THE MESSENGER

A PUBLICATION OF THE LEXINGTON SENIOR CENTER

JULY
2019

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Hours of operation
Monday – Friday
8 a.m. – 5 p.m.

Every July 4, our country comes together to celebrate the history, heritage and people of this country. We give thanks for the freedom and liberties fought by the generations that came before us. And while we may be divided by our politics, religion or ethnicity, on this holiday I ask that we all come TOGETHER and celebrate all the wonderful things that makes the United States of America the greatest country in the world.

And in honor of our Declaration of Independence, Bill of Rights and the Constitution, I present the Preamble of 195 Life Lane.

Keep moving ~ Sean

Preamble of 195 Life Lane

We, the people of the Lexington Senior Center, in order to form a more perfect mixture, establish equality, ensure homelike peacefulness, provide for the protection, safety, and promote the health, education, socialization, peace and morality of all participants.

The senior center participants will remain free to do as they wish without the harm of others while engaging throughout, do ordain and establish this arrangement for the United Participants of the Senior Center. *Happy 243rd !*

LEXINGTON
Senior Center

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.

NEWS & ANNOUNCEMENTS

Lunch is served!

The Lexington Senior Center has lunch daily from 11:30 a.m. – noon. If you are interested in having lunch, you must first set up an appointment with Emily Dahlman. Then, whenever you want to eat, you need to call a day in advance so we have you on the list of people eating the next day. For more information contact Emily at 278-6072 ext. 7559.

Please use the crosswalk

When walking through the parking lot to the building, please walk in the designated crosswalk areas and do not walk through the landscaping. We have wonderful volunteers who keep our landscaping looking beautiful and we don't want to trample on their hard work!

Thank you!

Please remember:

The Lexington Senior Center will be closed July 4 and 5. We hope you enjoy this time with your friends and family!

Be respectful of others

When preparing to come to the senior center, please keep in mind that some of us are more sensitive to smells than others, including those with allergies, asthma and other breathing conditions. When you are putting on your cologne and perfume, please think about those around you and only use a light dose or even consider not wearing any.

FRIENDS OF THE LEXINGTON SENIOR CENTER

The Friends of the Lexington Senior Center is a 501c3 nonprofit organization whose mission is to support the operation of the Lexington Senior Center and the seniors who use it. Consider making a donation today.

LexSeniorCenterFriends.org

Friends of the Lexington Senior Center

Gale Reece, Chair of the Friends of the Lexington Senior Center, participating in the Senior Intern Week Program.

MySeniorCenter computers

When attending a class at the Lexington Senior Center, please make sure you stop at one of our computer kiosks and sign-in to your classes. This helps us keep track of our numbers and determine what classes are popular!

If you have lost your key card, please stop at the front desk for a replacement.

CENTER INFORMATION

STAFF LISTING

Kristy Stambaugh
Director of Aging
and Disability Services

Sean Wright
Aging Services
Program Manager Sr.

ADMINISTRATIVE SUPPORT
Keri Allen

FRONT DESK
Libbe Jefferson
Tanya Collins

ASSISTANCE & COMMUNITY RESOURCES

Jennifer Garland
Social Worker
Melissa Stiff
Social Worker
Amanda Patrick
Social Worker

FACILITY STAFF
Bill Morton
William Davidson

RECREATION & TRAVEL

Martha Duncan
Program Manager
Jode Rose
Recreation Supervisor
Wendy Jett
Recreation Supervisor

NUTRITION PROGRAM
Emily Dahlman
Lunch Reservations

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.

VOLUNTEER DRIVERS NEEDED

Are you retired and looking for a way to give back? You love to drive and have some spare time on your hands. Think about what fun and how rewarding your help and companionship would be to a senior who can no longer get behind the wheel. Drive with the Independent Transportation Network, meet wonderful people, be part of the solution to senior transportation, receive a *free* membership for yourself or someone else, and earn transportation credits that you can save as your own transportation social security.

