

# The Messenger

A publication of the Lexington Senior Center



**LEXINGTON**  
Senior Center

February 2019

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## **Aging and Disability Services**

Kristy Stambaugh  
Director

Sean Wright  
Aging Services  
Program Manager Sr.

## **Social Services**

Jennifer Garland  
Social Worker

Melissa Stiff  
Social Worker

Amanda Patrick  
Social Worker

## **Recreation & Travel**

Martha Duncan  
Program Manager

Jode Rose  
Recreation Assistant

Wendy Jett  
Recreation  
Supervisor

## **Lunch Reservations**

Emily Dahlman

## **Website**

www.lexingtonky.  
gov/lexington-senior  
-center

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

**Hours of Operation**  
Monday – Friday  
8 a.m. – 5 p.m.

## **AARP Tax Aide**

Monday and Tuesday  
mornings  
starting February 4.

Call to make your  
appointment to have  
your taxes completed  
by an AARP tax  
volunteer!

## **UK Pharmacy Students**

February 19, 1 p.m.

Presentation on the  
Beers List  
Medications.

These are  
medications that are  
potentially  
inappropriate for use  
in older adults.

## **Heart Health Awareness**

February 19, 9:30 a.m.

Please join Gill Heart Institute representatives  
from UK HealthCare to learn about heart health  
in honor of Heart Health Month!

The Messenger is getting a make-over!

Don't be alarmed if it looks different starting in  
March. It will still be the information packed  
newsletter you are used to.

Thank you!

## **February, from the Latin word Februarius**

Meaning "to purify." The idea of rejuvenating,  
revitalizing and reviving ourselves from the previous  
months of politics, holiday preparations, parties, house  
guests and the celebrations of the accomplished New  
Year's resolutions or the agony of defeat.

February is a time for transition from our old stale habits.  
We hope to benefit from the crisp, fresh air and kick-start  
our brains and overhaul our hearts. Yes, our hearts. **The  
Lexington Senior Center** is absolutely committed to  
investing in healthy hearts through diet, education and  
our many quality exercise programs; but let's not stop  
there.

With the absence of **love**, the main ingredient of your  
heart, the aforementioned are useless. Let's attempt to  
adopt a **Ludus** (playful) or **Philia** (brotherly) kind of love  
and prove that love truly conquers all! Happy Valentines!

Keep Moving-Sean

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.

# February Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8 - Indoor Walking 8:30 - Adult Coloring 8:30 - Move IT <b>9:00 - Beginning Hand Building</b> <b>9 - Piano I</b> 9:30 - Walking for Better Balance 9:30 - Get Up & Go <b>10:15 - Piano 2</b> 10:30 - Active Aging 11:30 - Get Up & Go 11:30 - Bid Euchre <b>11:30 - Beginning Throwing</b> 12:30 Tai Chi for Better Balance 12:30 - Standard American Bridge 12:45 - Strong Core 1:30 - Table Tennis 1:30 - World of Dance 2:30 - CH.oga 3:30 - BARRE. lattes!	8:30 - FLOW (yoga) <b>9 - Advance Throwing</b> 9 - Crochet for a Cause 9 - Open Music Studio 9:30 - Lotsa Line Dances 9:30 - Checkers & Chess 10 - BINGO 10:30 - Tai Chi Chuan 11:30 - Move IT <b>12 - China Painting</b> <b>12:30 - Advanced Hand Building</b> 12:30 - Get Up & Go 1 - Hand & Foot <b>1 - Djembe Drumming</b> 1:15 - Station 2 1:30 - Flex.ABLE 2:30 - Station 2 2:30 - Reflections Yoga 3 - Indoor Walking 3:30 - Zumba Gold	8 - Indoor Walking 8:30 - Move IT - Muscle 9 - Intermediate Bridge 9 - Open Music Studio 9:30 - Walking for Better Balance 9:30 - Get Up & Go <b>9:30 - Water Color</b> 10:30 - Active Aging <b>10:30 - Eat. Weight. Move</b> 11:30 - Zumba Gold <b>12 - Ceramics Painting</b> <b>12:30 - Beginning Sewing</b> 12:30 - Seat-BEATS 12:45 - Mindful Moments Meditation 1:30 - FLOW (yoga) 1:30 - Table Tennis 1:30 - Pinochle 2:30 - Beat. Drum. Boogie	8:30 - Move IT - Cardio <b>9 - Intermediate Throwing</b> 9 - CORE Control 9:30 - Let's Dance! <b>10 - Glass Mosaic Tile</b> 10 - BINGO <b>10:30 - LSC Dance Team</b> 11 - History Class 11:30 - Get Up & Go 11:30 - Bid Euchre <b>11:30 - Piano 2</b> 12 - Performance Group <b>12:30 - Intermediate Hand Building</b> 12:30 - CH.oga 1:15 - Station 2 1:30 - Simply Yoga 1:40 - Mindful Moments Meditation 2 - Olli 2:30 - Station 2 2:30 - Tai Chi for Better Balance 2:30 - Mexican Train 3 - Indoor Walking	8 - Indoor Walking 8:30 - Move IT <b>9 - Intermediate Throwing</b> 9 - Scrabble <b>9:15 - Piano 2</b> 9:30 - Friday Fitness BINGO 9:30 - Get Up & Go 10:30 - Active Aging <b>10:30 - Piano 2</b> 11:30 - Beat. Drum. Boogie. 11:30 - Mah Jongg <b>11:45 - Piano 1</b> <b>12 - Italian Majolica Ware</b> 12 - Better Balance Basics Bootcamp 12:30 - Open Art Studio 12:30 - Tai Chi for Better Balance <b>1 - Piano 1</b> 1 - Hand & Foot 1:30 - Zumba Gold 2:30 - FLOW (yoga)

