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.
Participant Feedback Opportunities

We value your opinion! Did you know that we always have participant feedback surveys available on the high-top counter in the café?

These are for you to give us feedback on how we are doing and to make suggestions if you have concerns. This is also a good place to put suggestions for new activities you would like to see.

If you have ideas, we ask that you put them in writing.

Closed
Monday, September 5 for Labor Day

Fayette County is currently in the Red Zone for COVID. Masks are not required but we do encourage everyone to wear one and be as safe as possible!

Thanks to all who made great suggestions on how to spend the discontinued Participant’s Council funds to close out the account and purchase items to better serve you here in the center. The final results are in, and a decision will be announced soon!

The information contained herein is up-to-date as of the printing of the newsletter. All information is subject to change. If you have any questions, contact the Lexington Senior Center directly.

The advertisers in this newsletter pay a fee for their ad. We do not endorse their products or services. The advertisements help pay for the printing of this publication.
STAFF LISTING

**STAFF**

**Kristy Stambaugh**
Director of Aging and Disability Services

**Sean Wright**
Aging Services Program Manager Sr.

**Keri Allen**
Administrative Specialist Sr.

**FRONT DESK**

**Tanya Collins**

**Nancy Mitchell**

**SECURITY**

**Garnett Mundy**

**ASSISTANCE & COMMUNITY RESOURCES**

**Jennifer Garland**
Social Worker Sr.

**Lindsay Medley**
Social Worker Sr.

**Justin Halvorson**
Social Worker

**FACILITY STAFF**

**Bill Morton**

**William Davidson**

**RECREATION & TRAVEL**

**Martha Duncan**
Program Manager

**Amanda Cobb**
Recreation Supervisor

**Wendy Jett**
Recreation Supervisor

**NUTRITION PROGRAM**

**Jessica Stamm**
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.

---

**Help your neighbors and improve your community**

Volunteer to Drive

Volunteers provide rides and can donate credits to help build our scholarship funds.

**ITN Bluegrass**

Dignified transportation for seniors

To learn more about driving for ITN, give us a call at 859-252-8666 or check us out online—itnbluegrass.org

---

**Your Life. Well Lived.**

Get the expert care & support to help you live well:

- Extra Care
- Home Primary Care
- Adult Day Health Care
- Transitional Care
- Palliative Care
- Hospice Care
- Grief Care

Visit bgcarenav.org/livewell
Trivia through Time
September 15 | Noon* (*new time)

Join Justin and Amanda as we travel through the decades. Your team, of up to five people, will be quizzed on questions that span across the decades. It is a great chance to meet new people while working your brain at the same time. Prizes will be awarded for the 1st and 2nd place teams. The final question will be a doozy. So here’s a hint – Brush up on the history and importance of Labor Day.

Diabetes Support Group
September 6 | 10 a.m.

Join us to learn new tips and recipes, ask questions or share with others living with diabetes.

This group is led by a diabetes care and education specialist.

Virtual Brain Power
Wednesdays | 11 a.m.

Keep your brain sharp in this fun virtual class. We will do word games, number games, logic puzzles and participate in all kinds of challenges to keep your brain moving.

If you are new to this class call or email Justin for the link.
(jhalvorson@lexingtonky.gov)

Virtual History Class
Mondays | 11 a.m.

This semester we will be learning about the Middle East and Islam, from 6th Century BC up to present day.

Call or email Jennifer for the Zoom link at jgarland@lexingtonky.gov.

ESL – Intermediate/Advanced
Tuesdays | 1 – 2:30 p.m.
October 4 – November 29

Sign-up at the front desk.

Aging Support Group
September 22 | 10 a.m.

This group meets in-person at the Lexington Senior Center in the classroom.

This month’s topic: Social Activities

Come prepared to share some of the activities you participate in and give the other members ideas for staying active in the community.
### History of Camp Nelson
**Sept. 13 | 10 a.m.**

From 1861 to 1865, the American union was broken as brother fought brother in a Civil War that remains a defining moment in our nation’s history.

