

THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington
Senior Center

MARCH
2024

CHECK OUT WHAT'S INSIDE!

1 – 3

News &
Announcements

4 – 8

Education

9 – 13

Recreation

15 – 19

Community
Resources

21 – 23

Satellite Centers

Staff available

Monday – Friday
8 a.m. – 4:30 p.m.



As March unfolds, it heralds the beginning of a season filled with the promise of renewal and growth. In the crisp air and budding landscapes of Daylight Saving Time, we, as individuals and communities alike, can embrace the prospect of a more productive year in 2024.

It serves as a symbolic midpoint, a moment to reassess goals, rekindle ambitions, and embark on a journey of personal and collective growth. With the energy of spring in the air, March encourages us to shed the remnants of winter lethargy and usher in a period of enthusiasm and heightened focus, determination and commitment while participating at LSC.

As the days lengthen, so too can our strides toward success and being better humans, fostering a sense of optimism for the opportunities that lie ahead in this transformative year.

Keep moving – Sean



Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

NEWS & ANNOUNCEMENTS

March is Social Work Month!

Here at the Lexington Senior Center, we have three social workers that are available to help you meet your needs! You can get assistance with technology, job applications, Social Security, Medicare, financial assistance, SNAP, housing applications and more! Just call the Lexington Senior Center and tell the front desk what you need help with and they will get you to the social worker that can assist you.

This Month in History:

March 3, 1931 – The “Star Spangled Banner,” written by Francis Scott Key, was adopted as the American national anthem

March 9, 1959 – The Barbie Doll made its debut at the American Toy Fair in New York.

March 30, 1964 – The game show “Jeopardy!” aired for the first time.

DON'T WAIT! SAVE THE DATE!

VITA INCOME TAX SUPER SATURDAY at the SENIOR CENTER

Saturday, March 9 | 8 a.m. – 4 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 possible refund.

Call 211 or visit irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers for details.



**United Way
of the Bluegrass**

Senior Center participants, your voice matters!

We are seeking two individuals to represent the Lexington Senior Center bi-monthly at the Advisor Council of the Bluegrass Area Agency on Aging.

This is a unique opportunity for you to contribute to decisions that directly impact the senior community actively. By serving on the council, you will ensure that our senior members' perspectives and needs are heard and considered at a broader regional level. This is a chance to advocate for resources, programs and policies that benefit us all.

If you want to be a voice for our Senior Center in the broader context of the Senior Center, we invite you to contact the Sean Wright at swright@lexingtonky.gov.

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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NUTRITION PROGRAM

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.



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EDUCATIONAL OPPORTUNITIES

New Member Meet and Greet **Thursday | March 28** **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!



Diabetes Support Group **Tuesday | March 5 | 10 a.m.**

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

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.

Trivia Through Time **Tuesday | March 26 | 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 1940s to the 1960s, from WWII to modern-day, take a trip down memory lane and you'll have a blast along the way!

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

Five Wishes March 12 | 10 a.m.

This legal document isn't just paperwork; it's a practical guide for expressing your preferences on medical, emotional and spiritual care, especially for end-of-life decisions. Learn how to navigate crucial choices with clarity. This session is about practical steps to ensure your wishes are legally documented and respected. Don't miss out on this opportunity to understand "Five Wishes" in a straightforward and actionable way. Five Wishes workbooks will be provided for everyone who comes – let's tackle this important topic together.

Woodhill International Market March 19 | 10 a.m.

Discover the bi-weekly market at Woodhill Community Center, offering local, fresh produce. Our "international" market celebrates diversity with over 30 nationalities in Woodhill, showcasing a rich tapestry of fruits, vegetables and recipes from various cultures. Join us to ensure every family can access healthy food and share something special with our vibrant community. Thrive together at Woodhill's unique marketplace!

Driving Mobility and Brain Training as We Age March 26 | 10 a.m.

Join us for this session with Dr. Caitlin Northcutt from the University of Kentucky.

This session will be teaching attendees tips to train the aging brain and keep the brain sharp. Dr. Northcutt is a cognition expert, as well as a driving specialist, and will also be covering information about how to maintain the ability to drive and maintain independence as we age.



Friends of the Lexington Senior Center

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!



Dr. Avery Schroyer
Owner & Physical Therapist
Titan Physical Therapy

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1096 Wellington Way,
Suite 110
Lexington, KY 40513
859-303-6393

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toward a **BETTER YOU**,
call 859-303-6393
or visit
www.titanptky.com
to find out more about what
we can do for **YOU**.

