We Are Thankful For You!

It’s November, the eleventh month of the year as autumn takes its turn toward winter. It’s also the month we take time to reflect on just what we are thankful for. I know it’s been a turbulent year for many of us which can make it difficult to think about being “thankful.”

But I ask you to focus on the right now and the little things that we often take for granted, such as a smile, a gut busting hearty laugh with a friend or even a stranger. Yes, we are thankful not only for a delectable meal with all of the fixings but also for a morsel of nourishment to aid us along the way.

Calamity will always be with us and life will take its course, but we are a resilient people with an unconquerable reserve and that alone is enough to be thankful for! With that being said, the Lexington Senior Center would like you to know that there is always something to be thankful for regardless of the month, the day or the situation.

Keep moving thankfully ~ Sean

Participants Council Elections for Officers

Everyone is invited to join in the vote to elect new officers for the 2018 Participants Council. Those running are as follows:

**President:** Barb Welsch  
**Vice President:** Diana Marshall and Barb Albright  
**Secretary:** Cecile McKinney  
**Treasurer:** BJ Ousley

Voting will take place during the November Participant’s Council meeting on Wednesday, November 1. Please attend if you would like to vote for next year’s officers.

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.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 - Indoor Walking</td>
<td>8:30 - FLOW (yoga)</td>
<td>8 - Indoor Walking</td>
<td>9 - Pottery I</td>
<td>8 - Indoor Walking</td>
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<tr>
<td>8:30 - Adult Coloring</td>
<td>9 - Pottery I</td>
<td>8:30 - Move IT - Muscle</td>
<td>9 - BINGO</td>
<td>8:30 - Move IT</td>
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<tr>
<td>8:30 - Move IT</td>
<td>9 - Crochet for a Cause</td>
<td>9 - Golden Arches</td>
<td>10 - Sew Much Fun I</td>
<td>9 - Golden Arches</td>
</tr>
<tr>
<td>9 - Golden Arches</td>
<td>9 - Chess Instructions</td>
<td>9 - Intermediate Bridge</td>
<td>10 - BINGO</td>
<td>9 - Golden Arches</td>
</tr>
<tr>
<td>9 - Piano I</td>
<td>9 - Open Music Studio</td>
<td>9:30 - Get Up &amp; Go</td>
<td>10:15 - Piano I</td>
<td>9:15 - Piano 2</td>
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<tr>
<td>9:30 - Get Up and Go</td>
<td>10 - BINGO</td>
<td>9:30 - Water Color Painting</td>
<td>10:30 - Dance Team Practice</td>
<td>9:30 - Get Up &amp; Go</td>
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<tr>
<td>10 - Basic Piece Quilting</td>
<td>10 - Checkers &amp; Chess</td>
<td>10:30 - Active Aging</td>
<td>11 - History Class</td>
<td>10 - Sew Much Fun III</td>
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<tr>
<td>10:15 - Piano 2</td>
<td>10:30 - Tai Chi Chuan</td>
<td>10:30 - Brains, Balance &amp; Beyond</td>
<td>11:30 - Simple Yoga</td>
<td>10:30 - Active Aging</td>
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<tr>
<td>10:30 - Active Aging</td>
<td>11:30 - China Painting</td>
<td>11:30 - Zumba Gold</td>
<td>11:30 - Bid Euchre</td>
<td>11:30 - BARRE lattes!</td>
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<tr>
<td>11:30 - Standard American Bridge</td>
<td>12 - Beginning Hand Building</td>
<td>12 - Adult Coloring</td>
<td>12 - Advanced Hand Building</td>
<td>11:45 - Piano 1</td>
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<tr>
<td>12:30 - Eat. Weigh. Move.</td>
<td>12:30 - Get Up &amp; Go</td>
<td>12:30 - FLOW (yoga)</td>
<td>12:30 - CH.oga (chair yoga)</td>
<td>12 - Pottery I</td>
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<tr>
<td>1:30 - Table Tennis</td>
<td>1 - Hand &amp; Foot</td>
<td>1:30 - Mindful Moments</td>
<td>1 - Sew Much Fun II</td>
<td>12:30 - Open Art Studio</td>
</tr>
<tr>
<td>1:30 - Zumba Gold</td>
<td>1:15 - Station 2 Station</td>
<td>1:15 - Station 2</td>
<td>1:30 - Mindful Moments</td>
<td>1 - Piano I</td>
</tr>
<tr>
<td>2:30 - Let’s Dance!</td>
<td>1:30 - Active Aging</td>
<td>1:30 - Table Tennis</td>
<td>2:30 - Reflections Yoga</td>
<td>1 - Brains, Balance, Beyond</td>
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<tr>
<td>2:30 - Open</td>
<td>2 - Brains, Balance &amp; Beyond</td>
<td>2:30 - Pinochle</td>
<td>2:30 - Mexican Train</td>
<td>1 - Hand &amp; Foot</td>
</tr>
<tr>
<td>Pottery Studio</td>
<td>2:30 - Open Pottery Studio</td>
<td>1:30 - Mindful Moments</td>
<td>3 - Indoor Walking</td>
<td>1:30 - Zumba Gold</td>
</tr>
<tr>
<td>3:30 - BARRE lattes!</td>
<td>2:30 - Reflections Yoga</td>
<td>2:30 - Tai Chi for Arthritis (seated)</td>
<td>3:30 - Get Up &amp; Go</td>
<td>2:30 - Open Pottery Studio</td>
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<td></td>
<td>3 - Indoor Walking</td>
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<td></td>
<td>3 - Eat. Weigh. Move</td>
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<td></td>
<td>3:30 - Zumba Gold</td>
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</tbody>
</table>

