

# THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington  
Senior Center

FEBRUARY  
2024

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Staff available

Monday – Friday  
8 a.m. – 4:30 p.m.



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.

### Stay Safe and Healthy

Respiratory illness (Flu, RSV & COVID-19) season is upon us. To safeguard yourself and those around you, consistently practice good hand hygiene and stay home when feeling ill. Masks and hand sanitizers continue to be available throughout the buildings. These measures will help keep each of us safe and protected.

### The Lexington Senior Center will be closed on

- ▶ February 19 –Presidents’ Day
- ▶ February 29 – Staff In-Service day



### UPDATED Inclement Weather Policy

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

If school is **CLOSED** or **declares an NTI DAY** due to weather, the Senior Center will be open but **all instructor led activities will be cancelled and we will not serve lunch. The fitness center will operate on regular hours.**

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

Satellite Centers are closed if school is closed or declares an NTI day due to inclement weather.

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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The advertisements help pay for the printing of this publication.

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

## STAFF LISTING

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and Disability Services

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Aging Services  
Program Manager Sr.

**Liz Thompson**  
Administrative Specialist Sr.

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**Tanya Collins**  
**Nancy Mitchell**

SECURITY  
**Garnett Mundy**

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**Jennifer Garland**  
Social Worker Sr.

**Lindsay Medley**  
Social Worker Sr.

**Justin Halvorson**  
Social Worker

FACILITY STAFF  
**Bo Parker**  
**Rosa Castro**

### RECREATION

**Martha Duncan**  
Program Manager

**Amanda Cobb**  
Recreation Supervisor

**Wendy Jett**  
Recreation Supervisor

**Nikole Mayfield**  
Recreation Assistant

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.



## Medicare Mentors

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## EDUCATIONAL OPPORTUNITIES

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### **New Member Meet and Greet** **Thursday | February 22** **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 staff about what the Senior Center has to offer, take a tour of the building and get to know other participants. Light refreshments will be provided. Also, be prepared to participate in a fun activity. We hope you will join us!



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### **Diabetes Support Group** **Tuesday | Feb. 6 | 10 a.m.**

This group is led by a certified Diabetes Care and Education Specialist from the Health Department.

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### **History Class** **Mondays | 11 a.m.** Now through April 29

Join us as we continue our adventures through the history of the Middle East and Islam.

### **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 thinking.

If you are new to this class, email Justin Halvorson for the Zoom link at [jhalvorson@lexingtonky.gov](mailto:jhalvorson@lexingtonky.gov).

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### **Trivia Through Time** **Wednesday | Feb. 28 | 12:30 p.m.**

Join Justin and Amanda for an exciting journey through time with a fun and interactive trivia game. Test your knowledge and memory of historical events, popular culture and everything in between.

From the Forties to the Sixties, from WWII to modern-day, take a trip down memory lane and you'll have a blast along the way!

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### **Technology with Brad** **Wednesdays, Thursdays & Fridays** **12:30 – 1:30 p.m.**

Having issues with your technology? If so, 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. \*\**



## EDUCATION | NOW YOU KNOW

### Learn about Cochlear Implants February 20 | 10 a.m.

Embark on a journey of renewed hearing as we share the inspiring story of an individual who, after four decades of relying on hearing aids, underwent a groundbreaking cochlear implant procedure in April 2022. Discover the comprehensive process, from audiological screening and surgery to recovery and hearing rehabilitation, unraveling the layers of this transformative experience. Explore cutting-edge technology that elevates the auditory journey, and gain insights from the recipient's spouse as she reflects on the profound impact this journey has had on her life. Join us in unlocking the potential for a richer, more vibrant hearing experience for you and your loved ones.

### Basics of Artificial Intelligence February 27 | 10 a.m.

Explore the basics of Artificial Intelligence (AI) – its concepts, applications and impacts on our daily lives. Witness AI in action through demos, gaining a deeper understanding of its real-world applications. Delve into the potential dangers and ethical considerations, opening up a space for discussion. Whether you're a tech enthusiast or just curious, join us to navigate the evolving landscape of this transformative technology. Don't miss the chance to broaden your knowledge and engage with the ever-evolving realm of AI!

