

# The Messenger

A publication of the Lexington Senior Center



**LEXINGTON**  
Senior Center

June 2017

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## **Lunch Reservations**

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## **Website**

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

## **Lexington Senior Center**

195 Life Lane  
Lexington, Ky. 40502  
(859) 278-6072

## **Hours of Operation**

Monday, Wednesday, Friday  
8 a.m. – 5 p.m.  
Tuesday and Thursday  
8 a.m. – 7 p.m.

## ~~Great?~~ No, Greatest!

As we attempt to make all things great again, let's not forget the things that are currently *great*. Things such as the freedom to attend a *great* senior center with some *great* participants and the ability to benefit from some *great* activities and programs. The month of June itself is *great* in that it affords us these beautiful summer days. I hope the weather encourages us all to become more active or maintain our already active bodies and soul in order to stay mentally focused and consciously connected in our community.

Individually we have to find the right balance and determine what being *great* means to you; however in your quest to become *great* again, I implore you to remember that you are awesomely depicted as **"The Greatest Generation!"** With that being the case it would suggest that you would have to go backwards to become *great* again and here at the Lexington Senior Center it is **full steam ahead** as we take on this thing called aging.

Keep Moving – Sean



## **4<sup>th</sup> of July Party**

Monday, July 3  
11:30 a.m.

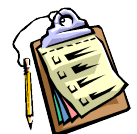


Tickets are \$7 each  
and go on sale Monday June 12.

★ hot dogs ★ burgers ★ sides ★  
★ door prizes ★

New registration process for signing up for classes starts on June 27.

See page 7 for details.


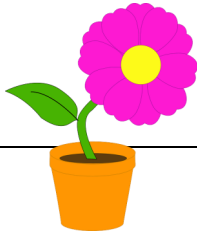


Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

# June Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8 - Indoor Walking 8:30 - Adult Coloring 8:30 - Move IT <b>9 - Pottery I</b> 9 - Golden Arches 9:30 - Get Up and Go <b>10 - Basic Piece Quilting</b> 10:30 - Active Aging 11:30 - Get Up and Go 11:30 - Bid Euchre <b>12 - Pottery II</b> 12:30 - Tai Chi for Better Balance 12:30 - Standard American Bridge 1:30 - Table Tennis 1:30 - Zumba Gold 2:30 - Let's Dance! 2:30 - Open Pottery Studio 3:30 - BARRE lattes!	8:30 - FLOW (yoga) <b>9 - Pottery II</b> 9 - Crochet for a Cause 9 - Chess Instructions 9:30 - Lotsa Line Dances 10 - BINGO 10 - Checkers & Chess 10:30 - Tai Chi Chuan 11:30 - China Painting 11:30 - Move IT <b>12 - Advanced Hand Building</b> 12:30 - Get Up and Go 1 - Hand & Foot 1:15 - Station 2 Station 1:30 - Active Aging 2:30 - Open Pottery Studio 2:30 - Reflections Yoga 3 - Indoor Walking 3 - Brains, Balance & Beyond 5 - Clay Sculpture 5 - Zumba Gold 6 - FLOW (yoga)	8 - Indoor Walking 8:30 - Move IT - Muscle 9 - Golden Arches 9 - Intermediate Bridge 9:30 - Get Up and Go <b>9:30 - Water Color Painting</b> 10:30 - Active Aging 10:30 - Brains, Balance & Beyond 11:30 - Zumba Gold 12 - Adult Coloring <b>12 - Charcoal Drawing</b> 12 - Ceramics Painting 12:30 - FLOW (yoga) 1 - LSC Chorale 1:30 - Table Tennis 1:30 - Mindful Moments <b>2:30 - Mosaic Plaque</b> 2:30 - Tai Chi for Arthritis (seated) 3:30 - Zumba Gold	<b>9 - Pottery I</b> <b>9 - Sew Much Fun I</b> 9:30 - Let's Dance! 10 - BINGO 10:15 - Beginning Keyboard (End June 22) 11:30 - Simply Yoga <b>11:30 - Sew Much Fun II</b> 11:30 - Bid Euchre 11:30 - Beginning Keyboard (Ends June 22) <b>12 - Beginning Hand Building</b> 12:30 - CH.oga (chair yoga) 1:30 - Mindful Moments 1:30 - Pinochle 2:30 - Reflections Yoga 3 - Station 2 Station 3 - Indoor Walking 4 - Get Up and Go 5 - Clay Sculpture 5 - BASICS Line Dancing 6 - Tai Chi Chuan	8 - Indoor Walking 8:30 - Move IT <b>9 - Pottery II</b> 9 - Golden Arches 9:30 - Get Up and Go 10:30 - Active Aging 11:30 - BARRE lattes! <b>12 - Pottery I</b> 12:30 - Open Art Studio 12:30 - Tai Chi for Better Balance 1 - Brains, Balance, & Beyond 1 - Hand & Foot 1:30 - Zumba Gold 1:30 - Table Tennis 2:30 - Open Pottery Studio