**Bold and italicized activities require registration.**

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**Be Thankful for the Season!**

1. 9:30 - Wacky World of Birds - Part 2
2. 10:30 Participant’s Council
3. 1 - Now You Know

**6**
10 - KORT Therapy Presentation

**7**
10 – Book Club
1:45- Olli Forum

**8**
10 – Duplicate Bridge
10:30 - Brain Power
12:30 - Health Expo

**9**
2 – Olli Forum

**10**
9 - Veterans Breakfast
10 - Veteran Tribute

**13**
9 - Diabetes Support

**14**
1:30 – Preserving Family Stories

**15**
10:30 – Now You Know
10:30 - Brain Power
Noon - AARP Meeting

**16**
9 - Hearing Screening
10 – Book club
2 – Olli Forum

**17**
11 - Thanksgiving Celebration
2:30 – Friday Friends

**20**
10 - Technology 101

**21**
10 – Duplicate Bridge

**22**
10 – Duplicate Bridge

**23**
Thanksgiving Senior Center is closed

**24**
Senior Center is closed

**27**
10 - Technology 101

**28**
10:30 - Brain Power

**29**
2 – Olli Forum

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*November Weekly Calendar*
Carolyn’s Corner Book Club
The Book Club is currently reading and will meet and discuss *The Invention of Wings* by Sue Monk Kidd on **November 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 **December** reading will be *The Tea Girl of Hummingbird Lane* by Lisa See and will be discussed on **December 7 and 21.**

*New York Times* bestselling author Lisa See explores the lives of a Chinese mother and her daughter who has been adopted by an American couple. Li-yan and her family align their lives around the seasons and the farming of tea. There is ritual and routine, and it has been ever thus for generations. Then one day a jeep appears at the village gate—the first automobile any of them have seen—and a stranger arrives. In this remote Yunnan village, the stranger finds the rare tea he has been seeking and a reticent Akha people. As in her previous books, the author shares the customs of a Chinese ethnic minority; this time the Akha, whose world will soon change. Li-yan, one of the few educated girls on her mountain, translates for the stranger and is among the first to reject the rules that have shaped her existence. When she has a baby outside of wedlock, rather than stand by tradition, she wraps her daughter in a blanket, with a tea cake hidden in her swaddling, and abandons her in the nearest city. After mother and daughter have gone their separate ways, Li-yan slowly emerges from the security and insularity of her village to encounter modern life while Haley grows up a privileged and well-loved California girl. Despite Haley’s happy home life, she wonders about her origins; and Li-yan longs for her lost daughter. They both search for and find answers in the tea that has shaped their family’s destiny for generations.