We Accept Medicare

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.



Aging Support Group 2nd Friday of each month March 8 | 2:30 p.m.

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.

Free Wills Clinic

March 20 | 10 a.m.
Educational Presentation
April 16 | Execute Wills

In order to get your free Will, your income must be at or less than these income guidelines and you must come in for BOTH appointments

# persons in household	Annual income limit
1	\$30,120
2	\$40,880
3	\$51,640
4	\$62,400

1. **March 20 – Education Seminar** to learn about the documents and the information you will need to gather.

You will mail your documents back to the Senior Center once your information has been gathered.

2. **April 16** – Come to your scheduled appointment to have your will executed by an attorney.

**YOU MUST REGISTER
IN ADVANCE.**

**Call us at (859) 278-6072 to
sign up for this event.
Space is limited.**

BRENDA'S BOOK BUDDIES | BOOK CLUB

March 7 & 21 | 9:30 – 11 a.m.

March 7 – The Family Upstairs by Lisa Jewell – Libby Louise Jones turns 25 and inherits a London mansion on the banks of the Thames from her birth parent's trust which she knew nothing about. She also learns her birth parents were Henry and Martina Lamb and that they died when she was a baby in what appeared to be a suicide pact. She also learns that her birth name is Serenity and that she also had two older siblings (Henry Jr. and Lucy) who mysteriously disappeared. Libby, Miller Roe (a reporter who previously wrote about the story) and Dido (Libby's co-worker), begin to investigate. They don't know that there are others have been waiting to learn about this mansion also.

March 21 – Bud, Not Buddy by Christopher Paul Curtis – Bud is 10 years old, orphaned and living in an abusive foster home in Flint, Michigan in 1936. He and his best friend run away to escape mistreatment and so that Bud can find his father.

Check out the upcoming books for discussion:

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.

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EDUCATION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classrooms A & B 	11 a.m. History	10 a.m. Diabetes Support Group (March 5) 10 a.m. Now You Know (March 12, 19 & 26) 12:30 p.m. Trivia (March 26)	9 a.m. Emergency Preparedness Fair (March 6) 10 a.m. Wills Clinic Presentation (March 20) MUST register in advance 11 a.m. Virtual Brain Power 12:30 p.m. Technology with Brad	9:30 a.m. Book Club (March 7 & 21) 11 a.m. New Member Meet and Greet (March 28) 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.) 2:30 p.m. Aging Support Group (March 8)

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



Healthy living with Diabetes
Kentucky Department for Public Health

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



ORIGAMI WORKSHOP

Friday | March 15 | 1 pm.

Learn to create these unique keepsake boxes using traditional origami folding techniques! No experience is necessary. Sign-up with Amanda starting March 1. No fee required!



Preference is given to those who did not attend the most recent Origami workshop



We WANT you!

Balance Basics Bootcamp

Fridays 9:30 a.m.
(fitness studio by art)

Move through four stations of balance challenges. Learn techniques to improve your balance.



KENTUCKY HUMANITIES

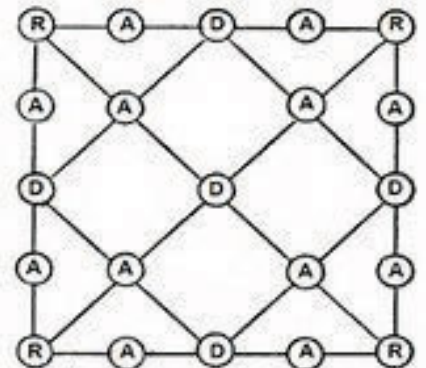


Kentucky Chautauqua

Daniel Boone will be here to talk about his life as the First Kentuckian.

Mark your calendars for Friday, **April 19!**

Watch for more information in your April newsletter.