**Classes that are bold and italicized require registration.**

## Brain Power

**February 5, 12 & 26**  
**10:30 a.m.**

Keep your brain healthy and active with this 4-week session taught by Elise Mandel.

### On The Table – Information Session

**February 13, 1:30 p.m.**

Come learn about On the Table, a one-day opportunity where community members come together to listen to and learn from one another.

This year's theme is "Fostering belonging in our City." We have the power to impact neighborhoods and lives for the better. That's what On the Table is all about. This information session will be led by former LFUCG Councilmember Andrea James and Reva Russell English. Learn about the process, how to participate and what you can expect from an On the Table conversation.

### AARP Smart Driver Course

**Date:**  
 Monday, February 4

**Time:**  
 Noon – 4:30 p.m.

**Cost:**  
 \$15 for members  
 \$20 for non-members

**Must register at the front desk.**

# February Monthly Calendar



				1
				1:45 – Friday Friends
4	5	6	7	8
12 – <b>AARP Smart Driver Course</b> 2 – Tech Tutoring	10:30 – Brain Power	10:30 – Participant's Council Meeting 2 – NYK– Downsizing	9:30 – Book Club	1:30 – <b>Spanish</b>
11	12	13	14	15
2 – Tech Tutoring 3 – <b>Computer 101</b>	10:30 – Brain Power 2 – Dupree Financial	1:30 –On The Table Information Session 3 – <b>Computer 101</b>		1:30 – <b>Spanish</b> 1:45 – Friday Friends
18	19	20	21	22
<b>LSC Closed</b> <b>President's Day</b>	9:30 – Heart Health Awareness 10 – Blood Pressure 1 – Beer's List Medications	9 – <b>Hearing Screening</b> 10:30 – NYK – Alzheimer's	9 – <b>Hearing Screening</b>	12:30 – Movie Matinee 1:30 – <b>Spanish</b> 1:45 – Friday Friends
25	26	27	28	
10:30 – <b>Tech 101</b> 2 – Tech Tutoring	10:30 – Brain Power		10 – Aging Support Group	

## NOW YOU KNOW

### The Art of Downsizing February 6, 2 p.m.

Does the thought of whittling down your possessions and moving to a smaller home fill you with dread? (It doesn't have to.) Would you just like to live a more clutter-free life? (Who doesn't?) Susan Thomas, owner of Smooth Transitions of Central KY, will share tips and techniques on getting started and sticking to the process of lightening the burden of belongings. Join us for a lively discussion about downsizing and decluttering.

### Financial Decision Making February 12, 2 p.m.

Join Dupree Financial for an informational session for tips and tricks to make the most out of your investments in today's financial market.



### Understanding Alzheimer's and Dementia February 20, 10:30 a.m.

Join us to learn about the impact of Alzheimer's disease, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available and learn about the resources offered by the Alzheimer's Association.