**Bold and italicized activities require Registration.**

June Monthly Events 		1	2
		10 - Book Club	2:30 - Friday Friends
5 10 - Brain Power 12 - AARP Driving Refresher	6	7 10:30 - Participant's Council 1 - Now You Know	8 8 - Elder Abuse Prevention 10 - Brain Power
12 9 - Diabetic Support Group 10 - Brain Power	13 9 - Preserving Your Family Stories	14 10 - Duplicate Bridge 10 - Brain Power	15 10 - Book Club
19 	20 12:30 - Movie Matinee	21 10:30 - Now You Know	22 10 - Aging Support Group
26	27 10 - Register for classes	28 10 - Duplicate Bridge	23 2:30 - Friday Friends
		29 12:30 - Instant Artist	30 2:30 - Friday Friends

# ACTIVITIES AND EDUCATION

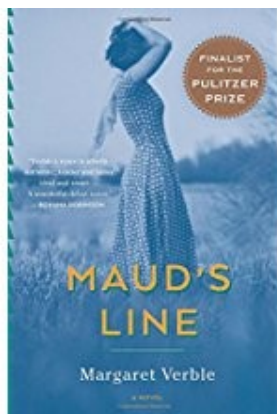


## Carolyn's Corner Book Club

The Book Club is currently reading and will meet and discuss **A Man Called Ove** by Fredrik Backman on **June 1 and 15 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 **July** reading will be **Maud's Line** by Margaret Verble and will be discussed on **July 6 and 20**.

*Maud's Line*, a debut novel of Lexingtonian Margaret Verble was a finalist for the Pulitzer Prize in 2016. It chronicles the life and loves of a headstrong, earthy and magnetic heroine.

The setting is Eastern Oklahoma, 1928 where eighteen-year-old Maud Nail lives with her rogue father and sensitive brother on one of the allotments parceled out by the U.S. Government to the Cherokees when their land was confiscated for Oklahoma's statehood. Maud's days are filled with hard work and simple pleasures, but often marked by violence and tragedy, a fact that she accepts with determined practicality. Her prospects for a better life are slim, but when a newcomer with good looks and books rides down her section line, she takes notice. Soon she finds herself facing a series of high-stakes decisions that will determine her future and those of her loved ones, *Maud's Line* is accessible, sensuous and vivid. It will sit on the bookshelf alongside novels by Jim Harrison, Louise Erdrich, Sherman Alexie, and other beloved chroniclers of the American West and its people.



## Preserving your Family Stories

Come find the best way to preserve your family stories! Join in a class to brainstorm a variety of ways to record your family stories, preserve family photos, letters and more! The presenter will have a host of ideas to share while facilitating a discussion of ideas from the group. There's one story only you can tell – **YOURS!** Yet there's a thousand ways to tell it! Come and find out what **BEST** suits your style!

**Tuesday, June 13**  
**9 – 10:30 a.m.**  
**Classroom B**

**Diabetic Support Group**  
Second Monday of each month  
June 12, 9 a.m.  
Conference Room

## Participant's Council Monthly Meeting

Please join us in Classroom B

**Wednesday, June 7**  
**10:30 a.m.**

## Friday Friends

Fridays,  
2:30 p.m.  
Conference Room

On the second Friday of each month, we meet at a pre-determined location outside the Lexington Senior Center for lunch. So, please come to one of our other meetings to learn the location of that meeting.



## Brain Power

10 a.m.

Class will be held on June 5, 9, 12 and 14.

Word and number games, tips and tricks to engage your mind, card games, Sudoku and more!



**June 2 & 3**  
751 Zandale Dr.

Proceeds benefit the Participant's Council.

# JULY SESSION CLASSES!

Register JUNE 27.

**These classes REQUIRE PRE-REGISTRATION. PLEASE SEE PAGE 7 FOR DETAILS!**

## Pottery I

Instructor: Corey Shultz

Thursdays, July 6 – Aug. 17  
9 – 11:15 a.m.Fridays, July 7 – Aug. 18  
Noon – 2:15 p.m.

