

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

February 2017

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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

Website

[www.lexingtonky.gov/
lexington-senior-center](http://www.lexingtonky.gov/lexington-senior-center)

For more information:

Lunch Reservations
Emily Dahlman

Information & Assistance
Community Resources

Jennifer Garland
Social Worker

Melissa Stiff
Social Worker

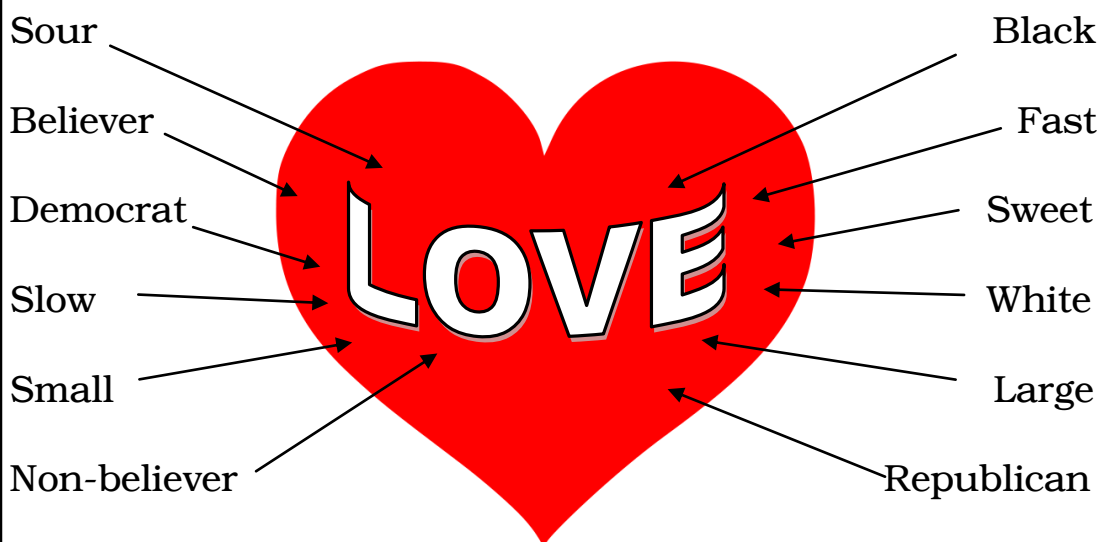
Amanda Patrick
Social Worker

Recreation & Travel

Martha Duncan
Recreation Specialist

Jode Rose
Recreation Assistant

If we allow love to remain at the center of our lives, it will inexplicably pull us all together.



Love truly is the compass that will guide us all to the common good.

Keep Moving Towards Love - Sean

Valentines Day Card Making

You are invited to join the Participant's Council in making Valentine's Day cards for the ladies at Ashland Terrace
Friday, February 10
9 – 11 a.m.
Art Room B



Valentine's Day Treats

Stop by the lobby on Valentine's Day and grab a sweet snack to celebrate the day. We will have punch and cookies.



11 a.m. – 1 p.m.

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 AND INFORMATION

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

Carolyn's Corner Book Club



The Book Club is currently reading and will meet 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.

The **March** reading, now being announced early, will be **The Burgess Boys** by Elizabeth Strout. The Burgess Boys will be discussed on March 2 and 16.

The Burgess Boys is Pulitzer-prize-winning (for *Olive Kitteridge*) Elizabeth Strout's newest work. Haunted by the freak accident that killed their father when they were children, Jim and Bob Burgess escaped from their Maine hometown of Shirley Falls for New York City as soon as they possibly could. Jim, a sleek, successful corporate lawyer, has belittled his bighearted brother their whole lives, and Bob, a Legal Aid attorney who idolizes Jim, has always taken it in stride. But their long-standing dynamic is upended when their sister, Susan—the Burgess sibling who stayed behind—urgently calls them home. Her lonely teenage son, Zach, has gotten himself into a world of trouble, and Susan desperately needs their help. And so the Burgess brothers return to the landscape of their childhood, where the long-buried tensions that have shaped and shadowed their relationship begin to surface in unexpected ways that will change them forever. With a rare combination of brilliant storytelling, exquisite prose, and remarkable insight into character, Elizabeth Strout has brought to life two deeply human protagonists whose struggles and triumphs will resonate with readers long after they turn the final page. Tender, tough-minded, loving, and deeply illuminating about the ties that bind us to family and home.



