard with a renewed spirit and that every vote counts. This Fourth of July is a powerful reminder that our nation's strength lies in our unity and commitment to these foundational values. As we honor our past and look towards the future, let us reaffirm our dedication to fostering a nation where freedom and opportunity are accessible to all and where the promise of America is kept alive for generations to come.

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 them a little bit better!

Martha McFarland, Recreation Specialist Senior at the Bell House

I “love” working with senior adults. I have worked full-time for the LFUCG for almost 34 years. My job here has included working with youth, special events, aquatics and seniors!



**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
on July 4.**

Independence Day Celebration

Friday | July 5 | 1 p.m.

Enjoy a photo booth, music, ice cream and more with your friends at the Lexington Senior Center

Join us in the multipurpose room!



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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Recreation Specialist Sr.

Wendy Jett
Recreation Specialist Sr.

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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EDUCATIONAL OPPORTUNITIES

New Member Meet and Greet Friday | July 25 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 July 12 | 2:30 p.m.

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

Diabetes Support Group Tuesday | July 2 | 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 | July 30 | 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 1950s to the 2000s, from poodle skirts to Twitter 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 July 3, 4, 5, 10, 11 and 12.

*** 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

Managing Incontinence July 9 | 10 a.m.

The pelvic floor is comprised of muscles that help to support important organs including the bowels, bladder, uterus and prostate. The pelvic floor muscles play an essential role in proper urination, bowel movements and hip health. Pelvic floor muscles can weaken over time due to injury, childbirth or a number of health conditions. Pelvic floor dysfunction can result in leaking with sneezing and coughing, inability to make it to the restroom in time, urinary leaking with movement, chronic constipation, diarrhea, pelvic pressure or pelvic organ prolapses, among other issues. This talk will define the pelvic floor's role in bladder and bowel health and how to maintain a healthy pelvic floor.

Medicare Updates and Benefits Check-up July 16 | 10 a.m.

Join us to learn about Medicare, upcoming Medicare changes and about programs that can help save you money.

Kentucky's Dry Stone Heritage July 23 | 10 a.m.

Join us to learn the history of the dry stone masonry in Kentucky, the rock fences that line the roads, and how the Dry Stone Conservancy is leading the effort to preserve the traditional craft.



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

TITAN
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Unable to attend and still want to share your thoughts?

Call: 859-244-2030, M-F 8am - 4pm

E-mail: compliance@lextran.com



Join us at
Lexington Senior Center
on Monday, July 8th
at 10:00 a.m.



KET – Focus Group

Wednesday | July 17 | 10 – 11 a.m.

As the state's population grows older, more and more Kentuckians will face the challenges of caring for an aging loved one. To support this shift, Kentucky Educational Television (KET) created *Next Chapter* – an initiative focused on providing information and resources for caregivers, families and folks 50+. You're invited to a focus group discussion with the Lexington Senior Center community to share your thoughts on new video and web resources.

Join us on *July 17* from *10 a.m. to 11 a.m.*
This event is free, and open to caregivers and caregivees.

You can RSVP by emailing Katherine Mueller-White at kmueller@ket.org with the session you want to attend and how many people will be in your group or sign up at the Lexington Senior Center front desk. Limited seating is available, so sign up early!

Light refreshments will be provided for attendees.

BRENDA'S BOOK BUDDIES | BOOK CLUB

Thursday | July 18 | 9:30 – 11 a.m.

The Hotel Nantucket – by Elin Hildebrand

Fresh off a bad breakup with a longtime boyfriend, Nantucket sweetheart Lizbet Keaton is desperately seeking a second act. When she's named the new general manager of the Hotel Nantucket, a once Gilded Age gem turned abandoned eyesore, she hopes that her local expertise and charismatic staff can win the favor of their new London billionaire owner, Xavier Darling, as well as that of Shelly Carpenter, the wildly popular Instagram tastemaker who can help put them back on the map. And while the Hotel Nantucket appears to be a blissful paradise, complete with a celebrity chef-run restaurant and an idyllic wellness center, there's a lot of drama behind closed doors.

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 (July 2) 10 a.m. Now You Know (July 9, 16, 23) 12:30 p.m. Trivia (July 30)	11 a.m. Virtual Brain Power 12:30 p.m. Technology with Brad 1 p.m. AARP Meeting July 17	9:30 a.m. Book Club (July 18) 11 a.m. New Member Meet and Greet (July 25) 12:30 p.m. Technology with Brad	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. Ageing Support Group (July 12)
	** Tech with Brad will not be meeting July 3 – July 12. **				

Don't let diabetes control your life.

Learn to prevent or manage it today.

Out of control blood sugar can lead to:


 Increased risk for heart disease


 Stroke


 Blindness


 Kidney disease




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!

Join our 4-session series to learn the most up-to-date ways to keep your A1C at goal, prevent or delay complications.

Learn about healthy eating & exercise tips, medications, monitoring and more!

Ask how to win a \$30 gift card!

In-person & online class options are available.

Call us at (859) 288-2446



Instructor Spotlight

“Music is my life; through the piano, I’ve found my happiness (and my wife)!”

