

November & December 2016

Bell House Activities

Bluegrass Senior Citizen's

Monday Club -

11:30 am-Lunch/Noon-Program

Art Class - 9 am, Tuesday

Piano Lessons -

8:30 am - 1:30 pm - Tuesday

12:30 - 2:00 pm - Wednesday

8:30 am - 12:30 pm - Thursday

Troubadours Choral Group -

Tuesday, 10 - 11 am

Chair Yoga -

2 pm, Tuesday & Thursday

Bridge -

9:00 am -12:00 pm, Wednesday

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

November 9 & December 14

AARP Driver Safety -

11:30 am - 4:00 pm

November 9

2017 -

Driver Safety Course Dates:

Wednesdays - 3/9, 5/11,

7/13, 9/14, 11/9

Water Fitness -

Beaumont YMCA

Tues. & Thurs. - 9 to 10 am

Last class of 2016 December 15

January 10

class resumes after holidays

North YMCA -

Loudon Avenue

Wed. & Fri. - 1 to 2 pm

Last class of 2016 December 16

January 11

class resumes after holidays

Parks & Recreation
Senior News
November & December 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

***WELCOME BACK TO
BELL HOUSE!
BELL HOUSE PROGRAMS &
ACTIVITIES WILL RETURN
TO THE BELL HOUSE ON
MONDAY, NOVEMBER 7, 2016
STARTING @ 8 AM!
WE REALLY HOPE TO SEE
YOU THERE!***

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 completed an Individual Registration Form, 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. (We have lots of great activities/trips available for your enjoyment. Be in the know!) If you need a form, have questions or need more information please contact Martha McFarland via email @ mmcfarla@lexingtonky.gov. or call 859-233-0986.

Extended Trips

December 6-8 -French Lick Resort & Casino - \$450 double occupancy - limited space available

2017

April 20-May 2 - Spain & Portugal - \$4370 double or triple occupancy

Additional extended trips for 2017 are in the planning stages. If you have a suggestion, please let us know. We are always open for new and exciting places to travel.

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Lexington Senior Center

1530 Nicholasville Road @ 278-6072

Contact Martha Duncan for LSC Activities.

**Day Trips**

*The following day trips are scheduled for the rest of the year. Others will be added as the details are confirmed. Trip itineraries not included in this newsletter are available upon request.*

~November 15-18 , 2016

**20th Annual Trip to Tennessee -**

**\$400 per person/double occupancy**

**\$450 per person/single occupancy**

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

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

DAY TRIPS WILL RESUME IN MARCH OF 2017!

**\*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 Holiday Closings**

**Bell House will be closed:**

**Nov. 24 & 25 - for Thanksgiving**

**Dec. 23 & 26 - for Christmas**

**Jan. 2, 2017 - New Years Day**

**Enjoy the holidays with friends & family!**

**PLEASE CONTINUE TO SAVE YOUR NON-RECYCLABLE CAPS & LIDS**

*We have acquired our first bench made from non-recyclable caps & lids. It is a very sturdy bench and located on the back porch of the Bell House. We are continuing to collect caps & lids for another project in the future. We need 400 pounds of caps per project.*

*Thanks to all the senior adults and outside groups that helped us with this unique project. 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.*

**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 session at the Bell House: **Wednesday, 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. (The next class is scheduled for March 8, 2017.)

**BELL HOUSE MONDAY CLUB**

***Non-member Reservations required for all provided luncheons.***

**Monday, November 7** - Bring a sack lunch and enjoy musical entertainment by Mr. Harley Cannon.

**Monday, November 14** - Bring a sack lunch and enjoy musical entertainment by Bell House Beaus & Belles.

**Monday, November 21**- Bring a sack lunch and "mad money" to buy some treasures @ the MC Yard Sale. A nutritional talk will also be presented.

**Monday, November 28** - Hot Thanksgiving luncheon provided by The Willows. Bring a food donation for the Salvation Army. November Birthdays will be celebrated. A special dedication is also scheduled.

**Monday, December 5** - Bring a sack lunch and enjoy musical entertainment by Mr. Ron Wilburn.

**Monday, December 12** - Christmas luncheon provided by The Lantern @ Morning Pointe. Musical entertainment provided by Loren Tice & Lee Patrick.

**Monday, December 19** - Bring a sack lunch and enjoy musical entertainment by the Bell House Troubadours. Bring a \$5 wrapped gift for the "Naughty Santa" game. Holiday cookies are also needed. December birthdays will be celebrated.

**Monday, December 26** - No Club Meeting Bell House closed.

*In order for our staff members to have a few days off as well as enjoy the holidays, Bell House Activities, Classes & Trips do not meet from December 20 - January 2.*