**ART****Beginning Wheel Throwing With Amelia Stamps:**

Learn the basics of throwing on the pottery wheel and glazing pieces. No experience needed.

*Mondays, March 4–April 15, 11:30 a.m.–1:45 p.m.*

**With Mary Hicks:**

*Fridays, March 8 – April 19, 9 – 11:15 a.m.*

**Intermediate Wheel Throwing With Amelia**

**Stamps:** Build on your wheel throwing skills. Must be able to center and pull walls.

*Thursdays, March 7 – April 18, 9 – 11:15 a.m.*

**Advanced Wheel Throwing with Amelia Stamps:**

Refine & move to more complex forms and decorating techniques. Must be able to throw a 4" cylinder.

*Tuesdays, March 5 – April 16, 9 – 11:15 a.m.*

**Beginning Hand Building with Amelia Stamps:**

Learn the basics of coil, pinch & slab building. No experience necessary.

*Mondays, March 4 – April 15, 9 – 11 a.m.*

**Intermediate Hand Building with Amelia**

**Stamps:** Build on basic hand building skills. Must have completed Beginning Hand Building.

*Thursdays, March 7– April 18, 12:30 – 2:30 p.m.*

**Advanced Hand Building with Amelia Stamps:**

Refine & move into more complex forms & decorating techniques. Must have completed at least two hand building classes.

*Tuesdays, March 5 – April 16, 12:30 – 2:30 p.m.*

**Basic Drawing/Still Life with Thomas Baker :**

Core principles/techniques in drawing will be covered. Learn about form, light and color through use of still life and landscape studies. No experience needed.

*Mondays, March 4 – April 15, 9 – 11 a.m.*

**Human Portrait: Drawing to Painting with**

**Thomas Baker:** Learn to draw, then paint a human portrait. We will work from photos and live models. This is an intermediate class, basic drawing and painting skills needed.

*Mondays, March 4 – April 15, Noon – 2 p.m.*

**Beginning Abstract Acrylic Painting with Thomas**

**Baker:** Have fun while exploring new possibilities with painting. No experience needed.

*Wednesdays, March 6 – April 17, 9:30 – 11:30 a.m.*

**CLASS REGISTRATION****Art, Sewing, Music, Support Classes**

**March 4 – April 19, 2019**

**Registration begins:**

**TUESDAY FEBRUARY 26  
9 – 11 a.m.**

Multi-purpose room

Please pick up & complete a registration form.

ALL classes that require pre-registration also require a \$10 materials-equipment fee for each class.

Payment must be made at time of registration by

**CHECK OR MONEY ORDER**

payable to "LSC"

(No cash or cards.)

Scholarships are available, please see a social worker to for more information.

All classes are subject to a minimum registration requirement. Classes are subject to change if minimum is not met. You will be notified regarding any changes.

**ART**

**Ceramics with Barb Steinrock:** Ceramic pieces, paints and kiln time are provided. An instructor is available to assist you with your projects.

*Wednesdays, March 6 – April 17, Noon – 3 p.m.*

**China Painting with Betsy Packard:** Paint on china! We provide paint, kiln time and your first china piece.

*Tuesdays, March 5 – April 16, Noon – 3 p.m.*

**Surface Decoration with Amelia Stamps:**

Explore slip trailing, mishima, water etching and more!

Prerequisite: Beg Wheel or Beg Hand building

*Fridays, March 8 – April 19, Noon – 2 p.m.*

**Glass Mosaic Tile with Patricia Lawrence:** Create a decorative art piece using glass tiles!

No experience needed.

*Thursdays, March 7– April 18, 10 a.m. – Noon*

## SEWING

**Beginning Sewing with Debbie Orr:** This is for the TRUE beginner! Learn about the machine and the basics of sewing!

*Wednesdays, March 6 – April 17, 12:30 – 2:30 p.m.*

**Sew A Tote Bag with Debbie Orr:** Make a tote that is great for carrying craft supplies or other items.

Outside pockets and dividers! Must be able to cut patterns and sew independently. Intermediate level.