A powerful story about a family, separated by circumstances, culture, and distance, *Tea Girl of Hummingbird Lane* paints an unforgettable portrait of a little known region and its people and celebrates the bond that connects mothers and daughters.

**BRAIN POWER – by Elise Mandel**
Learn ways to keep your brain active and healthy while having fun doing it!

Classes will be on Wednesdays
November 8, 15 and 29
December 13 and 20
10:30 – 11:30 a.m.
DIZZY?

Join KORT physical therapists for an information packed session.

Dizziness: How Physical Therapy Can Help You

Dizziness can be caused by a number of factors. One that can be treated through physical therapy is vertigo. Vertigo is dizziness that originates in the inner ear. In this lecture, we will discuss what causes dizziness and how it can be treated without medication. We will include a demonstration of the treatments. There will be a time for questions and answers to address your specific concerns.

Monday, November 6 – 10 a.m. – 2nd floor conference room
No registration needed – Please check in on MY SENIOR CENTER that day for a spot!
### NOV ART Studio A (2nd floor)

**Classes RUN Oct. 23 – Dec. 15**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30 – 4:15 p.m. Open Pottery Studio</td>
<td>Noon – 2 p.m. *Beginning Hand Building</td>
<td></td>
<td>Noon – 2 p.m. *Advanced Hand Building</td>
<td>Noon – 2:15 p.m. *Pottery I</td>
</tr>
<tr>
<td>2:30 – 4:15 p.m. Open Pottery Studio</td>
<td>2:30 – 4:15 p.m. Open Pottery Studio</td>
<td>Please Note: Open Pottery Studio limited to one time per week, per person.</td>
<td></td>
<td>2:30 – 4:15 p.m. Open Pottery Studio</td>
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</tbody>
</table>

*Please see a recreation staff member regarding CLASS SPACE for Oct-Dec session!*

### NOV ART Studio B (2nd floor)

**Classes RUN Oct 23 – Dec 15**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 a.m. – Noon *Basic Piece Quilting Class</td>
<td>9 – 10:30 a.m. Crochet for a Cause Join anytime!</td>
<td>9:30 – 11:30 a.m. *Water Color Painting Noon – 2 p.m. *Charcoal Drawing</td>
<td>10 a.m. – Noon *Sew Much Fun I 1 – 3 p.m. *Sew Much Fun II</td>
<td>10 – Noon *Sew Much Fun III</td>
</tr>
<tr>
<td>11:30 a.m.–3:30 p.m. China Painting Join anytime. Bring your brushes.</td>
<td>12:30 – 4:30 p.m. *Acrylic Painting</td>
<td></td>
<td>12:30 – 4:30 p.m. Open Art Studio</td>
<td></td>
</tr>
</tbody>
</table>

