

# THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington  
Senior Center

SEPTEMBER  
2022

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Monday – Friday  
8 a.m. – 4:30 p.m.

## September is National Senior Center Month Strengthening Community Connections

The 10,000 senior centers in communities across the country provide access to information, opportunities and support to improve the lives of people as they age. Senior centers have evolved since their beginning in the 1940s, but the mission has remained; to be the local, trusted place that connects people to programs, services and opportunities as they age. This has never been more evident as over the past two years during the pandemic. Senior centers continue to be the lifelines in the community – helping seniors stay safe, active, and connected.



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!



**i know expo**

**know how**

for the next stage

**Saturday, Sept. 10, 2022**

**Lexington Senior Center**

*195 Life Lane, Lexington*

*9am - 3pm | Free Admission*

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

**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.

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## EDUCATIONAL OPPORTUNITIES

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### **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 1<sup>st</sup> and 2<sup>nd</sup> place teams. The final question will be a doozy. So here's a hint – Brush up on the history and importance of Labor Day.



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### **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](mailto:jgarland@lexingtonky.gov).

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

Sign-up at the front desk.

### **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.

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### **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](mailto:jhalvorson@lexingtonky.gov))

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### **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.

## EDUCATION | NOW YOU KNOW

### 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.



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 they 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>.

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**Avery Schroyer**

Physical Therapist &  
Owner

Titan Physical Therapy



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Suite 110  
Lexington, KY 40513

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or visit  
[www.titanptky.com](http://www.titanptky.com)  
to find out more about what  
we can do for YOU.



## EDUCATIONAL OPPORTUNITIES


### 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.

September 30th  
from 9:00AM - 2:00PM  
at the Lexington Senior Center

Join us for a 30 minute intimate guided reflection



**Tuska**  
Art of Self Reflection

To sign up, visit or call the front desk at (859) 278- 6072

### 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.

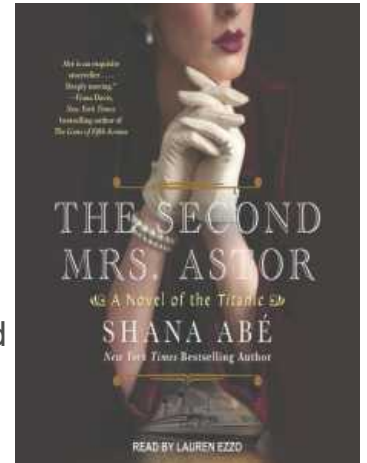
Dr. Landy will discuss what a knee and hip osteoarthritis diagnosis means, how patients are evaluated to see if this is their problem, what treatment options exist, when it is time to consider surgery, and lastly, what can go wrong. Attendees will learn all there is to know about knee and hip osteoarthritis,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

# BRENDA'S BOOK BUDDIES | BOOK CLUB

**September 1 & 15 | 9:30 – 11 a.m.**

Sept. 1: The Second Mrs. Astor 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



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Call or visit your local financial advisor today.




**Jayme W Nelson**  
Financial Advisor  
1795 Alysheba Way #4104  
Lexington, KY 40509  
859-309-8470

\*Annual Percentage Yield (APY) effective 08/05/22. 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](http://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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Kim Geary

# EDUCATION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Classrooms A &amp; B</b>  	11 a.m. Virtual History	10 a.m. Diabetes Support Group (September 6)  10 a.m. Now You Know (September 13, 20, 27))	9:30 a.m. UK Knee and Hip Osteoarthritis (September 21)  11 a.m. Virtual Brain Power  12:30 p.m. Technology with Brad  1 p.m. AARP Chapter meeting (September 21)	9:30 a.m. Book Club (September 1 & 15)  10 a.m. Aging Support Group (September 22)  Noon Trivia Through Time (September 15)  12:30 p.m. Technology with Brad	12:30 p.m. Technology with Brad  1:45 p.m. Friday Friends (Does <b>not</b> meet the third Friday of each month.)



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

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

You can participate in the program using a phone, tablet or computer. All materials will be provided.

To register or learn more about it, please email [diabetes@lfchd.org](mailto:diabetes@lfchd.org) or call 859-288-2344.







