Join us for a celebration of the life of Dr. Martin Luther King Jr.

Friday, January 13 at 1 p.m.
Classroom B

Light refreshments will be served.
Please sign up at the front desk.

Martin Luther King Day

2017

New is the year;
New are the hopes;
New are your dreams;
New are the spirits;
and new are our warm wishes
just for you.
Have a promising and fulfilling New Year!

From the staff of the Lexington Senior Center

Keep Moving ~ Sean Wright

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.
Carolyn’s Corner Book Club

*The Book Club will not meet in January.* In February we will read and discuss *The Nightingale* by Kristin Hannah on February 2 and 16 at 10 a.m. in the conference room on the second floor. The book club meets on the first and third Thursday of each month and is open to all.

In France, 1939 in the quiet village of Carriveau, Vianne Mauriac says goodbye to her husband, Antoine, as he heads for the Front. She doesn't believe that the Nazis will invade France … but invade they do, in droves of marching soldiers, in caravans of trucks and tanks, in planes that fill the skies and drop bombs upon the innocent. When a German captain requisitions Vianne's home, she and her daughter must live with the enemy or lose everything. Without food or money or hope, as danger escalates all around them, she is forced to make one impossible choice after another to keep her family alive.

Vianne's sister, Isabelle, is a rebellious eighteen-year-old girl, searching for purpose with all the reckless passion of youth. While thousands of Parisians march into the unknown terrors of war, she meets Gäetan, a partisan who believes the French can fight the Nazis from within France, and she falls in love as only the young can … completely. But when he betrays her, Isabelle joins the Resistance and never looks back, risking her life time and again to save others.

With courage, grace and powerful insight, bestselling author Kristin Hannah captures the epic panorama of WWII and illuminates an intimate part of history seldom seen: the women's war. *The Nightingale* tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France – a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women. It is a novel for everyone, a novel for a lifetime.

Volunteer Opportunities at the Lexington Senior Center

We are in need of volunteers to help us with the following duties at the Lexington Senior Center.

- Care for our indoor plants. If you have a green thumb and would like to help us out, let us know!
- Help fold the monthly newsletters.
- Deliver commodities (supplemental food program) monthly. Must have your own transportation.
- Assist commodities clients to their cars with their food.

If you are interested in any of the following volunteer opportunities, please contact Amanda Patrick for more information at (859) 278-6072.

Now You Know

This is an educational session of new presenters and topics each month.

If you are a veteran come and learn about the VA healthcare system with a local VA Hospital representative. Learn how to enroll, what your benefits are, and the costs associated with care.

Wednesday, January 18
10:30 – 11:30 a.m.
Classroom B at the Lexington Senior Center

Movie Matinee

Tuesday, January 24
12:30 p.m.

Please join us for a movie and popcorn.
**ACTIVITIES**

Descriptions of new activities that require sign-ups. These classes will run in set sessions and will be added at various times throughout the year. Please continually check the newsletter and the information boards at the Center for dates and times. These classes all require signing up at the front desk. Class size is limited and fill up quickly.

**Beginning Pottery**  
Instructor: Corey Shultz  
Mondays, December 5 – January 16  
9:30 – 11:30 a.m. (FULL)  
1 – 3 p.m. (FULL)  
Thursdays, December 8 – January 12  
9:30 – 11:30 a.m. (FULL)  
1 – 3 p.m. (FULL)  
Fridays, December 30 – February 3  
9:30 – 11:30 a.m. (FULL)  
1 – 3 p.m. (FULL)  
Monday, February 6 – March 13  
9:30 a.m. – noon  
1 – 3:30 p.m.  
Thursdays, February 9 – March 16  
9:30 a.m. – noon  
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.

**Beginning Ceramics/Hand Building**  
Instructor: Corey Shultz  
December 13 – January 17  
Noon – 2 p.m. (FULL)  
Tuesdays, February 7 – March 14  
Noon – 2 p.m.  
Thursdays, February 9 – March 16  
1 – 3 p.m.  
Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire them in a kiln. Expect to take home 3 to 4 pieces.

**Water Color Painting**  
Instructor: Corey Shultz  
Wednesdays, December 14 – January 18  
9:30 – 11:30 a.m.  
Wednesdays, February 8 – March 15  
9:30 – 11:30 a.m.  
Come and experiment with the watercolor painting process. You will learn watercolor techniques and will be given hands on demonstrations. Students can expect to walk away with 1 to 2 finished paintings.

**Pottery II**  
Instructor: Corey Shultz  
Fridays, February 10 – March 17  
9:30 a.m. – noon  
1 – 3:30 p.m.  
This is a continuation of beginning pottery. Come advance your skills and learn new ones. Students must have taken beginning pottery to sign up for this class.

**Small Group Training-4 weeks**  
Instructors: Anne Graff and Anne Merchant  
Tuesday, February 7 – February 28  
1:30 p.m. – 2:30 p.m.  
2:30 p.m. – 3:30 p.m.  
3:30 p.m. – 4:30 p.m.  
During this 4 week session in our fitness center, participants will work in small groups to receive a personal workout plan that includes free weights, kettle bells, stability balls, fitness center machines and more. Sign up at the front desk. You may only register for one session.

**Charcoal**  
Instructor: Corey Shultz  
Wednesdays, February 8 – March 15  
Noon – 2 p.m.  
Learn how to make your very own charcoal drawings. Students will be taught the basics of drawing objects and people.

**Sew Much Fun**  
Instructor: Chris Cull  
Mondays, January 30 – March 13  
10 a.m. – noon OR  
1 – 3 p.m.  
Learn or renew your basic sewing skills. Students will be sewing a fun beginner project as well as learn basic sewing machine skills.