CALL OR VISIT US ONLINE FOR MORE INFORMATION
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JULY MONTHLY CALENDAR

Underlined classes require that you call and register in advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	**02**	**03** 10:30 a.m. Participant's Council 11:30 a.m. Independence Day cookout	**04** **LSC CLOSED** 	**05** **LSC CLOSED**
08 9 a.m. Diabetic Support	**09** 2 p.m. NYK | St. Joseph East volunteering	**10**	**11**	**12** 1:30 p.m. Spanish for Beginners
15 10:30 a.m. Technology 101	**16** 10 a.m. Healthy Brain Aging 10 a.m. Blood pressure clinic	**17** 9 a.m. Hearing Screening 10:30 a.m. NYK | Standing Guard	**18** 9 a.m. Hearing screening 10 a.m. Origami	**19** Noon Love on a Leash 1:30 p.m. Spanish for Beginners
22 10:30 a.m. Technology 101	**23** 10 a.m. Colorectal Cancer Educational Program	**24** 1 p.m. AARP meeting	**25** 10 a.m. Aging Support Group 10 a.m. Summer craft 2:30 p.m. Prime Time auditions	**26** 1:30 p.m. Spanish for Beginners
29 10:30 a.m. Technology 101	**30**	**31** 3:30 p.m. Learn to Line Dance		

HEARING SCREENINGS AND HEARING AID CLEANING
JULY 17 & 18 | 9 a.m. – 4 p.m.

Call the center to schedule an appointment!

AARP Smart Driver Course

DATE: Monday, August 5
TIME: Noon – 4:30 p.m.
COST: $15 for AARP members
$20 for non-members
Call to sign up!

ST. JOSEPH EAST VOLUNTEERS

July 9, 2 p.m.

Join Carol Wade, Director of Volunteer Services and Joyce Fister-Daley, Volunteer at the Women's Center gift shop, as they discuss all the volunteer opportunities available at St. Joseph East.

There are a lot of ways you can volunteer. Come learn more!

Standing Guard: Protect What You've Worked For

July 17, 10:30 a.m.

Jayme Nelson, from Edward Jones, will share strategies designed to help you guard your most valuable assets and protect your pre- and post-retirement income.

EDUCATION

Spanish for Beginners

6-week class
Fridays
July 12 – August 16
1:30 p.m.

If you have always wanted to learn some basic Spanish but didn't know where to begin, this is the class for you!

Sign-up at the front desk.

Technology 101

10:30 a.m. – noon
July 15, 22 & 29

We have tutors from AARP here to give you the one-on-one attention that you need!

Get answers to your questions about your new laptop, tablet or smartphone.

Please call Amanda to register!

Technology with Jason

Mondays at 2:00 p.m.

Our wonderful volunteer Jason will be here to work with your on your device.

Please call Amanda to register in advance. Space is limited!

Healthy Brain Aging

July 16
10 – 11 a.m.

We will discuss factors involved in healthy brain aging. While some older adults show brain and cognitive declines, others continue to function at a similar level to when they were younger. This talk will summarize some of the causes of age-related cognitive and brain declines. In addition, we will discuss lifestyle factors that may slow brain aging. Last we will learn about opportunities to participate in an ongoing study exploring brain and cognitive health that is being conducted by the University of Kentucky.

Colorectal Cancer Educational Program

July 23, 10 a.m.

Learn about colorectal cancer, risk factors, types of screenings and who needs to be screened.

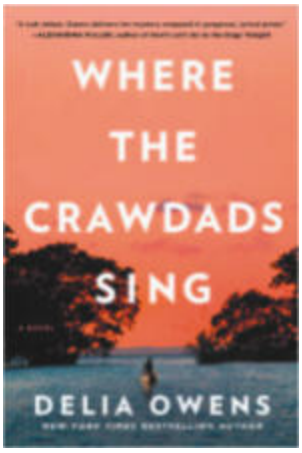
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Underlined classes required pre-registration				
Classrooms A & B	2 p.m. Technology with Jason		10 a.m. Talk Time	10 a.m. Talk Time	1:45 p.m. Friday Friends (B) (Does not meet 2nd Friday)

CAROLYN'S CORNER BOOK CLUB

The book club meets on the first Thursday of each month from 9:30 to 11 a.m. at the Senior Center. However, due to the Fourth of July holiday falling on a Thursday, for July only, we will meet on July 11.