Join us to learn about a national monument in our backyard. A ranger from the National Park Service will share information on the history of Camp Nelson during the Civil War and its development as a national park.

### Lexington Senior Center Social Workers
**Sept. 20 | 10 a.m.**

Meet the three Lexington Senior Center social workers and learn about what social services are offered through the Lexington Senior Center.

This presentation is brought to you by the Friends of the Lexington Senior Center.

### KY Hopeful Paws
**Sept. 27 | 10 a.m.**

KY Hopeful Paws Rescue Seniors to Seniors Program adopts senior dogs to seniors at no cost.

The majority of the senior dogs are 25 pounds or less. In addition, Hopeful Paws also pays for veterinary treatment for the life of the pet. They work with the seniors to find their perfect pet for their lifestyle. Should their life situation change, we make every attempt to put their pet in respite care until the improve or return home.

---

**STOP FALLING...IT COULD KILL You**

Just a couple months ago Ivana Trump was in the news for passing away after a fall. She was only 73 years old. Sometimes all it takes is one mis-step. Accidents do happen, but the better prepared you are and the better your balance, the less likely you will sustain a fall.

Have you noticed you are touching pieces of furniture when you walk through the house? Do you have to hold on to the handrail when going up and down stairs? Do you hold on to your significant other when walking across the yard? Perhaps you have been putting off walking with a cane or a walker, but know they would make you feel safer walking in public?

Do you know what is the leading cause of death for those over 65?

### FALLING

According to the CDC, for injury related deaths, falling is the number one cause of death for people over the age of 65. The last thing you want to do is become a statistic.

To help fight this we are rolling out our FALL screening. This year we are going to offer up more opportunities, but space is still limited. If you want to get scheduled give us a call at 859-303-6393.

Because we want to help offset the cost as rates continue to go up, we are dropping our normal charge of $75 to just $47 for your screening. I expect these spots to go quickly, so be sure to snag your screening to assess and figure out a plan to help keep you safe.

If you want more information on your level of risk, please take our Fall Risk Quiz and see where you score today. Visit: [https://www.titanptky.com/fallriskquiz](https://www.titanptky.com/fallriskquiz).  

We Accept Medicare
Welcome to Tuska Studio

You have the opportunity to view 19 works and words set to inspire reflection on your own life. Find yourself immersed in the art of Mythos Storytelling.

Registration is required, call the front desk.

Technology with Brad

Wednesdays, Thursdays & Fridays
12:30 – 1:30 p.m.

Having issues with your technology? Brad will be here to help you work with your phone, tablet or laptop.

Reminder: There is a 6-person limit to this class. If you come in for technology assistance, make sure you sign in. If you sign-in on the MySeniorCenter computer, make sure you attend. Thank you!

**Brad will help solve your technology issues to the best of his abilities; however, we cannot guarantee that he can fix every issue you may have.**

UK HealthCare Orthopaedic Surgery & Sports Medicine Topic: Knee & Hip Osteoarthritis

September 14 | 9:30 – 10:30 a.m.

Dr. Landy will discuss what a knee and hip osteoarthritis diagnosis means, how patients are evaluated to see if this is their problem, what treatment options exist, when it is time to consider surgery, and lastly, what can go wrong. Attendees will learn all there is to know about knee and hip osteoarthritis, and will have an opportunity to ask questions at the end of the presentation.

To sign up, visit or call the front desk at (859) 278-6072
September 1 & 15 | 9:30 – 11 a.m.

Sept. 1: The Second Mrs. Astore by Shana Abe – A well-researched biography about the young Madeleine Force and her courtship and marriage to the man 30 years her senior, John Jacob Astor IV. It tells of their year-long honeymoon and then the trip back to New York aboard the RMS Titanic.