**Sew Much Fun II**  
Instructor: Chris Cull  
Thursdays, February 2 – March 16  
10 a.m. – noon OR  
1 – 3 p.m.  
This is a continuation of Sew Much Fun I and students will continue to build on their skills and work on projects for themselves and also a community service project.

**Pastels Still Life**  
Instructor: Corey Shultz  
Wednesdays, December 14 – January 18  
Noon – 2 p.m. (Full)  
Learn how to make oil pastel drawings by direct observation. There will be two different, colorful still life drawings that you will be able to take home.
# Fitness/Exercise Calendar

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### Indoor Walking Program

The perimeter of the multipurpose room and the dining room will be set up for an indoor walking track during the winter months.

**Mondays, Wednesdays and Fridays**

8 – 10 a.m.

**Tuesdays and Thursdays**

3 – 5 p.m.

(Note: Approximately 19 laps equals a mile.)

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### Fitness Center Schedule

Mondays, Wednesdays & Fridays

8 a.m. – 4 p.m.

Tuesdays & Thursdays 8 a.m. – 1 p.m.

*Hours are subject to change as needed.* You must complete an orientation to use the fitness equipment.

### Table Tennis Updates

The scheduled times have changed to Monday, Wednesday & Friday from 1:30 – 3:30 p.m.

If you have any interest in playing Table Tennis, please join us! We would love to have you!
# Activity/Socialization Calendar

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Please be sure to pick up your name badge at the front desk. Wearing your name badge is encouraged to assist participants and in getting to know each other!

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**Open Art Studio**<br>Open studio time for any painting. There will not be a scheduled instructor for this time. It is open for you to work on any paintings from another class.

**Brain Power Class**<br>Instructor: Elise Mendel<br>Four-week class<br>Wednesdays, January 11 – February 1<br>10 – 11 a.m.<br>Word and number games, tips and tricks to engage your mind during long winter months, Sudoku, card games, etc.

**If you are interested in playing Euchre, Canasta, Scrabble or Mexican Train at a regularly scheduled time during the week, please sign up at the front desk. We will schedule a time if we have enough interest!**
Travel Information

Extended Trips for 2017

Historic Savannah & Jekyll Island
SOLD OUT – on waiting list
March 20 – 24, 2017
Pricing is $1,065 per person for double and triple occupancy and $1,390 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 $5,100 per person, double occupancy and $7,700 single occupancy.
Includes flight, seven night cruise and five night accommodations including lodging and tour of Denali National Park. Other tours, activities and entertainment opportunities are included.

For more information, contact
Martha Duncan
278-6072 or mduncan@lexingtonky.gov
Jode Rose
278-6072 or srose@lexingtonky.gov

Do you have Suggestions?
Please complete one of our client satisfaction surveys located at the front desk. We would love to hear your suggestions! These surveys can be kept anonymous, if you prefer, or we can contact you with a response to your issue or suggestions.

Commodities Distribution
Wednesday, January 25
11 a.m. – 3:30 p.m.

AARP Driver Refresher Course
Date:
Monday, February 6
Time:
Noon – 4:30 p.m.
Cost:
$15 for members
$20 for non-members

Sign-up at the Lexington Senior Center front desk

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.
HAPPY NEW YEAR!!!
Do you have a favorite memory of a New Year from the past? If so, what made it special for you? When you reflect on this past year, what do you want to take forward into the New Year and what do you need to let go? We always seem to consider resolutions, setting goals or changing habits heading into a new year. These all have merit and are positive. This year my mind is thinking more of NEW BEGINNINGS for the New Year ahead. I believe one reason so many of us fail to make the desired changes in our lives is because we are still ruminating over the past. It may be past failures, past disappointments, thinking of people from our past who are no longer here, or even people who are still here but there is lack of a healthy relationship with them. These are things that can, and often do, hold us back from moving forward. My encouragement for you going into 2017 is to ponder what you need to release in your life. There is healing in releasing what or who no longer serves you in a positive way. When we let go of bad memories, resentments, unhealthy habits and negative relationships, then we make room for joy, peace, love, new opportunities, new people and overall abundance to enter into our lives in every way. This is my 2017 NEW YEAR CHALLENGE for you! Abundant blessings to each of you!! 😊  
~ Emily

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.
Wednesday & Fridays, 12:15 – 1 p.m.

Bodies in Balance: Physical fitness for those who wish to improve muscle tone and flexibility.
Mondays, Wednesdays and 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. Played in the gymnasium with a wiffleball and wooden paddles.
Fridays, 11 a.m. – 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. – 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, 10:30 a.m. – 12:30 p.m. Contact Katherine to register.

* The Charles Young Center will be closed during Fayette County school closings due to inclement weather. If the schools are on a 2 hour delay, the first class will start at 10 a.m. *

Bell House
Parks & Recreation Activities
For more information, contact Martha McFarland at 233-0986.

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.

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

Satellite Centers are closed January 2 for New Years Day and January 16 for Martin Luther King Jr. Day
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.

Winter Weather Policy
To ensure the safety of our participants, the Lexington Senior Center has an inclement weather policy. Whenever Fayette County Public Schools are cancelled due to the weather, all activities and classes will be cancelled. The nutrition site will not be serving lunch. The LSC van will not be picking up participants that day. If Fayette County Public Schools are on a delay, we will have activities as normal, but no transportation with the LSC van. The only exception to this policy is for a trip that has motor coach transportation. Be sure to tune into local radio and TV for cancellation announcements.
For more information, call 278-6072.

Dates to Remember
1/2 – Senior Center closed
1/4 – Participant’s Council meeting
1/13 – MLK celebration
1/16 – Senior Center closed
1/18 – Now You Know
1/24 – Movie Matinee
1/25 – Commodities Distribution

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