How many ways
can you spell
RADAR



Free WiFi
195 Life Lane

Our password is:
Strawberry

RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MULTI-PURPOSE ROOM (1ST FLOOR)	9 a.m. Walking for Better Balance	Self-guided walking is permitted in the multi-purpose room when other activities are not scheduled. 19X around the room is one mile.		10–11 a.m. BINGO! Every Thursday!	MOVIE Matinee March 29 1 p.m.
		1:30–3:30 p.m. Table Tennis	9 a.m. Walking for Better Balance 1–3 p.m. Corn Hole Instruction		
		Join in a card game anytime! Meet new friends!			
CARDS & MORE (2ND FLOOR) FOOD IS NOT PERMITTED IN THE CARD AREA. USE THE 1ST FLOOR CAFÉ OR MP ROOM.	11:30 a.m. Bid Euchre 12:30 p.m. Standard American Bridge 1 p.m.  Spades	9 a.m. Dominos 1 p.m. Hand & Foot	9 a.m. Intermediate Bridge 1 p.m. Mah Jongg 1 p.m. Chess	11:30 a.m. Bid Euchre 1 p.m. Mah Jongg	9 a.m. Dominos 1 p.m. Hand & Foot 1 p.m. Chess
Numerous games are available in the cabinets on the 2nd floor. If you would like us to schedule other types of cards / games, please see a Recreation staff member.					

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



LEXINGTON
SENIOR CENTER

LSC Fitness Center | 2nd floor

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

Tuesday | Thursday
8 a.m. – 1 p.m.

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

Athletic shoes required.
Must have closed toe and heel.

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!** | Tess
Noon | **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

RECREATION – THE ARTS AND MORE!

CLASSES CURRENTLY IN SESSION. MARCH 11 – APRIL 26, 2024
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 p.m. Hand Building 2		10 a.m. Hand Building 1 1 p.m. Wheel Throwing 2		10 a.m. Wheel Throwing 1 1 p.m. Wheel Throwing 1
ART STUDIO B	9 a.m. Drawing 1 Noon Art 101 1 p.m. Storytelling 1st floor classroom	1 p.m. Beginning Sewing	9 a.m. Water Color 1 Noon Colored Pencils	10 –11:30 a.m. Crochet for a Cause (Join us anytime!) 1 p.m. Water Color 2	9 a.m. Charcoal 2
Please 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!	9 a.m. Piano 2 12:30 p.m. Belly Dancing (fitness studio)	9:15 a.m. Piano 2 10:30 a.m. Piano 1 11:45 a.m. Piano 1 1 p.m. Piano 1

Mark your calendars now for the next ARTS registration

Tuesday | March 5 | online and in person

Pick up a registration form at the center; specific details were in your February newsletter.

Contact Amanda Cobb 2nd floor if you have questions!

Would you like assistance in deciding what fitness classes would work best for you?



Contact WENDY on the 2nd floor
at (859) 278-6072, wjett@lexingtonky.gov
or stop by her office next to the fitness center!



BASICS TO BOOST YOUR BRAIN

Write a thank you letter – Research shows writing with a pen on paper can create and sharpen existing neural pathways in the brain, while carving out new connections.

Brush your teeth with your non-dominant hand.

This activates the non-dominant area of your brain. Try standing on one foot while brushing!

Change up your exercise routine – Everyone craves the comfort of routine but changing your routine from time to time will also work your brain.

Try a NEW food – Jump start your brain by trying a food you've never been brave enough to chow down on.

Socialize – You don't have to become a big extrovert, but opening up a conversation with someone during your morning commute, or in line at the grocery will activate those brain waves.

Volunteer – Find a cause you are passionate about or lend a helping hand to a complete stranger and you will stimulate the parts of the brain that control the empathic responses.

Play Chess – Don't know how? That's even better! Learn a new skill and exercise that brain.

New Words – The average adult vocabulary of 30,000 words can always be improved! Try to learn two new words daily. Memorize the definition and attempt to use them, correctly, during conversation.

Music, Music, Music – Dance, sing, listen to music, or learn to play a musical instrument. Improve your memory and attention control while having some fun!

Assemble or build something – Remember those erector sets or model cars you used to love? Well, they WERE good for you! You can start out small with Legos or building blocks and then go for the big stuff.

Be Inquisitive – Question everything. If you don't know something....look it up. Do your best to become a well rounded person.

TEASE YOUR BRAIN

(answers at bottom of page.)

Q 1: I am tall when I'm young, and short when I'm old. What Am I?

Q2: What is at the end of rainbow?

Q3: What gets wetter and wetter the more it dries?

Q4: How many months have 28 days?

Q5: A cowboy rides into town on Friday. Stays for 3 days, then leaves on Friday. How did he do it?

(Answers at bottom of page.)