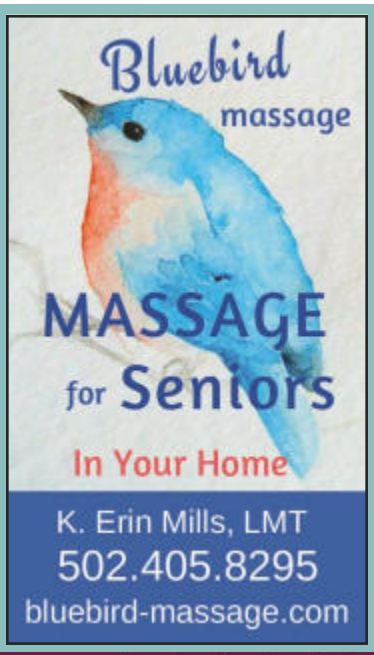
- The book for July 11 is ***Where the Crawdads Sing*** by Delia Owens
- The book for August 1 is ***The Lovely Bones*** by Alice Sebold

Where the Crawdads Sing:



For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life–until the unthinkable happens.

Perfect for fans of Barbara Kingsolver and Karen Russell, *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.



RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MULTI-PURPOSE ROOM (1ST FLOOR)	8–9:30 a.m. **Self Guided Walking** 1:30–3:30 p.m. **Table Tennis**	10–11 a.m. **BINGO!** 3–5 p.m. **Self Guided Walking**	8–9:30 a.m. **Self Guided Walking** 1:30–3:30 p.m. **Table Tennis** (cancelled on 7/3 due to cookout)	10–11 a.m. **BINGO!** 3–5 p.m. **Self Guided Walking**	8–9:30 a.m. **Self Guided Walking**
CARDS & MORE (2ND FLOOR) JOIN US ANYTIME!	8:30 a.m. **Adult Coloring** 11:30 a.m. **Bid Euchre** 12:30 a.m. **Standard American Bridge**	9:30 a.m. **Chess & Checkers** 1 p.m. **Hand & Foot**	9 a.m. **Intermediate Bridge** 1 p.m. **Mah Jong**	11:30 a.m. **Bid Euchre**	9 a.m. **Scrabble** NOON **Adult Coloring** 1 p.m. **Hand & Foot**

FUN AND GAMES!

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The Center is closed July 4 & 5.

Let's Ride!

Check out one of our 3-wheelers and ride around the park!

Elvis, Jerry Lee & Dolly

Monday–Thursday
8:30 a.m. – 2 p.m.

Stop by the front desk!

PrimeTime Dancers Dance team auditions!

Are you a good dancer willing to perform in public? Can you commit to weekly practices?

Join us for auditions in the group fitness studio.

Thursday, July 25, 2:30 p.m.

Not sure which FITNESS classes are a good fit for you?

Stop by and talk with Wendy on the 2nd floor for assistance.

Looking for ACTIVE classes with lots of moving & challenge? Try MOVE IT, Station2Station, Strong Core, Better Backs, Step101, Beat.Drum.Boogie! or any dance-based class!

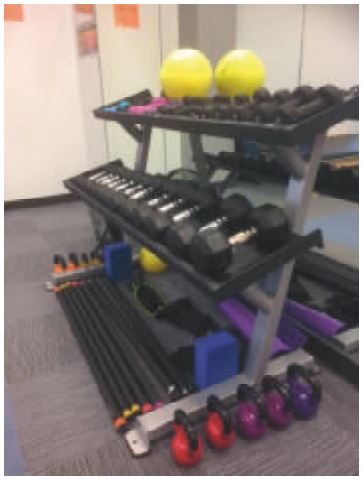
Looking for 100% seated formats?
Try Active Aging, Ch.oga (chair yoga), FLEX-ABLE, SeatBeats, or Mindful Moments.

Counting down to Christmas!

It's NOT TOO early to start working on your handmade items to sell at our Holiday Bazaar during our Open House on December 13. We will be selling table space beginning in November.

