

THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington
Senior Center

JANUARY
2023

CHECK OUT WHAT'S INSIDE!

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Announcements

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Satellite Centers

Staff Available

Monday – Friday
8 a.m. – 4:30 p.m.



*The Lexington
Senior Center
staff wishes you
all a very
Happy New
Year!*

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.



The Lexington Senior Center at Life Lane will be closed:

- January 2 – New Year’s Day
- January 16 – MLK



Inclement Weather Policy

The Lexington Senior Center follows Fayette County Public School’s decisions in the event of inclement weather.

If school is **CLOSED** due to weather, the Senior Center will be open but **all instructor lead activities will be cancelled and we will not serve lunch. The fitness center will run regular hours.**

If schools are on a delay, all classes will meet as scheduled.

LOST AND FOUND

If you have lost an item, check at the front desk to see if we might have it. Our Lost and Found is OVERFLOWING!

We will be clearing everything out at the end of each month so check to see if we have your lost items.

Bulletin Boards

We have two bulletin boards available on the first floor for your use.

Community Resources – This board is in the front lobby and is only to provide information on community resources and events.

Swap and Shop – This board is at the entrance of the library and is for you to advertise any items that you have for sale or to give away. The Lexington Senior Center is not responsible or liable for any transactions you make with other participants.

When attending ANY classes at the Senior Center, make sure you use your key fob to sign in on the MySeniorCenter computers located at the front desk and upstairs.

Thank you!

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.

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William Davidson

RECREATION & TRAVEL

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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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about driving for
ITN, give us a
call at
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or check us out
online-
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EDUCATIONAL OPPORTUNITIES

Virtual History Class

Mondays | 11 a.m.
January 23 – April 24

Join us as we continue our journey through the history of the middle east.

This is a lecture-style Zoom class.

If you want the link to attend, email Jennifer at jgarland@lexingtonky.gov.

Aging Support Group *(Note the NEW TIME.)*

2nd Friday of each month
January 13 | 2 p.m.

We are getting a fresh start to the new year with a new time for the aging support group. This group is intended for any senior to join to talk about all aspects of aging including the good times, hard times, and everything in between.

No set topic for this month.

Come prepared to get to know your fellow group members.

Anyone is welcome to attend!

**Happy
New Year!**

Diabetes Support Group **January 3 | 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 email Justin for the Zoom link at jhalvorson@lexingtonky.gov.

Participant feedback meeting

January 11 | 10 – 11 a.m.

Join Jennifer and Kristy in the classroom so we can talk about any changes, suggestions or general feedback that you want to offer. This is your chance to speak directly with staff about any concerns you have or compliments you want to give.

If you have something to say, we want to hear it!

Retirement Money January 10 | 10 a.m.

Learn how to produce a recurring income stream from your retirement savings, portfolio strategies to help avoid outliving your money and how to meet specific needs. We will also cover how to take advantage of stock market volatility.



Kentucky's Red River Gorge January 24 | 10 a.m.

Kentucky's Red River Gorge is not only home to over a hundred spectacular natural stone arches, it is also home to nine fishable streams, and six of those are trout streams!

This slide presentation will highlight fly fishing opportunities in the Gorge and appropriate techniques for fishing those streams.

This class is taught by a fly fishing guide with over 50 years experience fly fishing in Kentucky. He is also an award-winning outdoor writer and has authored four books.

He regularly conducts outdoor skills seminars, and has hunted and fished all across North America.

RESOLVE TO MAKE YOURSELF A PRIORITY IN 2023!

The Holiday's just ended and we have been swept into a New Year. The slate is clean and now is a great time to breathe, take a step back and make plans for yourself.

But don't just write down those resolutions, pin them to the fridge and walk away. Take action now! For lack of a better phrase, put your money where your mouth is and **PRIORITIZE YOURSELF!**

By this point, you may have realized that you have a few more aches and pains that are getting in your way. The past two months of Holiday chaos have taken their toll and the weather isn't helping.

It is important that you find a safe place to work out, eliminate aches and pains and get back to doing the things you love, all under the supervision of a professional educated to do just that.