### NOV Music Studio (2nd floor)

**Classes RUN Oct 23 – Dec 15**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 – 10 a.m. *Piano 1 10:15 – 11:15 a.m. *Piano 2</td>
<td>9 a.m. – 2 p.m. Open Studio Practice time for those in class. Please limit practice to one hour.</td>
<td>12:45 – 1:45 p.m. LSC Chorus Join Anytime!</td>
<td>10:15 – 11:15 a.m. *Piano 1</td>
<td>9:15 – 10:15 a.m. *Piano 2 10:30 – 11:30 a.m. *Piano 2 11:45 a.m. – 12:45 p.m. *Piano 1 1 – 2 p.m. *Piano 1</td>
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<td></td>
<td></td>
<td>1:45 – 2:45 p.m. *Handbells</td>
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</tbody>
</table>
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 and are first-come, first-served basis.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>8:30 a.m.</td>
<td>8:30 a.m.</td>
<td>9:30 a.m.</td>
<td>8:30 a.m.</td>
</tr>
<tr>
<td>Move IT</td>
<td>FLOW (yoga)</td>
<td>Move IT – Muscle</td>
<td>Let’s Dance!</td>
<td>Move IT</td>
</tr>
<tr>
<td>Wendy</td>
<td>Jenny</td>
<td>Wendy</td>
<td>Rebecca</td>
<td>Wendy</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>9:30 a.m.</td>
<td>9 a.m.</td>
<td>Golden Arches</td>
<td>9 a.m.</td>
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<tr>
<td>Golden Arches</td>
<td>Lotsa Line Dances</td>
<td>Golden Arches</td>
<td>LSC DANCE TEAM</td>
<td>Golden Arches</td>
</tr>
<tr>
<td>(walking, meet behind bldg.)</td>
<td>Mimi</td>
<td>(walking, meet behind bldg.)</td>
<td>TEAM PRACTICE</td>
<td>(walking, meet behind bldg.)</td>
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<tr>
<td>9:30 a.m.</td>
<td>10:30 a.m.</td>
<td>10:30 a.m.</td>
<td>11:30 a.m.</td>
<td>12:30 a.m.</td>
</tr>
<tr>
<td>* Get up &amp; Go</td>
<td>TAI CHI Chuan</td>
<td>* Get up &amp; Go</td>
<td>Simply Yoga</td>
<td>CH.oga</td>
</tr>
<tr>
<td>Wendy</td>
<td>Tom</td>
<td>Cathy</td>
<td>Kelly</td>
<td>(chair yoga)</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Move IT</td>
<td>10:30 a.m.</td>
<td>12:30 p.m.</td>
<td>2 p.m.</td>
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<tr>
<td></td>
<td>Carey</td>
<td>* Active Aging</td>
<td>* Zumba Gold</td>
<td>12:30 p.m.</td>
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<td></td>
<td></td>
<td>Cathy</td>
<td>Cathy</td>
<td>*Station 2 Station</td>
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<tr>
<td>11:30 a.m.</td>
<td></td>
<td>11:30 a.m.</td>
<td>12:30 p.m.</td>
<td>(in the fitness center)</td>
</tr>
<tr>
<td>* Get up &amp; Go</td>
<td></td>
<td>* Zumba Gold</td>
<td>* Flow</td>
<td>Wendy</td>
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<tr>
<td>Wendy</td>
<td></td>
<td>Cathy</td>
<td>(yoga)</td>
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<tr>
<td>12:30 p.m.</td>
<td></td>
<td>2 p.m.</td>
<td>Mindful Moments</td>
<td>2:15 p.m.</td>
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<tr>
<td>* Active Aging</td>
<td></td>
<td>* Zumba Gold</td>
<td>Wendy</td>
<td>2:30 p.m.</td>
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<td></td>
<td>Bob</td>
<td>Cathy</td>
<td>2:30 p.m.</td>
<td>* Zumba Gold</td>
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<tr>
<td>1:15 p.m.</td>
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<td>1:30 p.m.</td>
<td>Tai Chi for Arthritis</td>
<td>Cathy</td>
</tr>
<tr>
<td>*Station 2 Station</td>
<td></td>
<td>Mindful Moments</td>
<td>(seated)</td>
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<td></td>
<td>(in the fitness center)</td>
<td>1:30 p.m.</td>
<td>Victoria</td>
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<tr>
<td></td>
<td>Carey</td>
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<tr>
<td>1:30 p.m.</td>
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<tr>
<td>* Zumba Gold</td>
<td>Jode</td>
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<tr>
<td>2 p.m.</td>
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<tr>
<td>*Brains, Balance &amp; Beyond</td>
<td>Wendi</td>
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<tr>
<td>2:30 p.m.</td>
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<tr>
<td>Lotsa Line Dances</td>
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<tr>
<td>3:30 p.m.</td>
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<tr>
<td>BARRE.lattes!</td>
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<tr>
<td>NOTE: NEW DAY!</td>
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NOTE: NEW DAY!
## Multi-purpose Room (1st floor)