## **YOU ARE THE PRIORITY!!!**

The January resolutions may have started to wear off, but the mindset of making yourself a priority should never go away.

Much like your car, we all need a tune up along the way. When we let the check engine light stay aglow for too long we know that we are rolling the dice for something to break down or fall apart. Our bodies aren't that much different.

If after this first month of 2024, your body's check engine light has come on, if you are starting to feel weathered from the chaos of winter and you feel nervous, at all, about conquering your goals as spring chores start to come around the corner, please give us a call.

If keeping your body and mind in top shape is a priority, and if making sure you are physically capable to tackle the rest of the year ahead is a goal...

Do NOT hesitate. Call us NOW at 859-303-6393. We will get you in, and get you on a PERSONALIZED plan set for your needs and your body.

## **NEW IN 2024!**

We want to hear from **YOU** on a closer level.  
Speak to **YOU** about what **YOU** need and want to hear about.  
Allow **YOU** to have the ability to converse with us on a one-on-one basis.

We have launched a new digital Newsletter for our readership. We will send out a weekly email to all that sign up and post our articles in an archive to our website.

If you are interested in hearing from us on a regular basis from the comfort of your home, please scan the QRX code or [click here](#) and sign up NOW!



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Owner & Physical Therapist  
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## COMMUNITY RESOURCE AND SUPPORT

### VITA Income Tax Super Saturday

Saturday, Feb. 3

8 a.m. – 5 p.m.

Get your taxes done for FREE at the Senior Center. VITA (Volunteer Income Tax Assistance) volunteers will be available to prepare tax returns for qualifying taxpayers.

Experienced, well-trained, trustworthy volunteers will work with you to make sure you get your maximum refund.

**Call 211 or visit the website below for details.**

<https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>



**United Way  
of the Bluegrass**

### AARP Tax Preparation

Call the Lexington Senior Center for more information and to sign up. Tax preparation is free and appointments are required. Space is limited, so call to register!



### Aging Support Group

2nd Friday of each month

Feb. 9 | 2:30 – 3:30 p.m.

**\*\* New time\*\***

This support group is open to ALL seniors!

For those that aren't familiar, a support group is a group of people with common experiences or concerns who provide each other with comfort, encouragement and advice.





# BRENDA'S BOOK BUDDIES | BOOK CLUB

February 1 & 15 | 9:30 – 11 a.m.

**Feb. 1** – *This Tender Land* by William Kent Krueger. Takes place in the summer of 1932 on the banks of the Gilead River in Minnesota. Odie O'Banion is an orphan. He is made to live at the Lincoln Indian Training School. There, in this awful place, his out of control behavior earns him the superintendent's wrath. After committing a terrible crime, he, his brother, Albert, their best friend Mose, along with a little girl, Emmy, who begs to go with them, they steal away in a canoe. They are headed for the Mississippi and a place of their own. During this trip over the summer these four orphans meet others adrift, struggling farmers, faith healers and lost souls dealing with the Great Depression.

**Feb. 15** – *Shiloh* by Phylliss Reynolds Naylor. *Shiloh* is the story of an 11 year old boy, Marty, who takes a walk and has a dog follow him home. He believes the dog is being abused and wants to keep him. His dad believes he belongs to a terrible neighbor, Judd. Marty names the dog Shiloh and works to pay for the dog. It is a heart warming story of a boy and his love for this abused dog.

## Check out the upcoming books for discussion:

March: The Family Upstairs by Lisa Jewell

Bud, not Buddy by Christopher Paul Curtis

April: The Heaven and Earth Grocery Store by James McBride

Roll of Thunder, Hear My Cry by Mildred D. Taylor

Questions? Contact Brenda at [bmgjackson8@gmail.com](mailto:bmgjackson8@gmail.com).