Learn how to make pottery via a pottery wheel. "Throw," form and glaze your pottery.

## Pottery II

Instructor: Corey Shultz

Mondays, July 3 – Aug. 14  
Noon – 2:15 p.m.Tuesdays, July 11 – Aug. 15  
9 – 11:15 a.m.Friday, July 7 – Aug. 18  
9 – 11:15 a.m.

Must have completed Pottery I to attend.

## Pottery III

Instructor: Corey Shultz

Monday, July 3 – Aug. 14  
9 – 11:15 a.m.Tuesday, July 11 – Aug. 15  
2:30 – 4:45 p.m.

Must have completed Pottery I once, and Pottery II TWICE to attend.

## OPEN POTTERY STUDIO

Mondays and Fridays  
2:30 – 4:15 p.m.

Must have completed Pottery I or Hand building I. Get the extra practice you need in this BI-WEEKLY OPEN DOOR studio.

## EVENING CLAY SCULPTURE

Tuesdays &amp; Thursdays 5 p.m.

Hands-on demonstrations of hand building techniques and discussion on clay related topics.

## Beginning Hand Building

Instructor: Corey Shultz

Thursdays, July 6 – Aug 17  
Noon – 2p.m.

Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire in a kiln.

## Advanced Hand Building

Instructor: Corey Shultz

Tuesdays, July 11 – Aug. 15  
Noon – 2 p.m.

Learn advanced techniques in clay sculpture. Must have completed Beginning Hand Building to attend.

## Water Color Painting

Instructor: Corey Shultz

Wednesdays, July 5 – Aug. 16  
9:30 – 11:30 a.m.

Learn techniques through hands on demonstrations. Students can expect 1 – 2 paintings.

## Charcoal Drawing

Instructor: Corey Shultz

Wednesdays  
July 5 – Aug. 16, Noon – 2 p.m.

Learn the basics of drawing objects and people using charcoal.

## Mosaic Plaque

Instructor: Corey Shultz

Wednesdays, July 5 – Aug. 16  
2:30 – 4 p.m.

Create a colorful mosaic plaque of your own design to take home.

## LSC CHORALE

Instructor: Andrew Wood

Wednesday 1 p.m.

No experience necessary!

**WILL NOT MEET JULY 5 OR 12.**

## Sew Much Fun I

Instructor: Chris Cull

Thursdays, July 6 – Aug. 17  
10 a.m. – Noon

Learn or renew your basic sewing skills. Sew a fun beginner project

## Sew Much Fun II

Instructor: Chris Cull

Thursdays, July 6 – Aug. 17  
1pm-3pm

A continuation of Sew Much Fun I. Build on current skills.

## Sew Much Fun III

Instructor: Chris Cull

Fridays, July 7 – Aug. 18  
9 – 11a.m.

A continuation of Sew Much Fun II. Build on current skills.

## Basic Piece Quilting Class

Instructor: Sheril Drummond

Mondays, July 3 – Aug. 14  
10 a.m. – noon

Learn beginning quilting on the sewing machine and complete a small "Log Cabin" quilt.

## Quilting Applique

Instructor: Sheril Drummond

Mondays, July 3 – Aug. 14  
1 – 3 p.m.

Sewing decorative cloth shapes onto background material. Basic sewing machine skills necessary.

## Handbells

Instructor: Andrew Wood

Wednesdays

2:15 – 3:15p.m.

July 19 – Aug. 16

**NO EXPERIENCE NECESSARY!**

## Piano 1

Instructor:

David Branstrator  
MondaysJuly 3 – Aug. 14  
9 – 10 a.m.

Fridays,

July 7 – Aug. 18  
11:45 a.m.– 12:45 p.m.

Instructor:

Andrew Wood

Thursdays,

July 13 – Aug. 17  
10:15 – 11:15 a.m.

11:30 a.m. – 12:30 p.m.

Come and learn basic piano skills and have fun doing it.

## Piano 2

Instructor:

David Branstrator

Mondays,

July 3 – Aug. 14  
10:15 – 11:15 a.m.

Fridays,

July 7 – Aug. 18  
9:15 – 10:15 a.m.

10:30 – 11:30 a.m.

Instructor:



Andrew Wood

Mondays,


July 17 – Aug. 14  
1:30 – 2:30 p.m.

Must complete Piano 1 to attend!