Joint pains, balance issues and lacking overall energy and endurance are ALL things that we can help fix. Don't kick the can down the line waiting for life to calm down. Give us a call and see how we can help you make 2023 YOUR YEAR.

We want you to make sure your golden years are golden!

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Physical Therapist &
Owner
Titan Physical Therapy

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Lexington, KY 40513

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or visit
www.titanptky.com
to find out more about what
we can do for YOU.

EDUCATIONAL OPPORTUNITIES

New member meet and greet

Thursday | January 26 | 11 a.m.

If you are new to the Lexington Senior Center or want to learn more, 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.
Be prepared to participate
in a fun activity.
We hope to see you there!

Keep an Eye Out!

Those who participated in the Tuska Art Exhibit/Workshop in September will get to see their involvement turn into a piece of art!

Christine Cetrulo, a local fiber artist, has completed the 60-foot hanging flag banner created from the hand-tracings.

The art installation will be on display here at LSC in February 2023.

The banner is titled, *A Show of Hands for the Senior Center*, and we highly anticipate its arrival!



Freedom from smoking tobacco cessation class Mondays, Jan. 31 – March 13 10:30 a.m.

Six-week class

The Lexington Fayette County Health Department is partnering with WEDCO District Health Department to offer this tobacco cessation class. If you've wanted to quit smoking, this is your opportunity!

Space is limited so call the Lexington Senior Center to register.



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.

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. ****

BRENDA'S BOOK BUDDIES | BOOK CLUB


January 5 & 19 | 9:30 – 11 a.m.

January 5: LOST ROSES, by Martha Hall Kelly, celebrates the unbreakable bonds of women's friendship during the darkest days of history. It is 1914, and New York socialite Eliza Ferriday is thrilled to be traveling to St. Petersburg with Sofya Streshnayva, a cousin of the Romanovs. The two met years ago one summer in Paris and now Eliza is embarking on the trip of a lifetime to see the splendors of Russia. But when Austria declares war on Serbia and Russia's imperial dynasty begins to fall, Eliza escapes back to America, while Sofya and her family flee to their country estate. In need of domestic help, they hire the local fortune-teller's daughter, Varinka, unknowingly bringing intense danger into their household. On the other side of the Atlantic, Eliza is doing her part to help the White Russian families find safety as they escape the revolution. But when Sofya's letters suddenly stop coming, she fears the worst for her best friend. From the turbulent streets of St. Petersburg and aristocratic countryside estates to the avenues of Paris to the mansions of Long Island, the lives of Eliza, Sofya and Varinka will intersect in profound ways.


January 19: THE FAMILY UNDER THE BRIDGE by Natalie Savage Carlson. The Family Under the Bridge is a seasonal children's novel by Natalie Savage Carlson published in 1958.

February: THE MAGNIFICENT LIVES OF MARJORIE POST by Allison Patki
SNOW TREASURE by Marie McSwigan

HAPPY NEW YEAR! Hope to see all of you this month. bmgjackson8@gmail.com



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14-1670

EDUCATION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classrooms A & B 		10 a.m. Diabetes Support Group January 3 10 a.m. Now You Know January 10 & 24	11 a.m. Virtual Brain Power 12:30 p.m. Technology with Brad 10 a.m. Participants Feedback January 11 1 p.m. AARP Chapter meeting January 18	9:30 a.m. Book Club January 5 & 19 12:30 p.m. Technology with Brad	12:30 p.m. Technology with Brad 1:45 p.m. Friday Friends (Does not meet the third Friday of each month.) 2 p.m. Aging Support Group January 13

Out of control blood sugar can lead to:



Increased risk for heart disease



Stroke



Blindness



Kidney disease

Don't let diabetes control your life.

Learn to prevent or manage it today.





Interested in learning how to manage your prediabetes through healthy eating & physical activity?

Contact us today to see if you qualify for our 12 month Diabetes Prevention Program.

Free gym membership offered while enrolled in class!

Join our 4-session series to learn the most up-to-date ways to keep your A1C at goal, prevent or delay complications.

Learn about healthy eating & exercise tips, medications, monitoring and more!

Ask how to win a \$30 gift card!

In-person & online class options are available.

Call us at (859) 288-2446



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1670

RECREATION



Our three puzzle tables are open!
Create new neural pathways!