Now You Know

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

Hospice of the Bluegrass

Join a member from Hospice of the Bluegrass to discuss their many services and exciting new changes.

Wednesday,
February 15
10:30 – 11:30 a.m.

Need assistance with your electronic device?

Call the Lexington Senior Center to set up a one-on-one appointment with one of our Social Work students. They will be happy to assist you with your laptop, tablet or smart phone.
(859) 278-6072

Commodities Distribution

Wednesday, February 22
11 a.m. – 4:30 p.m.

Movie Matinee

Tuesday,
February 28
12:30 p.m.
Please join us for a movie and popcorn.

Diabetes Education Classes

Lexington Senior Center classroom

Must register at the front desk for these classes.

Pre-Diabetes Class:

Do you have a glucose 100mg/dl to 125mg/dl? Are you overweight, inactive or have a family history of diabetes? Has someone told you that your A1c is high? Join us for a healthy living class taught by diabetes educators to help you prevent diabetes! FREE and open to anyone with pre-diabetes, including family or friends. February 1 from 2 – 3 p.m.

Diabetes Basics: Learn why it is important to manage your diabetes and how to achieve your goals. Topics include: exercise, nutrition, medication, treatment, coping and much more. February 15, 2 – 4 p.m.

Diabetes Nutrition: Learn about general healthy eating with diabetes, carbohydrate counting, reading food labels, eating out and much more.

March 1, 2 – 4 p.m.

2-part series (You should try to attend both of these.)

AARP Tax Preparation

FREE TAX RETURN PREPARATION
by AARP FOUNDATION TAX AIDES

Mondays & Tuesdays

To set up an appointment, please call the Lexington Senior Center at (859) 278-6072.

If you hang up a coat or jacket at the Lexington Senior Center, please make sure you take the correct jacket when you are leaving.

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. Class size is limited and fill up quickly.

These classes all require signing up at the front desk.

Beginning Pottery

Instructor: Corey Shultz

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

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.

Sew Much Fun I

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.

Pottery II

Instructor: Corey Shultz



Fridays,

February 10 – March 17

9:30 a.m. – noon (full)

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.

Beginning Keyboard

Instructor: David Branstrator

Fridays, February 17 – April 7

9:30 – 10:15 a.m. OR

10:30 – 11:45 a.m.

If you wanted to play the piano but never did, or stopped playing as a child because you hated to practice, or you want to awaken new brain cells and learn a fun musical talent: This is your chance! Come and learn basic piano skills and have fun doing it.

Sew Much Fun II

Instructor: Chris Cull

Thursdays,

February 2 – March 16

10 a.m. – noon

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.

Charcoal

Instructor: Corey Shultz

Wednesdays, February 8 – March 15

Noon – 2 p.m. (full)

Learn how to make your very own charcoal drawings. Students will be taught the basics of drawing objects and people.

Yoga Workshop

Instructor: Elaina Chrisman

Tuesdays, March 7 – 28

11 – 11:45 a.m.

Come deepen your yoga practice during this 4 week workshop. You will get tips on poses, spinal alignment and correct positioning of hips, feet, head and hands. Bring your own yoga mat.

Small Group Training-4 weeks

Instructors: Anne Graff and

Anne Merchant

Tuesdays, March 7 – March 28

1:30 – 2:30 p.m.

2:30 – 3:30 p.m.

3:30 – 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.

Water Color Painting

Instructor: Corey Shultz

Wednesdays, February 8 – March 15

9:30 – 11:30 a.m. (full)

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.

Intro to Drums Alive


Instructor: Anne Graff and Wendy Miller

Wednesdays, March 1 – 29

1:30 – 2:30 p.m.

A fun group exercise class using stability balls and drumsticks that combines benefits for both the body and the brain.