**PLEASE SEE  
PAGE 7 FOR  
THE NEW  
REGISTRATION  
PROCEDURE!**

<b>JUNE ART Studio A</b> (2nd floor) *requires pre-registration-see pg. 7				
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9 – 11:15 a.m. *Pottery I  Noon – 2:15 p.m. *Pottery II  2:30 – 4:15 p.m. Open Pottery Studio  	9 – 11:15 a.m. *Pottery II  Noon – 2 p.m. *Advanced Hand Building  2:30 – 4:45 p.m. Open Pottery Studio  5 – 6:45 p.m. Clay Sculpture Class	Noon – 4 p.m. Ceramics Painting  <div style="background-color: yellow; padding: 5px; text-align: center;"> <b>Instant Artist</b>  <b>JUNE 29</b>  <b>12:30 – 4:30 p.m.</b>  <b>\$7</b>  <b>Sign-up with Jode Rose on 2nd floor beginning JUNE 1.</b> </div>	9 - 11:15 a.m. *Pottery I  Noon – 2 p.m. *Beginning Hand Building  5 – 6:45 p.m. Clay Sculpture Class  	9 – 11:15 a.m. *Pottery II  Noon – 2:15 p.m. *Pottery I  2:30 – 4:15 p.m. Open Pottery Studio  <div style="background-color: yellow; padding: 5px;">                         Registration for JULY SESSION classes will take place on Tuesday, June 27 10 a.m. – noon see page 7                     </div>

<b>JUNE ART Studio B</b> (2nd floor) *requires pre-registration-see pg. 7				
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10 a.m. – Noon *Basic Piece Quilting Class  <div style="background-color: yellow; padding: 5px;"> <b>REGISTRATION FOR ALL CLASSES MUST BE COMPLETED ON SITE JUNE 27. SEE PAGE 7.</b> </div>	9 – 10:30 a.m. Crochet for a Cause  11:30 a.m. – 3:30 p.m. China Painting	9:30 – 11:30 a.m. *Water Color Painting  Noon – 2 p.m. *Charcoal Drawing  2:30 – 4 p.m. *Mosaic Plaque	9 – 11 a.m. *Sew Much Fun I  11:30 – 1:30 p.m. *Sew Much Fun II	12:30 – 4:30 p.m. Open Art Studio  <div style="background-color: yellow; padding: 5px;"> <b>Crochet for a Cause NEEDS YARN!</b>                          We need acrylic yarn for our projects. Yarn must be NEW OR from a NON SMOKING, NON PET home.                     </div>

<b>Cards &amp; More (2nd floor)</b>				
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Adult Coloring  11:30 a.m. Bid Euchre  12:30 p.m. Standard American Bridge	9 a.m. Chess Instruction  10 a.m. Checker & Chess  1 p.m. Hand & Foot	9 a.m. Intermediate Bridge  10 a.m. Duplicate Bridge 2 & 4 Wed. of the Month ONLY  Noon Adult Coloring	11:30 a.m. Bid Euchre  <div style="background-color: yellow; padding: 5px;"> <b>1:30 p.m. Pinochle!</b>                          (This group is just starting! Please join us!)                     </div>	1 p.m. Hand & Foot  