Pickleball Instruction

Mondays
1 – 3 p.m.
Held outdoors, weather permitting
1 p.m. – beginners
2 p.m. – adv. beginners



FITNESS CENTER ON THE 2ND FLOOR

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.
No appointment needed. (20 – 30 minutes in length)

Proper shoes **required** to workout in the Fitness Center. **Clean, athletic shoes that tie/Velcro.**
(No dress shoes, boots, heels, sandals, etc.)

JULY – GROUP FITNESS CLASSES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. **MOVE IT** Wendy	8:30 a.m. **FLOW YOGA** Jenny	8:30 a.m. **Strong Core Better Backs** Wendy	8:30 a.m. **STEP 101 (NEW!)** (30 minutes) Carey	8:30 a.m. **MOVE IT** Wendy
9 a.m. **GOLDEN ARCHES WALK WITH EASE** (outdoors behind center) Carey/Wendy	9:30 a.m. **LOTSA LINE DANCES** (INT-ADV) Mimi	9 a.m. **GOLDEN ARCHES WALK WITH EASE** (outdoors behind center) Carey/Wendy	9 a.m. **CORE CONTROL** (30 minutes) Carey	9:30 a.m. ***GET UP & GO!** Carey
9:30 a.m. ***GET UP & GO!** Bob	10:30 a.m. **TAI CHI CHUAN WITH CANE** Tom	9:30 a.m. ***GET UP & GO!** Wendy	9:30 a.m. **LET'S DANCE!** Rebecca	9:30 a.m. **FITNESS BINGO!** **JULY 19TH ONLY** Wendy
10:30a.m. ***ACTIVE AGING** Carey	11:30 a.m. **MOVE IT** Carey	10:30 a.m. ***ACTIVE AGING** Cathy	10:30 a.m. (**NEW!**) ***ACTIVE AGING** Wendy	10:30 a.m. ***ACTIVE AGING** Carey
11:30 a.m. ***GET UP & GO!** Carey	12:30 a.m. ***GET UP & GO!** Wendy/Cathy	11:30 a.m. **ZUMBA GOLD** Cathy	11:30 a.m. ***GET UP & GO!** Diane	11:30 a.m. **BEAT.DRUM. BOOGIE!** Renee
12:30 p.m. **TAI CHI FOR BETTER BALANCE** Victoria	1:15 p.m. **STATION2STATION** (In Fitness Center) Carey/Wendy	12:30 p.m. **SEAT*BEATS*** Cathy	12:30 p.m. **CH.OGA** (chair yoga) Chris	12:30 p.m. **TAI CHI FOR BETTER BALANCE** Victoria
1 p.m **PICKLEBALL INSTRUCTION** (outdoor court-weather permitting 1-2 Beg & 2-3 Adv Beg) Barb	1:30 p.m. **FLEX-ABLE** Cathy	12:45p.m. **MINDFUL MOMENTS MEDITATION** (30 minutes meets in 2nd floor conference room) Wendy	1:15 p.m. **STATION2STATION** (In Fitness Center) Wendy	1:30 p.m. **ZUMBA GOLD** Cathy
1:30 p.m. **WORLD OF DANCE** Jode	2:30 p.m. **REFLECTIONS YOGA** Victoria	1:30 p.m. **YOGA FOR HEALING** Letitia	1:30 p.m. **SIMPLY YOGA** Chris	2:30 p.m. **FLOW YOGA** Wendy
2:30 p.m. **BEAT.DRUM. BOOGIE!** Renee	2:30 p.m. **STATION2STATION** (In Fitness Center) Carey/Wendy	2:30 p.m. **BARRE-LATES** Renee	2:30 p.m. **PRIMETIME DANCERS TEAM PRACTICE** (dance team members only)	***Watch for our NEW Balance class beginning September!**
3:30 p.m. **BARRE-LATES** Renee	3:30 p.m. **WORLD OF DANCE** Cathy/Molly	3:30 p.m. **LEARN TO LINE DANCE** For beginners **JULY 31 ONLY**	2:30 p.m. **STATION2STATION** (In Fitness Center) Wendy	Check out one of our TRIKES for some fun outdoor exercise! M – TH 8:30 a.m. – 2 p.m. See the front desk
			3:30 p.m. **TAI CHI FOR BETTER BALANCE** Victoria	***The CENTER is CLOSED July 4 & 5!***

Please check into **EVERY** class on My Senior Center.
You must receive a green checkmark when selecting class.

