



## 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

### Information & Assistance Community Resources

Jennifer Garland  
Social Worker

Melissa Stiff  
Social Worker

Amanda Patrick  
Social Worker

### Recreation & Travel

Martha Duncan  
Recreation Specialist

Jode Rose  
Recreation Assistant



### Thank You and Congratulations!

You have helped to make National Senior Center September 2016 a huge success by coming out to the ribbon cutting of your New Lexington Senior Center! The vision has finally come to fruition.

Now that we are officially open, it's time to prepare for our busy season.

- Medicare Part D enrollment begins on October 17th. Call to make your appointment with Melissa and review your prescription coverage.
- Remember that National Fire Prevention Week is October 9-15, let's all take time to improve the safety in our homes. Check your smoke detector batteries!
- FLU SEASON is upon us once again (please note the date in this issue when the FCHD nurses will arrive in the center to administer shots). Consult with your PCP and let's stay healthy and protected while we stay fit, get fit and stay connected and informed in our wonderful new center.

Keep Moving-Sean

# Halloween Party

Please join us for a howling good time! Friday October 28th!

We will have a costume contest for both men and women and door prizes!

Doors open at 11:00 a.m.

Cost: \$6.00

Tickets on sale October 3 - 14th

Lunch will be Wendy's Chili, crackers, cornbread and cookies for dessert.



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.

# ACTIVITIES

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

## Carolyn's Corner Book Club

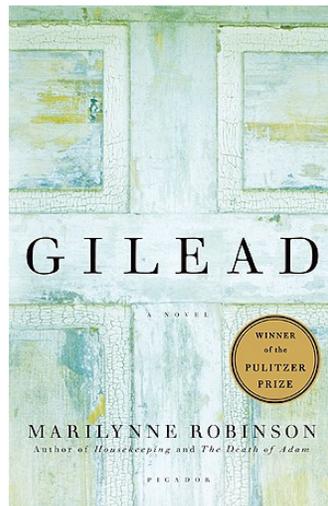


In October the book club will read and discuss **Gilead** by Marilynne Robinson on **October 6 and 20 at 10:00 am**

in the assigned room at the new Senior Center. The book club meets on the 1st and 3rd Thursdays of each month and is open to all.

*Gilead* by Marilynne Robinson is the 2004 Pulitzer Prize winning novel. It was ranked as the *New York Times* Top-Ten Books of that year and the winner of the National Book Critics Circle Award for Fiction.

**Gilead is an intimate tale of three generations, from the Civil War to the 20th century: a story about fathers and sons and the spiritual battles that still rage at America's heart. In the words of *Kirkus*, it is a novel "as big as a nation, as quiet as thought, and moving as prayer. Matchless and towering." *Gilead* tells the story of America and will break your heart.**



## News from the Nutrition Site

Happy Autumn!!!

I am so pleased to be in our new facility and even more pleased to see so many new participants. ☺ For those of you who are new, lunch is available 11:30am to 12:00pm Monday through Friday. Each meal provides 1/3 of the recommended daily nutritional requirement. I provide a menu at the beginning of each month (found at the front desk of the center) so our nutrition clients know what is being served each day. If you are interested in joining us, please contact me to schedule an appointment and I will assist you in completing an application and nutritional assessment for the program. As the temperatures turn cooler, a healthy and satisfying hot lunch meal at the center can warm you from the inside out and provide you energy to enjoy all the activities available throughout the day at the center. Enjoy a beautiful and blessed October!

### When and Why to use home care

30 minute talk and 15 minute Q&A with Jenny Breeding  
**Tuesday, October 18th**  
9AM-10AM in Classroom B

### Pickleball and Shuffleboard

You can sign out equipment for Pickleball and Shuffleboard. Just ask at the front desk! You will need to leave your keys or ID at the front desk when you check out the equipment - your items will be returned to you when you return the equipment.

### Attention Crafters!

We will be holding a craft fair during our Thanksgiving Party in November. If you are interested in participating and selling your crafts, please sign up at the front desk. The tables are free - just sign up for a table and start crafting!

### Medicare Overview & Update Session with Pete Alberti from Kentucky Health Solutions

Pete will be explaining the basics of Medicare, the benefits of Medicare Supplement and Medicare Advantage plans and will talk about Part D Prescription Drug plans.  
**Wednesday, October 12th 10AM-11AM**  
**in the Classroom**

# ACTIVITIES

Please refer to the calendar on pages four and five for all regularly scheduled activities.

## OLLI at UK Donovan Forum Series

### October 6 - Geology and Geologic Hazards of Kentucky - John Kiefer, Ph.D.

Kentucky is not the typical location you think of when you mention geologic hazards. Since the geology of Kentucky consists of nearly two thirds of the surface covered by soluble limestone, it sets up the conditions for major geologic hazards, but that's just a start. Come find out about Kentucky's hazards that cost millions annually.

