

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

September 2016

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Lexington Senior Center

195 Life Lane
Lexington, KY 40502
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

***Information &
Assistance***

Community Resources

Jennifer Garland
Social Worker
278-6072

Melissa Stiff
Social Worker
278-6072

Amanda Patrick
Social Worker
278-6072

Recreation & Travel

Martha Duncan
278-6072

Jode Rose
278-6072



THANK YOU!

Thank you all for your patience and understanding during this period of transition to the new Lexington Senior Center. At the time of this publication, we do not know the official opening date of the new center. Please call us with any questions about the schedule in the coming weeks. We will do our best to keep you as informed as possible.

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.

SEPTEMBER ACTIVITIES

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

Carolyn's Corner Book Club

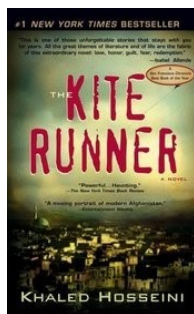


Note: Due to the move to the new Senior Center the dates are to be determined. Please call the Lexington Senior Center for update.

The book club will read and discuss *The Kite Runner* by Khaled Hosseini on. The book club regularly meets on the first and third Thursday of each month and is open to all.

Amir is the son of a wealthy Kabul merchant, a member of the ruling caste of Pashtuns. Hassan, his servant and constant companion, is a Hazara, a despised and impoverished caste. Their bond is torn by Amir's choice to abandon his friend amidst the increasing ethnic, religious, and political tensions of the dying years of the Afghan monarchy, wrenching them far apart. But so strong is the bond between two boys that Amir journeys back to a distant world, to try to right past wrongs against the only true friend he ever had.

The Kite Runner is an unforgettable, heartbreaking story of this unlikely friendship. It is a beautifully crafted novel set in a country that is in the process of being destroyed. It is about the power of reading, the price of betrayal, and the possibility of redemption; and an exploration of the power of fathers over sons—their love, their sacrifices, their lies.



A sweeping story of family, love, and friendship told against the devastating backdrop of the history of Afghanistan over the last thirty years, *The Kite Runner* is an unusual and powerful novel that has become a beloved, one-of-a-kind classic.

OLLI Forum Resumes

September brings with it football season, cooler temperatures and the return of the OLLI Forum at the Lexington Senior Center.

Please join us Thursday afternoons from 1:15 – 2:30 p.m.

Call the Lexington Senior Center for schedule of dates

If you are 60 or older, a resident of Fayette County and wish to participate in the Senior Center activities, please fill out a registration form at the front desk.

CRAFT CLASS

Join us

October 14 at 9:30 a.m.

for a fall craft class!

Space is limited so please sign up at the front desk to reserve a spot.

We are in need of yarn donations.



Our needlework group uses the yarn to make winter hats for chemo patients in area hospitals.

Please see Martha or Jode for donations.

Want to help out the environment and the Senior Center?

If you have plastic bags at home, we can use them for bread and commodities!

Drop off any extras at the front desk.



SEPTEMBER ACTIVITIES

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

Commodities Distribution **Wednesday, September 28, 2016**

Please mark your calendars!
Commodities will be distributed on
Wednesday, September 28, 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**



Why do we celebrate Labor Day?

Labor Day, according to the Department of Labor, is celebrated on the first Monday of September and honors the American labor movement and the contributions workers have made to the strength, prosperity and well-being of our country. The first Labor Day was celebrated on Tuesday, September 5, 1882 in New York City. In 1894, the first Monday was selected as the annual holiday.

Some debate exists as to the founder of Labor Day. Some believe Peter McGuire first suggested the idea but others support the notion that Matthew McGuire is the true father of Labor Day.

Regardless of who founded it, Labor Day is an opportunity for rest for the American worker and is considered by some to be the beginning of the end of the summer. Take some time this Labor Day to rest and look back over your years of hard work and remind yourself how great it is to be retired! Happy Labor Day!



Find Your Balance

September is National Senior Center Month and the theme for 2016 is *Find Your Balance*. Every day seniors find balance and wellness at the Lexington Senior Center!

At the new senior center location, we will continue to offer opportunities for physical, emotional, and mental wellbeing to the seniors of Fayette County. We hope to see you all soon!

Simple Tips to Prevent Falls

- Keep Moving - regular exercise goes a long way in helping you prevent falls. Exercise at the senior center can help increase balance, strength, coordination, and flexibility
- Wear Sensible Shoes - high heels, flip-flops, and shoes with slick soles can make you slip, stumble or fall.
- Remove hazards from your home - remove rugs, cords, and boxes from walkways, move tables away from high traffic areas, immediately clean spills, and use a nonslip mat in your bathtub.
- Light up your living space - put a lamp within easy reach of your bed, use a nightlight in bathrooms and hallways at night, and turn on lights before going up or down stairs.
- Use assistive devices - if your doctor recommends using a cane or walker to keep you steady make sure you follow doctor's orders.