Proper shoes must be worn for class!
No exceptions. (Yoga & Tai Chi may be barefoot or sock footed.)

PERSONAL TRAINING AVAILABLE: SEE STAFF

RECREATION – THE ARTS!

The Center is closed July 4 & 5.

CLASSES CURRENTLY IN SESSION.
THESE 7-WEEK CLASSES REQUIRE PRE-REGISTRATION UNLESS OTHERWISE NOTED.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART STUDIO A	9:30 a.m. **Beginning Hand Building** 12:30 a.m. **Beginning Wheel Throwing**	9:30 a.m. **Advanced Wheel Throwing** 12:30 p.m. **Advanced Hand Building**	9:30 a.m. **Intermediate Wheel Throwing** 12:30 p.m. **Intermediate Hand Building**	1 p.m. **Beginning Wheel Throwing**	1 p.m. **Beginning Hand Building**
ART STUDIO B	9 a.m. **Basic Drawing Still Life** 1 p.m. **Beginning Abstract**	9:30 –10:30 a.m. **Crochet for a Cause** (Join us anytime!) Noon **China Painting**	9 a.m. **Beginning Watercolor** 1 p.m. **Intermediate Water Color**		12:30 – 3:30 p.m. ***Open Art Studio*** (Join anytime! Please bring your own supplies and enjoy our beautiful space!)
MUSIC STUDIO	9 a.m. **Piano 1** 10:15 a.m. **Piano 2**	**Please DO NOT bring food/drinks into studio.** **Open studio for piano practice for current students 8:30 a.m.– 4 p.m.**	**Open studio for piano practice for current students 8:30 a.m.– 4 p.m.**	11:30 a.m. **Piano 2**	9:15 a.m. **Piano 2** 10:30 a.m. **Piano 2** 11:45 a.m. **Piano 1** 1 p.m. **Piano 1**
2nd Floor Conf. Room		3 p.m. **Djembe Drumming**			

WATCH FOR OUR NEXT CLASS REGISTRATION

TUESDAY, AUGUST 13
9 – 11 AM | MULTI-PURPOSE ROOM

Registration forms will be available beginning August 5 at the center.
All classes that require pre-registration also require a $10 material/equipment fee for each class.

Payment must be made at time of registration by CHECK or MONEY ORDER.
NO CARDS OR CASH ACCEPTED.

Scholarships are available, please see a social worker for more information.
(If you cannot make it to the group registration on Aug. 13, please speak to a recreation staff member)

RECREATION OPPORTUNITIES JUST FOR YOU!

Instant artist! & piano

Beat.Drum. Boogie!

PrimeTime Dancers

Let's take a trip!

Brains & Balance

Pottery

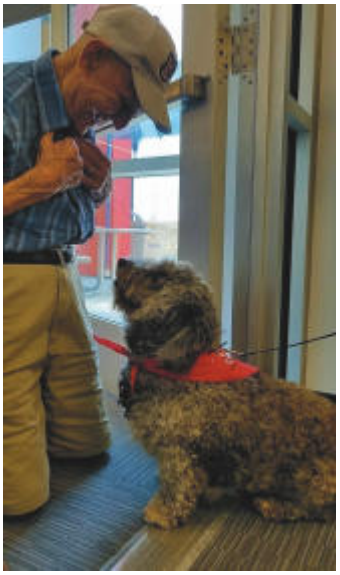
RECREATION SPECIAL EVENTS

INDEPENDENCE DAY COOKOUT

Wednesday, July 3, 11:30 a.m. – 1 p.m.
Enjoy outdoor games, music and lunch from Columbia's.
Cost: $7

Origami Project
Make a parasol

Thursday, July 18, 10 a.m. – Noon
No experience needed. Create a cute Origami parasol.
Sign-up on the 2nd floor beginning July 1.