Sept. 15: The Witch of Blackbird Pond by Elizabeth George Speare. This book tells the story of 16 year old Katherine Tyler (known as Kit). She leaves her home in Barbados after her grandfather dies and a 50 year old man tries to marry her. She relocates to Wethersfield, Connecticut to live with her Aunt Rachel, Uncle Matthew and her two cousins, Judith and Mercy, in their Puritan community in the year 1687. This is a young adult historical fiction.

October: The Book Woman’s Daughter by Kim Michelle Richards
Wait Till Helen Comes by Mary Downing Hahn

November: Apples Never Fall by Laine Moriarty
From the Mixed-Up Files of Mrs. Basil E. Frankweiler by E. L. Konigsburg

December: A Christmas Carol by Charles Dickens
The Christmas Promise by Richard Paul Evans
<table>
<thead>
<tr>
<th>Classrooms A &amp; B</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td></td>
<td>11 a.m. Virtual History</td>
<td>10 a.m. Virtual History</td>
<td>9:30 a.m. Diabetes Support Group (September 6)</td>
<td>9:30 a.m. UK Knee and Hip Osteoarthritis (September 21)</td>
<td>12:30 p.m. Technology with Brad</td>
</tr>
<tr>
<td></td>
<td>10 a.m. Now You Know (September 13, 20, 27))</td>
<td>10 a.m. Now You Know (September 6)</td>
<td>11 a.m. Virtual Brain Power</td>
<td>10 a.m. Book Club (September 1 &amp; 15)</td>
<td>1:45 p.m. Friday Friends (Does not meet the third Friday of each month.)</td>
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<td>12:30 p.m. Technology with Brad</td>
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<td>1:45 p.m. Friday Friends (Does not meet the third Friday of each month.)</td>
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**HEALTHY LIVING WITH DIABETES**

**Kentucky Department for Public Health**

Learn about diabetes in a whole new way. Our free, nationally accredited, diabetes workshop is now online with several dates/times to choose from.

**To register or learn more about it, please email diabetes@lfchd.org or call 859-288-2344.**

Led by a Certified Diabetes Care & Education Specialist, you will learn ways to manage your diabetes and prevent complications.
RECREATION & TRAVEL!

NEW! NEW! NEW!

**BASIC STEP!**
BEGINs OCTOBER 4
Tuesday | 9:30 a.m. (fitness studio)

Step up/down from a platform to the beat of the music. GAIN STRENGTH and ENDURANCE.

*(Basic moves, nothing complicated but you must have a decent sense of balance to participate.)*

---

**Origami Class!**
Create a decorative flower corsage arrangement
Friday | September 16 | 1 p.m.
*No experience needed.*
*Sign up with Amanda beginning Sept. 1.*

---

**Pickleball Instruction!**
Small group instruction
You MUST pre-register!

Meets three Mondays in September
(Sept. 12, 19 & 26)
8:30 a.m. & 9:30 a.m. – Beginner
10:30 a.m. – Intermediate

You MUST call the front desk at (859) 278-6072 to register for this session. Registration opens Sept. 1. *(No fee.)* Preference given to those who did not participate in the August session.

---

**Crochet for a Cause**

Join us anytime!
No experience needed.
No registration needed.