BALANCE BITS

- Walking barefoot regularly will improve your balance.
- Don't like it barefoot? Try wearing toe socks and no shoes.
- Keeping an eye on a stationary object while walking, bending, stooping and turning will assist you in maintaining balance.
- Try not to 'multi-task' unless absolutely necessary. Do one thing at a time with full attention!
- Strong legs, butt and gut will improve your balance. Exercise regularly and include some type of strength training!
- Be prepared! 'Practice' a fall...what would you do?
- Maintaining proper posture during the day will decrease your chances for a fall, trip or stumble.
- When standing from a seated position, spread the legs apart and push through your heels.
- Calf raises and toe taps are a great way to tone lower legs and can be performed while seated.
- Practice, practice, practice.... A fall is NOT inevitable for older adults. Practice balance skills daily!

Q4: all of them! - Q5: His horse is named Friday.



Q1: a candle - Q2: the letter W - Q3: a towel -

MARCH 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. MUSCLE MADNESS Wendy	8:30 a.m. FLOW YOGA Jenny	8:30 a.m. MOVE IT Carey	8:30 a.m. FLOW YOGA Jenny	8:30 a.m. RETRO ROBICS Wendy
9 a.m. WALKING FOR BETTER BALANCE Cindee-MP room	9:30 a.m. BEAT DRUM BOOGIE Wendy/Jode	9 a.m. WALKING FOR BETTER BALANCE Cindee-MP room	9:30 a.m. BASIC STEP Wendy	9:30 a.m. GET UP & GO! Carey
9 a.m. YOGA 101 Jenny	9:30 a.m. STRENGTH & STABILITY Carey-fitness studio	9:30 a.m. GET UP & GO! Wendy	10:30 a.m. LET'S DANCE! Rebecca-fitness studio	NEW! 9:30 a.m. BALANCE BASICS BOOTCAMP Dianne
9:30 a.m. GET UP & GO! Debbie	10:30 a.m. POW!R PUMP Carey	10 a.m. YOGA 101 Danika-fitness studio	10:30 a.m. STRENGTH & STABILITY Cathy	
10 a.m. YOGA 101 Jenny-Fitness studio	10:45 a.m. WALK 2 MILES (30 min) Fitness Studio	10:30 a.m. ACTIVE AGING Cathy	11:30 a.m. GET UP & GO! Cathy	10:30 a.m. ACTIVE AGING Carey
10:30 a.m. ACTIVE AGING Debbie	11:30 a.m. WORLD OF DANCE Jode	11:30 p.m. WORLD OF DANCE Cathy	11:30 p.m. CH.OGA (chair yoga) Rebecca-fitness studio	11:30 a.m. BEAT.DRUM. BOOGIE! Renee
11:30 a.m. GET UP & GO! Carey	11:30 a.m. STRENGTH & STABILITY Fitness Studio	12:30 p.m. SEATED TAI CHI Ben-fitness studio	12:30 p.m. CH.OGA (chair yoga) Rebecca	12:30 p.m. TAI CHI Ben
12:30 p.m. LET'S DANCE! Rebecca	12:30 p.m. FLEX.ABLE Cathy	12:30 p.m. BEAT DRUM BOOGIE! Renee	1:15 p.m. STATION2STATION (FitnessCenter) Wendy/Tina	 Arrive EARLY! Due to safety concerns, admittance to once classes have started is NOT permitted.
12:30 p.m. SEATBEATS! Jode	1:15 p.m. STATION 2 STATION Carey/Tina	1:30 p.m. TAI CHI Ben	1:30 p.m. BEGINNING LINE DANCING Jode	
1:30 p.m. BEAT DRUM BOOGIE! Renee	1:30 p.m. GET UP & GO! Diane	1:30 p.m. BARRE.LATES Renee-fitness studio	2:30 p.m. STATION2STATION (FitnessCenter) Wendy/Tina	
1:30 p.m. STRENGTH & STABILITY Debbie-fitness studio	2:30 p.m. STATION 2 STATION Carey/Tina		Fitness Center Hours M/W/F 8am-4pm T/U/TH 8am-1pm	

Catch our Fitness classes on LEXTV

Every day!
9 a.m. AND 5 p.m.
(cable TV)
Spectrum ch. 185
MetroNet ch. 3
and on our YouTube
Channel anytime!

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



Are you Medicare ready?

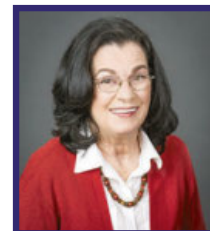
Learn more about your Medicare plan options.
Representing multiple insurance companies,
we can help you find the right Medicare Health Plan.

CALL (859) 309-5033 FOR A FREE CONSULTATION.