Walking for better balance!

Join us on
Wednesdays
at 9 a.m.
in the
multipurpose
room.

Beginning
January 11.



ALL mobility
levels welcome!

Build leg
strength in
a fun way!

MOVIE MATINEE!

Friday | January 27
12:30 p.m.
Multipurpose room

See center for
specifics on the movie!



SeatBeats & beginner line dancing!
Coming in February!

POW!R-PUMP!



Join us for this
BARBELL BASED
strength workout.

*No experience
needed!*

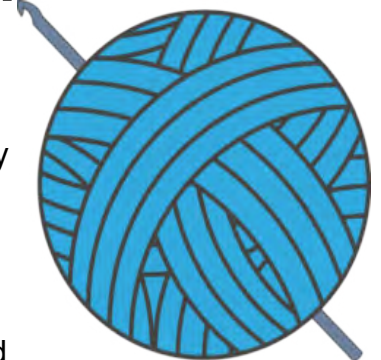
**TUESDAYS
and
WEDNESDAYS**

Starts in
February.

Crochet for a Cause

Meets every Thursday
10 – 11:30 a.m.
(2nd floor)


Join us anytime.
No experience needed.



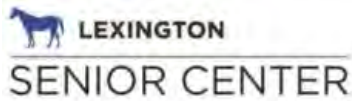
Mark your calendars now!
Next ARTS registration
Tuesday, March 7

**9 a.m. at LSC and online for
ARTS class session starting March 2023.**

RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MULTI-PURPOSE ROOM (1ST FLOOR)	The center is closed January 16	1:30–3:30 p.m. Table Tennis In multi-purpose room	Self guided walking is permitted in the multi-purpose room when other activities are not scheduled.	10–11 a.m. BINGO! Every Thursday!	
CARDS & MORE (2ND FLOOR) FOOD IS NOT PERMITTED IN THE CARD AREA USE THE 1ST FLOOR CAFÉ OR MP ROOM	Join in a card game anytime! Meet new friends!				
	11:30 a.m. Bid Euchre 12:30 p.m. Standard American Bridge	9 a.m. ↙ Dominos 1 p.m. Hand & Foot	9 a.m. Intermediate Bridge 1 p.m. Mah Jongg 1 p.m. ↙ Chess	9 a.m. Mah Jongg 11:30 a.m. Bid Euchre	9 a.m. ↙ Dominos 1 p.m. Hand & Foot

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.



LSC Fitness Center | 2nd floor

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

Tuesday | Thursday ↙
8 a.m. – 1 p.m.

First time? Please 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




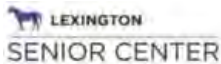
Mon. & Wed. | 10 a.m.
Ch.oga (chair yoga) | Tess