### October 13 - Big Bold Goal: Bringing 10,000 More Families to Self Sufficiency by 2020 - Bill Farmer

The United Way of the Bluegrass advances the common good in Central KY. They help create opportunities for a better life for all as they strive to achieve the "Big Bold Goal". To achieve this, they are focused on four key pillars: Basic Needs, Student Success, School Readiness, and Financial Stability.

### October 20 - Broadcasting Today - Jack Pattie

Jack Pattie has been a Lexington radio host for 41 years. Come learn about broadcasting and the changes in the industry over the last 50 years!

### October 27 - Rethinking American Politics for a Nation and World in Crisis - Herbert Reid, Ph.D.

Dr. Reid will draw on the book he co-authored, *Recovering the Commons*, to offer critical language for persistent problems and new challenges for America and the world today. Corporate power and climate justice will be given special attention.

### 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**



### Flu Shots

The Lexington Health Department will be at the Lexington Senior Center administering Flu Shots.

The cost is \$30 cash or bring your health insurance card as the shot may be covered.

**Wednesday  
October 19th  
2:00 p.m. - 4:00 p.m.**



### CRAFT CLASS

Join us October 14 at 9:30 a.m. for a fall craft class!

**Sold Out  
Waiting List only**

### Medicare Part D Enrollment

Don't forget to review your prescription plan during open enrollment. There are several people that can help you with these decisions:

- You can contact Medicare directly by calling 1-800-MEDICARE.
- Contact the State Health Insurance Assistance Program (SHIP) by calling 1-866-516-3051.
- OR call Melissa Stiff at the Lexington Senior Center at (859) 278-6072

### Instant Artist Class

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

Cost: \$7 – includes all paints, paint brushes, canvas and step-by-step instruction!  
**Sold Out - Waiting list only**

# Fitness/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9 - Table Tennis 9:30 - Line Dancing 2 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging	10 - Table Tennis 12:30 - Chair Yoga 2 - Yoga	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1 - Zumba
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9 - Table Tennis 9:30 - Line Dancing 2 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging 2 - Drums Alive	10 - Table Tennis 11:30 - Beginners Yoga 12:30 - Chair Yoga 2 - Yoga	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1 - Zumba
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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<b>31</b>				
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	<p><b><u>Beginner's Yoga</u></b></p> <p>New to Yoga? This beginner class introduces participants to basic yoga postures with a focus on principles of alignment and breathwork. Students will be introduced to yoga postures through step-by-step verbal cues and demonstration. This practice will provide you with the opportunity to develop flexibility, balance and strength in a gentle and safe environment. Each class will end with a mindful relaxation phase. Students should bring a yoga mat to class, Standing poses may be used using a wall or chair for support.</p>			

## Fitness Room

We have a new fitness room filled with state of the art fitness equipment for you to use. Before being able to use this equipment you need to complete an orientation with one of our fitness instructors. The instructor will show you how to use each of the new exercise machines and ensure that you are safe while utilizing our fitness room. If you intend to use the equipment, please call to schedule your orientation soon!

## Move IT!

This 45 minute class will include both cardio and strength intervals. We will be standing for the entire class. Chairs will not be used. Take the challenge and improve your endurance, strength and balance skills!

## Introduction to Drums Alive

Enter a new dimension of fitness! A fun 50-minute class using stability balls and drumsticks that combines the body benefits of traditional physical fitness programs with the brain benefits of music and rhythm. Classes will be taught both seated or standing. A great workout for mind, body and spirit! (4 week class begins Wednesday Oct 19 2:00-2:50 limited to 12 participants sign up front desk)

# Activity/Socialization Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
8:30 - Adult Coloring 9 - Needlework 11:30 - Bid Euchre 12:30 - Bridge 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	10 - Participant's Council Noon - Ceramics Noon - Adult Coloring	10 - Bingo 10 - Book Club 11 - History Class 1 - Hand & Foot 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
8:30 - Adult Coloring 9 - Needlework 9 - Diabetic Support 11:30 - Bid Euchre 12:30 - Bridge 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	10 - Duplicate Bridge Noon - Ceramics Noon - Adult Coloring 12:30 - Movie Matinee	10 - Bingo 11 - History Class 1 - Hand & Foot 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	Noon - Ceramics Noon - Adult Coloring	9:30 - Pottery 10 - Bingo 10 - Book Club 11 - History Class 1 - Hand & Foot 1 - Pottery 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	10 - Duplicate Bridge Noon - Ceramics Noon - Adult Coloring	9:30 - Pottery 10 - Bingo 11 - History Class 1 - Hand & Foot 1 - Pottery 1:15 - Olli Forum	10 - Family Stories 11 - Halloween Party 12:30 - Art Class 2:30 - Friday Friends
<b>31</b>				

## Italian Appreciation

Join us for a 5 week educational program on the Italian language. This class will be held in classroom B from 1:00 p.m. - 2:15 p.m. through the month of October.

