

THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington
Senior Center

APRIL
2024

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Staff available

Monday – Friday
8 a.m. – 4:30 p.m.



It's official
Martha Duncan is
RETIRING!

Join us for a
Retirement
Open House
honoring
Martha!

April 18
1 - 3 p.m.

Lexington
Senior Center
195 Life Lane



 **LEXINGTON**
Senior Center



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

After more than three decades of dedicated service, Martha Duncan, our beloved Aging Services Manager for Recreation at the Lexington Senior Center, will be retiring on April 30. The Lexington Senior Center community is invited to celebrate her remarkable career at a Retirement Open House on Thursday, April 18, from 1 – 3 p.m. IN THE MULTIPURPOSE ROOM. And who knows, maybe she'll even sign up to become a member herself once she's fully retired!

Martha's journey with the City of Lexington began when she was just 18 years old, working as a lifeguard for Lexington Parks & Recreation. Her passion for recreation and serving others quickly propelled her through the ranks, as she worked and left her mark in nearly every area of the division. Once her twin boys entered elementary school, Martha embarked on her full-time, permanent career with the city in 2003, joining the Therapeutic Recreation (TR) team.

In her role with TR, Martha planned programs for individuals of all ages with disabilities. Here she created the Thunderpucks, the TR participant floor hockey team. Through her unwavering determination and inventive spirit, she fostered a unique bond between Parks & Recreation staff and TR participants. For 21 seasons and counting, the Thunderpucks have remained undefeated, a testament to her leadership and the power of unity. Rumor has it she may even dust off her hockey stick and join the team now that she'll have some free time!

In 2007, Martha began working exclusively with senior programs at the Lexington Senior Center on Nicholasville Road. As the center prepared to move in 2015 to its new location on Life Lane, Martha transitioned to the Division of Aging & Disability Services within the city's Department of Social Services. Martha's role in the success of the new Center on Life Lane cannot be overstated. Her dedication to seniors, expertise in programming, and skill in building a talented team of professional recreation staff have contributed significantly to the center's rapid growth and the success of its programs. Now it's her turn to enjoy all the programming she helped create!

Martha and her husband Rick have been married for 39 years, and their family includes four amazing children – Josh, Amy, Jeremy and Jacob – a son-in-law, two beautiful daughters-in-law, and three grandsons. Martha shares her home with her husband Rick, her father Dave, and their beloved dog Finley. While the decision to retire from her cherished career has been difficult, Martha looks forward to spending more quality time with her family, exploring new adventures in their RV, and maybe even some Beat Drum Boogie (She will not, under any circumstance, help set up anymore though!) at the senior center.

Martha, your absence will be felt deeply, but your legacy will endure. We extend our heartfelt gratitude and warmest wishes for a joyous retirement filled with endless adventures, laughter and love. After a lifetime of service and dedication to recreation for others, it is time for Martha to enjoy her well-deserved retirement and experience recreation for herself.

You will be dearly missed. Just don't be a stranger around the center!



The information contained herein is up-to-date as of the printing of the newsletter. All information is subject to change.

If you have any questions, contact the Lexington Senior Center directly.

The advertisers in this newsletter pay a fee for their ad. We do not endorse their products or services.

The advertisements help pay for the printing of this publication.

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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.



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EDUCATIONAL OPPORTUNITIES

New Member Meet and Greet **Thursday | April 25** **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 | April 2 | 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.** **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 | April 25 | 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

Outliving your Money April 9 | 10 a.m.

Join us for an informative workshop where we will address:

- Diversifying retirement income streams.
- Exploring investment options for income growth.
- Mitigating risks in retirement planning

Gain valuable insights, ask questions, and empower yourself to make informed decisions about your financial future.

Managing Incontinence April 16 | 10 a.m.

The pelvic floor is comprised of muscles that help to support important organs including the bowels, bladder, uterus and prostate. The pelvic floor muscles play an essential role in proper urination, bowel movements and hip health. Pelvic floor muscles can weaken over time due to injury, childbirth or a number of health conditions. Pelvic floor dysfunction can result in leaking with sneezing and coughing, inability to make it to the restroom in time, urinary leaking with movement, chronic constipation, diarrhea, pelvic pressure, pelvic organ prolapses, among other issues. This talk will define the pelvic floor's role in bladder and bowel health and how to maintain a healthy pelvic floor.

Artificial Intelligence April 23 | 10 a.m.