I’ve taught hundreds of kids and lots of adults, but teaching here at the Senior Center is my newest form of satisfaction! Seniors truly want to learn, they have more time to practice and best of all, they listen when I talk!”



David Branstrator
Piano Instructor

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 assess 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 more info.**

Origami Workshop

Pen/Pencil Holders

Two Options!
Friday | July 26 | 1 p.m. **OR**
Friday | Aug. 2 | 1 p.m.

Choose ONE
Sign up with Amanda
(2nd floor) beginning
Monday, July 8



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. *(Note: You must be able to walk on your own. Cane use is okay.)*


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 CARDS & MORE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MULTI-PURPOSE ROOM (1ST FLOOR) 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.	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! Every Thursday!	 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.	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 Join in a card game anytime! Meet new friends!	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
Noon | **Line Dancing** | Tess

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


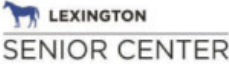

BLACK & WILLIAMS

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

JULY 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 Thursday, July 4.**

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-Fitness Studio
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 Ben
11:30 a.m. GET UP & GO! Carey	11:30 a.m. STRENGTH & STABILITY Tina-Fitness Studio	12:30 p.m. SEATED TAI CHI Ben-Fitness Studio	12:30 p.m. CH.OGA (chair yoga) Rebecca	12:30 p.m. WORLD OF DANCE NO CLASS JULY 19
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 once classes have started is NOT permitted.
12:30 p.m. STRENGTH & STABILITY Debbie-fitness studio	1:15 p.m. STATION 2 STATION Carey/Tina	1:30 p.m. TAI CHI Ben	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!

RECREATION – THE ARTS AND MORE!

→ **CLASSES CURRENTLY IN SESSION. JULY 1 – AUG. 16, 2024**
THESE 7-WEEK CLASSES REQUIRE PRE-REGISTRATION UNLESS OTHERWISE NOTED!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART STUDIO A	10 a.m. Hand Building 1 1 p.m. Wheel Throwing 2	10 a.m. Hand Building 1 1 p.m. Hand Building 2	1 p.m. Wheel Throwing 3	LEXINGTON SENIOR CENTER 	10 a.m. Wheel Throwing 1 1 p.m. Wheel Throwing 1
ART STUDIO B	9 a.m. Watercolor 1 Noon Drawing 1	1 p.m. Sewing	9 a.m. Charcoal 1 Noon Mixed Media Painting	10 – 11:30 a.m. Crochet for a Cause (ongoing) (Join us anytime!) 1 p.m. Watercolor 2 (Landscapes)	9 a.m. Charcoal 2 (Portraits)
	Note: DO NOT bring food/drinks into studios.				
MUSIC STUDIO	9 a.m. Piano 1 10:15 a.m. Piano 2	Open studio for piano practice for current students!	Open studio for piano practice for current students!	9 a.m. Piano 2	9:15 a.m. Piano 2 10:30 a.m. Piano 1 11:45 a.m. Piano 1 1 p.m. Piano 1
OTHER CLASSES		8:30 a.m. Beginner Pickleball <i>Outdoor courts</i> 9:45 a.m. Beginner		8:30 a.m. Intermediate Pickleball <i>Outdoor courts</i> 9:45 a.m. Beginner	Thursdays 12:30 p.m. Belly Dancing Fitness Studio

Mark your calendars now! Next ARTS registration

Tuesday, August 20, 2024 Online and in person

Pick up a registration form at the center, specific details will be in the August Messenger

Contact Amanda Cobb 2nd floor if you have questions!

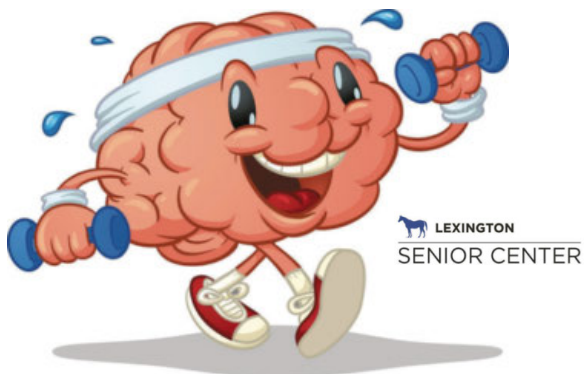


Basics To Boost Your Brain!

Tuesday, July 16 | 1 p.m.
1st floor classroom

Join **Debbie Goodman**, instructor and personal trainer, AND **April Stauffer** MS, CDP Program Coordinator Sanders Brown Center on Aging, for an information packed session!

- * Learn to recognize dementia verses normal aging.
- * Resources available if someone you know is showing signs of dementia.
- * What foods and physical activities best boost your brain.
- * Q & A session
- * and more!



Sit Much?

Here are just a few ways sitting too much can negatively affect your overall health.
(Get up every 50 minutes!)

It hurts your heart: Scientists first noticed something was up in a study that compared two similar groups: transit drivers, who sit most of the day, and conductors or guards, who don't. Though their diets and lifestyles were a lot alike, those that sat were about twice as likely to get heart disease as those that stood.