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# EDUCATION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Classrooms A &amp; B</b>  	11 a.m. History	10 a.m. Diabetes Support Group (Feb. 6)  10 a.m. Now You Know (Feb. 20 & 27)	11 a.m. Virtual Brain Power  12:30 p.m. Technology with Brad  12:30 p.m. Trivia (Feb. 28)	9:30 a.m. Book Club (Feb. 1 & 15)  11 a.m. New Member Meet and Greet (Feb. 22)  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.)  2:30 p.m. Aging Support Group (Feb. 9)

**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.



**NATIONAL Diabetes PREVENTION PROGRAM**



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

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14-1670



ARTS & CRAFTS



# Craft Class!

Let's make an easy, creative craft!

Friday, March 1 | Noon – 2 p.m. | No fee  
Register with Amanda beginning February 12.  
Preference given to those who did not attend  
the last craft class

## INCLEMENT WEATHER UPDATE

If Fayette County schools have issued a WEATHER RELATED NTI Day, our instructor lead classes will NOT meet. This includes Arts and Fitness. Our fitness center will remain open as usual.



*Call the Center if you have questions.*

## Crochet for a Cause

Every Thursday  
10 – 11:30 a.m.  
2nd floor

No registration needed.  
Join us anytime!



## CORN HOLE PLAY & INSTRUCTION

Wednesdays 1 – 3 p.m.



Wednesday, February 14  
Cookies in the lobby 9:30 – 11 a.m.!

## NEW! Senior Fitness Testing

(Fullerton Functional Fitness Test 1999) no fee

Contact **WENDY** on the 2nd floor, (859) 278-6072 or [wjett@lexingtonky.gov](mailto:wjett@lexingtonky.gov) to schedule your test  
20–30 minutes.

### Six basic fitness tests:

- ▶ Upper & lower body strength
- ▶ Upper & lower body flexibility
- ▶ 2 cardio fitness/agility



These fitness tests are easy to take and will provide you with basic information on how you compare to others in your age group.

# RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MULTI-PURPOSE ROOM (1ST FLOOR)</b>	9 a.m. <b>Walking for Better Balance</b>	1:30–3:30 p.m. <b>Table Tennis</b>	9 a.m. <b>Walking for Better Balance</b>	10–11 a.m. <b>BINGO!</b> Every Thursday!	1 p.m. <b>Movie Matinee</b> February 23
<b>Join in a card game anytime! Meet new friends!</b>					
<b>CARDS &amp; MORE (2ND FLOOR)</b>  FOOD IS NOT PERMITTED IN THE CARD AREA. USE THE 1ST FLOOR CAFÉ OR MP ROOM.	11:30 a.m. <b>Bid Euchre</b>  12:30 p.m. <b>Standard American Bridge</b>  1 p.m. ↙ <b>Spades</b>	9 a.m. <b>Dominos</b>  1 p.m. <b>Hand &amp; Foot</b>	9 a.m. <b>Intermediate Bridge</b>  1 p.m. <b>Mah Jongg</b>	11:30 a.m. <b>Bid Euchre</b>  1 p.m. <b>Mah Jongg</b>	9 a.m. <b>Dominos</b>  1 p.m. <b>Hand &amp; Foot</b>  1 p.m. <b>Chess</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](mailto:wjett@lexingtonky.gov)

### MORE Group Fitness!

#### **BELL HOUSE**

545 Sayre Ave. | 233-0986

Tues. & Thurs. 10:30 a.m.

**Ch.oga** | (chair yoga)  
Jenny/Danika

#### **CHARLES YOUNG CENTER**

540 E. Third St. | 246-0281

Monday:

9:30 a.m. **Get Up & Go!** | Anne  
11 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. **Yoga Funk** | Tess

#### **BLACK & WILLIAMS**

498 Georgetown St. | 252-1288

Mon. & Wed.: 10:30 a.m.  
**Ch.oga** (chair yoga) | Tess


# FEBRUARY 2024 – LSC GROUP FITNESS CLASSES

Join us anytime! 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. Proper shoes required!