---

Mark your calendar!
The next registration for our ARTS classes will be Tuesday, October 11 starting at 9 a.m. online AND in person.
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<thead>
<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td><strong>MULTI-PURPOSE ROOM (1ST FLOOR)</strong></td>
<td><strong>1:30 – 3:30 p.m.</strong></td>
<td><strong>Self guided walking is multi-purpose room when other activities are not scheduled.</strong></td>
<td><strong>10 – 11 a.m. Sept. 8 &amp; 22 Classic BINGO!</strong></td>
<td></td>
</tr>
<tr>
<td><strong>CARDS &amp; MORE (2ND FLOOR)</strong></td>
<td><strong>11:30 a.m.</strong></td>
<td><strong>9 a.m.</strong></td>
<td><strong>9 a.m.</strong></td>
<td><strong>9 a.m.</strong></td>
</tr>
<tr>
<td><strong>FOOD IS NOT PERMITTED IN THE CARD AREA USE THE 1ST FLOOR CAFE OR MP ROOM</strong></td>
<td><strong>Bid Euchre</strong></td>
<td><strong>Mexican Train Dominos</strong></td>
<td><strong>Mah Jongg</strong></td>
<td><strong>Mexican Train Dominos</strong></td>
</tr>
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<tr>
<td><strong>12:30 a.m.</strong></td>
<td><strong>Standard American Bridge</strong></td>
<td><strong>1 p.m.</strong></td>
<td><strong>1 – 4 p.m.</strong></td>
<td><strong>1 p.m.</strong></td>
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<tr>
<td><strong>1 p.m.</strong></td>
<td><strong>Hand &amp; Foot</strong></td>
<td><strong>Hand &amp; Foot</strong></td>
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*Numerous games are available in the cabinets on the 2nd floor. If you would like us to schedule other types of cards/games, see a Recreation staff member.*

---

**LEXINGTON SENIOR CENTER**

**LSC Fitness Center | 2nd floor**

Monday/Wednesday/Friday
8 a.m. – 4 p.m.

Tuesday/Thursday
8 a.m. – 1 p.m.

First time? See the fitness attendant for your equipment orientation. Stop by anytime we are open.

**Athletic shoes required. Must have closed toe and heel.**

### Personal Training available for a nominal fee.

One-on-one and buddy training packages available. Purchase ONE session or a THREE pack!

Pick up a brochure or see Wendy for details.

wjett@lexingtonky.gov

---

**MORE Group Fitness!**

**BELL HOUSE**
545 Sayre Ave. | 233-0986

Tues. & Thurs.: 10:30 a.m. [*Ch.oga*] (chair yoga)

**CHARLES YOUNG CENTER**
540 E. Third St. | 246-0281

Monday:
9:30 a.m. [*Get Up & Go!*] | Anne
11:30 a.m. [*Ch.oga*] | Victoria

Wednesday:
9:30 a.m. [*Get Up & Go!*] | Anne
12:30 p.m. [*Line Dancing*] | Tess

Friday: 9:30 a.m. [*Seated Tai Chi*] | Victoria

**BLACK & WILLIAMS**
498 Georgetown St. | 252-1288

Mon. & Wed.: 10 a.m. [*Ch.oga* (chair yoga)] | Tess
### SEPTEMBER 2022 - LSC GROUP FITNESS CLASSES

Join us anytime! Please check in for class on the MySeniorCenter computer. All classes first come-first served.

**You must receive a GREEN checkmark when checking in for class!**

All classes meet on 2nd floor.