## 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.

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.

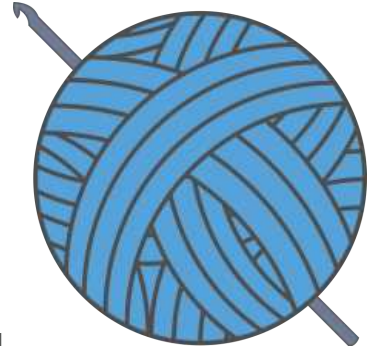
*(Basic moves, nothing complicated but you must have a decent sense of balance to participate.)*



## Crochet for a Cause

Thursdays  
10 – 11:30 a.m.  
(2nd floor)


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.**

# RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MULTI-PURPOSE ROOM (1ST FLOOR)</b> 		1:30 – 3:30 p.m. <b>Table Tennis</b> Multi-purpose room	<b>Self guided walking is multi-purpose room when other activities are not scheduled.</b>	10 – 11 a.m. Sept. 8 & 22 <i>Classic <b>BINGO!</b></i>	
<b>CARDS &amp; MORE (2ND FLOOR)</b> <b>FOOD IS NOT PERMITTED IN THE CARD AREA</b> USE THE 1ST FLOOR CAFÉ OR MP ROOM	11:30 a.m. <b>Bid Euchre</b>  12:30 a.m. <b>Standard American Bridge</b>	9 a.m. <b>Mexican Train Dominos</b>  1 p.m. <b>Hand &amp; Foot</b>	9 a.m. <b>Intermediate Bridge</b>  1 – 4 p.m. <b>Mah Jongg</b>	9 a.m. <b>Mah Jongg</b>  11:30 a.m. <b>Bid Euchre</b>	9 a.m. <b>Mexican Train Dominos</b>  1 p.m. <b>Hand &amp; Foot</b>
		<i>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.</i>			



## 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

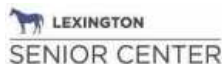
Join us anytime! Please check in for class on the MySeniorCenter computer. All classes first come-first served.

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

Classes are 50 minutes unless otherwise noted. **All classes meet on 2nd floor.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. <b>MOVE IT</b> Wendy	8:30 a.m. <b>FLOW YOGA</b> Jenny	8:30 a.m. <b>MUSCLE MADNESS</b> Carey	8:30 a.m. <b>FLOW YOGA</b> Jenny	8:30 a.m. <b>RETRO ROBICS</b> Wendy
9:30 a.m. <b>GET UP &amp; GO!</b> Debbie	<b>NEW! 9:30 a.m. BASIC STEP BEGINS OCT. 4</b>	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
<b>NEW! 10 a.m. YOGA 101 BEGINS OCT 3RD</b>	9:30 a.m. <b>STRENGTH &amp; STABILITY</b> Carey	9:30 a.m. <b>TAI CHI CHUAN</b> Tom-fitness studio	10:30 a.m. <b>STRENGTH &amp; STABILITY</b> Cathy	10:30 a.m. <b>ACTIVE AGING</b> Carey
10:30 a.m. <b>ACTIVE AGING</b> Wendy	10:30 a.m. <b>MOVE IT</b> Carey	10:30 a.m. <b>ACTIVE AGING</b> Cathy	11:30 a.m. <b>GET UP &amp; GO!</b> Cathy	11:30 a.m. <b>BEAT.DRUM. BOOGIE!</b> Renee
11:30 a.m. <b>GET UP &amp; GO!</b> Carey	11:30 a.m. <b>WORLD OF DANCE</b> Jode	11:30 p.m. <b>WORLD OF DANCE</b> Cathy	12:30 p.m. <b>CH. OGA</b> (chair yoga) Rebecca	12:30 p.m. <b>WORLD OF DANCE</b> Maranda
12:30 p.m. <b>LET'S DANCE!</b> Rebecca	12:30 p.m. <b>FLEX.ABLE</b> Cathy	12:30 p.m. <b>BEAT DRUM BOOGIE!</b> Renee	12:30 p.m. <b>REFLECTIONS YOGA</b> Victoria-fitness studio	 <b>Please arrive prior to the START time of class!</b>  <b>Due to safety concerns, admittance once class has started is NOT permitted.</b>
1:30 p.m. <b>BEAT DRUM BOOGIE!</b> Renee	1:30 p.m. <b>GET UP &amp; GO!</b> Diane	1:30 p.m. <b>BARRE.LATES</b> Renee	1:15 p.m. <b>STATION 2 STATION</b> (FitnessCenter) Wendy	
<b>Proper shoes must be worn for ALL classes!</b>  <b>Clean, closed toe/ closed heel, athletic shoes that tie or Velcro.</b>  <b>(Yoga &amp; Tai Chi may be barefoot or sock footed)</b>  	1:15 p.m. <b>STATION 2 STATION</b> (FitnessCenter) Carey	<b><u>ALL ON 2nd floor</u></b>  <i>Group fitness studio</i> across hall from fitness center most classes meet here  <i>Fitness Studio</i> around corner from ART studio	1:30 p.m. <b>TAI CHI FOR BETTER BALANCE</b> Victoria-fitness studio	
	2:30 p.m. <b>TAI CHI FOR BETTER BALANCE</b> Victoria-fitness studio		2:30 p.m. <b>STATION 2 STATION</b> (FitnessCenter) Wendy	
	2:30 p.m. <b>STATION 2 STATION</b> (FitnessCenter) Carey			
				<b>CLOSED LABOR DAY!</b>

