

July & August 2016

Bell House Activities

Monday Club - 11:30 am
Noon - Program

Art Class - 9 am, Tuesday

Piano Lessons -

9 am - Tues.; Noon, Thurs.

**Bell House Troubadours
Choral Group** -

Tuesday, 10 - 11 am

Chair Yoga -

2 pm, Tuesday & Thursday

No Chair Yoga - July 7, 12 & 14

Bodies in Balance -

9:30 am, Wednesday

July Classes @ Bell House, August, Sep-
tember, October Classes @ Charles
Young Center

Bridge -

9-11:30 am, Wednesday

Bridge Lessons/Instruction

11:30 - 12:30 pm, Wednesday

**Bell House Beaus &
Belles Hand Bell Group** -

10 am, Thursday

Ceramics -

10 am & 1 pm, Thursday

Advanced Line Dance -

9 am, Friday

Intermediate Line Dance

10:30 am, Friday

Bridge - 12 pm, Friday

Strider's Walking Club

Fayette Mall Food Court

9:30 - 10:30 am, Wednesday

July 13 & August 10

AARP Driver Safety -

11:30 am - 4:00 pm, July 13

Water Fitness -

Last day at Picadome -

**Friday, August 12 ~12:15 - 1:15
pm**

First day @ Tates Creek -

Monday, August 15 - 2 to 3 pm

**Mon. through Fri. from 2 to 3 pm
through Fri., Sept. 1**

*Class moves back to YMCA in
mid-September.*

Parks & Recreation

Senior News

July & August 2016

**PARKS
& RECREATION
LEXINGTON, KY**

SENIOR ADULT PROGRAMS

Programs offered by Parks & Recreation strive to keep seniors
active and healthy through recreational and social activities.

Classes for senior adults, 60 and older offered at
the Bell House are FREE.

Benefits of Leisure Activities for Senior Adults

Socialization through classes/activities/travel

Creative Expression opportunities through classes/activities

Improved physical well being through exercise/walking programs

Develop sportsmanship for cards and other games with rules

Volunteer opportunities available

Travel Experiences (in local area, by van, by motor coach, within
country and out of the country) for individuals and groups to see
sights and enjoy locations and fellow travelers

SAVE YOUR NON-RECYCLABLE CAPS & LIDS

*The Bell House is trying to collect at least 200 pounds of caps & lids
to commission a bench for the porch at the Bell House. Thus far,
we have collected about 100 pounds of caps & lids. Since these
caps & lids are non-recyclable and would just take up space in the
landfill, why not help out by collecting these items for us? A list of
acceptable caps & lids is available upon request.*

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**Living with Aging Discussion & Support Group  
Wednesday, July 6, 13, 20, 27 - 1 to 2 pm**

**Join us to discuss your issues & concerns about Aging!**

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SUMMER WATER FITNESS CLASSES

The last day of water fitness at Picadome Pool will be on Friday, Au-
gust 12. Class will move to Tates Creek Pool starting Mon., August
15 and continue until Fri., Sept. 1 ~ 2 to 3 pm. Hope you join us!!

Bell House

545 Sayre Avenue
Lexington, KY 40508
Martha McFarland
859-233-0986

mmcfarla@lexingtonky.gov

Recreation Office

545 N. Upper St.
Lexington, KY 40508
859-288-2900

www.lexingtonky.gov/parks

Mission

Statement

*To provide high
quality park
land, facilities,
open space and
to efficiently
facilitate
programs, events
and services,
promote wellness
and quality of life
for all.*

Updated Trip/Travel Policy

If you haven't complete an Individual Registration Form for 2016, please do so ASAP. It is important that we have the most current medical information about you on file for your safety at our facilities and on the trips. The form is mandatory before you can participate in our trips. A completed form also keeps your name on our mailing list. If you need a form, have questions or need more information please email mmcfarla@lexingtonky.gov. or call 859-233-0986.

Extended Trips

August 15-19 -Wisconsin Dells - \$900 double occupancy
December 6-8 -French Lick Resort & Casino - \$450 double occupancy

2017

April 20-May 2, 2017 - SPAIN & PORTUGAL

Details announced @ Travel Presentation

Wednesday, July 20 - 2 pm @ Bell House!

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*Lexington Senior Center  
1530 Nicholasville Road @ 278-6072  
Contact Martha Duncan for activities and to sign up for LSC travel programs.*

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Day Trips

The following day trips are scheduled for the rest of the year. Others will be added as the details are confirmed. Itineraries for July & August trips are included in this newsletter. Other itineraries available upon request.

~**Thursday, July 21-Jack Entertainment (formerly Horseshoe Casino) in Cincinnati - \$30 - includes motor coach transportation, driver gratuity & \$15 in free play**

~**Tuesday, August 23 -Kentucky State Fair - Louisville - \$40**

~**Wednesday, September 28 -Hallelujah Girls @ Derby Dinner - \$60**

~**Thursday, October 27 - Million Dollar Quartet @ LaComedia - \$70**

~**November 15-18 - Pigeon Forge, TN - \$400 per person/double occupancy - \$450 per person/single occupancy Itineraries available upon request.**

~**Tuesday, November 29 - Honky Tonk Angels @ Derby Dinner - \$60**

Payment for Trips - Checks or money orders should be payable to Bluegrass Senior Citizens.

***Trip Departure Location Change**

Parks & Recreation Trips will now depart from Picadome (Parks & Recreation Administrative Offices) @ 469 Parkway Drive - off South Broadway/Harrodsburg Road (turn between Lexington Clinic & The Campbell House where swimming pool & golf course are located.)

Bell House Programs - Temporary Relocation

During the months of August, September & October BELL HOUSE PROGRAMS will be relocating to CARVER CENTER, 522 Patterson Street - from Broadway turn on Pine Street, then left on Dunaway Street and left on Patterson. We will be visiting the Carver Center for tours and directions on Monday, July 11, 18 and 25 leaving Bell House @ 2:00 pm. Please call the Bell House to reserve your space for this tour.

The **AARP Driver Safety Course** is the nation's first and largest classroom refresher course designed especially for drivers 50 and over. Your insurance company may give you a discount on your vehicle insurance once you have completed the class. For your convenience, we have scheduled the following Wednesday sessions at the Bell House: 7/13, 11/9 @ 11:30 am to 4:00 pm. You only need to sign up for one session. Pack a sandwich and join us. Price is \$15 for AARP members and \$20 for non-members - payable to AARP on the day of class. Call Bell House @ 233-0986 or 402-3118 for more information and to sign up.

BELL HOUSE MONDAY CLUB
Non-member Reservations required for all provided luncheons.

Monday, July 4 - 4th of July Holiday - Bell House will be closed!

Monday, July 11 - Bring a sack lunch and enjoy a musical performance by Kelly Casey.

Monday, July 18 - Bring a sack lunch and hear an informative talk by Ken Schutz.

Monday, July 25 - Hot Buffet luncheon provided by KY One Health and an informational talk on Fall Prevention. July Birthdays will be celebrated.

Meeting will be at Carver Center in Aug.

Monday, August 1 - Bring a sack lunch and enjoy a reenactment with audience participation on **1833 The Cholera Epidemic** by Terry Foody.

Monday, August 8 - Hot buffet lunch & health topic by The Willows. Bring a donation for the Salvation Army.

Monday, August 15 - Bring a sack lunch & enjoy a program TBA.

Monday, August 22 - Bring a sack lunch and have hands-on experience in CPR/AED & Basic First Aid.

Monday, August 29 - Monthly Potluck - Bring a dish to feed at least six people. August Birthdays will be celebrated.