# RECREATION: GROUP FITNESS

Classes marked with an asterisk (\*) require a class card.  
 Pick one up at the 2nd FLOOR MySeniorCenter computer table.  
 Classes meet in the group fitness studio (2nd floor) unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 a.m. <b>Move IT</b> Wendy</p> <p>9 a.m. <b>Golden Arches</b> (walking, meet behind bldg.) Carey</p> <p>9:30 a.m. <b>* Get up &amp; Go</b> Wendy</p> <p>10:30 a.m. <b>* Active Aging</b> Wendy/Carey</p> <p>11:30 a.m. <b>* Get up &amp; Go</b> Carey</p> <p>12:30 p.m. <b>Tai Chi for Better Balance</b> Victoria</p> <p>1:30 p.m. <b>* Zumba Gold</b> Jode</p> <p>2:30 p.m. <b>Let's Dance!</b> Tess</p> <p>3:30 p.m. <b>BARRE.lattes!</b> Renee</p>	<p>8:30 a.m. <b>FLOW</b> (yoga)-Jenny</p> <p>9:30 a.m. <b>Lotsa Line Dances</b> Mimi</p> <p>10:30 a.m. <b>TAI CHI Chuan</b> Tom</p> <p>11:30 a.m. <b>Move IT</b>-Carey</p> <p>12:30 p.m. <b>* Get Up &amp; Go</b> Bob</p> <p>1:15 p.m. <b>*Station 2 Station</b> (in the fitness center) Wendy/Carey</p> <p>1:30 p.m. <b>* Active Aging</b> Bob</p> <p>2:30 p.m. <b>Reflections Yoga</b> Victoria</p> <p>3 p.m. <b>*Brains, Balance &amp; Beyond</b> (2nd floor conference room) Wendy</p> <p>5 p.m. <b>* Zumba Gold</b> Jode</p> <p>6 p.m. <b>FLOW</b> (yoga) Wendy</p>	<p>8:30 a.m. <b>Move IT - Muscle</b> Wendy</p> <p>9 a.m. <b>Golden Arches</b> (walking, meet behind bldg.) Carey</p> <p>9:30 a.m. <b>* Get up &amp; Go</b> Cathy</p> <p>10:30 a.m. <b>*Brains, Balance &amp; Beyond</b> (2nd floor conference room) Carey</p> <p>10:30 a.m. <b>* Active Aging</b> Cathy</p> <p>11:30 a.m. <b>* Zumba Gold</b> Cathy</p> <p>12:30 p.m. <b>FLOW</b> (yoga) Wendy</p> <p>1:30 pm. <b>Mindful Moments</b> Wendy</p> <p>2:30 p.m. <b>Tai Chi for Arthritis</b> (seated) Victoria</p> <p>3:30 p.m. <b>*Zumba Gold</b> Cathy</p>	<p>9:30 a.m. <b>Let's Dance!</b> Rebecca</p> <p>11:30 a.m. <b>Simply Yoga</b> Kelly</p> <p>12:30 p.m. <b>CH.oga</b> (chair yoga) Kelly</p> <p>1:30 p.m. <b>Mindful Moments</b> Wendy</p> <p>2:30 p.m. <b>Reflections Yoga</b> Victoria</p> <p>3 p.m. <b>*Station 2 Station</b> (in the fitness center) Wendy</p> <p>4 p.m. <b>Get Up &amp; Go</b> Bob</p> <p>5 p.m. <b>BASICS-Line Dancing</b> Wendy</p> <p>6 p.m. <b>TAI CHI Chuan</b> Tom</p> <p>Join our walking group: <b>The Golden Arches</b> M/W/F – 9 a.m. Walk at your own pace and meet new friends!</p>	<p>8:30 a.m. <b>Move IT</b> Wendy</p> <p>9 a.m. <b>Golden Arches</b> (walking, meet behind bldg.) Carey</p> <p>9:30 a.m. <b>* Get up &amp; Go</b> Wendy</p> <p>10:30 a.m. <b>* Active Aging</b> Wendy/Carey</p> <p>11:30 p.m. <b>BARRE.lattes!</b> Carey</p> <p>12:30 p.m. <b>Tai Chi for Better Balance</b> Victoria</p> <p>1 p.m. <b>*Brains, Balance &amp; Beyond</b> (2nd floor conference room) Wendy</p> <p>1:30 p.m. <b>* Zumba Gold</b> Cathy</p>

# RECREATION!

Please note:  
**NO TABLE TENNIS**  
June 9

**Movie Matinee**  
**Tuesday**  
**JUNE 20**

## Multipurpose Room (1st floor)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 – 10 a.m. <b>Indoor Walking</b>	10 – 11 a.m. <b>Bingo</b>	8 – 10 a.m. <b>Indoor Walking</b>	10 – 11 a.m. <b>Bingo</b>	8 – 10 a.m. <b>Indoor Walking</b>
1:30 – 3:30 p.m. <b>Table Tennis</b>	3 – 5 p.m. <b>Indoor Walking</b>	1:30 – 3:30 p.m. <b>Table Tennis</b>	3 – 5 p.m. <b>Indoor Walking</b>	1:30 – 3:30 p.m. <b>Table Tennis</b>

### FITNESS CENTER

MWF: 8 a.m. – 4 p.m.  
TU & TH: 8 a.m. – 1 p.m.  
5 – 7 p.m.

Everyone must complete an equipment orientation prior to their first workout! Stop by anytime we are open!

### BASICS-LINE DANCING

Learn the absolute BASICS for line dancing. We'll cover the steps that are used in most dances. Participants will also learn three line dances this month and practice at different speeds.

**This month:** Electric slide, cupid shuffle and boot scootin' boogie!  
**THURSDAYS, 5 p.m.**

### GOLDEN ARCHES

Join us for OUTDOOR walking each **Monday, Wednesday, Friday at 9 a.m.** on our walking path at the back of the center! **Class starts MAY 15!** Wear good walking shoes and bring a water bottle! If it rains, we will walk in the multi-purpose room!