LOVE ON A LEASH (OUR CANINE FRIENDS)

Friday, July 19, Noon
Keep an eye out for our canine friends. Hugs & kisses welcome!

SUMMER CRAFT!

Thursday, July 25, 10 a.m.
Fun summer themed craft. No experience needed. Sign-up on 2nd floor beginning July 1.

LEARN TO LINE DANCE!

Wednesday, July 31, 3:30 p.m.
For the true beginner! Learn the basic steps used in many line dances AND learn several line dances.

RECREATION SPECIAL EVENTS

STEP 101

Strengthen your legs, heart and core in this 30 minute BASIC step training class.

Uses a 4-6 inch platform. This class requires good balance and a sense of rhythm.

Thursdays at 8:30 a.m.

Active Aging now available 4 times a week. Join us!

Monday, Wednesday, Thursday, Friday at 10:30 a.m.

*This **seated** class is an 'all-in-one format." Cardio, strength, core & stretching.*

Perfect for those who cannot stand for extended periods, and for those recovering from injury or surgery.

New class!

Yoga for Healing

All levels welcome for this gentle, healing approach to yoga.

This class will consist of very basic yoga postures followed by 20+minutes of deep relaxation with focused attention on healing the body, mind and spirit. You will be on the floor but may use a chair to assist you up and down. Perfect for those with chronic pain, PTSD, headaches, sleep challenges, memory challenges, etc.

Wednesdays 1:30 – 2:20 p.m.
Group Fitness Studio

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Tom Dupree Jr.

Please call us at **(859) 233.0400** or email us at **info@dupreefinancial.com** for more information or to schedule a complimentary appointment.

We look forward to seeing you soon.

And be sure to listen to the Tom Dupree Show on Saturdays from 8-9 am on Newsradio 630 WLAP.

Let's stay in touch. Follow us on:

dupreefinancial.com

237 E. Main Street, Lexington, KY 40507

LET'S TAKE A TRIP!

STOP BY THE TRAVEL TABLE ON THE 2ND FLOOR FOR SPECIFIC INFO!

MARTHA DUNCAN: MDUNCAN@LEXINGTONKY.GOV
JODE ROSE: SROSE@LEXINGTONKY.GOV
(859) 278-6072

JACKS CINCINNATI CASINO

Cost: $30 – Wednesday, July 17
Includes motor coach, free buffet and driver gratuity.
9:30 a.m. – Depart LSC
11:30 a.m. – Arrive Casino
4 p.m. – Depart for LSC
6 p.m. – Arrive LSC
**Please Note: This trip was in the JUNE newsletter. Space limited.*

WATERWAYS & NATIONAL PARKS OF THE PACIFIC NORTHWEST

July 25 – August 1
Highlights include Mt. Rainer National Park, San Juan islands and whale watching cruise, Chihuly Glass Museum, the Space Needle and other Seattle highlights.
$4,390 single occupancy, $3,395 double occupancy

KENTUCKY STATE FAIR

Cost: $30 – Tuesday, August 20
Includes van transportation, admission and driver gratuity.
9 a.m. – Depart LSC
10:30 a.m. – Arrive fair (visit on your own)
3:45 p.m. – Depart for LSC
5 p.m. – Arrive LSC

SHADES OF IRELAND

May 25 – June 6, **2020**
Pick up specific info at the 2nd floor travel table. A travel meeting regarding this trip was held on June 19. Register by Nov 26, 2019, to receive these rates!
$5,864 single occupancy, $5,114 double occupancy
$5,084 triple occupancy– prices include cancellation waiver & insurance

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.

TRAVEL PHYSICAL EXERTION RATING

Watch for the sneaker rating for each trip. This rating is intended to be a general estimate of the physical exertion for the trip. Please speak with a staff member if you have specific mobility concerns.

ONE sneaker: Minimal walking, lots of sitting, may include stairs.

TWO sneakers: Moderate walking, may include stairs, walking between buildings etc.

THREE sneakers: Lots of walking, may include: uneven surfaces such as gravel or grass and/or multiple stairs

PLEASE STOP BY THE 2ND FLOOR TRAVEL TABLE FOR SPECIFIC DETAILS ON EACH TRIP.