*Thursdays, March 7 – April 18, 1 – 3 p.m.*

## MUSIC



**Beginning Djembe**

**Drumming with Jerry Moody:** Learn basic hand drumming on the Djembe drum!

*Tuesdays, March 5 – April 16, 1 – 2 p.m.*

**Intermediate Djembe Drumming with Jerry Moody:**

Pre-requisite Beginning Djembe Drumming

*Fridays, March 8 – April 19, 10 – 11 a.m.*

**Piano 1 with David Branstrator:** Learn basic piano skills and have fun doing it!

*Mondays, March 4 – April 15, 9 – 10 a.m.*

*Fridays, March 8 – April 19, 11:45 a.m. – 12:45 p.m.*

*Fridays, March 8 – April 19, 1 – 2 p.m.*

**Piano 2** Must complete Piano 1 to attend!  
**with David Branstrator:**

*Mondays, March 4 – April 15, 10:15 – 11:15 a.m.*

*Fridays, March 8 – April 19, 9:15 – 10:15 a.m.*

*Fridays, March 8 – April 19, 10:30 – 11:30 a.m.*

**With Andrew Wood:** *Thursdays, March 7– April 18, 11:30 – 12:30 pm.*

## SUPPORT

**Eat.Weigh.Move. with Carey Highland:** This interactive weight loss support group and workshop is packed with information so you can be successful in your weight loss journey!

*Wednesdays, March 6 – April 17, 10:30 – 11:30 a.m.*

**Brain Bliss with Christina Garrett:**

This gentle approach to Yoga Nidra will tame your nervous system. Through simple relaxing postures you will shift your brain into the zone between sleeping and waking states. It's like your body sleeps while your mind remains conscious and clear. No crazy twists or movements! You must be able to get to the floor, but you may use a chair to assist you.

*Thursdays March 7– April 18, 2:30 – 4 p.m.*

## ONE TIME ART CLASSES!

Sign up with staff on 2nd floor beginning February 4.

### Origami Bowl/Basket with Flower!

Monday, February 11

1 – 2 p.m.

*(No charge. Those who have taken previous Origami classes may be put on wait list.)*

### Portrait Drawing Workshop

Monday, February 25

12:30 – 4:30 p.m.

COST: \$10

Use an easy to follow technique developed by Leonardo Da Vinci. Choose your subject. Must provide a picture of the person you will be drawing by Friday, February 15.

**Tai Chi Chuan**  
**Tuesdays**  
**10:30 a.m.**



This class combines balance and strength enhancing exercise with comprehensive self-defense moves. **We use a cane/stick for a portion of this class as we practice self defense.**

## LOVE ON A LEASH!

Will return Friday, FEB. 15 at Noon

Meet our canine friends!



**KORT Physical Therapy**  
**Watch for our**  
**session info in**  
**MARCH!**

*No pre-registration needed!*

Personal Training  
Available: See Staff!

# February 2019 Group Fitness

Personal Training  
Available: See Staff!