Be sure to check in on MySeniorCenter!

## REGISTRATION FOR RECREATION CLASSES: ART, MUSIC, POTTERY, CHORUS, SEWING

Registration for ALL CLASSES will take place **IN PERSON** on the 2nd floor of the Lexington Senior Center conference rooms A & B, next to the art studio.

**TUESDAY, JUNE 27 • 10 a.m. – Noon**

**CALL IN REGISTRATIONS ARE NO LONGER BEING ACCEPTED.**  
**REGISTRATION MUST TAKE PLACE IN PERSON.**



If you have questions regarding classes or registration, feel free to speak with Martha, Jode or Wendy, our recreation staff, for assistance. (2nd floor)

# RESOURCES

## Farmer's Market Voucher Program

If you qualify for the Commodity Supplemental Food Program, you also qualify for the Farmer's Market Voucher program. If you are interested, come to the Lexington Senior Center starting at 8 a.m. Thursday June 1. Please bring your ID and proof of income for the household. These vouchers are given out first-come, first- served, so don't delay.

If you have questions, please contact Jennifer Garland at 278-6072.



## Nutrition site

Summer is just around the corner and it is a great time to eat delicious, refreshing and nutritious fruits and vegetables. Bananas, onions and mushrooms help lower cholesterol, decrease blood pressure and maintain a health heart. Red berries, red grapes, tomatoes, red bell peppers, red onions, purple cabbage, beets and red potatoes improve memory, help protect eye health, reduce risk heart disease and risk of cancer. Blueberries, blackberries and eggplant help control blood glucose levels, reduce risk of colon cancer, decrease joint pain and inflammation and enhance memory. Broccoli, spinach, greens, zucchini, artichokes, green bell peppers, green beans and kiwi promote immune health, reduce risk of high blood pressure and decrease eye problems. Green apples, honeydew melon, cabbage, soybeans and turnips decrease your LDL cholesterol, decrease inflammation associated with arthritis, reduce risk of cancer and improve vision and immune function. All of these foods contain phytonutrients which promote overall health and help combat the negative effects of environmental pollution to our bodies. They can be fresh, frozen or canned.....just get them and enjoy!!! Happy Summer! Emily

## Aging Support Group

Join us for an aging support group that is for, by and about seniors. This group will be primarily lead by Amanda Patrick, social worker at the Lexington Senior Center.

Everyone at the senior center has some insight into life after retirement. We recognize the importance of having a safe environment to share your thoughts on aging, share tips and resources, and meet others that are in similar situations.

Please bring ideas of topics to discuss at our next meeting! We hope to see you there

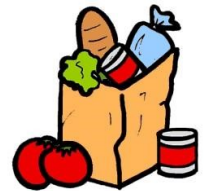
**Fourth Thursday each month  
10 a.m.  
Lexington Senior Center  
Conference Room**

## Commodity Supplemental Food Program

### Am I eligible?

You are eligible if you are age 60 or over, live in Fayette County and your household meets the following income guidelines:

<u>Household Size</u>	<u>Monthly Income (before deductions)</u>
1	\$1,307
2	\$1,760
3	\$2,213
4	\$2,665



### How do I apply?

See Jennifer Garland at the Lexington Senior Center or call 278-6072. **You will need to provide proof of age, address and income for each member of your household.**

### What foods will I receive?

Juice, cereal, cheese, peanut butter or beans, pasta, canned meat, canned fruits and canned vegetables.

### When can I pick up my food?

After you apply, you will receive a letter telling you whether you have been approved. Food will be distributed on the fourth Wednesday of each month at the Lexington Senior Center. If the program becomes full, your name will be placed on a waiting list and you will start receiving food as soon as possible.

\* We are accepting applications, but are currently on a waiting list.\*



# RESOURCES

## NOW YOU KNOW

This is a monthly educational class featuring a speaker from an organization here in Lexington. There will be a variety of topics throughout the year! If you have suggestions about an organization you would like to see featured in Now You Know, please let one of the social workers know about your idea!