- Times are approximate and subject to change.
- Please park in the lower lot for all trips.
- All trips filled on a first come, first served basis. Waiting lists are an option.
- Please complete a registration form on the travel table and include with your payment.
- Payment for DAY TRIPS should be dropped in the box at the tables.
- **Please note: The first two weeks of trip registration is open to Fayette Co. residents ONLY.**

Senior Health & Information Fair

Presented by the Lexington Senior Center Participant's Council

Friday, August 16
9 a.m. – 3 p.m.

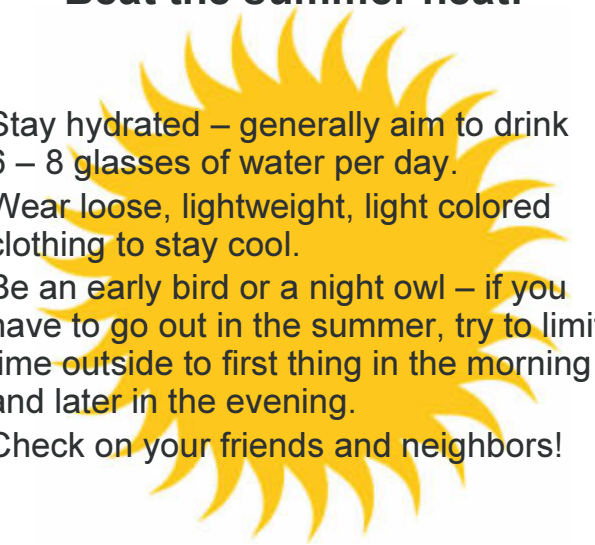
Join us for a health and information fair featuring many different resources available in Lexington.

We will have vendor providing information on:

- transportation
- Health and wellness
- Housing
- Home care
- Insurance options
- Much more!

We hope to see you there!

Beat the summer heat!



- Stay hydrated – generally aim to drink 6 – 8 glasses of water per day.
- Wear loose, lightweight, light colored clothing to stay cool.
- Be an early bird or a night owl – if you have to go out in the summer, try to limit time outside to first thing in the morning and later in the evening.
- Check on your friends and neighbors!

Diabetic Support Group

July 8, 9 a.m.

Diabetes can be hard to deal with. Gain valuable knowledge and lasting relationships by joining this support group!

This month we will be learning about alternatives to sweetened beverages.

Aging Support Group

July 25 | 10 a.m.

Conference Room

Share tips and tricks with the group, get to know fellow participants, and enjoy a monthly meeting devoted to anything you want to discuss.

COMING SOON

Next Best Years of Your Life Conference

September 20, 2019
8:30 a.m. – 3 p.m.
Fayette County Extension Office

Free health care screenings for seniors

September 24, 2019
9 a.m. – noon
Lexington Senior Center

This is not a regular health fair – we will be providing various health and wellness screenings to include memory, hearing, bone density, balance, vision and blood pressure.

SENIOR INTERN PROGRAM

June 2019
Senior Intern
Week Program

Compare Our CD Rates

Bank-issued, FDIC-Insured

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2-year	2.50% APY*	Minimum deposit $1000

* Annual Percentage Yield (APY) effective 6\4\2019. CDs offered by Edward Jones are bank-issued and FDIC-insured up to $250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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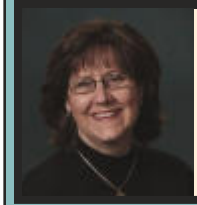

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wclough@lpiseniors.com or (800) 950-9952 x2635

ELDER CRAFTERS AT BLACK AND WILLIAMS

498 GEORGETOWN ST. | (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. Call for a full list of activities and a calendar of events.

Mondays – Fun Days (cards); Chair Yoga with Tess, 10 a.m.
Tuesdays – Ceramics
Wednesdays – Sewing, crochet, needlepoint; Chair Yoga with Tess, 10 a.m.
Thursdays – Ceramics

Join the Eldercrafters on Wednesdays from 10 a.m.–2 p.m. This month they are working on a quilt that will highlight and honor famous African Americans. Quilting experience helpful but not required.