Fitness/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 1:30 - Table Tennis 3 - Seated Tai Chi	11:30 - Beginner Yoga 12:30 - Chair Yoga 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9:30 - Get Up and Go! 10:30 - Active Aging 1:30 - Zumba Gold 1:30 - Table Tennis
6	7	8	9	10
8:30 - Move IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 1:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 1:30 - Table Tennis 3 - Seated Tai Chi	11:30 - Beginner Yoga 12:30 - Chair Yoga 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9:30 - Get Up and Go! 10:30 - Active Aging 1:30 - Zumba Gold 1:30 - Table Tennis
13	14	15	16	17
8:30 - Move IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 1:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 1 - Active Aging 2:15 - Yoga <div style="text-align: center;"></div>	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 1:30 - Table Tennis 3 - Seated Tai Chi	11:30 - Beginner Yoga 12:30 - Chair Yoga 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9:30 - Get Up and Go! 10:30 - Active Aging 1:30 - Zumba Gold 1:30 - Table Tennis
20	21	22	23	24
Lexington Senior Center is Closed in Observance of President's Day	9:30 - Line Dancing Noon - Get Up and Go! 1 - Active Aging 2:15 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging Noon - Zumba Gold 1:30 - Table Tennis 3 - Seated Tai Chi	11:30 - Beginner Yoga 12:30 - Chair Yoga 2:15 - Yoga 4 - Get Up and Go!	8:30 - Move IT 9:30 - Get Up and Go! 10:30 - Active Aging 1:30 - Zumba Gold 1:30 - Table Tennis
27	28			
8:30 - Move IT 9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 1:30 - Table Tennis 2:30 - Beginner Line Dance	9:30 - Line Dancing Noon - Get Up and Go! 1 - Active Aging 2:15 - Yoga	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.)		

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*

Note: You must complete an orientation to use the fitness equipment.

Art Quilt Landscape

Instructor: Sheril Drummond

Using fabric, glue and your imagination you will learn how to design and mount your own fabric landscape. You will leave class with a beautiful 5 x 7 framed landscape.

Limited space, you must sign up at the front desk!

Friday, February 24

9 a.m. – 12:30 p.m.

Activity/Socialization Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9 - Intermediate Bridge 10 - Brain Power Class 10:30 - Participant's Council Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 10 - Book Club 11 - History Class 11:30 - Bid Euchre	12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
6	7	8	9	10
8:30 - Adult Coloring 11:30 - Bid Euchre 12:30 - Bridge	9 - Chess Instruction 9 - Needlework 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	9 - Intermediate Bridge 10 - Brain Power Class 10 - Duplicate Bridge Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 11 - History Class 11:30 - Bid Euchre	12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
13	14	15	16	17
8:30 - Adult Coloring 9 - Diabetic Support 11:30 - Bid Euchre 12:30 - Bridge	9 - Chess Instruction 9 - Needlework 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot 	9 - Intermediate Bridge 10:30 - Now You Know Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 10 - Book Club 11 - History Class 11:30 - Bid Euchre	12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
20	21	22	23	24
Lexington Senior Center is Closed in Observance of President's Day	9 - Chess Instruction 9 - Needlework 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 12:30 - Movie Matinee 1 - Hand & Foot	9 - Intermediate Bridge 10 - Duplicate Bridge Noon - Advanced Ceramics Noon - Adult Coloring	10 - Bingo 11 - History Class 11:30 - Bid Euchre	12:30 - Open Art Studio 1 - Hand & Foot 2:30 - Friday Friends
27	28			
8:30 - Adult Coloring 11:30 - Bid Euchre 12:30 - Bridge	9 - Chess Instruction 9 - Needlework 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	Please be sure to pick up your name badge at the front desk. Wearing your name badge is encouraged to assist participants in getting to know each other!		



Treats for your Sweets!
 Instructor: Jode Rose
 Friday, February 10 at 1:30 p.m.
 Join us in the Senior Center kitchen for this demonstration class and learn to make some fun, easy and quick edible treats for your favorite Valentine.
Space is limited. Sign up at the front desk!