**Join us anytime! Sign in on My Senior Center! Classes marked with an asterisk (\*) require a class card.**  
Pick one up at the 2nd FLOOR MySeniorCenter computer table.  
**Unless otherwise noted,** classes are first come, first served, are 50 minutes,  
and meet in the group fitness studio.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. <b>Move IT</b> Wendy	8:30 a.m. <b>FLOW</b> (yoga) Jenny	8:30 a.m. <b>Move IT-Muscle</b> Wendy	8:30 a.m. <b>Move IT-Cardio</b> (30 minutes) Carey	8:30 a.m. <b>Move IT</b> Wendy
9:30 a.m. <b>Walking for Better Balance</b> <i>Multipurpose Room</i> Carey	9:30 a.m. <b>Lotsa Line Dances</b> (int-adv) MiMi	9:30 a.m. <b>Walking for Better Balance</b> <i>Multipurpose Room</i> Carey	9 a.m. <b>CORE Control</b> (30 minutes) Carey	9:30 a.m. <b>Friday Fitness BINGO!</b> Multi Purpose Room
9:30 a.m. <b>*Get up &amp; Go</b> Bob	10:30 a.m. <b>Tai Chi Chuan with Cane</b> Tom	9:30 a.m. <b>*Get up &amp; Go</b> Wendy	9:30 a.m. <b>*Let's Dance!</b> Rebecca	9:30 a.m. <b>*Get up &amp; Go</b> Carey
10:30 a.m. <b>*Active Aging</b> (seated) Carey	11:30 a.m. <b>Move IT</b> Carey	10:30 a.m. <b>*Active Aging</b> (Seated) Cathy	10:30 a.m. <b>LSC Dance Team</b> (dance team members only)	10:30 a.m. <b>*Active Aging</b> (Seated) Carey
11:30 a.m. <b>*Get up &amp; Go</b> Carey	12:30 p.m. <b>*Get Up &amp; Go</b> Wendy	11:30 a.m. <b>*Zumba Gold</b> Cathy	11:30 a.m. <b>*Get Up &amp; Go</b> Wendy	11:30 a.m. <b>Beat.Drum.Boogie</b> Renee
12:30 p.m. <b>Tai Chi for Better Balance</b> Victoria	1:15 p.m. <b>Station 2 Station</b> (in the fitness center) Carey	11:30 a.m. <b>*SeatBEATS!</b> (Seated) Cathy	12:30 p.m. <b>CH.oga</b> (chair yoga) Chris	Noon <b>Better Balance Basics Bootcamp</b> <i>2nd floor conf. room</i> Carey/Wendy
12:45 p.m. <b>Strong Core Better Backs</b> <i>2nd floor conf room</i> (40 minutes) Carey	1:30 p.m. <b>FLEX-ABLE</b> (seated) Cathy	12:30 p.m. <b>*SeatBEATS!</b> (Seated) Cathy	1:15 p.m. <b>Station 2 Station</b> (in the fitness center) Carey	12:30 p.m. <b>Tai Chi for Better Balance</b> Victoria
1:30 p.m. <b>*World of Dance!</b> Jode	2:30 p.m. <b>Station 2 Station</b> (in the fitness center) Wendy	12:45 p.m. <b>Mindful Moments Meditation</b> <i>2nd floor conf room</i> (30 minutes) Wendy	1:30 p.m. <b>Simply Yoga</b> Chris	1:30 p.m. <b>*Zumba Gold</b> Cathy
2:30 p.m. <b>CH.oga</b> (chair yoga) Wendy	2:30 p.m. <b>Reflections Yoga</b> Victoria	1:30 p.m. <b>FLOW</b> (yoga) Tee	1:40 p.m. <b>Mindful Moments Meditation</b> <i>2nd floor conf room</i> (30 minutes) Wendy	2:30 p.m. <b>FLOW</b> (yoga) Wendy
3:30 p.m. <b>BARRE.lates</b> Renee	3:30 p.m. <b>*Zumba Gold</b> Cathy	2:30 p.m. <b>Beat.Drum.Boogie</b> Renee	2:30 p.m. <b>Station 2 Station</b> (in the fitness center) Wendy	3:30 p.m. <b>Learn to LINE Dance THURSDAY</b> FEB. 28 only
		<i>Be sure to sign in on My Senior Center and receive a GREEN checkmark before ALL classes!</i>	2:30 p.m. <b>Tai Chi for Better Balance</b> Victoria	



# UPSTAIRS-DOWNSTAIRS

## Cards & More (2nd floor) Join us anytime!

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. <b>Adult Coloring</b>	9:30 a.m. <b>Chess &amp; Checkers</b>	9 a.m. <b>Intermediate Bridge</b>	11:30 a.m. <b>Bid Euchre</b>	9 a.m. <b>Scrabble</b>
11:30 a.m. <b>Bid Euchre</b>	1 p.m. <b>Hand &amp; Foot</b>	1:30 p.m. <b>Pinochle!</b>	2:30 p.m. <b>Mexican Train</b>	11:30 a.m. <b>Mah Jongg</b>
12:30 p.m. <b>Standard American Bridge</b>			<b>MOVIE Matinee Friday, FEB. 22 12:30 p.m.</b>	Noon <b>Adult Coloring</b>
				1 p.m. <b>Hand &amp; Foot</b>

## Multi-purpose Room (1st floor)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 – 9:30 a.m. <b>Self Guided Walking</b>	10 – 11 a.m. <b>Bingo</b>	8 – 9:30 a.m. <b>Self Guided Walking</b>	10 – 11 a.m. <b>Bingo</b>	8 – 9:30 a.m. <b>Self Guided Walking</b>
9:30 – 10:20 a.m. <b>Walking for Better Balance</b>	3 – 5 p.m. <b>Self Guided Walking</b>	9:30 – 10:20 a.m. <b>Walking for Better Balance</b>	3 – 5 p.m. <b>Self Guided Walking</b>	9:30 – 10:15 a.m. <b>Friday FITNESS Bingo!</b>
1:30 – 3:30 p.m. <b>Table Tennis</b>		1:30 – 3:30 p.m. <b>Table Tennis</b>		