**LSC is CLOSED FEB. 19 & 29**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. <b>MOVE IT</b> Wendy	8:30 a.m. <b>FLOW YOGA</b> Rebecca/Jenny	8:30 a.m. <b>MUSCLE MADNESS</b> Carey	8:30 a.m. <b>FLOW YOGA</b> Rebecca/Jenny	8:30 a.m. <b>RETRO ROBICS</b> Wendy
9 a.m. <b>WALKING FOR BETTER BALANCE</b> Cindee-MP room	9:30 a.m. <b>BEAT DRUM BOOGIE</b> Wendy/Jode	9 a.m. <b>WALKING FOR BETTER BALANCE</b> Cindee-MP room	9:30 a.m. <b>BASIC STEP</b> Wendy	9:30 a.m. <b>GET UP &amp; GO!</b> Carey
9 a.m. <b>YOGA 101</b> Return in March!	9:30 a.m. <b>STRENGTH &amp; STABILITY</b> Carey-fitness studio	9:30 a.m. <b>GET UP &amp; GO!</b> Wendy	10:30 a.m. <b>LET'S DANCE!</b> Rebecca-fitness studio	10:30 a.m. <b>ACTIVE AGING</b> Carey
9:30 a.m. <b>GET UP &amp; GO!</b> Debbie	10:30 a.m. <b>POW!R PUMP</b> Carey	10 a.m. <b>YOGA 101</b> Danika-fitness studio	10:30 a.m. <b>STRENGTH &amp; STABILITY</b> Cathy	11:30 a.m. <b>BEAT.DRUM. BOOGIE!</b> Renee
10 a.m. <b>YOGA 101</b> Danika-Fitness studio	10:45 a.m. <b>WALK 2 MILES</b> (30 min) Fitness Studio	10:30 a.m. <b>ACTIVE AGING</b> Cathy	11:30 a.m. <b>GET UP &amp; GO!</b> Cathy	12:30 p.m. <b>TAI CHI</b> Ben
10:30 a.m. <b>ACTIVE AGING</b> Debbie	11:30 a.m. <b>WORLD OF DANCE</b> Jode	11 a.m. <b>Mindful Moments Meditation (25 min)</b> Wendy-Fitness studio	11:30 p.m. <b>CH.OGA (chair yoga)</b> Rebecca-fitness studio	12:30 p.m. <b>WORLD OF DANCE</b> Maranda-fitness studio
11 a.m. <b>Mindful Moments Meditation (25 min)</b> Danika-Fitness studio	<b>NEW! 11:30 a.m. STRENGTH &amp; STABILITY</b> Fitness Studio	11:30 p.m. <b>WORLD OF DANCE</b> Cathy	12:30 p.m. <b>CH.OGA (chair yoga)</b> Rebecca	 <p><b>Please arrive prior to the START time of class!</b></p> <p><b>Due to safety concerns, admittance once class has started is NOT permitted.</b></p>
11:30 a.m. <b>GET UP &amp; GO!</b> Carey	12:30 p.m. <b>FLEX.ABLE</b> Cathy	12:30 p.m. <b>SEATED TAI CHI</b> Ben-fitness studio	1:15 p.m. <b>STATION2STATION (FitnessCenter)</b> Wendy/Tina	
12:30 p.m. <b>LET'S DANCE!</b> Rebecca	1:15 p.m. <b>STATION 2 STATION</b> Carey/Tina	12:30 p.m. <b>BEAT DRUM BOOGIE!</b> Renee	1:30 p.m. <b>BEGINNING LINE DANCING</b> Jode	
12:30 p.m. <b>SEATBEATS!</b> Jode	1:30 p.m. <b>GET UP &amp; GO!</b> Diane	1:30 p.m. <b>TAI CHI</b> Ben	2:30 p.m. <b>STATION2STATION (FitnessCenter)</b> Wendy/Tina	
1:30 p.m. <b>BEAT DRUM BOOGIE!</b> Renee	2:30 p.m. <b>STATION 2 STATION</b> Carey/Tina	1:30 p.m. <b>BARRE.LATES</b> Renee-fitness studio	<b>Fitness Center Hours</b> M/W/F 8am-4pm TU/TH 8am-1pm	
<b>NEW! 1:30 p.m. STRENGTH &amp; STABILITY</b> Debbie-fitness studio				

**Catch our Fitness classes on LEXTV**

Monday – Friday  
9 a.m. AND 5 p.m.