KEEP An eye out!
 Watch the March newsletter for information on our upcoming "Basic Piece Quilting Class"
 Beginning in mid-March.



OLLI at UK – Donovan Forum Series
Thursdays, 2 – 3 p.m.

2/2 – What I learned on my 32 year trip as Fayette Community Attorney – Ray Larson

Ray Larson spent 32 years as the Fayette County Commonwealth Attorney. Join us as we learn about what being the Fayette County Commonwealth Attorney means and what Ray Larson learned during his career.

2/9 – Fire Prevention and Safety – Greg Gerton

This presentation will focus on fire safety and fire prevention such as cooking safety. The presentation will also discuss smoke alarms and how often you should replace them.

2/16 – 2016 Election Analysis and Overview – Stephen Voss

2/23 – Refugee Resettlement in Lexington – Debney E. Parker

This presentation will inform the audience about the broad refugee situation internationally, the resettlement process which is guided by the United Nation High Commission on Refugees (UNHCR), how refugees get to Lexington, the local services that are provided by the KRM Office and ways that the local community is and can be supportive.

Travel Information

Day Trips for 2017

Horseshoe Casino in Indiana

Wednesday, March 15

Cost: \$30 per person

Includes motor coach transportation,

Complimentary \$15 food coupon and driver gratuity (server gratuity not included).



Schedule

9:30 a.m. – Depart LSC

4 p.m. – Depart Casino

6 p.m. – Arrive LSC

Keeneland

Thursday, April 27

Cost \$15 per person

Includes van transportation, admission, reserved grandstand seating and race day program.

Schedule

11:30 a.m. – Depart LSC

Noon – Arrive Keeneland

1 p.m. – First Race

4:30 p.m. – Depart Keeneland

5 p.m. – Arrive LSC

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.



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.**

For more information, contact

Martha Duncan at 278-6072 or mduncan@lexingtonky.gov

Jode Rose at 278-6072 or srose@lexingtonky.gov

Hi, everyone!

February may be considered the dead of winter, but we must continue to live and breathe and share our love with others in this month that acknowledges HEART health and Valentine's Day.

If you resolved to eat healthier, exercise regularly and eliminate negativity from your life for 2017, then STAY the course my friends! You are not alone in your efforts as there are many who are on a journey towards improved physical, mental, and spiritual well-being. As you think about your heart health this month, remember it is not just an organ that pumps blood and oxygen to your body, it is also the part of you that both generates and receives acceptance, kindness, generosity, joy and best of all, LOVE! My February challenge for you is the same as it was last February. First, take time to do something loving for yourself and then share that kindness with another. Give each person you meet the warmth of a smile. Don't hesitate to hug the neck of someone you care about and appreciate. And, finally, if you need a hug....come find me, you are guaranteed a hug for Valentine's. ☺

XOXOXO, Emily

Public Input Meeting

February 8, 9:30 – 11:30 a.m.
at the Lexington Senior Center

The Division of Planning's public input meetings offer an opportunity for any and all to discuss Imagine Lexington, the 2018 update to the city's Comprehensive Plan. These meetings will allow the public to provide information, ideas and insight that will help shape the latest version of this plan. Topics to be addressed will include road patterns, park design, rural preservation, residential and commercial development that impact the quality of life of all who live in, visit, or experience Lexington. To hear more about Imagine Lexington and how you can get involved please visit www.imaginelexington.com.

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 – 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**

Technology Help: Do you need help learning your lap top, tablet or smart phone? Can't seem to be able to find resources and information? Or you just want to know how to navigate social media? If so call, the Center to schedule an appointment. Volunteers are available on a one-on-one base.

Mondays from 10:30 a.m. – noon. Contact Katherine to register.

Crafts – during the month of February we will be making greeting cards, flower pens and other crafts items. See Katherine for more information

* 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!**



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.

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**.

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

February Dates to Remember

- 2/6 – AARP Driver Refresher
- 2/10 – Valentines Day Card Making
- 2/14 – Valentines Day Treats
- 2/15 – Now You Know
- 2/22 – Commodities Distribution
- 2/28 – Movie Matinee

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