### FITNESS CENTER

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

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

**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.**

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

**DONATIONS WELCOME!** See 2nd floor staff!  
Non-smoking homes only please

- Cotton or acrylic yarn for our Crochet for a Cause Group!
- Puzzles (300 – 500 pieces)



**Personal Training sessions make great gifts for yourself and others!**  
See staff for details or pick up a brochure!

# RESOURCES & EDUCATION

## Computers 101 Class

February 11 & 13 at 3 p.m.

Come learn the fundamentals about how to use a computer. We will cover common terms such as monitor, hard drive and memory. We will also walk through step-by-step how to use the common parts of the computer like a mouse and keyboard as well as tasks like how to power on/off a computer, open a program, and browse the internet. This is for a beginner or anyone that needs a refresher. Join us!

Sign up by calling Amanda!

## Technology Tutoring with Jason

February 4, 11, and 25  
2 – 3:30 p.m.

One-on-one tutoring session with our new volunteer Jason!

No registration, just show up!

## Technology 101

**Monday, February 25**  
10:30 a.m. – noon

Call Amanda to register for one-on-one tutoring with one of our volunteers!

## Save The Date

*Thursday, March 21, 2019*

## The 16th Annual Grandparents As Parents Conference

Please join us for one of the most informative and exciting celebrations of grandparents and older relative caregiving in Kentucky and across the nation.

Workshops, speakers, legal consultations, resource information, exhibits and more!



For more information please call 257-5582.

## SAVE THE DATE

**6th Annual Bluegrass Elder Abuse Prevention Conference**

## LOOKING OUT, REACHING OUT

Friday, April 19, 2019  
at the Lexington Senior Center

The focus of this year's conference will be self-awareness.



## Blood Pressure Clinic

**February 19**  
10 – 11 a.m.

## Hearing screenings and hearing aid cleanings

February 20 & 21

Call the center to register for this service.

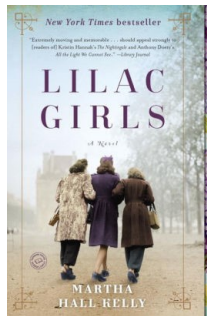


# RESOURCES & EDUCATION

## Carolyn's Corner Book Club

In **February**, the Book Club will meet at a new time (**9:30 – 11 a.m.**) and only on the **first Thursday** of each month. As announced in the previous newsletter, on **February 7** in honor of *Black History Month*, the book club will meet and discuss **Hidden Figures: The Untold True Story of Four African-American Women Who Helped Launch Our Nation into Space** by Margot Lee Shetterly. The Book Club is open to all.

On **March 7** and in honor of Women's History Month, the Book Club will turn to **Lilac Girls** by Martha Hall Kelly. Inspired by the life of a real World War II heroine, this debut novel reveals a story of love, redemption and secrets that were hidden for decades. New York socialite Caroline Ferriday has her hands full with her post at the French consulate and a new relationship on the horizon. But Caroline's world is forever changed when Hitler's army invades Poland in September 1939—and then sets its sights on France.



An ocean away from Caroline, Kasia Kuzmerick, a Polish teenager, senses her carefree youth disappearing as she is drawn deeper into her role as courier for the underground resistance movement. In a tense atmosphere of watchful eyes and suspecting neighbors, one false move can have dire consequences.

For the ambitious young German doctor, Herta Oberheuser, an ad for a government medical position seems her ticket out of a desolate life. Once hired, though, she finds herself trapped in a male-dominated realm of Nazi secrets and power. The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbrück, the notorious Nazi concentration camp for women. Their stories cross continents—from New York to Paris, Germany, and Poland—as Caroline and Kasia strive to bring justice to those whom history has forgotten.

## Aging Support Group

**February 28 | 10 a.m.**

Join us for lively discussions of all things related to aging, life after retirement and tips on staying brain and heart healthy in your golden years. Share tips and tricks with the group, get to know fellow participants and enjoy a monthly meeting devoted to anything and everything you want to discuss.