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





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

**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.

# RECREATION – THE ARTS AND MORE!

**CLASSES CURRENTLY IN SESSION. NEXT REGISTRATION OCTOBER 11**  
**THESE 7-WEEK CLASSES REQUIRE PRE-REGISTRATION UNLESS OTHERWISE NOTED!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART STUDIO A		10 a.m. <b>Wheel Throwing 3</b>  1 p.m. <b>Pots for a Purpose</b>	10 a.m. Wheel Throwing 2  1 p.m. <b>Surface Decoration</b>	10 a.m. <b>Wheel Throwing 1</b>  1 p.m. <b>Hand Building 2</b>	10 a.m. <b>Wheel Throwing 1</b>  12:30 p.m. <b>Hand Building 1</b>
ART STUDIO B	10 a.m. <b>Drawing With Colored Pencils</b>  1 p.m. <b>Chalk Pastels</b>	9 a.m. Intermediate Sewing  1 p.m. Beginning Sewing	10 a.m. <b>Beginning Water Color</b>  1 p.m. <b>Beginning Charcoal</b>	10 –11:30 a.m. <b>Crochet for a Cause</b> (Join us anytime!)  1 p.m. <b>Intermediate Water Color</b>	9 a.m. <b>Intermediate Drawing</b>
MUSIC STUDIO	9 a.m. <b>Piano 1</b>  10:15 a.m. <b>Piano 2</b>	<b>Please DO NOT bring food/drinks into studios.</b>			9:15 a.m. <b>Piano 2</b> 10:30 a.m. <b>Piano 1</b> 11:45 a.m. <b>Piano 1</b> 1 p.m. <b>Piano 1</b>
2ND FLOOR FITNESS STUDIO					

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.

Let's Get  
**CRAFTY!**



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](mailto:mduncan@lexingtonky.gov)  
(859) 278-6072.



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14-1670

## 2022 BLUEGRASS BOOK BASH

### Book Sale

NOVEMBER 16 | 10 a.m. – 3 p.m.

Lexington Senior Center

195 Life Lane

The Lexington Senior Center extends a warm welcome to the inaugural Bluegrass Book Bash. We are excited to join together in promotion of literacy in our region and a celebration of Kentucky writers.

- Meet the authors of fiction, nonfiction, children's through young adult literature. There will be fantasy, sci-fi, romance, picture books, mainstream and perhaps even some graphic novels! You're sure to find your favorite genre.
- The event will take place in the classrooms to the left of the entrance.
- If you are interested in participating as an author, contact Justin Halvorson at the Lexington Senior Center.

## 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 congregating lunch are still expected and appreciated.

Questions?