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Donna Elder

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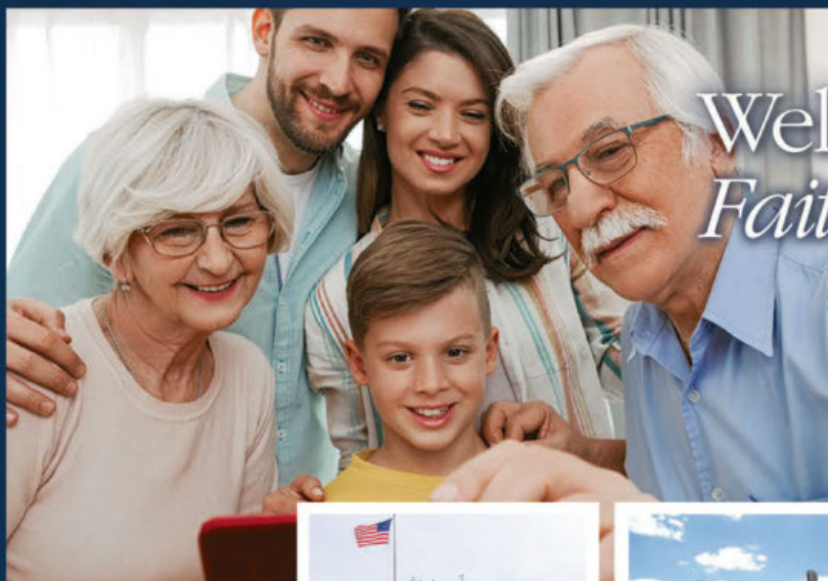
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AARP Fitness for Fifty+ Event

How to Build a Stronger Life: A Guide to Long and Healthy Aging 4-week series open to everyone at no cost!

Join AARP Kentucky and Dr. Dustin Jones, Doctor of Physical Therapy from StrongerLife Fitness, as they take you through a 4-week series covering the key components to long and healthy aging as it pertains to physical health. These 45-minute sessions will be educational by nature but also interactive so be prepared to move. Each session will conclude with a mini-workout that includes standing and seated options.

By the end of each session, you'll have a better understanding of that week's topic but also have actionable steps to make changes. These sessions can be attended live here in the Lexington Senior Center or virtually via Zoom. This series is in collaboration with Lexington Senior Services, AARP Kentucky and StrongerLife Fitness.

- **March 6 at 2 p.m. ET – Strength**
- **March 13 at 2 p.m. ET – Endurance**
- **March 20 at 2 p.m. ET – Balance**
- **March 27 at 2 p.m. ET – Mobility**

To register to attend in-person at the Lexington Senior Center call (859) 278-6072.

Be sure to consult your physician before starting a new exercise regimen.

To register for the virtual online Zoom event, visit <https://events.aarp.org/KYFitness>.

SAVE THE DATE
March 21, 2024

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!

20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference.



Grandparents As Parents of Kentucky

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

For more information and to view helpful resources, visit gapofky.org.
Follow us on Facebook – Grandparents as Parents Conference.
Call (859) 257-5582 to register.

SAVE THE DATE

Housing Fair

April 3 | 9 a.m. – noon

Come see what housing options Lexington has to offer in this fair specifically designed with seniors in mind. Visit with local housing providers and support organizations.

We hope you will join us!

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's beat the habit together!

Call (859) 278-6072 to register.

A poster for a Health Screening Fair. The background is split diagonally from the top right to the bottom left. The upper-left portion is blue with the text 'Health Screening Fair' in large white letters. The lower-right portion is white. In the bottom left corner, there is a large graphic of a rolled-up white bandage with a blue cross on it. In the top right corner, there is a small icon of a roll of white bandage with a blue cross. The date and time 'Thursday May 9 9 A.M. - NOON' are printed in the white section. Below this, the text 'Get Free Screenings & Information' is followed by a list of services: 'Blood Pressure - Mental Health', 'A1C - Memory Screening', and 'and MORE!'. At the bottom, the location 'Lexington Senior Center' and '195 Life Lane' are listed.

**Health
Screening
Fair**

**Thursday
May 9**

9 A.M. - NOON

**Get Free Screenings &
Information**

Blood Pressure - Mental Health
A1C - Memory Screening
and MORE!

*Lexington Senior Center
195 Life Lane*

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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OLLI Donovan Forum Thursdays | 2 – 3 p.m.

The Donovan Forums are held at the Lexington Senior Center. Space is limited for in-person spots. If you would like to attend remote via Zoom you can! For more information, visit uky.edu/ollie/donovan-forum-series.