## Conversational Spanish

Learn the basics of speaking Spanish in this 6 week class. No experience needed!

Class will be held at 1:30 p.m. on Fridays: February 8, 15, 22 and March 1, 8 & 22.

Sign up at the front desk starting February 1!

## OLLI – Donovan Forum Series Thursdays, 2 p.m.

**February 7:** It's a Mad, Mad World:  
The History of Comics.  
*Speaker:* Gary Detraz, Senior V.P.,  
Hillard Lyons

**February 14:** Doha, Qatar Architecture and  
Arabic Culture  
*Speaker:* Eric Williams, AIA, Chief  
International Officer, JC  
Worldwide Connections, LLC

**February 21:** Estate Planning: Durable  
Power of Attorney and Wills  
*Speaker:* Allison Connelly, J.D., Professor,  
University of Kentucky

**February 28:** Reinvention of the Lexington  
Convention Center and Rupp Arena  
*Speaker:* Richard Polk, Jr., AIA, LEED AO,  
Principal/Architect, EOP Architects

**TRAVEL REGISTRATION INFORMATION**

Registration for day trips is on a first-come, first-served basis until full . . . so don't delay.

**REGISTER at the 2nd floor travel table at LSC.**

Checks or money orders **ONLY! NO CASH OR CARDS.**

Make payable to LSC Travel.

Payment **MUST** be made at time of registration.

**For more information, contact:**

**Martha Duncan** at 278-6072

mduncan@lexingtonky.gov

**Jode Rose** at 278-6072

srose@lexingtonky.gov



**Kentucky State Parks & Western Kentucky Highlights Motor Coach Trip!**

May 13 – 16, 2019

Kentucky Dam Village State Resort Park, Land Between the Lakes, National Quilt Museum, River Discovery Center and more!

**COST: \$885 single occupancy  
\$685 double occupancy**

**Waterways and National Parks of the Pacific Northwest!**

July 25 – August 1, 2019

Highlights include Mt. Rainer National Park, San Juan islands and whale watching cruise, Chihuly Glass Museum, the Space Needle and other Seattle highlights.

\$3,395 per person double occupancy  
\$4,390 single occupancy

***Newport Aquarium & lunch at Hofbrauhaus Newport***  
**Wednesday, March 20,**  
**Cost: \$65**

(Includes motor coach transportation, aquarium admission, lunch, driver & server gratuity)

**Itinerary & Schedule**

8:30 a.m. – Depart Lexington Senior Center  
10 a.m. – Arrive at Aquarium  
12:45 p.m. – Walk across the street for lunch  
1 p.m. – Lunch at Hofbrauhaus  
3 p.m. – Depart restaurant  
4:45 p.m. – Arrive Lexington Senior Center

(All times approximate, and are subject to change.)  
Please park your vehicles in the lower lot of LSC.



***KEENELAND***  
**Wednesday, April 17**  
**Cost: \$15**

(Includes van transportation, admission, reserved grandstand seating, race day program)

**Itinerary & Schedule**

11:30 a.m. – Depart Lexington Senior Center  
Noon – Arrive Keeneland  
1 p.m. – First Race  
4:30 p.m. – Depart Keeneland  
5 p.m. – Arrive Lexington Senior Center

(All times approximate, and are subject to change.)  
Please park your vehicles in the lower lot of LSC.



# SATELLITE SENIOR CENTERS

## The Senior Center at Charles Young Center

540 E. Third St. | 246-0281  
Mondays & Fridays 9 a.m. – 1 p.m.  
Wednesdays, 9 a.m. – 3 p.m.

**Bodies in Balance:** Improve muscle tone and flexibility.

**Mondays, Wednesdays & Fridays,  
9:30 – 10:30 a.m. M–Anne, W–F Danielle**

**Pickleball:** Join in this fun doubles game. Played in the gymnasium with a wiffleball and wooden paddles. **Fridays, 11 a.m.**

**Line Dancing:** (Beginners) Fun-filled class that is sure to keep you moving. Instructor: Tess Morton  
**Wednesdays, 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. **Wednesday, 12:30 – 3 p.m.**

**Social Time:** Card games guaranteed to keep your mind engaged.  
**Fridays, 11 a.m. – 1 p.m.**

**Bingo/Social Time!** Have fun and meet new friends! **February 25, 11 a.m.–1 p.m.**

**Technology 101:** Learn to navigate your tablet, phone or laptop. Call the Center to schedule an appointment. One-on-one tutoring!  
**First & second Mondays of each month from 10:30 a.m. – noon**

**\*\*Winter Weather Policy\*\***

The Center will be closed if Fayette County schools are closed due to inclement weather.  
If they are on a 2 hour delay, the Body in Balance class will start at 10 a.m.