(cable TV)

Spectrum ch. 185

MetroNet ch. 3

and on our YouTube

**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

# LSC ARTS REGISTRATION

7 week session: March 11 – April 26, 2024

Registration opens MARCH 5 at 9 a.m. IN PERSON at LSC and ONLINE

Note: Online registration ends at noon. Call center for class availability. (Classes/instructors subject to change.)

## MUSIC

### 606016– Piano 1 | David Branstrator

Learn basic piano skills. This class is for true beginners!

**A0001:** Mondays, Mar. 11–Apr. 22 | 9–10 a.m.

**A0004:** Fridays, Mar. 15–Apr. 26 | 10:30–11:30 a.m.

**A0002:** Fridays, Mar. 15–Apr. 26 | 11:45–12:45 p.m.

**A0003:** Fridays, Mar. 15–Apr. 26 | 1–2 p.m.

### 606016 – Piano 2 | David Branstrator

Must have completed Piano 1 to attend!

**B0001:** Mondays, Mar. 11–Apr. 22 | 10:15–11:15 a.m.

**B0002:** Thursdays, Mar. 14–Apr. 25 | 9–10 a.m.

**B0003:** Fridays, Mar. 15–Apr. 26 | 9:15–10:15 a.m.

## POTTERY

**MAY ONLY TAKE ONE POTTERY CLASS PER SESSION**

### 606008– Handbuilding 1 | Amanda Stamps

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

**A0001:** Wednesdays, Mar. 13–Apr. 24 | 10 a.m.–noon

### 606009– Handbuilding 2 | Amelia Stamps

Build on your basics! Must have completed Handbuilding 1 to attend.

**A0001:** Mondays, Mar. 11–Apr. 22 | 1–3 p.m.

### 606005– Wheel Throwing 1 | Tim Guthrie

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

**A0004:** Fridays, Mar. 15–Apr. 26 | 10 a.m.–noon

**A0003:** Fridays, Mar. 15–Apr. 26 | 1–3 p.m.

### 606006– Wheel Throwing 2 | Amelia Stamps

Build on your current throwing skills. Must have completed a Wheel Throwing 1 class to attend.

**A0001:** Wednesdays, Mar. 13–Apr. 24 | 1–3 p.m.

### 606006– Wheel Throwing 3 | Amelia Stamps

Build on your current throwing skills. Must have completed a Wheel Throwing 1 class to attend.

**A0001:** Mondays, Mar. 11–Apr. 22 | 10 a.m.–noon

## SEWING

### 606018- Sewing | Debbie Orr

Learn the basics of sewing in this introductory course.

**A0001:** Tuesdays, Mar. 12–Apr. 23 | 1–3 p.m.

## ART

**MAY ONLY TAKE 2 ART CLASSES PER SESSION**

### 606012– Watercolor 1 | Joey Siemer

Offering the true basics of watercolor painting. No experience necessary.

**A0001:** Wednesdays, Mar. 13–Apr. 24 | 9–11 a.m.

### 606015- Charcoal 2 | Joey Siemer

Like to draw? Learn the beauty and versatility of charcoal!

**B0001:** Fridays, Mar. 15–Apr. 26 | 9–11 a.m.

### 606020– Watercolor 2 | Joey Siemer

Continue to develop your basic painting skills while learning more complex techniques! Must have taken Watercolor 1 to attend.

**A0001:** Thursdays, Mar. 14–Apr. 25 | 1–3 p.m.

### 606026– Colored Pencils | Joey Siemer

Learn the fundamentals of this diverse medium.

No experience needed.

**A0001:** Wednesdays, Mar. 13–Apr. 24 | noon–2 p.m.

### 606011- Drawing 1 | Joey Siemer

Learn the basics behind drawing. Form, line, shadow, etc.

**A0001:** Mondays, Mar. 11–Apr. 22 | 9–11 a.m.

### 606027 Art 101 | Joey Siemer

A basic introduction and general overview of all medias we offer at LSC. Focus on basic drawing and color theory. For *true* beginners only.

