

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

August 2016

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Lexington Senior Center

1530 Nicholasville Rd.
Lexington, KY 40503

278-6072 (phone)

277-4843 (fax)

Hours of Operation

8 a.m. – 5 p.m.

Monday – Friday

**For more
information:**

Lunch Reservations

Emily Dahlman

278-6072 x331

**Information &
Assistance**

Community Resources

Jennifer Garland

Social Worker

278-6072 x315

Melissa Stiff

Social Worker

278-6072 x310

Amanda Patrick

Social Worker

278-6072

Recreation & Travel

Martha Duncan

278-6072 x301

Jode Rose

278-6072 x306

Change (n). The dictionary defines change as a transformation or modification; the passing from one state, place or form to another.



The Greek letter Delta; a simple triangle that represents change.

In the coming weeks and months, the Lexington Senior Center will face lots of changes. Our new location will bring new activities, new members and new opportunities for everyone. Change can be scary but it is inevitable. Sometimes we would rather arrest time and hold tightly to what is familiar but that can lead to a sedentary and stagnate lifestyle. Change, on the other hand, promotes energy, movement and welcomes creativity.

I hope these words are encouraging and will inspire you to exercise ongoing patience as we continue to prepare for our transition from our present facility to our new location. In the meantime, educate yourselves about the new location – rehearse your new routes and embrace the change so that you can not only meet us there but you beat us there! *Keep Moving – Sean Wright*



Strategies for Dealing with Change

1. **Find the positive:** Change can be scary so remember we are all in this together.
2. **Be flexible:** Approach change with an open mind and be flexible to new challenges and ideas.
3. **Be part of the change:** Adopt an attitude of excitement and view the change as an opportunity to try something new!
4. **Familiarize quickly:** Jump headfirst into change and take time to learn about the new facility.
5. **Exercise patience with yourself:** Accept that with change comes a time of learning. You will master it – just give yourself time.
6. **Ask productive questions:** If you don't know or aren't sure ASK! The staff is here to help make the transition as smooth as possible.
7. **Have fun:** This is a time of excitement so enjoy it!

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 ACTIVITIES

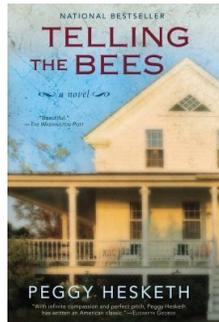
Please refer to the calendar on page four for all regularly scheduled activities

Carolyn's Corner Book Club



In August, the book club will read and discuss **Telling the Bees** by Peggy Hesketh on **August 4 and 18 at 10 a.m.** in the APR. The book club meets on the first and third Thursday of each month and is open to all.

A lifelong beekeeper, Albert Honig is deeply acquainted with the ways and workings of the hives. He knows that bees dislike wool clothing and foul language; that the sweetest honey is made from the blooms of eucalyptus; and that bees are at their gentlest in a swarm. But Albert is less versed in the ways of people, especially his beautiful, courageous, and secretive friend Claire.



A friend and neighbor since childhood, Claire was a hovering presence – and then a glaring absence – in Albert's life, a change that has never been reconciled. When she is killed in a seemingly senseless accident during a burglary gone wrong, Albert is haunted by the loss. In the aftermath of this tragedy, he is left to piece together the events of their lives to attempt to make sense of their shared past and the silence that persisted between them for a decade before her death. What Albert comes to learn is that Claire's secrets were far darker than anything he could have imagined.

Thursday History Classes

Our Thursday history classes will resume Thursday, August 18 from 11 a.m. – noon.

Learn about a variety of historical topics in a classroom setting.

Scrabble Game

Join us for a game of Scrabble on Fridays from 12:00-4:30PM in the APR



Recycle Bench Project

The Lexington Senior Center has been collecting plastic bottle caps to recycle into a bench for the new center. We are in the final stretch of our collection phase so keep the donations coming.

Together we can do it!



AUGUST ACTIVITIES

Please refer to the calendar on page four for all regularly scheduled activities.

Commodities Distribution
Wednesday, August 24, 2016

Please mark your calendars!
 Commodities will be distributed on
 Wednesday, August 24, between the hours
 of 11 a.m. and 4:30 p.m.

**AARP Driver
 Refresher Course**

Date:
 Wednesday, October 5

Time:
 Noon – 4:30 p.m.

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

**Sign up at the
 Lexington
 Senior
 Center**



Benefits of being a participant at the Lexington Senior Center:

- It's a great place to make new friends.
- There are several different kinds of exercise opportunities like yoga, tai chi, Zumba and line dancing.
- A fitness facility inside the center will have brand new equipment including treadmills and elliptical machines.
- The theme parties are lots of fun!
- You can show off your creative side in activities like China painting, ceramics and adult coloring.
- Lots of fun trips are planned year-round including both day trips and extended trips.
- We are opening a brand new, state-of-the-art facility that will serve the adults 60 years and older living in Lexington.



Come out and sign up and see what all the fun is about!

August Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:30 -Adult Coloring 9:30 -Get Up and Go! 10:00 -Needlework 10:30 -Active Aging 12:15 -Tai Chi 12:30 -Bid Euchre 12:30 -S.A. Bridge 1:00 -Zumba 3:00 -Table Tennis	9:30 -Line Dancing 10:00 -Bingo 11:00 -Table Tennis 11:30 -China Painting 1:00 -Hand & Foot 2:00 -Yoga	9:30 -Get Up and Go! 10:30 -Participant's Council Meeting 10:30 -Active Aging 12:00 -Ceramics 12:00 Adult Coloring	10:00 -Bingo 10:00 -Table Tennis 10:00 -Book Club 12:30 -Bid Euchre 1:00 -Chair Yoga 1:00 -Hand & Foot 2:00 -Yoga	9:30 -Get Up and Go! 10:00 -Family Stories 10:30 -Active Aging 12:30 -Art Class 12:30 -Scrabble Game 1:00 -Zumba 2:30 -Friday Friends
8	9	10	11	12
8:30 -Adult Coloring 9:30 -Get Up and Go! 10:00 -Needlework 10:00 -Diabetic Support 10:30 -Active Aging 12:15 -Tai Chi 12:30 -Bid Euchre 12:30 -S.A. Bridge 1:00 -Zumba 3:00 -Table Tennis	9:30 -Line Dancing 10:00 -Bingo 11:00 -Table Tennis 11:30 -China Painting 1:00 -Hand & Foot 2:00 -Yoga	9:30 -Get Up and Go! 10:00 -Duplicate Bridge 10:30 -Active Aging 12:00 -Ceramics 12:00 Adult Coloring 12:15 -Movie Matinee	10:00 -Bingo 10:00 -Table Tennis 12:30 -Bid Euchre 1:00 -Chair Yoga 1:00 -Hand & Foot 2:00 -Yoga	9:30 -Get Up and Go! 10:00 -Family Stories 10:30 -Active Aging Afternoon activities cancelled due to staff in-service.
15	16	17	18	19
8:30 -Adult Coloring 9:30 -Get Up and Go! 10:00 -Needlework 10:30 -Active Aging 12:15 -Tai Chi 12:30 -Bid Euchre 12:30 -S.A. Bridge 1:00 -Zumba 3:00 -Table Tennis	9:30 -Line Dancing 10:00 -Bingo 11:00 -Table Tennis 11:30 -China Painting 1:00 -Hand & Foot 2:00 -Yoga	9:30 -Get Up and Go! 10:30 -Active Aging 12:00 -Ceramics 12:00 Adult Coloring	10:00 -Bingo 10:00 -Table Tennis 10:00 -Book Club 11:00 - History Class 12:30 -Bid Euchre 1:00 -Chair Yoga 1:00 -Hand & Foot 2:00 -Yoga	9:30 -Get Up and Go! 10:00 -Family Stories 10:30 -Active Aging 12:30 -Art Class 12:30 -Scrabble Game 2:30 -Friday Friends
22*	23*	24*	25*	26*
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29*	30*	31*		
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*August 22-September 2, 2016: Please be aware during these dates, the activity schedule may change. Contact the center for updates

Lexington Senior Center Travel Information

September

SOLD OUT-ON WAITING LIST

Cumberland Falls State Park

Outing

Tuesday, September 13
(Limited seats available)

Cost: \$55

Includes small coach transportation, driver gratuity and buffet lunch at DuPont Lodge, presentation by the State Park Naturalist)

Itinerary & Schedule

- 9 a.m. – Depart LSC
- 11:15 a.m. – Arrive at Cumberland Falls State Park
- 11:30 a.m. – Lunch
- 1 p.m. – Presentation by State Naturalist
- 2 p.m. – Gift shop, trail walk and driving tour
- 4 p.m. – Depart from Cumberland Falls State Park
- 6 p.m. – Arrive Lexington



October

Keeneland – October 20

Cost: \$15 – includes van transportation, admission, grandstand seating and program.

Schedule:

- 11:30 a.m. – Depart LSC
- 1 p.m. – First race begins
- 5 p.m. – Arrive at LSC



November

LaComedia “A Christmas Carol”

Friday, November 11

Cost: \$75 includes motor coach, buffet luncheon, matinee admission and driver gratuity

Schedule

- 8:30 a.m. – Depart LSC
- 11 a.m. – Arrive at LaComedia
- 11:15 a.m. – Luncheon buffet
- 1 p.m. – Matinee performance begins
- 3:30 p.m. – Matinee performance end
- 3:45 p.m. – Depart LaComedia
- 6 p.m. – Arrive at LSC



Don't delay! Sign up for the LaComedia trip as soon as possible. A final count is due by October 1, 2016.

Annual outlet mall shopping trip to The Outlet Shoppes of the Bluegrass

Tuesday, November 15

Cost: \$15 – includes van transportation and snacks

Schedule:

- 9 a.m. – Depart LSC
- 10:15 a.m. – Arrive at outlet mall
- 1:15 p.m. – Depart outlet mall
- 1:30 p.m. – Arrive at Cracker Barrel (lunch on your own)
- 4:15 p.m. – Arrive at LSC



December

Galt House and Mega Cavern

Lights – more information to come!