### Elder Crafters

at Black and Williams Center  
498 Georgetown St. | 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.

**Mondays** – Fun Days (cards, dominoes, board games)  
**Tuesdays** – Ceramics  
**Wednesdays** – Sewing, crochet, needle point  
**Thursdays** – Ceramics

Please call 252-1288 for a full list of activities and a calendar of events.

## BELL HOUSE SENIOR ADULT ACTIVITIES

Martha McFarland – mmcfarla@lexingtonky.gov  
545 Sayre Avenue | 233-0986

### Bluegrass Senior Citizen's MONDAY CLUB

11:30 a.m. – lunch | noon – program

Remember to bring a sack lunch.

*Non-member reservations are required for all provided luncheons.*

- Feb. 4 Storytelling with Stephen Hollen, who is featured during the Cumberland Falls Storytelling Festival.
- Feb. 11 Musical Entertainment with Scott Collins. February birthdays celebrated!

**Monday club will not meet on February 18 & 25 or March 4. Monday Club resumes March 11.**

*Note: Classes meet at the Bell House unless otherwise noted.*

Aging with Grace with DG	1:30 p.m.	Monday
Art Class with Nelle	9 a.m.	Tuesday
Piano with Wanda	9 a.m.–4 p.m.	Tuesday/Thursday
Troubadours Choral Group	10:30 a.m.	Tuesday
Chair Yoga with Danielle	NOON 2 p.m.	Tuesday Thursday
Adult coloring with Nelle	Noon – 2 p.m.	Tuesday
Beaus & Belles Hand Bell	10 a.m.	Will resume in MARCH
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 March 20. Call (859) 233-0986 to reserve your space. Bring your lunch! \$15 AARP members, \$20 non-members. Payable to AARP day of class.

**Int. Line Dance with Mimi:** 9 a.m. Friday (Meets at Carver Center)

**Beginner + Line Dance with Mimi:** 10:30 a.m. Friday (Meets at Carver Center)

**Striders Walking Club:** 9:30 – 11:30 a.m. Wednesday

Walk when and where you choose; keep track of miles or time to be recorded at group get-together on Feb 20. Incentives from the Lexington Medical Society are also available.

### Water Fitness

Tuesday – 2 p.m. | Beaumont Y

Thursday – 9 a.m. | Beaumont Y

Wednesday & Friday – 1 p.m. | North Loudon Y

**Please Note: If Fayette county schools are closed due to inclement weather, all classes will NOT meet.**



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Lexington Senior Center  
200 E. Main St.  
Lexington, KY 40507  
  
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### 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.

When you think of survival, what comes to mind?  
Oxygen? Water? Food? Clothing? Shelter? How about  
LOVE?

Yes, there are many forms of love, including the romantic kind that is the predominant focus on the 14<sup>th</sup> day of this month. But, let's go a little deeper. Love is patient, kind, steadfast, hopeful, enduring, seeks truth and is even greater than faith. Newborn babies fail to thrive if they are not loved and nurtured.

As we grow into adulthood and, yes, even into the senior years, we STILL need to be LOVED in order to fully thrive. My challenge for you this month of February is to love and be loved. Show yourself, AND OTHERS, patience, kindness and hope. Share your faith, share your truth. As I tell you every Valentine's, my hugs are free! Need a hug? Come find me!

Love and blessings! Emily

### February Dates to Remember

- 6 – Participant's Council
- 6 – NYK - Downsizing
- 11 – Origami (pre-register)
- 12 – NYK - Financial Decisions
- 13 – On The Table - Information
- 15 – Love on a Leash
- 19 – Beer's List Medications
- 19 – Heart Health Awareness
- 20 – NYK - Alzheimer's & Dementia
- 22 – Movie Matinee
- 25 – Portrait Drawing (pre-register)
- 28 – Aging Support group
- 28 – Learn to Line Dance

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