What is a service animal?

Service animals are trained to assist with lots of tasks like predicting a seizure, a drop in blood sugar or emotional support. It's important to remember the following about service animals:

- According to the Americans with Disabilities Act, a service animal is defined as *dogs (or miniature horses) that are individually trained to do work or perform tasks for people with disabilities*.
- Service animals are permitted to accompany people with disabilities in any establishment that provides services for the public.
- Service animals are working animals and therefore are not to be given attention as a pet would be given as their full attention needs to be directed towards their owner.



Emergency Preparedness Month

Don't Wait, Communicate. Make Your Emergency Plan Today

September is National Emergency Preparedness month, which serves as a reminder that we must all take the time to prepare, throughout the year, for emergencies.

- Create an Emergency Kit - make sure you have at least 3 days of water, food, and medications. Pack a flashlight and batteries, weather radio, important family documents and anything else you think you may need in an emergency situation.
- Develop a family emergency plan - decide where you might meet in the event of an emergency, decide how you will contact each other if you are separated, and discuss your plan to shelter-in-place if needed.
- Be informed - know what type of emergencies are likely to occur in Lexington.

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:

- 9:00 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 2017

Alaskan Cruise and Land Tour

June 2017

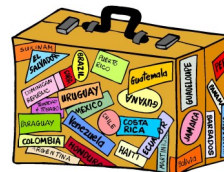
Pricing and information to be determined – more information to come.



Savannah and Outlying Areas

Motor coach trip

March 2017 – more information to come.



News You Can Use!



Save the Date

Start working on your costumes now!

The Lexington Senior Center will be hosting a spook-tacular Halloween Party on Friday, October 28 at 11 a.m.



Tickets will go on sale on October 3 and will be \$6 each.

Instant Artist Class

Are you interested in painting but don't know where to start? This is the class for you! Join us with instructor Rose for step-by-step instructions on painting a new masterpiece of your very own!

This month Rose will be teaching us to paint a beautiful fall scene. Make sure you sign up early to save a space.

**Wednesday, October 5
12:30 – 4:30 p.m.**

Cost: \$7 – includes all paints, paint brushes, canvas and step-by-step instruction!



Please see Martha or Jode. Sign ups begin as soon as activities resume in the new center. Space is limited and you must pay the admission fee before a spot can be held for you.

Check or money order only; we cannot accept cash.



We did it!
We reached our goal for our bench project with just over 425 pounds of bottle caps!
Thank you to everyone who helped us reach our goal!

News From The Nutrition Site

Hi everyone!

September is known as the harvest month. It is symbolic to me that we are beginning our journey in the new Senior Center this month. This new edifice is representative of several years of sowing thoughts, plans, arrangements, and agreements that has produced the harvest each of you now reap in the pleasure and benefits of a NEW Senior Center.



However, it is just a building, It is you, the participants, in harmony with the dedicated staff, who bring life, excitement and vitality to the atmosphere in the building. I encourage you in the spring to sow seeds of intention in your spiritual garden and to foster the growth of what you want to flourish in your life. Now that it is the harvest season, it is time to reveal the growth, health, inspiration and abundance of those planted seeds. Share the beauty and vitality of that growth you have experienced with others. Bring joy, excitement, kindness and compassion with you into this new and fresh environment. Make it a delightful, enjoyable, inviting and inspirational atmosphere for yourself and others.

Onward and upward!!! Blessings!

~ 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
September 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.

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**

Clay Jewelry Making – Create your own jewelry from clay. Wednesdays, 1–3 p.m. No experience necessary. All materials and tools provided. Cost \$1 per class. Contact Katherine to register.

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

Beaumont Branch:

9 – 10 a.m. Tuesdays/Thursdays

Loudon Branch:

1 – 2 p.m. Wednesdays/Fridays

For more information, contact Martha McFarland at 231-0986.



Bell House Parks & Recreation Activities

For more information, contact Martha McFarland at 231-0741.



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.

Alaskan Land & Cruise Trip
Travel Meeting



Join us Thursday,
September 22
at 2 p.m. for
information on our
2017 extended trip.

* Date is subject to change*

All information including pricing and
dates will be available on this day.

Dates to Remember

9/9 – Ribbon Cutting Ceremony-
10am at 195 Life Lane

9/15 – OLLI Forum begins
* subject to change*

9/28 – Commodities
Distribution

9/28—AARP Luncheon



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