It can shorten your life: You're more likely to die earlier from any cause if you sit for long stretches at a time. It doesn't help if you exercise every day or not. Of course, that's no excuse to skip the gym. If you do that, your time may be even shorter.

Dementia is more likely: If you sit too much, your brain could look just like that of someone with dementia. Sitting also raises your risk of heart disease, diabetes, stroke, high blood pressure, and high cholesterol, which all play a role in the condition. Moving throughout the day can help even more than exercise to lower your risk of all these health problems.

You will undo all that exercise: The effects of too much sitting are hard to counter with exercise. Even if you work out 7 hours a week – far more than the suggested 2-3 hours – you can't reverse the effects of sitting 7 hours at a time. Don't throw away all that hard work at the gym by hitting the couch for the rest of the day. Keep moving!

Your odds of diabetes rise: Yup, you're more likely to have it, too, if you sit all day. And it isn't only because you burn fewer calories. It's the actual sitting that seems to do it. It isn't clear why, but doctors think sitting may change the way your body reacts to insulin, the hormone that helps it burn sugar and carbs for energy.



Are you Medicare ready?

Learn more about your Medicare plan options. Representing multiple insurance companies, we can help you find the right Medicare Health Plan.

CALL (859) 309-5033 FOR A FREE CONSULTATION.

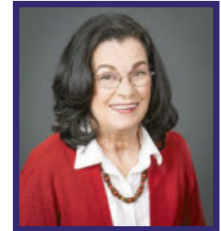


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14-1670



The Lexington Senior Center is closed on Thursday, July 4. We hope you all enjoy your day celebrating Independence Day with your friends and family.



Call for Sponsorships!

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Great **Friends** *Celebration Gala*

Thursday, September 19

6:30 PM

Doors open at 6:00 PM

The Lexington Senior Center
195 Life Lane, Lexington, KY

For sponsorship details contact:
Amber Lakin **amber@silverlexington.com**

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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EXERCISE TIME AT ELDERCRAFTERS

The ElderCrafters have several opportunities to exercise each week.

Check out their full calendar on page 21.



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COMMUNITY OPPORTUNITIES

UK Research Opportunity

Researchers at the University of Kentucky invite you to participate in a study about emotions in daily life if you are 60+ years old.

Participants will spend one hour for an in-person visit on campus, then complete twice daily surveys at home for one week lasting about 5 minutes each. Participants will receive up to \$60 for their time and effort.

For more information, email ukemotions1@gmail.com or call (859) 218-7014.

Thank you for your consideration!

Public Input Meeting July 15 | 3 – 7 p.m.

Join the Division of Planning at the Lexington Senior Center to review the latest draft proposal for the Urban Growth Master Plan.

The Division of Planning, along with TSW Design, will be present to review the newest draft of the proposed design and land uses for the areas of expansion.

Staff will be available to take public comment and answer questions.

Volunteer Opportunities at A Caring Place

Phone buddies and home visits:

Sign-up to socialize with seniors who are isolated in their home. With a simple phone call you can provide love and support and help prevent loneliness for a senior in our community.

If you are interested, contact A Caring Place at (859) 368-2656 or email info@a-caring-place.com.

Commodities Volunteer at The Lexington Senior Center

We need 2 – 3 more volunteers to deliver commodities once a month. We provide you with the list of names and addresses, you provide the delivery of a monthly food box. This delivery is the fourth Wednesday of each month.

For more information or to sign up, contact Jennifer Garland at (859) 278-6072 or jgarland@lexingtonky.gov.



LEXINGTON
Senior Center



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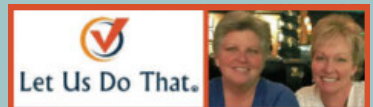
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¹Comparison based on a study by American Public Health Association published in January 2021 that the average primary care exam was 18 minutes. CenterWell Senior Primary Care™ does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711). 注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-877-320-1235 (TTY: 711)。



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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 July 4

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.



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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 July 4

Monday July 8 & 22	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 July 2	12:30 p.m.	Christmas in July decorations
Tuesday July 9	Noon – 1:30 p.m.	*** Book Buddies – <u>Hotel Nantucket</u>
Wednesdays	9 a.m.	Beginning Crochet/Knitting
Wednesdays	11 a.m.	Bell House Troubadours – All singers welcome!
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. through July 25	Line Dance – Mimi

Monday Club

July 8 – Christmas in July potluck and Naughty Santa game.

July 22 – Bring a sack lunch and enjoy Loren (piano) and Lee (sax) performing Uncle Joe’s Minion music. July birthdays will be celebrated with cupcakes and ice cream.

Hope to see you here for these activities!

AARP Safe Driver Course

Monday | June 3
11:30 a.m. – 4 p.m.

\$20 – AARP member
\$ 25 – 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 July 4

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,
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or call (859) 278-6072.

6:30 PM

Doors open at 6:00 PM

The Lexington Senior Center
195 Life Lane, Lexington, KY