**First Wednesday of each month  
at 1 p.m. in classroom B  
AND  
Third Wednesday of each month  
at 10:30 a.m. in classroom B**

## **Meeting your Lexington Senior Center Social Workers June 7, 1 p.m.**

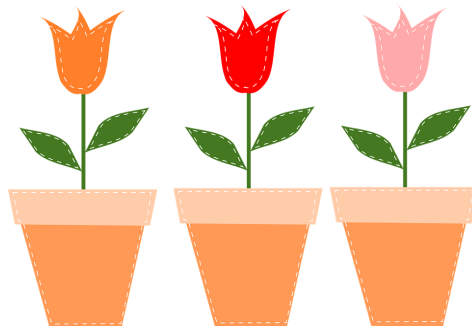
The Lexington Senior Center has three social workers available to assist you in finding resources including transportation, housing, and food. Come meet them and ask all of your questions!

## **Distracted Driving June 21, 10:30 a.m.**



We will be learning about the LifeSaver App that uses your phone and GPS to help prevent distracted driving. This app can be used by anyone, new teens learning to drive, parents, and seniors. Please join us in learning about this exciting new technology.

**Commodities  
distribution  
is June 28.**



## **4<sup>th</sup> Annual Elder Abuse Prevention Conference Friday, June 9 8 a.m. – 3 p.m. Lexington Senior Center**

Free to attend. Lunch is provided but **registration is required.** To register, call (859) 576-3898 or online at [www.bluegrassEAPC.com](http://www.bluegrassEAPC.com).

## **Attention Hearing Aid Users**

If you use a hearing aid and need new batteries, the Lexington Senior Center has received a donation of hearing aid batteries. Please ask to speak to a social worker and we will see if we have any batteries that are the correct size for your hearing aids.

## **The State Health Insurance Program (SHIP)**

SHIP will be at the Lexington Senior Center the second and fourth Wednesday of the month from 10 a.m. – noon. to counsel you on health insurance coverage, benefits and consumer rights.

No appointment necessary.

## **Technology Assistance with Amanda**

Call Amanda at 278-6072 to schedule a 30 minute appointment to help you with your tablet, smart phone or laptop computer.

# TRAVEL INFORMATION

## Day Trips for 2017

### **Belle of Louisville Luncheon Cruise**

Friday, June 30

Cost: \$60 includes motor coach transportation, luncheon cruise and gratuities

10 a.m. – Depart LSC

11:30 a.m. – Board Belle of Louisville

Noon – Depart for 2 hour boat cruise

2:30 p.m. – Depart Belle of Louisville

4:30 p.m. – Arrive at LSC

### **Ark Encounter**

Wednesday, July 12

Cost: \$65 includes motor coach, buffet luncheon, Ark admission and driver gratuity

Schedule

9 a.m. – Depart LSC

10:30 a.m. – Arrive at the Ark Encounter

3:30 p.m. – Meet back at the Bus

3:45 p.m. – Depart the Ark Encounter

5 p.m. – Arrive at LSC



### **LaComedia Mamma Mia!**

Friday, September 8

Cost: \$75 includes motor coach, buffet luncheon, matinee admission and driver gratuity

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 ends

3:45 p.m. – Depart LaComedia

6 p.m. – Arrive at LSC

## Extended Trips for 2017

### **Fall Foliage Trip**

October 17 – 21 (SOLD OUT – On waiting list)

**October 24 – 28 (SECOND TRIP ADDED! BOOK TODAY!)**

Pricing starts at \$945 per person, double & triple occupancy and \$1,185 single occupancy.

Travel to northeast West Virginia to Canaan Valley Mountain resort for two nights with dinner theater and train excursion. Visit Frank Lloyd Wright’s Fallingwater on the way to Pittsburgh for two nights and river cruise.

### **Holiday Trip to Nashville & Opryland**

December 4 – 6

Pricing starts at \$745 per person, double & triple occupancy and \$920 single occupancy.

Progressive luncheon and tours at Belle Meade Plantation and Belmont Mansion, Peanuts Ice exhibition, Christmas dinner show, river luncheon cruise, Christmas show and other Nashville highlights.

## Extended Trips for 2018

2018 European River Cruise Danube

Mackinac Island & Upper Michigan – 2018

Late spring or early summer trip! More details late October!

### **2018 Travel Meeting**

Thursday, June 29 at 2 p.m. – Classroom B

Join us in learning about the European River Cruise coming in 2018!