March 7: Arts and Culture Sector in Lexington

Ame Sweetall, President and CEO : LexArts

March 14: Slow Down, Work Together and Listen Up: My First Year as Vice Mayor

Vice Mayor Dan Wu : Lexington-Fayette Urban County Government

March 21: Horticultural Therapy, The Impact on Mental Health

Madelyn Cline RN,BSN : University of Kentucky College of Nursing

March 28: Old Friends: Horse Racing's Living History Museum

Michael Blowen, Founder and President : Old Friends Thoroughbred Retirement



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LIVING WITH PARKINSON'S

Tennessee and Kentucky Chapter Parkinson's Symposium

Saturday, March 2, 2024
10:00 a.m. – 2:00 p.m. EST

*Check-in, Breakfast and Resource Fair
Start at 9:00 a.m.

Lexington Senior Center
195 Life Lane
Lexington, KY 40502

Register Today:
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Join the Parkinson's Foundation in person for the Tennessee and Kentucky Chapter Parkinson's Symposium. Hear about ongoing research, current treatments, and resources available to help you live your best life with Parkinson's. Attendance is free. Lunch will be provided. Register today at Parkinson.org/Lexington or contact Annie at 770-450-0792 or TNKY@Parkinson.org.

Expert Panelists & Moderators:

- Zain Guduru, MD, *Kentucky Neuroscience Institute*
- Laura Gusé, MPT, LSVT BIG
- Ann Hanley, *Parkinson's Research Fund*
- Craig G. van Horne, MD, PhD, *Kentucky Neuroscience Institute*
- Kara Lee, PT, DPT, NCS, *University of Kentucky College of Health Sciences*
- Michael Nsoesie, *University of Kentucky College of Medicine*
- Marlene Perdan, *Care Partner*
- George Quintero, PhD, *University of Kentucky Neurorestoration Center*
- Laura Soldato, *Bluegrass Parkinson's Alliance*
- Forrest Sturgill, MD, *Kentucky Neuroscience Institute*
- Tritia R. Yamasaki, MD, PhD, *Kentucky Neuroscience Institute*





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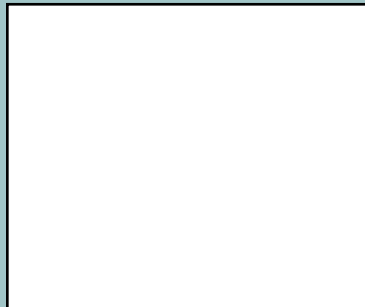


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¹Comparison based on a study by American Public Health Association published in January 2021 that the average primary care exam was 18 minutes. CenterWell Senior Primary Care™ does not discriminate on the basis of race, color, national origin, age, 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

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

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 visit 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.

Monday March 11 & 25	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 March 5	12:30 p.m.	Decopauge Easter/Spring plates
Tuesday March 12	Noon – 1:30 p.m.	*** Book Buddies – <u>The Family Upstairs</u> – Registration is required.
Wednesdays	9 a.m.	Beginning Crochet/Knitting
Wednesdays	2 p.m.	***Djembe Drumming – Jerry (Paid registration required.)
Wednesdays	11 a.m.	Bell House Troubadours – All singers welcome!
Thursdays	9:30 – 11:30 a.m.	Ceramics instruction – Barbara
Thursdays	Noon – 3 p.m.	***Bridge – Call to reserve your spot.
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

March 11 – Bring a sack lunch

March 25 – Bring a sack lunch and enjoy music by Kellis VanOver. March birthdays recognized and celebrated.

AARP Safe Driver Course

Monday | March 4
11:30 a.m. – 4 p.m.

\$15 – AARP member
\$20 – Non-members

Call Martha to sign up!



SATELLITE CENTERS

Charles Young Center

540 E. Third St. | (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.

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 – Anne
Mondays	11 a.m.	Ch.Oga – Victoria
Mondays	Noon	Social/Games
Wednesdays	9:30 a.m.	Get Up & Go – Tess
Wednesdays	Noon	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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The Friends of the Lexington Senior Center would like to recognize and thank the people who make Lexington's Senior Centers successful.

Did you know that there are only 14 full-time employees and nine part-time employees in the Division of Aging Services?

There are 41 Independent Contractors who provide valuable and professional instruction at the four senior centers.

There are countless volunteers that also support the centers and nine employees of Bluegrass Community Action Partnership that provide lunch.

Please join us in showing support to the staff and instructors.



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