<table>
<thead>
<tr>
<th>MONDAY</th>
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</thead>
<tbody>
<tr>
<td>8 – 10 a.m. Indoor Walking</td>
<td>10 – 11 a.m. Bingo</td>
<td>8 – 10 a.m. Indoor Walking</td>
<td>10 – 11 a.m. Bingo</td>
<td>8 – 10 a.m. Indoor Walking</td>
</tr>
<tr>
<td>1:30 – 3:30 p.m. Table Tennis</td>
<td>3 – 5 p.m. Indoor Walking</td>
<td>1:30 – 3:30 p.m. Table Tennis</td>
<td>3 – 5 p.m. Indoor Walking</td>
<td></td>
</tr>
</tbody>
</table>

## Cards & More (2nd floor)

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td>8:30 a.m. Adult Coloring</td>
<td>9 a.m. Chess Instruction</td>
<td>9 a.m. Intermediate Bridge</td>
<td>11:30 a.m. Bid Euchre</td>
<td>Noon Adult Coloring</td>
</tr>
<tr>
<td>11:30 a.m. Bid Euchre</td>
<td>10 a.m. Duplicate Bridge 2 &amp; 4 Wed. of the Month ONLY</td>
<td>2:30 p.m. Mexican Train</td>
<td></td>
<td>1 p.m. Hand &amp; Foot</td>
</tr>
<tr>
<td>12:30 p.m. Standard American Bridge</td>
<td>1 p.m. Hand &amp; Foot</td>
<td>1:30 p.m. Pinochle!</td>
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</tbody>
</table>

### MOVIE Matinee
Tuesday, Nov. 28
Multi-purpose room 12:30 p.m.

**FITNESS CENTER**

- M/W/F, 8 a.m. – 4 p.m.
- TU/TH, 8 a.m. – 1 p.m.

For your safety, **proper athletic footwear** must be worn in classes and in the fitness center.
- Must be closed toe and heel, rubber soled, tied or Velcro closures.
- NO BOOTS, SANDALS, FLIP FLOPS, DRESS SHOES OR HEELS.

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

Please bring water in a container with a lid.
- No coffee or other drinks permitted in the studio-fitness center.

### MARK YOUR CALENDARS!

REGISTRATION FOR THE NEXT CLASS SESSION
(January 2 – February 16, 2018)
WILL BEGIN ON
Tuesday, December 19 from 10 a.m. – noon.
Preserving your Family Stories
November 14 at 9 a.m.
Classroom B
In this month’s class on Preserving Family Stories, Virginia will bring examples of NEW family story projects! Feel free to bring things you have created as well to show class!

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.

Medicare Open Enrollment
October 15 – December 7
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 278-6072.

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

Sign-up at the Lexington Senior Center front desk

Technology 101
If you have questions regarding your tablets, laptops or smartphones, AARP volunteers will be at the Senior Center on the third and fourth Mondays of each month from 11 a.m. to 12:30 p.m. to work with you one-on-one. Please contact Amanda Patrick at 278-6072 to set up an appointment. When you call, be ready to specify what device you need assistance with, so that we can set you up with the right volunteer!

Wednesday, November 8, 12:30 – 2:30 p.m.
Join us for talks on:

- Tips and tricks to avoid the Donut Hole/Coverage Gap on your Part D Plan
  Chris Palutis, Owner, C&C Pharmacy in Lexington

- Right Place at the Right Time
  Susan Neville, Senior Living Consultant, Silver Lexington

- Downsizing with Ease
  Jessica Hundley, Sales Specialist, Everything But the House

And visit the various vendors including:

- Senior Benefits Alliance
- Silver Lexington
- Everything But the House
- Lifeline Home health-offering blood pressure screenings
- MD2U
- Bluegrass Care Navigators
- Lexington Hearing & Speech Center – offering hearing aid cleanings

Also, a Lifetrack agent will be here to activate free cell-phones.
NOW YOU KNOW

This is a twice 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 the “Now You Know” series, let one of the social workers know about your idea.