Call Jessica Stamm at (859) 278-6072.

19th Annual Bluegrass Regional



Grandparents As Parents of Kentucky

# 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.

Sept. 29 – **Drawing the Lines** – Joel Pett, Editorial Cartoonist at the Lexington Herald-Leader.

<p>CARPENTER CABINETS AND DESIGN</p> <p>CUSTOM AMISH CABINETS AND INTERIOR DESIGN SERVICES <b>I WILL COME TO YOU</b></p> <p><b>Jeanne Sallee</b> 859-948-1240 - <a href="mailto:JEANNE.SALLEE@GMAIL.COM">JEANNE.SALLEE@GMAIL.COM</a></p> <p>CUSTOM CABINETS, KITCHEN AND BATHROOM REMODELING/ DESIGN, WINDOW TREATMENTS, FURNITURE, LIGHTING, ACCESSORIES, ART, CLOSETS/STORAGE SOLUTIONS, FLOOR COVERINGS AND MORE...</p>	 <p>My mission is to help you make an informed decision about your Medicare choices</p> <p><b>Susan M. McWright</b> Independent Sales Agent <b>859-396-4944</b> Located in Lexington, KY <a href="mailto:susan@susanmcwright.com">susan@susanmcwright.com</a></p>
 <p>Assisted Living • Memory Care Apartments Independent Garden Homes</p> <p><b>LIBERTY RIDGE</b> Senior Living Community Celebrating 20 Years of Service</p> <p>701 Liberty Ridge Lane Lexington, KY 40509 859-543-9449 <a href="http://www.libertyridge.com">www.libertyridge.com</a></p> 	<p><b>ADVERTISE HERE</b> to reach the senior market</p>  <p><b>Call (800) 477-4574</b></p>



## JOB OPPORTUNITY

### NOW HIRING – ITN*Bluegrass* 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 ITN*Bluegrass*, 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](mailto:Jennifer.epperly@itnbluegrass.org) or call (859) 421-0705 to learn more.

120 North Mill Street, Suite 210 • Lexington, Kentucky 40507  
859-281-0048 | [www.bgelderlaw.com](http://www.bgelderlaw.com)

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# 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](http://www.AMRLexington.com)



## SATELLITE CENTERS

### Eldercrafters Program | Black and Williams Center

498 Georgetown Street | (859) 252-1288

Sherill Sanders | [ssanders@lexingtonky.gov](mailto:ssanders@lexingtonky.gov)

Program hours | Monday – Thursday | 9:30 a.m. – 2 p.m.

Closed Monday, September 5 for Labor Day

Mondays & Wednesdays	10 a.m.	Ch.oga – Tess
Mondays & Wednesdays	11:15 a.m.	Games, Puzzles & Projects
Tuesdays & Thursdays	10 a.m.	Ceramics Instruction in the studio – Linda
Tuesdays & Thursdays	11:15 a.m.	Community Service Projects
Tuesdays & Thursdays	12:30 p.m.	“Teen Talk” and Projects

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.



## RICHMOND PLACE



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Contact us at **859-269-6308** or [richmondplacelife@richmondplaceseniorliving.com](mailto:richmondplacelife@richmondplaceseniorliving.com)

3051 Rio Dosa Drive, Lexington, KY 40509



4-D-5-5

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## SATELLITE CENTERS

### Bell House

545 Sayre Ave, Lexington KY | (859) 233-0986

Martha McFarland: Recreation Specialist Sr. | [mmcfarla@lexingtonky.gov](mailto: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.

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

### 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](mailto: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

Mondays	9:30 a.m.	Get Up & Go – Anne
Mondays	11 a.m.	Ch.Oga – Victoria
Wednesdays	9:30 a.m.	Get Up & Go – Anne
Wednesdays	12:30 p.m.	Let's Line Dance – Tess
Fridays	9:30 a.m.	Seated Tai Chi for Arthritis – Victoria
Fridays	11:30 a.m.	Pickleball

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

# BE**READY**

## 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](http://www.BeReadyLexington.com)

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## 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.



**Friends**  
of the Lexington  
Senior Center

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