**A0001:** Mondays, Mar. 11–Apr. 22 | noon–2 p.m.

## Storytelling

### 606029– Storytelling | Jonathon Scott

Take your personal performance storytelling to the next level!

**A0001:** Mondays, Mar. 11–Apr. 22 | 1–2:30 p.m.

-Online registration: Users must create an account with Parks & Recreation at least 3 business days PRIOR to registration day. See the following page on how to create an account.

-Classes and their dates/times/instructors are subject to change for any reason. You will be contacted in this event.

-Scholarships are available! Please see a staff member regarding details PRIOR to registration day.

-If Fayette County schools are out due to weather, classes do not meet.

-Each class requires a one-time fee of \$10.60.

-Payment is due AT TIME OF REGISTRATION by debit/credit card, check, or money order. **\*NO CASH\*** Materials fee is non-refundable.



# LEXINGTON SENIOR CENTER ONLINE REGISTRATION

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## How to Register Online for Arts Classes

Go to the website: <https://parks.lexingtonky.gov> (You must include <https://>)

**Note:** New accounts must be created *at least 3 business days before* the registration date.

### Creating Your Account:

- If you don't yet have an account with Parks & Recreation, click on "Create an Account."

**Note:** You **do not need** an account to register in person!

- Fill in the required information indicated in red. Double check your date of birth. Select the "I'm not a robot" checkbox and then click "Submit."

**Note:** Parks & Recreation takes up to 3 business days to approve your account. Until then, your account may read as *inactive*.

### Finding Classes:

- On the registration date, log into the website with your User ID and Password.
- Click on "Senior Center Classes" under the "Cultural Arts" heading.

**Note:** Classes will not be visible until registration day.

### Choosing Classes & Adding to Cart:

- Click the "+" sign to the left of each class you want to register for.
- A green box will appear at the bottom; click "Add to Cart" to add the class to your shopping cart.
- Click "Shopping Cart" when you have finished adding classes.

### Reviewing Your Cart:

- If your cart is accurate, click "Proceed to Checkout."
- Choose your payment method (Visa/MasterCard or Discover).
- Provide the billing information requested.
- A materials fee of \$10.60 is required for each class. (We do NOT issue refunds)

### Completing the Transaction:

- After filling in payment details, click "Continue" to complete your purchase.
- You will receive a receipt at the email address you provided.

**Next registration opens in-person AND online at 9 a.m. on  
Tuesday, March 5, 2024**

**For more help, contact Parks & Recreation at (859) 288-2980  
or email [parkswebhelp@lexingtonky.gov](mailto:parkswebhelp@lexingtonky.gov).**



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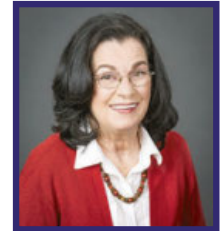


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**Bridgepointe at Ashgrove Woods**  
 A senior living community designed to help families grow closer as needs change.  
 5220 Grey Oak Lane  
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 BridgepointeAssistedCare.com



**The Homeplace at Midway**  
 provides a unique cottage setting as Kentucky's first "Green House" model, offering assisted living, memory care and skilled nursing.  
 101 Sexton Way  
 Midway | (859) 846-4663  
 TheHomeplaceAtMidway.com



**Best Friends™ Adult Day Center**  
 supports adults who may need assistance with daily living activities while building important relationships.  
 5220 Grey Oak Lane  
 Nicholasville | (859) 258-2226  
 BestFriendsAdultDay.com



# WAVECAST

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Exciting news at Lexington Senior Center!

We're thrilled to announce the installation of our new WaveCast system, designed to enhance your hearing experience. Now available in both the multipurpose room and classrooms, the WaveCast system ensures crystal-clear communication by transmitting anything said through the microphones directly to your phone. Whether you prefer using your personal smartphone or our provided devices with headphones, hearing has never been easier!

If you have any questions, don't hesitate to ask a staff member! Your comfort and convenience are our top priorities.