November 1
1 p.m. – Senior Housing 101 – Tiffany Sawaf – Magnolia Springs Assisted Living presents: Senior living options explained. Join us for an open discussion about the different types of housing options and how to navigate what is the best choice for you!

November 15
10:30 a.m. – Immunization Awareness
Joyce – Rite Aid
Learn about what vaccines are important to get and what to expect when you get them. A pharmacist will be available during the session to answer your questions.

Aging Support Group
There will be no meeting in November. We will see you back in December! Fourth Thursday each month at 10 a.m.

Designer Handbag BINGO Fundraiser
Lexington Senior Center
Saturday, November 18
4:30 p.m. – Dinner starts
6 p.m. – BINGO starts

Help us ensure that no senior goes hungry in Fayette County and eliminate the list of clients on the waiting list to receive a home delivered meal. Please join the Elder Nutrition Sites as they host a Designer Handbag BINGO including a BBQ dinner.

Ticket price
$35 advance purchase – space is limited – no tickets sold at the door
$30 for clients registered with the Lexington Senior Center

For tickets, please contact:
Emily Dahlman | 859-278-6072 or
Lynn Bowes | 859-797-7763

Please make checks payable to BGCAP Elder Nutrition Program. Daubers and extra bingo cards will be sold at the door. Grab your friends and come have fun supporting a good cause! All proceeds will go towards providing nutritious meals to homebound seniors residing in Fayette county.

Do Your Part to Prevent the Spread of the FLU

- Avoid close contact, particularly with people who are sick;
- Stay home when you are sick;
- Cover your mouth and nose;
- Clean your hands – particularly before eating and after using the restroom; and
- Avoid touching your eyes, nose and mouth

Everyone can do their part to help prevent the spread of illness.

Hearing Screenings

Tracy King, from the Miracle Ear Foundation, will be here performing free hearing screenings.

November 16
9 a.m. – 4 p.m.

You must sign up at the front desk beginning Wednesday November 1.

Nursing Students Meeting

Nursing students from the University of Kentucky School of Nursing will be at the center from 1 – 2 p.m. on Thursday, November 2 to meet with anybody who may be interested in participating in four informal informational sessions throughout the month of November. The topic of each session will be selected by the participants and presented by the students in fun and innovative ways. Even if you didn’t sign up in October, you can still attend the November meeting. No registration necessary!
Travel Information

Day Trips for 2017

Annual Outlet Mall shopping trip to The Outlet Shoppes of the Bluegrass
Wednesday, November 8
Cost: $15 includes van transportation and snacks.
9 a.m. – Depart LSC
10:15 a.m. – Arrive at The Outlet Shoppes
1:15 p.m. – Depart The Outlet Shoppes
1:30 p.m. – Arrive Cracker Barrel (lunch on your own)
2:45 p.m. – Depart Cracker Barrel
4:15 p.m. – Arrive at LSC

LaComedia Dinner
Timeless Memories of Christmas
Wednesday, November 29
Cost: $75 includes motor coach transportation, buffet lunch, admission and gratuities.
8:30 a.m. – Depart LSC
11 a.m. – Arrive at LaComedia
11:15 a.m. – Luncheon Buffet
1 p.m. – Performance
3:45 p.m. – Depart LaComedia
6 p.m. – Arrive at LSC

Driving tour of the Southern Lights at the Horse Park with dinner at LSC prior
Wednesday, December 13
Cost: $25 includes City BBQ dinner at LSC, Horse Park admission and round trip van transport
5:15 p.m. – Dinner at LSC
6:15 p.m. – Depart LSC
6:40 p.m. – Arrive Horse Park driving tour
7 p.m. – Visit booths and attractions
8 p.m. – Depart Horse Park
8:30 p.m. – Arrive LSC

Extended Trips for 2017

Holiday Trip to Nashville & Opryland
December 4 – 6
Pricing starts at $745 per person, double and 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.

2018 European River Cruise on the Danube with TWO nights in Germany
October 2 – 12, 2018
Pricing starts at $4,795 per person and goes up based on deck section and occupancy. Price does not include group insurance.