NEVER MISS A NEWSLETTER !
Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

4-D-5-5 For ad info. call 1-800-477-4574 • www.4lpi.com 14-1670

SATELLITE SENIOR CENTERS

THE BELL HOUSE

545 SAYRE AVENUE | 233-0986 | MARTHA MCFARLAND – MMCFARLA@LEXINGTONKY.GOV

BLUEGRASS SENIOR CITIZEN'S MONDAY CLUB

11:30 a.m. – lunch | Noon – program
Bring a sack lunch unless otherwise noted.
Non-member reservations are required for all provided luncheons.

July 1: Enjoy Folk music by Loren Tice & Lee Patrick

July 8: Bring a wrapped gift ($10 value) for Christmas in July party

July 15: Enjoy the musical talent of Scott Collins

July 22: Cynthia Medfford sings!

July 29: Favorite hymns performed by Ron Wilburn. July birthdays celebrated!

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 with Wanda	9:30 a.m.	Tuesday
Chair Yoga with Danielle	Noon on Tues.	2 p.m. on Thursday
Adult coloring with Nelle	Noon – 2 p.m.	Tuesday
Ceramics with Nelle	10 a.m. & 1 p.m.	Thursday
Bridge	Noon	Friday

OFF SITE SENIOR ACTIVITES

Int. Line Dance with Mimi
9 AM | Friday (at Carver Center)
Beginner + Line Dance with Mimi
10:30 AM | Friday (at Carver Center)

Striders Walking Club
9:30 – 11:30 AM | Wednesday
(Fayette Mall Food Court)
Walk when and where you choose; keep track of miles or time to be recorded at group get-together on July 24. Incentives from the Lexington Medical Society are available.

Water Fitness: Summer program
Castlewood Park Pool off Bryan Ave.
Monday – Friday, 9 a.m.

Dip & Dance: August 15, 1 – 3 p.m.
Bring a potluck dish to share (serves 6)

BELL HOUSE AARP Driver Safety:
July 17 | 11:30 a.m. – 4 p.m.
Call 233-0986 to reserve your space.
$15 AARP members, $20 non-members

THE SENIOR CENTER AT CHARLES YOUNG CENTER

540 E. THIRD ST. | 246-0281 | KATHERINE DAILEY – KDAILEY@LEXINGTIONKY.GOV
MONDAYS & FRIDAYS: 9 A.M. – 1 P.M. | WEDNESDAYS: 9 A.M. – 3 P.M.

BODIES IN BALANCE
M-W-F | 9:30 – 10:30 a.m.
Improve muscle tone & flexibility.

LINE DANCING
WED. | 11:15 a.m. – 12:05 p.m.
Dance & have some fun.

JEWELRY MAKING
WED. | 12:30 – 2:45 p.m.
No experience needed. Materials provided.

CARDS & SOCIAL TIME
MON & FRI | 11 a.m. – 1 p.m.
Engage your mind with fun card games.

TECHNOLOGY 101
Is on hiatus for the summer!

Have a safe and Happy July Fourth Holiday!
We are OPEN July 3 & 5.

LEXINGTON
Senior Center

Aging Services
Lexington Senior Center
200 E. Main St.
Lexington, KY 40507

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Tell us how we are doing!

There are always client satisfaction surveys on the counter in the Café. If you have any problems, suggestions or even something good to say, please take a moment to complete a survey for us. This information is incredibly valuable to the staff at the Lexington Senior Center.

It helps us to know what we are doing right and what we can do to improve our services to you.

JULY DATES TO REMEMBER

7/3 Independence Day cookout (must have ticket)
7/3 Participants Council meeting
7/4 LSC closed
7/5 LSC closed
7/8 Diabetic support group
7/9 Now You Know – St. Joe East volunteers
7/16 Healthy Brain Aging
7/17 Now You Know – Standing Guard
7/18 Origami project (must register)
7/19 Love on a Leash
7/23 Colorectal Cancer Educational Program
7/25 Summer craft (must register)
7/25 Aging support group
7/31 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.