Back by popular demand! Due to overwhelming interest, we are excited to offer a repeat of our class on Artificial Intelligence. Dive into the fascinating world of artificial intelligence as we delve into the basics of AI, exploring its fundamental concepts, applications and potential impacts on our daily lives. Through informative demonstrations, you'll witness the power of AI in action and gain a deeper understanding of its real-world applications. We'll address the essential topic of AI's potential dangers and ethical considerations. Don't miss out on this opportunity to broaden your knowledge and engage with the ever-evolving realm of artificial intelligence!

Preference given to those that did not attend the previous presentation.

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

We Accept Medicare

Housing Fair
April 3 | 9 a.m. – noon

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



Aging Support Group
2nd Friday of each month
April 12 | 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.

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.

Technology Day
April 23 | 1 – 3 p.m.

Members from Delta Gamma Sorority have graciously agreed to assist you with your technology questions. Bring your laptop, cellphone or tablet and meet one on one with a Delta Gamma Sorority Sister. They cannot guarantee a fix, but will help you the best they can.

Call (859)-278-6072 to sign up.

Watch out for Scams
April 15 | 10 a.m.

Scams come in many different forms from telephone calls to phishing and more. This class is to inform you of the warning signs of a scam and what you can do to prevent yourself from becoming the victim of scammers.

This class is presented by our Social Work student Joseph Mink.

BRENDA'S BOOK BUDDIES | BOOK CLUB

April 4 & 18 | 9:30 – 11 a.m.

April 4: The Heaven and Earth Grocery Store by James McBride – An adult historical fiction/mystery novel. In 1972, a skeleton found in an old well unravels the hidden secrets of Chicken Hill, a Pennsylvania neighborhood. The owners of the Heaven & Earth grocery store shapes the destinies of various characters over the decades. The novel explores themes of community, survival and justice.

April 18: Roll of Thunder, Hear My Cry by Mildred D. Taylor – A coming of age novel told from the perspective of Cassie Logan, a 9 year old who deals with racial and economic hardships that her family must face.

Check out the upcoming books for discussion:

May 2: THE BOYS IN THE BOAT by Daniel James Brown

May 16: MATHILDA by Mary Shelley

June 6: THE WOMEN by Kristen Hanna

June 20: THE WESTING GAME by Ellen Raskin



Questions? Contact Brenda at bmgjackson8@gmail.com.

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EDUCATION CALENDAR

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|---|--|---|--|
| Classrooms A & B | <p>9:30 a.m. Neighbors Helping Neighbors (April 8)</p> <p>10 a.m. Scams Talk (April 15)</p> <p>10:15 a.m. Learn to Ride LexTran (April 22)</p> <p>11 a.m. History</p> | <p>9 a.m. Gardening Club</p> <p>10 a.m. Diabetes Support Group (April 2)</p> <p>10 a.m. Now You Know (April 9, 16, 23) See page 5 for topic details</p> <p>1 p.m. Technology Day (April 23)</p> | <p>9 a.m. Housing Fair (April 3)</p> <p>11 a.m. Virtual Brain Power</p> <p>12:30 p.m. Technology with Brad</p> <p>1 p.m. AARP Meeting (April 17)</p> | <p>9:30 a.m. Book Club (April 4 & 18)</p> <p>11 a.m. New Member Meet and Greet</p> <p>12:30 p.m. Technology with Brad</p> <p>12:30 p.m. Trivia (April 25)</p> <p>2 p.m. Olli Forum</p> | <p>8 – 11 a.m. UK Pharmacy Students Health Screening (April 19)</p> <p>12:30 p.m. Technology with Brad</p> <p>1:30 p.m. Friday Friends (Does not meet the third Friday of each month.)</p> <p>2:30 p.m. Agging Support Group (April 12)</p> |

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Increased risk for heart disease

Stroke

Blindness

Kidney disease

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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.

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4-D-5-5

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14-1670



KENTUCKY HUMANITIES

Kentucky Chautauqua presents



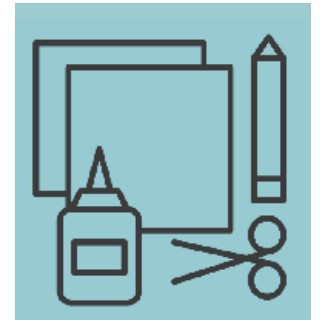
Daniel Boone
The First Kentuckian
Friday | April 19 | 1pm
Join us in the Multipurpose Room



MORE ART OPTIONS!

Instant Artist

Friday | April 26
Noon – 4 p.m.
\$10 per person



Spring Craft Class

Friday, | April 12
1 – 3 p.m.

Register with Amanda
(2nd floor)
Beginning April 1

Preference is given to those who did not attend the last Instant Artist/Craft class.

Thanks for the memories!

I will be retiring May 1!