Please note that all times are approximate and subject to change.

Travel Meeting!
November 10 at 2 p.m.
Join us for a presentation on our upcoming trip to Makinac Island, Michigan, June 11–15. You will also be able to sign up at the meeting!
Don’t miss out!
We anticipate this trip selling out quickly!

General Trip Information
Sign-ups for day trips are ongoing on a first-come, first-served basis until full so don’t delay. Register now at the 2nd floor travel table at 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
SATELLITE SENIOR CENTERS

The Senior Center at Charles Young Center  
540 E. Third St. – 246-0281  
M/W/F, 9 a.m. – 1 p.m.

Bodies in Balance: Improve muscle tone and flexibility. Mondays, Wednesdays and Fridays 9:30–10:30 a.m.

Pickleball: Join in this fun doubles game. Played in the gymnasium with a wiffleball and wooden paddles. Friday, Nov. 3, 10 & 17, 11 a.m.

Line Dancing: (Beginners) WILL NOT MEET NOVEMBER 1. Fun-filled class that is sure to keep you moving. Instructor: Tess Morton Wednesday, 11:15 a.m. – 12:05 p.m.

Jewelry Making Classes: Create your own jewelry from clay. No experience necessary. All materials and tools provided. Call Katherine to register. Monday, Nov. 20 & 27, 12:05 p.m.

Technology Help: Learn to navigate your tablet, phone or laptop. Call the Center to schedule an appointment. Assistance available on a one-on-one base. Mondays, 11 a.m. – 12:30 p.m.

Phase 10 and Spoons: Card games guaranteed to keep your mind engaged. Monday, Nov. 20 & 27, 11 a.m. – 1 p.m.

Center is closed Friday, November 24.

Bluegrass Senior Citizen’s Monday Club  
11:30 a.m. – lunch | Noon – program

Monday, November 6 – Bring a sack lunch and enjoy musical entertainment by Mr. Ron Wilburn.

Monday, November 13 – Bring a sack lunch and musical entertainment from Mr. Scott Collins.

Monday, November 20 – Hot Thanksgiving buffet luncheon provided by Legacy Reserve. When an organization provides a luncheon, we try to Pass It On so bring a donation for the Salvation Army – boxed cereal, canned meat, spaghetti, spaghetti sauce or any non-perishable food.

Monday, November 27 – Bring a sack lunch and enjoy a hair-raising talk from Mrs. Patti Starr on paranormal experiences at the Bell House and beyond. November birthdays will be celebrated. Classes meet at the Bell House unless otherwise noted.

Monday Club – Mondays at 11:30 a.m. lunch | Noon program

Aging with Grace with DG – Monday at 2 p.m. & Wednesday at 9:15 a.m.

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

Piano Lessons with Wanda – 9 a.m. to 4 p.m., Tuesday & Thursday

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

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

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

Beaus & Belles Hand Bell Group with Wanda – 10 a.m., Thursday

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

Bridge – Noon, Friday

AARP Driver Safety with Red Grange – 11:30 a.m. – 4 p.m., Wednesday, Nov. 8

Call to reserve your space. No lunch break taken – bring a sandwich to enjoy during video portions of the class. Cost is $15 for AARP members, $20 for non-members – checks payable to the AARP.

Off-Site Bell House Senior Activities

Intermediate Line Dance with Mimi – Meets at Carver Center – 9 a.m., Friday

Beginner + Line Dance with Mimi – Meets at Carver Center – 10:30 a.m., Friday

Strider’s Walking Club – Fayette Mall Food Court – 9:30 – 11:30 a.m., Wednesday

Walk when and where you choose, just keep track of miles or time to be recorded at group get-together on November 8. Incentives are also available.

Water Fitness with Denny – Beaumont YMCA, 9 – 10 a.m., Tuesday & Thursday; Loudon YMCA, 1 – 2 p.m., Wednesday & Friday. Water Fitness classes will be cancelled when Fayette County Public Schools are not in session – November 22, 23, 24.
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.

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