## Pottery Classes

Beginning Pottery - Come and learn how to make pottery using clay and a pottery wheel! You will learn how to "throw", form and glaze your very own piece of pottery. **You must sign up to attend** 6 week classes beginning October 17<sup>th</sup>  
 Mondays (two separate classes)  
 9:30 - noon and 1-3:30  
 Thursdays (two separate classes)  
 9:30 - noon and 1-3:30

## Card/Game Area

The card/game area on the second floor is open and available for use unless there is an activity scheduled. If there is a card game scheduled there will be a "reserved" sign on the tables.



# Travel Information

**October**

**Keeneland** – October 20

**SOLD OUT**

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



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

**Bluegrass**

Tuesday, November 15

**SOLD OUT**

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**

**It's a Wonderful Life at the Woodford Theatre**

Sunday, December 4

Cost: \$25 - includes van transportation and matinee admission

**Schedule:**

1:00 p.m. - Depart LSC

1:30 p.m. - Arrive at Woodford Theatre

2:00 p.m. Matinee Performance

4:45 p.m. - Depart Woodford Theatre

5:15 p.m. - Arrive at LSC

**Galt House and Mega Cavern Lights**

Wednesday, December 14

Cost: \$75 includes small coach transportation, dinner, admission to KaLightoscope Christmas, Lights under Louisville and driver gratuity)

**Schedule:**

1:00 p.m. - Depart LSC

2:30 p.m. - Arrive at Galt House

2:45 p.m. - KaLightoscope Christmas

5:00 p.m. - Dinner

6:45 p.m. - Lights under Louisville

9:30 p.m. - Arrive at LSC(

all times are approximate and subject to change as needed)

**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**



**Historic Savannah & Jekyll Island**

March 20 - 24, 2017

Pricing is \$1065 per person for double and triple

occupancy and \$1390 for single occupancy

Includes motor coach transportation four nights

accommodations, all touring, admissions,

entertainment and activities.

**Alaskan Cruise and Land Tour**

June 6 - 18, 2017

Pricing starts at \$5100 per person, double occupancy

\$7700 single occupancy

Includes flight, seven night cruise and five night

accommodations, many tours, activities and

entertainment opportunities.

**For more information, contact**

**Martha Duncan**

278-6072 or mduncan@lexingtonky.gov

**Jode Rose**

278-6072 or Srose@lexingtonky.gov

**Historic Savannah and Jekyll Island  
Travel Meeting**

Please join us for a travel meeting, at the Lexington Senior Center, on Friday, October 14th at 2 p.m. for more information on this exciting trip!

We hope to see you there!

# 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:** 246-0281

**Tai Chi:** This class helps the participant focus on breathing, posture, and strengthening and lengthening muscles. **Wednesdays & Fridays 12:15 p.m.-1:00 p.m.**

**Bodies in Balance:** Physical fitness for those who wish to improve muscle tone and flexibility. **Mondays, Wednesdays and Fridays 9:30 a.m -10:30 a.m.**

**Pickleball:** Join in this fun doubles game. It is a combination of racquetball, table tennis, badminton, tennis and squash. Played in the gymnasium with a wiffleball and wooden paddles. **Fridays from 11:00 a.m. - 12:00 noon.**

**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. – 12 noon**

**Tablets –** Would you like to know how to use a computer tablet or laptop to find resources and information. Need help sending emails or navigating Facebook? If so, call the center to schedule an appointment. Classes are offered every Monday from 10:30 a.m. to 12:30.

**Interested in Volunteer Opportunities at the Baptist Health Hospital?** Come out for a short information session on Wednesday, Oct. 5 (10:45 am – 11:10). A representative from the hospital will be here to talk about volunteer opportunities and answer any questions.

**Medicare Session –** Do you have questions regarding Medicare? Are you getting the most out of your Medicare benefits? Stop in this session to talk to a Care Source Rep, Willy Fogle, to make sure you are getting the help you need . **October 17 from 10:45 - 11:15**

## 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 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.

### **All Participants**

If you are a new participant - please make sure you complete a registration form, get your key fob so you can sign in, and pick up your name tag at the front desk!

If you were a participant at the old senior center, please stop by the front desk and complete a new registration form. We want to start fresh and make sure we have updated information on everyone.

Thank you!

### **Dates to Remember**

- 10/5 - AARP Driver Refresher Course
- 10/5 - Instant Artist (must sign up)
- 10/12 - Medicare Review
- 10/12 - Movie Matinee
- 10/14 - Craft Class (must sign up)
- 10/17 - Medicare Part D open enrollment  
(call for an appointment)
- 10/19 - Flu Shots
- 10/19 - Home Care Talk
- 10/26 - Commodities Distribution

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