JANUARY 2023 – LSC GROUP FITNESS CLASSES

Join us anytime! Check in for class on the MySeniorCenter computer. All classes are 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. MOVE IT Wendy	8:30 a.m. FLOW YOGA Jenny	8:30 a.m. MUSCLE MADNESS Carey	8:30 a.m. FLOW YOGA Jenny	8:30 a.m. RETRO ROBICS Wendy
9:30 a.m. GET UP & GO! Debbie	9:30 a.m. BASIC STEP Wendy	NEW! 9 a.m. WALKING FOR BETTER BALANCE Begins Jan. 11	9:30 a.m. LET'S DANCE! Rebecca	9:30 a.m. GET UP & GO! Carey
10 a.m. YOGA 101 Jenny-fitness studio	9:30 a.m. STRENGTH & STABILITY Carey-fitness studio	9:30 a.m. GET UP & GO! Wendy	NEW! 10:30 a.m. MOVE IT Begins Jan. 12	10:30 a.m. ACTIVE AGING Carey
10:30 a.m. ACTIVE AGING Debbie	10:30 a.m. MUSCLE MADNESS Carey	10:30 a.m. ACTIVE AGING Cathy	10:30 a.m. STRENGTH & STABILITY Cathy	11:30 a.m. BEAT.DRUM. BOOGIE! Renee
11:30 a.m. GET UP & GO! Carey	11:30 a.m. WORLD OF DANCE Jode	11:30 p.m. WORLD OF DANCE Cathy	11:30 a.m. GET UP & GO! Cathy	12:30 p.m. WORLD OF DANCE Maranda
12:30 p.m. LET'S DANCE! Rebecca	12:30 p.m. FLEX.ABLE Cathy	12:30 p.m. BEAT DRUM BOOGIE! Renee	12:30 p.m. CH.OGA (chair yoga) Rebecca	 Please arrive prior to the START time of class! Due to safety concerns, admittance once class has started is NOT permitted.
1:30 p.m. BEAT DRUM BOOGIE! Renee	1:30 p.m. GET UP & GO! Diane	NEW! 12:30 p.m. SEATED TAI CHI Begins Jan. 11	12:30 p.m. REFLECTIONS YOGA Victoria-fitness studio	
COMING SOON!  SEAT BEATS AND BEGINNER LINE DANCING AND  POW!R PUMP TO START IN FEBRUARY!	1:15 p.m. STATION 2 STATION (FitnessCenter) Carey	1:30 p.m. BARRE.LATES Renee	1:15 p.m. STATION 2STATION (FitnessCenter) Wendy	
	1:30 p.m. TAI CHI FOR BETTER BALANCE Victoria-fitness studio	 Have questions? Contact Wendy wjett@lexingtonky.gov	1:30 p.m. TAI CHI FOR BETTER BALANCE Victoria-fitness studio	
	2:30 p.m. STATION 2 STATION (FitnessCenter) Carey		2:30 p.m. STATION 2STATION (FitnessCenter) Wendy	

Proper shoes must be worn for ALL classes!

Clean, closed toe/closed heel, athletic shoes that tie or Velcro.

(Yoga & Tai Chi may be barefoot or sock footed.)



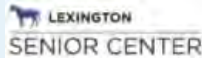


1st floor multi purpose room – Walking program only.

2nd floor group fitness studio across hall from fitness center. (Most classes meet here.)

2nd floor fitness studio around corner from ART studio.

RECREATION – THE ARTS AND MORE!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART STUDIO A		10 a.m. Wheel Throwing 3 1 pm. Pots for a Purpose	10 a.m. Wheel Throwing 2 1 p.m. Surface Decoration	10 a.m. Wheel Throwing 1 1 p.m. Hand Building 2	10 a.m. Wheel Throwing 1 1 p.m. Hand Building 2
ART STUDIO B	10 a.m. Mixed Media Painting 1 p.m. Chalk Pastels	9 a.m. Intermediate Sewing 1 p.m. Beginning Sewing	10 a.m. Beginning Water Color 1 p.m. Beginning Charcoal	10 – 11:30 a.m. Crochet for a Cause (Join us anytime!) 1 p.m. Intermediate Water Color	9 a.m. Intermediate Drawing
Reminder: DO NOT bring food/drinks into studios.					
MUSIC STUDIO	9 a.m. Piano 1 10:15 a.m. Piano 2	Open Studio for Piano Practice for current students!	Open Studio for Piano Practice for current students!	Open Studio for Piano Practice for current students!	9:15 a.m. Piano 2 10:30 a.m. Piano 1 11:45 a.m. Piano 1 1 p.m. Piano 1
2ND FLOOR FITNESS STUDIO	9:30 a.m. Eat. Weigh. Move. (meets in 1st floor Classroom)				

Please Note: Due to the holidays, ARTS classes will NOT meet on January 16 or February 20.

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.



Southern Charm

Charleston, SC

Savannah, GA , Jekyll Island, GA

March 26 – April 1, 2023

Highlights include:

Boone Hall Plantation & Gardens Historic Savannah Trolley Tour, St Simons Island visit 106-foot tall Lighthouse, and more!

LIMITED SPACE AVAILABLE

\$3,298 double | \$3,998 single

Black Hills, Badlands, Mt. Rushmore

September 13 - 19, 2023

TRAVEL MEETING:

Was held December 15

Please contact Martha for availability!

QUESTIONS about TRAVEL?

Contact Martha Duncan

mduncan@lexingtonky.gov

DAY TRIP UPDATE!

We have NOT yet been released to schedule day trips.