## GENERAL TRIP INFORMATION

Signups for day trips are ongoing on a first-come, first-served basis until full so don’t delay. 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 signup 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

# SATELLITE SENIOR CENTERS

## The Senior Center at Charles Young Center

540 E. Third Street  
 Mondays, Wednesdays, Fridays  
 9 a.m. – 1 p.m.  
**Phone: 246-0281**

**Bodies in Balance:** Mondays, Wednesdays and Fridays, 9:30 – 10:30 a.m.

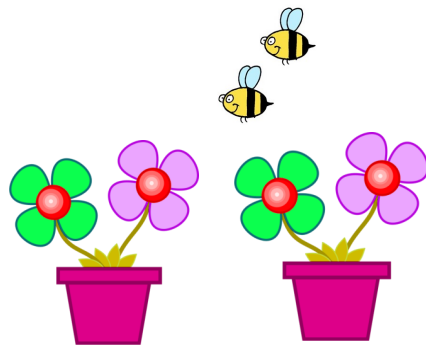
**Pickleball:** Fridays, 11 a.m. – noon.

**Line Dancing:** Wednesdays, 11:15 a.m. – noon

**Jewelry Making Classes:** all materials provided: Wednesday 12:15 – 2:30 p.m.

**Phase 10 and Spoons** – stop in anytime

**Technology Help:** Do you need help learning your laptop, 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 to schedule an appointment. Volunteers are available on a one-on-one base. Mondays from 10:30 a.m. – noon. Contact Katherine to register.



## Elder Crafters at Black and Williams Center 498 Georgetown Street (859) 252-1288

Monday–Thursday, 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!

## BELL HOUSE

545 Sayre Ave. 233-0986

**Monday Club** – 11:30 a.m. (lunch) | Noon (program)

Non-member reservations required for all provided luncheons.

- June 5: Bring a sack lunch and enjoy an informational talk by Scott Shapiro from Mayor Gray's office discussing Lexington's fiber optic installation plans and other issues as time allows.
- June 12: Bring a sack lunch and enjoy an informational talk by Charles Johnson on Elder Law and estate planning.
- June 19: Bring a sack lunch and enjoy an informational talk on personal care giving by the Bluegrass Care Navigators.
- June 26: Buffet luncheon provided by Morning Pointe. June birthdays will be celebrated.

**Art Class with Nelle** – Tuesday – 9 a.m.

**Piano Lessons with Karen** – Tuesday, 8:30 a.m. – 1:30 p.m.

Wednesday, 12:30 – 2 p.m.

Thursday, 8:30 a.m. – 12:30 p.m.

**Troubadours Choral Group with Karen** – Tuesday, 10 – 11 a.m.

**Chair Yoga with Dorothy** – Tuesday & Thursday, 2 p.m.

**Aging with Grace Exercise Class** – Wednesday & Friday, 9 – 10 a.m.

**Adult Coloring Class with Nelle** – Wednesday 10 a.m. – 1 p.m.,

**Tai Chi with Victoria** – Wednesday, 12:30p.m-1:15p.m.

**Beaus & Belles Hand Bell Group with Karen** – 10 am, Thursday

**Ceramics with Nelle** – Thursday, 10 a.m. and 1 p.m.

**Bridge** – Friday, noon

**AARP Driver Safety with Red** – July 12, 11:30 a.m. – 4 p.m.

Call to reserve your spot! Bring sack lunch.

### Off-site senior activities

**Advanced Line Dance with Mimi:** Friday, 9 a.m. (Carver Ctr.)

**Intermediate Line Dance with Mimi:** Friday, 10:30 a.m. (Carver Ctr.)

**Strider's Walking Club:** Wednesday, 9:30 – 11:30 a.m. (Fayette Mall Food Court) Walk when and where you choose, just keep track of miles or time to be recorded at group get-together on June 21. Incentives available also.

### Water Fitness with Denny

Picadome Pool  
 Monday–Friday  
 June 5-August 9  
 12:15pm-1:15pm

Tates Creek Pool  
 Monday-Friday  
 August 14-Sept 1  
 2:15pm-3:15pm



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.

### **Tell Us How We Are Doing**

There are new client satisfaction surveys located in the café area. These can be anonymous. If you have a complaint, a suggestion or just want to tell us what we are doing right, we would love to hear from you!

Surveys are always available and we check them a couple times a month.

This is a great way to suggest new classes or tell us if something needs changing. Thank you!

### **Dates to Remember**

- 6/2 & 6/3 – Participant’s Council Yard Sale
- 6/7 – Participant’s Council Meeting
- 6/7 – Now You Know
- 6/9 – Elder Abuse Prevention Conference –  
Must register in advance
- 6/12 – 4th of July party tickets go on sale
- 6/20 – Movie Matinee
- 6/21 – Now You Know
- 6/27 – New Class Registration
- 6/28 – Commodities



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