GENERAL TRIP INFORMATION

Sign-ups for day trips are ongoing on a first-come, first-served basis until full so don't delay and register now at the LSC. **We are only able to accept checks or money orders, no cash accepted. Please make checks payable to LSC Travel.** Payment must be made at the time of sign-up to guarantee your slot. Spaces will not be held without payment. **Itinerary times are approximate and subject to change as needed.**

Extended Trips for 2016

**European River Cruise
The Magical Rhine**

September 24 – October 2

Price starts at \$4,400 and goes up depending on deck section and occupancy.



Extended Trips for 2017

Alaskan Cruise and Land Tour

June 2017

Pricing and information to be determined – more information to come.

Savannah and Outlying Areas

Motor coach trip

March 2017 – more information to come.

News You Can Use!



August Movie Matinee

This month's movie matinee will be Wednesday, August 10, at 12:15 p.m. in the activity rooms.

Join us for a great movie with popcorn and drinks!

Call the Lexington Senior Center front desk at 278-6072 for information on this month's movie selection.



We hope to see you there!

8-Week Chair Yoga Class to Begin

On Thursdays, beginning August 4, from 1–2 p.m., join us for an eight week long chair yoga class!



Modified yoga poses are performed while seated in a chair. You get all the benefits of yoga-improved muscle tone, better breathing habits, stress reduction and overall improved sense of well-being.

News From The Nutrition Site

Hi everyone!

The word for this month is BALANCE.

If you recall, in the spring I wrote to you about your spiritual garden. I was asked to revisit this topic. I pondered all that has happened so far during these summer months. I realized how overlooked I have felt with the bombardment of information from the media, politics, extreme weather, violence, disease and sickness, economic fluctuation, etc. It seems there is hardly ever a break from being overwhelmed by events, issues, concerns, risks, changes and on it goes. Just as we must maintain equilibrium in our physical bodies to remain healthy, we have to be mindful of our mental, emotional and spiritual health, as well. I encouraged you in the spring to maintain your spiritual garden, to water your seeds and pull your weeds. It is the balance of sunshine, water, fertilizer, and maintenance that keeps a food garden growing. My encouragement to you this month is to focus on striking the balance of what you allow into your hearts and minds, what you spend your time thinking about or worrying about. There is so much negativity that can bring you down and so many things over which we can feel we have no control. I challenge you to focus on what you can control...your own thoughts and behaviors. Remember the Serenity Prayer: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Embrace and face the remainder of this summer filled with faith, hope and love. ~ Emily Dahlman



Satellite Centers News



The Senior Center at Charles Young Center

540 E. Third Street
Hours: 9 a.m.–1 p.m.
Mondays, Wednesdays and Fridays
Phone: (859) 246-0281
August 2016

Tai Chi: This class helps the participant focus on breathing, posture, and strengthening and lengthening muscles.

Wednesdays & Fridays 12:15–1 p.m.

Bodies in Balance: Physical fitness for those who wish to improve muscle tone and flexibility.

Mondays, Wednesdays & Fridays 9:30–10:30 a.m.



Pickleball: Join in this fun doubles game. It is a combination of racquetball, Table Tennis, badminton, tennis and squash.

Fridays from 11 a.m.–noon

Gym Walking: walk in a controlled atmosphere,
Wednesdays from 9:15–10:30 a.m.

Tablet Classes: Classes have been temporarily suspended during the summer. However, if you would like to schedule in some one-on-one time with a volunteer, contact Katherine at 246-0281.



Line Dancing: (Beginners) Come out for this fun-filled class that is sure to keep you moving. Instructor: Tess Morton, **Wednesdays, 11:15 a.m.–noon**

Elder Crafters at Black and Williams Center

498 Georgetown Street
(859) 252-1288

This program operates Monday–Thursday from 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.

Chair Yoga – Monday and Wednesday at 10 a.m.

Ceramics – Tuesday and Thursday, all day

Please call for a full list of activities and a calendar of events!

Water Fitness YMCA

Call the Bell House for more information at (859) 233-0986.

Last day at Picadome Pool
Friday, August 12 12:15–1:15PM

First day at Tates Creek Pool
Monday, August 15 2:00–3:00PM



Bell House
545 Sayre Avenue
859-233-0986

Contact Martha McFarland, at the Bell House, for Parks & Recreation activities.



LEXINGTON
Senior Center

Aging Services
Lexington Senior Center
200 E. Main St.
Lexington KY 40507

Return Service Requested

Mission Statement

The Lexington Senior Center is a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence and encourage their involvement in the community.

Participant's Council Meeting

August 3, 2016
at 10:30 a.m. in the APR.

All participants are
welcome to attend.

Participants will meet and discuss
what is happening at the Center.

Dates to Remember

- 8/3 – Participant's Council Meeting
- 8/10 – Movie Matinee
- 8/18 – History Class Resumes
- 8/24 – Commodities Distribution
- 8/24 – AARP Meeting at 12:30 PM



**August 7: I Know Sunday Sessions with Pete Alberti,
Understanding your Medicare Options
2:00-4:00PM
Second Presbyterian Church, Forum Room
460 East Main Street, Lexington, KY**

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