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td>8:30 a.m. MOVE IT Wendy</td>
<td>8:30 a.m. FLOW YOGA Jenny</td>
<td>8:30 a.m. MUSCLE MADNESS Carey</td>
<td>8:30 a.m. FLOW YOGA Jenny</td>
<td>8:30 a.m. RETRO ROBICS Wendy</td>
</tr>
<tr>
<td>9:30 a.m. GET UP &amp; GO! Debbie</td>
<td><strong>NEW! 9:30 a.m. BASIC STEP BEGINS OCT. 4</strong></td>
<td>9:30 a.m. GET UP &amp; GO! Wendy</td>
<td>9:30 a.m. LET’S DANCE! Rebecca</td>
<td>9:30 a.m. GET UP &amp; GO! Carey</td>
</tr>
<tr>
<td><strong>NEW! 10 a.m. YOGA 101 BEGINS OCT 3RD</strong></td>
<td>9:30 a.m. STRENGTH &amp; STABILITY Carey</td>
<td>9:30 a.m. TAI CHI CHUAN Tom-fitness studio</td>
<td>10:30 a.m. STRENGTH &amp; STABILITY Cathy</td>
<td>10:30 a.m. ACTIVE AGING Carey</td>
</tr>
<tr>
<td>10:30 a.m. ACTIVE AGING Wendy</td>
<td>10:30 a.m. MOVE IT Carey</td>
<td>10:30 a.m. ACTIVE AGING Cathy</td>
<td>11:30 a.m. GET UP &amp; GO! Cathy</td>
<td>11:30 a.m. BEAT.DRUM. BOOGIE! Renee</td>
</tr>
<tr>
<td>11:30 a.m. GET UP &amp; GO! Carey</td>
<td>11:30 a.m. WORLD OF DANCE Jode</td>
<td>11:30 p.m. WORLD OF DANCE Cathy</td>
<td>12:30 p.m. CH.OGA (chair yoga) Rebecca</td>
<td>12:30 p.m. WORLD OF DANCE Maranda</td>
</tr>
<tr>
<td>12:30 p.m. LET’S DANCE! Rebecca</td>
<td>12:30 p.m. FLEX.ABLE Cathy</td>
<td>12:30 p.m. BEAT DRUM BOOGIE! Renee</td>
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<tr>
<td>1:30 p.m. BEAT DRUM BOOGIE! Renee</td>
<td>1:30 p.m. GET UP &amp; GO! Diane</td>
<td>1:30 p.m. BARRE.LATES Renee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proper shoes must be worn for ALL classes!</td>
<td>1:15 p.m. STATION 2 STATION (FitnessCenter) Carey</td>
<td>ALL ON 2nd floor Group fitness studio across hall from fitness center most classes meet here</td>
<td>1:15 p.m. STATION 2 STATION (FitnessCenter) Wendy</td>
<td></td>
</tr>
<tr>
<td>Clean, closed toe/ closed heel, athletic shoes that tie or Velcro. (Yoga &amp; Tai Chi may be barefoot or sock footed)</td>
<td>2:30 p.m. TAI CHI FOR BETTER BALANCE Victoria-fitness studio</td>
<td>Fitness Studio around corner from ART studio</td>
<td>1:30 p.m. TAI CHI FOR BETTER BALANCE Victoria-fitness studio</td>
<td></td>
</tr>
<tr>
<td>2:30 p.m. STATION 2 STATION (FitnessCenter) Carey</td>
<td></td>
<td></td>
<td>2:30 p.m. STATION 2 STATION (FitnessCenter) Wendy</td>
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</tbody>
</table>

Have questions about our fitness program? Contact Wendy wjett@lexingtonky.gov (859) 278-6072.

**CLOSED LABOR DAY!**

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Please check in on My Senior Center for each activity you attend.

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Catch LSC fitness class on LEX TV (Cable TV)
Spectrum channel 185 / Metro Net channel 3
Monday – Friday | 9 a.m. and 5 p.m.
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>ART STUDIO A</td>
<td>10 a.m. Wheel Throwing 3</td>
<td>10 a.m. Wheel Throwing 2</td>
<td>10 a.m. Wheel Throwing 1</td>
<td>10 a.m. Wheel Throwing 1</td>
</tr>
<tr>
<td></td>
<td>1 p.m. Pots for a Purpose</td>
<td>1 p.m. Surface Decoration</td>
<td>1 p.m. Hand Building 2</td>
<td>12:30 p.m. Hand Building 1</td>
</tr>
<tr>
<td>ART STUDIO B</td>
<td>10 a.m. Drawing With Colored Pencils</td>
<td>9 a.m. Intermediate Sewing</td>
<td>10 a.m. Beginning Water Color</td>
<td>10 a.m. Intermediate Drawing</td>
</tr>
<tr>
<td></td>
<td>1 p.m. Chalk Pastels</td>
<td>1 p.m. Beginning Sewing</td>
<td>1 p.m. Beginning Charcoal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 a.m. Intermediate Drawing</td>
<td>10 a.m. Beginning Water Color</td>
<td>10 –11:30 a.m. Crochet for a Cause (Join us anytime!)</td>
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</tbody>
</table>