Keep an eye out in The Messenger for any changes!

AUTHOR EVENT

Friday | January 20

1:30pm

1st floor classroom

Join Wendy as she reads from her new book, GIRL, and answers questions about the book!

Snacks | Drinks | Books!



Available at Accents-Publishing.com

Drawing will activate your BRAIN!



Whooo can draw?
You can!



We are looking forward to seeing you in 2023!

Let us know what we can do to make it a great year for you!



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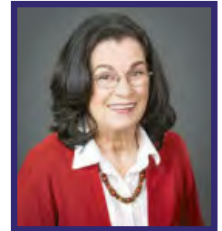
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Your Home



4-D-5-5

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14-1670

New Horizon's Band Opportunities

Do you play an instrument? Do you want to make music with other musicians like you? Come try out New Horizons! New Horizons is a community music group that allows its members to make music with other musicians in the Lexington area. Whether you haven't played your instrument in a while or are a seasoned player, New Horizons has a place for you!

Band Rehearsals begin Tuesday, January 17 at 7 p.m.

Orchestra rehearsals begin Saturday, January 21 at 10 a.m.

All rehearsals occur in room 22 of the College of Fine Arts at the University of Kentucky. Come try out a rehearsal for free! Semester-long participation costs \$80 to help cover the cost of music and performance space.

For information about music-making opportunities, follow the Facebook page: www.facebook.com/NewHorizonsUKY.

If you have any questions about joining rehearsals, camps, or concerts, reach out to David Dockan at David.dockan@uky.edu.



Committed to Diversity, Inclusivity and Respect

We Welcome **DIVERSITY**

of race, culture, spirituality,
gender identity, ability, and orientation.

———— WE SEEK ————

to provide a safe and inclusive space for all.

———— WE REJECT ————

intolerance and any form of
degradation, hurt, or abuse.

———— WE COMMIT ————

in words and actions, to uphold the rights of all
to feel safe, valued, and respected.

**Within the Lexington Senior
Center acceptance, peace, and
understanding unify us.**

DONOVAN FORUM SERIES

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

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. You will receive a link prior to each forum. For more information, visit <https://www.uky.edu/olli/donovan-forum-series> or call Olli at (859) 257-2656.

- February 2 – Meet the new OLLI director
- February 9 – A visit to our past through music
- February 16 – Are we really built for deep space?
- February 23 – Hearing loss and cognitive decline

 <p>Need help reading the newspaper? Radio Eye can help!</p> <p>Radio Eye is a free reading service for people who can't access the printed word because of a disability.</p> <p>859-422-6390 or 800-238-5193 ext. 0 www.radioeye.org</p>	 <p>My mission is to help you make an informed decision about your Medicare choices</p> <p>Susan M. McWright Independent Sales Agent</p> <p>859-396-4944 Located in Lexington, KY susan@susanmcwright.com</p>
	 <p><i>Come take a look at our view from the terrace</i></p> <p>ASHLAND TERRACE EST. 1849</p> <p>INDEPENDENT LIVING FOR WOMEN 60 +</p> <p>Wonderful sense of community in a great Chevy Chase Location</p> <p>Affordable rates including meals, transportation and housekeeping</p> <p>FREE wifi throughout & convenient access to cutting garden</p> <p>Call us for more information!</p> <p>859-266-2581 ~ ashlandterrace.org</p>



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 congregare lunch are still expected and appreciated.

Questions?

Call Jessica Stamm at (859) 278-6072.

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Interested in a hot meal with friends?