See below for instructions on how to set up WaveCast on your device:

1. Connect to the Lexington Senior Center's wifi  
Name: 195LIFELANE  
Password: Strawberry

2. Download "WaveCAST Audio Receiver" app



3. Open WaveCAST and click "Allow".

4. Click the button in the lower left hand corner



5. Select the area for which you'd like to hear the audio

6. Adjust volume to hear audio through your device



## SAVE THE DATE

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### Emergency Preparedness Fair March 6 | 9 a.m. – noon



Are you prepared for an emergency? Our vendors will provide you with information to ensure that you will be. Come learn about fire safety, weather preparedness, and many more informative tips on how to prepare yourself and your family. Enter for a chance to win your very own weather alert radio.

---

### Smoking Cessation Classes

Starting April 22  
Mondays | 9 – 11 a.m.

The Lexington Senior Center is partnering with the Lexington-Fayette Co. Health Dept. to offer Freedom from Smoking Classes.

All nicotine replacement materials will be provided at no cost to you.

Let us beat the habit together.  
Call (859)-278-6072 to register.





# NUTRITION PROGRAM

Did you know that the Lexington Senior Center has a daily lunch program? The Nutrition Program is run by the Bluegrass Community Action Partnership and is a separate program from the Senior Center. Because of this, the initial registration for lunch is a separate process from signing up as a center participant.

**When is lunch:** Monday through Friday at 11:15 a.m.

**How to sign up:** Schedule a brief appointment with Jessica Stamm. It's easy! Just call (859) 278-6072 to schedule your appointment. You can schedule a next-day appointment or meet with Jessica on the same day that you order your first meal!

**How to order food:** Call *before noon* the day before you want to eat lunch.

**Cost:** We ask for a \$3 donation.

**Questions:** Call Jessica Stamm at (859) 278-6072.



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SAVE THE DATE  
March 21, 2024

## 20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference.



Grandparents As Parents of Kentucky

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultations, resources, exhibits and more!

We will be back at the newly renovated Clarion Hotel®  
1950 Newtown Pike, Lexington, Ky.

For more information and to view helpful resources, visit our website at [gapofky.org](http://gapofky.org).  
Follow us on Facebook – Grandparents as Parents Conference.  
Call (859) 257-5582 to register.

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## DONATIONS – THANK YOU!

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Help the Kids at Breckenridge Elementary celebrate Valentines Day this year!

We are accepting donations of packs of kids Valentines Day cards. Every kid deserves to be able to participate in a Valentines Day card exchange, but not all families can afford to go out and buy cards for their kids. This is a little way that we can help ALL the kids feel included in this activity!

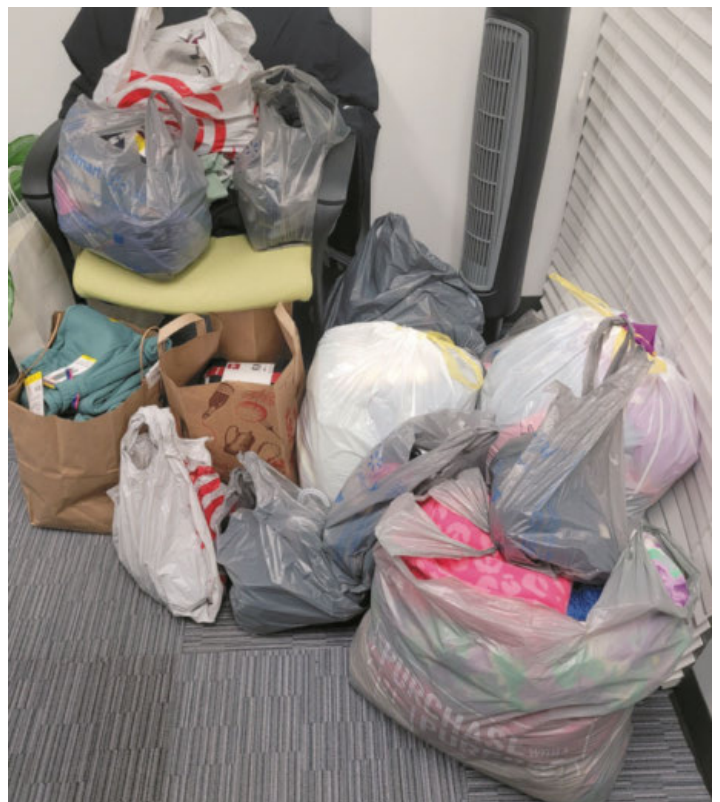
Valentines Day Card packs will be accepted at the Lexington Senior Center from February 1 – 8.