**Please DO NOT bring food/drinks into studios.**

**MUSIC STUDIO**

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>9 a.m. Piano 1</td>
<td>Open Studio for Piano Practice for current students!</td>
<td>Open Studio for Piano Practice for current students!</td>
<td>Open Studio for Piano Practice for current students!</td>
<td>9:15 a.m. Piano 2</td>
</tr>
<tr>
<td>10:15 a.m. Piano 2</td>
<td></td>
<td></td>
<td></td>
<td>10:30 a.m. Piano 1</td>
</tr>
</tbody>
</table>

**LEXINGTON SENIOR CENTER**

If Fayette County Schools are CLOSED due to INCLEMENT WEATHER, our ARTS/Fitness classes WILL NOT MEET. The Fitness Center will remain open for workouts. Feel free to contact the center for updates.
Friday | September 23 | 1 p.m.

Join Jode for a fall inspired gnome door decoration.

Sign up with Amanda beginning Sept. 1.

Preference given to those who did not participate in the last class.

We are in need of acrylic and cotton YARN for our crochet group.

Drop off with the 2nd floor staff.

NEW! NEW! NEW!

Yoga 101

BEGINS OCTOBER 3

Mondays | 10 a.m.

(fitness studio)

Basic yoga poses.

Perfect for those new to yoga.

We will be on the floor some but you may use a chair to assist you.

DAY TRIP UPDATE!

We have NOT yet been released to schedule day trips. Keep an eye out in The Messenger for any changes!

Spotlight on San Antonio

December 2-6, 2022

Highlights include:

Mission San Jose, The Alamo, National Museum of the Pacific War, El Mercado, Paseo del Rio Cruise and more!

$2,198 double | $2,698 single

Southern Charm

Charleston, South Carolina

Savannah & Jekyll Island, Georgia

March 26 – April 1, 2023

The FIRST opportunity to sign up for this trip was Aug. 5.

$3,289 double | $3,998 single

For travel information, contact Martha Duncan

mduncan@lexingtonky.gov

(859) 278-6072.
Karen Erwin • 859.948.4383
kerwin3471@outlook.com
www.medicarementors.net

Donna Elder
(859) 983-9107
donnaelder@remax.net
www.donnaelder.com

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502.405.8295
bluebird-massage.com

Need help reading the newspaper?
Radio Eye can help!
Radio Eye is a free reading service for people who can’t access the printed word because of a disability.
859-422-6390 or 800-238-5193 ext. 0
www.radioeye.org
New Member Meet and Greet

Thursday | September 22 | 11 a.m.

If you are new to the Lexington Senior Center or want to learn more about us, join us for our new member meet and greet.

This is your opportunity to hear from the staff about what is offered at the Lexington Senior Center, take a tour of the building and get to know other new participants.

Light refreshments will be provided and be prepared to participate in a fun activity.

We hope to see you then!

Congregate Meals

Congregate lunches will be served:
Days: Monday through Friday
Dining Time: Starting at 11:15 a.m.
Ending at noon

Reminders:
- Reservations are still required for your meal. Call 24 hours ahead of time.
- Congregate lunch service requires that you eat your meal in the dining room, you may NOT pick up lunch and leave.
- Donations for congregate lunch are still expected and appreciated.

Questions?
Call Jessica Stamm at (859) 278-6072.
19th Annual Bluegrass Regional

Grandparents Raising Grandchildren Conference

September 22, 2022
8:00 AM - 3:30 PM

NEW LOCATION:
Embassy Suites,
1801 Newtown Pike,
Lexington, KY

Featured Speaker:
Beth Tyson - Beth Tyson
Trauma Consulting
Beth Tyson, MA, is a childhood trauma consultant, 3x best-selling author, and child welfare advocate. In addition, she has several years of professional experience as a trauma-informed psychotherapist working with children and families. Beth is currently the Director of Trauma Therapy for Grands Stepping Up, a non-profit supporting kinship families in Pennsylvania, and the founder of Beth Tyson Trauma Consulting. Beth earned her Masters in Clinical Psychology from Eastern University in 2013. In her free time, Beth is a Court Appointed Special Advocate (CASA), a member of the CASA Advisory Council, and a contributing partner of WeHealUs and the Pennsylvania Child Abuse Prevention Coalition.