**Donations Accepted
Application Required**

*See Center Staff for
more information*

Bell House

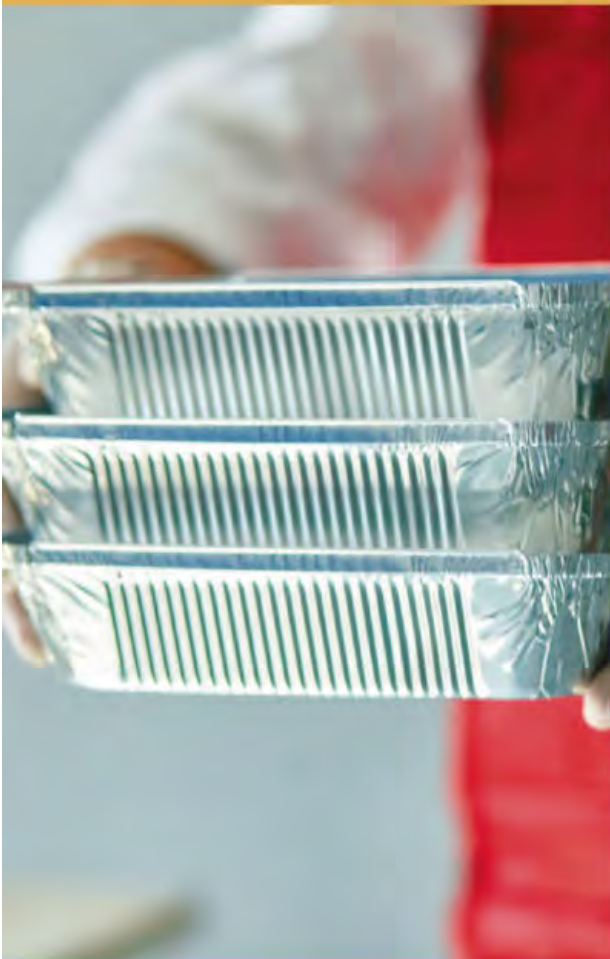
11:30 a.m. | Tuesdays & Thursdays

Elder Crafters

11:45 a.m. | Tuesdays & Thursdays

Charles Young Center

11:30 a.m. | Wednesdays



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



SATELLITE CENTERS

Eldercrafters Program | Black and Williams Center

498 Georgetown Street | (859) 252-1288

Joann Turner | jturner@lexingtonky.gov

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

Closed January 2 & 16

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 or look online at lexingtonky.gov/eldercrafters.

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SATELLITE CENTERS

Bell House

545 Sayre Ave. | (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 January 2 & 16

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

Monday January 9	11:30 a.m.	Monday Club
Monday January 23	11:30 a.m.	Monday Club
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 January 10	11:30 a.m. – 1 p.m.	*** Book Buddies – <u>Lost Roses</u>
Tuesday January 17	12:30 p.m.	*** Craft Class – Learn to make bows and origami boxes
Wednesday	9 a.m.	Crochet/Knitting
Wednesdays January 11 – February 22	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 Resumes January 12 (522 Patterson St.)	9 a.m. – 12:30 p.m.	Line Dance – Mimi

Monday Club

January 9 – Welcome back soup luncheon

Bring homemade soup or sandwiches to share.

January 23 – Musical Performance by Loren Tice and Lee Patrick

Bring a sack lunch.

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 January 2 & 16

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

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	11 a.m.	Bingosize Nutrition 10 week workshop
Wednesdays	12:30 p.m.	Let's Line Dance – Tess
Wednesdays	1:30 p.m.	Social Time
Fridays	9:30 a.m.	Seated Tai Chi for Arthritis – Victoria
Fridays	11 a.m.	Pickleball instruction

BE**RE**ADY

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Senior Center

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Friends of the Lexington Senior Center

Through generous donations and efforts of a dedicated Board of Directors, since becoming a 501c3 in 2017, the Friends of the Senior Center has:

- Re-covered the 420 chairs in vinyl during the COVID shut down.
- Purchased industrial quality paint for the city to repaint the interior of the Senior Center during COVID shut down.
- Developed a Kroger grocery delivery program during the COVID shut down. Board volunteers placed the online orders by phone for non-tech seniors. Friends fronted the cost and arranged the delivery with ITNBluegrass. Every dollar was repaid by check on delivery.
- Purchased the emergency intercom system for the Senior Center.
- Purchased new card tables.
- Purchased exercise equipment.
- Organized donations and delivery to Eastern Kentucky flood victims.
- Provide social workers a benevolent fund for special needs not found in government or community.
- Currently, we are building our benevolent fund for a special need this year.

Our goal is \$50,000 by the end of 2023. Can you help us?

Go to the website anytime and donate! LexSeniorCenterFriends.org.

Drop a check into our box or in the mail anytime.

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