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Once again, your kindness and generosity has surpassed our highest expectations. Last month, we put out the word that Breckenridge Elementary school needed some donations for their clothing closet and you guys delivered in a HUGE way!

The staff and kids at Breckenridge Elementary school were SO amazed and appreciative of this fantastic gift.

Thank you SO MUCH!







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<sup>1</sup>Comparison based on a study by American Public Health Association published in January 2021 that the average primary care exam was 18 minutes. CenterWell Senior Primary Care™ does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711). 注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-877-320-1235 (TTY: 711)。



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## SATELLITE CENTERS

### Eldercrafters Program | Black and Williams Center

498 Georgetown St. | (859) 252-1288

JoAnn Turner | [jturner@lexingtonky.gov](mailto:jturner@lexingtonky.gov)

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

**Closed February 19 and 29.**

**If Fayette County Public Schools are closed or on an NTI day due to weather, this center is closed.**

Mondays & Wednesdays	10:30 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](http://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.*

**If Fayette County Public Schools are closed or on an NTI day due to weather, this center is closed.**

**\*\*\* Class requires registration/sign-up prior to attending. Call Martha for more details.  
Closed February 19 and 29**

Monday   Feb. 12	11:30 a.m.	Monday Club
Tuesdays & Thursdays	10:30 a.m.	Ch.Oga (Chair Yoga) – Jenny & Danika
Tuesdays	10 a.m. – noon	Painting with oils & acrylics – Barbara
Tuesdays	12:30 – 3:30 p.m.	Open Art Studio
Tuesday   Feb. 6	12:30 p.m.	<b>*** Picture frames decorated with puzzle pieces</b>
Tuesday   Feb 13	Noon – 1:30 p.m.	<b>*** Book Buddies – <u>The Tender Land</u> – Sign-up is required.</b>
Wednesday   Feb 7 only	9 a.m.	Beginning Crochet/Knitting
Wednesdays	2 p.m.	<b>***Djembe Drumming – Jerry (Paid registration required.)</b>
Wednesdays	11 a.m.	Bell House Troubadours
Thursdays	9:30 – 11:30 a.m.	Ceramics instruction – Barbara
Thursdays	Noon – 3 p.m.	<b>***Bridge – call to reserve your spot</b>
Thursdays	Noon – 3 p.m.	Ceramics on your own
Thursdays at the Carver Center – Patterson St.	9:30 a.m. – noon	Line Dance – Mimi

### Monday Club

#### February 12 – Valentine’s Day Potluck

Bring a dish to share! Scott Collins and Ron will provide musical entertainment. February birthdays celebrated!

### Troubadours Singing Group

Join the Bell House Troubadours Choral Group!  
All singers are welcome!

Wednesdays | 11 a.m.

Call or email Martha for more information!


## SATELLITE CENTERS

### Charles Young Center

540 E. Third St. | (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 February 19 and 29**

**If Fayette County Public Schools are closed or on an NTI day due to weather, this center is closed.**

Mondays	9:30 a.m.	Get Up & Go – Tess
Mondays	11 a.m.	Ch.Oga – Victoria
Mondays	Noon	Social/Games
Wednesdays	9:30 a.m.	Get Up & Go – Tess
Wednesdays	12:30 p.m.	Line Dance – Tess
Fridays	9:30 a.m.	Yoga Funk – Tess
Fridays	11 a.m.	Pickleball
Fridays	11 a.m.	Social/Games

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If you or someone you know might be interested in helping, contact Kristy Stambaugh at (859) 278-6072 or via email at [info@lexseniorcenterfriends.org](mailto:info@lexseniorcenterfriends.org).



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