Register online:
http://gapofky.org
(859) 257-5582

All grandparents, relatives, kinship caregivers and professionals are invited to attend.
DONOVAN FORUM SERIES

( In-Person and Zoom)
Thursdays | 2 p.m.

The Donovan Forums this semester will be held at the Lexington Senior Center (limit of 80 in-person attendees). Be sure to register in advance to reserve an in-person spot. You can also register to attend remotely via Zoom.

For more information please visit: https://www.uky.edu/olli/donovan-forum-series

Sept. 15 – Finding Your Subject: Focus, Clarity, and Direction through Photography – Mike Meyer, Area Extension Director at the University of Kentucky, Cooperative Extension Office.

Sept. 22 – The Growth and Impact of Bourbon in Kentucky and the World – Ilka Balk, Associate Director of the James B. Beam Institute for KY Spirits at UK.

NOW HIRING – ITNBluegrass Dignified Senior Transportation

Do you have a passion for helping others? Are you looking for a way to make a difference in your community while earning some extra money? Come drive for ITNBluegrass, a non-profit organization that helps older adults and those with vision impairments to get around. Use our cars, our gas, and our insurance. All you do is drive and enjoy meeting wonderful riders. Flexible hours including days, evenings and weekends, wonderful people and satisfaction at the end of the day. Contact the Independent Transportation Network, serving the Bluegrass for 14 years.

Email Jennifer.epperly@itnbluegrass.org or call (859) 421-0705 to learn more.
SCAM JAM

September 19 | 8:30 a.m. - 10:30 a.m.

BEE INFORMED

Don’t be the victim of a scam!

9 a.m. - LaDonna Koebel
Office of Senior Protection
Scams Impacting Seniors

Visit vendor tables and get information on local resources to keep you safe.

- Social Security
- Smart 911
- God’s Pantry
- APS
- A Caring Place
- Alzheimer's Association
- AARP
- Lexington Fire Dept.
- ADRC
- Better Business Bureau
- SHIP
- Bluegrass Ombudsman
- And MORE!

No registration required
Held in the: Lexington Senior Center, Multipurpose room
Clinical Research Volunteer Opportunities

Help AMR Lexington bring new medicines to life!

Current Studies
- Asthma (18-55 yrs of age) - $1,200
- Chikungunya Vaccine (12-45 yrs of age) - $1,100
- Cigarette Users (26-55 yrs of age) - $3,500
- E-Cigarette Users (21+ yrs of age) - $1,125
- Migraine Headaches - Varies - 2 Studies
  - Obesity (18-75 yrs of age) - $900
- Osteoarthritis of the Knee (18-65 yrs of age) - $720
- RSV Vaccine (60+ yrs of age) - Varies - 2 Studies
  - Treatment-Resistant Hypertension (18+ yrs of age) - $800

Upcoming Studies
- CMV Vaccine (Females 16-40 yrs of age)
- Flu Vaccine
- Kidney Disease
- Liver Disease
- Migraines
- Oral Contraception Pill
- Rhinosinusitis
- Smokeless Tobacco Users

3475 Richmond Rd., 3rd Floor, Lexington, KY 40509
859-264-8999 • www.AMRLexington.com
Chair Yoga (Ch.oga) | stretching, breathing, and moving all from a chair with music.
Community Service Projects | Ongoing knitting, crochet, needlework and sewing projects
Ceramics | Working with Bisque and Green Ware. Learning staining, glazing and painting techniques.
Teen Talk | Join in lively conversations while working on projects or just enjoying the social interaction.

Special activities are added throughout the month. Call for more details.
**SATELLITE CENTERS**

**Bell House**
545 Sayre Ave, Lexington KY | (859) 233-0986
Martha McFarland: Recreation Specialist Sr. | mmcfarla@lexingtonky.gov
Staff Available Monday – Friday | 8 a.m. – 4:30 p.m.
*Note: Center hours vary based on scheduled programming.*

Closed Monday, September 5 for Labor Day.

*** Class requires registration/sign up prior to attending. Call Martha for more details.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>September 12 &amp; 26</td>
<td>11:30 a.m.</td>
<td>Monday Club</td>
</tr>
<tr>
<td>Monday</td>
<td>September 19</td>
<td>11:30 a.m. – 4 p.m.</td>
<td>***AARP Safe Driver Course</td>
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<tr>
<td>Tuesdays &amp; Thursdays</td>
<td>10:30 a.m.</td>
<td>Ch.Oga (Chair Yoga) – Victoria / Jenny</td>
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<tr>
<td>Tuesdays</td>
<td>10 a.m. – noon</td>
<td>Painting with Oils &amp; Acrylics – Barbara</td>
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<tr>
<td>Tuesdays</td>
<td>12:30 – 3:30 p.m.</td>
<td>Open Art Studio</td>
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<tr>
<td>Tuesday</td>
<td>August 9</td>
<td>11:30 a.m. – 1 p.m.</td>
<td>*** Book Buddies – The Second Mrs. Astor</td>
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<tr>
<td>Wednesday</td>
<td>9 a.m.</td>
<td>Crochet/Knitting</td>
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<tr>
<td>Wednesdays August 17 – Sept. 28</td>
<td>2 p.m.</td>
<td>***Djembe Drumming – Jerry (paid registration required)</td>
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<tr>
<td>Thursdays</td>
<td>9:30 – 11:30 a.m.</td>
<td>Ceramics instruction – Barbara</td>
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</tr>
<tr>
<td>Thursdays</td>
<td>Noon – 3 p.m.</td>
<td>Ceramics on your own.</td>
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<tr>
<td>Thursdays at the Carver Center (522 Patterson St)</td>
<td>9 – 11:30 a.m.</td>
<td>Line Dance – Mimi</td>
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**Monday Club**

September 12 | Poetry Reading by Jeff Worley
September 26 | **** Lunch and Learn presented by Oak Street Health
RSVP by September 19
SATELLITE CENTERS

Charles Young Center
540 E. Third Street | (859) 246-0281
Katherine Dailey | kdailey@lexingtonky.gov
Program hours: Mondays & Fridays | 9:30 a.m. – 1 p.m.
Wednesdays | 9:30 a.m. – 3 p.m.
Closed Monday, September 5 for Labor Day

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<td>Mondays</td>
<td>9:30 a.m.</td>
<td>Get Up &amp; Go – Anne</td>
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<td>12:30 p.m.</td>
<td>Let’s Line Dance – Tess</td>
</tr>
<tr>
<td>Fridays</td>
<td>9:30 a.m.</td>
<td>Seated Tai Chi for Arthritis – Victoria</td>
</tr>
<tr>
<td>Fridays</td>
<td>11:30 a.m.</td>
<td>Pickleball</td>
</tr>
</tbody>
</table>

Socialization, education and creative activities are added throughout the month. Call for additional details.

Lexington Emergency Management

Emergency Management’s mission is to enhance the public safety of Lexington-Fayette County residents and businesses through emergency preparedness, mitigation, and recovery.

LEXINGTON | 829.280.8080
www.BeReadyLexington.com

WE ARE PROUD TO SUPPORT OUR LEXINGTON SENIORS AND THE LEXINGTON SENIOR CENTER!
Enjoy the summer with your “Friends.”

Mark your calendars for the Friends GALA on Thursday, October 13 in the evening. This fundraising event will help us build our Endowment Fund at the Bluegrass Community Foundation to ensure the next generation will have the opportunities we enjoy today.

Dinner tickets will be $100 and sales begin soon. We will be recognizing three Lexington Luminaries (Virginia Bell, Isabel Yates, Yvonne Giles) all who have contributed greatly to our community.