Please join me


Thursday, April 18
1 – 3 p.m.

at the center to share memories of all the fun times we've had! I hope to SEE YOU THERE!

~ Martha



RECREATION

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|---|
| MULTI-PURPOSE ROOM (1ST FLOOR) | 9 a.m. Walking for Better Balance | 1:30–3:30 p.m. Table Tennis | 9 a.m. Walking for Better Balance | 10–11 a.m. BINGO! Every Thursday! |  Join us for DOMINOS Now on Tuesday and Friday! |
| | 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 | 1 p.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 | 10 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.

Self-guided walking is permitted in the multi-purpose room when other activities are not scheduled. 19X around the room is one mile.



LSC Fitness Center | 2nd floor

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

Tuesday | Thursday
8 a.m. – 1 p.m.

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

Athletic shoes required.
Must have closed toe and heel.

Personal Training available for a nominal fee

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

Pick up a brochure or see Wendy for details!
wjett@lexingtonky.gov



MORE Group Fitness!

BELL HOUSE

545 Sayre Ave. | 233-0986

Tues. & Thurs. | 10:30 a.m.
Ch.oga | (chair yoga)
Jenny/Danika

CHARLES YOUNG CENTER

540 E. Third St. | 246-0281

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

Wednesday:
9:30 a.m. | **Get Up & Go!** | Anne
Noon | **Line Dancing** | Tess

Friday:
9:30 a.m. | **Yoga Funk** | Tess

BLACK & WILLIAMS


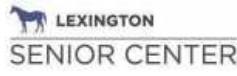
498 Georgetown St. | 252-1288
Mon. & Wed. | 10:30 a.m.
Ch.oga (chair yoga) | Tess

APRIL 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 | 10:30 a.m. ACTIVE AGING Carey |
| 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 | 11:30 a.m. BEAT.DRUM. BOOGIE! Renee |
| 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 | 12:30 p.m. TAI CHI Ben |
| 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. WORLD OF DANCE Maranda-fitness studio |
| 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 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 TU/TH 8am-1pm | |
| YES we still offer Senior Fitness Testing! See Wendy! | | | | |

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

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: May 6 – June 21, 2024

Registration opens April 30 at 9 a.m. IN-PERSON and ONLINE at LSC.

MUSIC

606016 – Piano 1 | David Branstrator

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

A0001: Mondays, May 6-June 17 | 9-10 a.m.

A0004: Fridays, May 10-June 21 | 10:30-11:30 a.m.

A0002: Fridays, May 10-June 21 | 11:45 a.m.-12:45 p.m.

A0003: Fridays, May 10-June 21 | 1-2 p.m.

606016 – Piano 2 | David Branstrator

Must have completed Piano 1 to attend!

B0001: Mondays, May 6-June 17 | 10:15-11:15 a.m.

B0002: Thursdays, May 9-June 20 | 9-10 a.m.

B0003: Fridays, May 10-June 21 | 9:15-10:15 a.m.

POTTERY

MAY ONLY TAKE 1 POTTERY CLASS PER SESSION

606008 – Handbuilding 1 | Amelia Stamps

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

A0001: Mondays, May 6-June 17 | 10 a.m.-noon

606009 – Handbuilding 2

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

A0001: Fridays, May 10-June 21 | 10 a.m.-noon

606005 – Wheel Throwing 1

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

A0004: Wed., May 8-June 12 | 10 a.m.-noon
W/Amelia Stamps

A0003: Fridays, May 10-June 21 | 1-3 p.m.

W/Tim Guthrie

606006 – Wheel Throwing 2 | Amelia Stamps

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

A0001: Mondays, May 6-June 17 | 1-3 p.m.

606007 – Wheel Throwing 3 | Amelia Stamps

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

A0001: Wednesdays, May 8-June 19 | 1-3 p.m.

SEWING

606018 – Sewing | Debbie Orr

Learn the basics of sewing in this introductory course.

A0001: Tuesdays, May 7-June 18 | 1-3 p.m.

Beginner PICKLEBALL

606025 – Nicole Hubert

A0001: Tuesdays, May 7-June 18 | 8:30 a.m.

A0002: Tuesdays, May 7-June 18 | 9:45 a.m.

A0003: Thursdays, May 9-June 20 | 8:30 a.m.

A0004: Thursdays, May 9-June 20 | 9:45 a.m.

ART

MAY ONLY TAKE 2 ART CLASSES PER SESSION

606011 – Drawing 1: Animal Drawing | Joey Siemer

Learn the basics of sketch by learning how to draw animals and pets! No experience necessary.

B0001: Mondays, May 6-June 17 | 9-11 a.m.

606012 – Watercolor 1 | Joey Siemer

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

A0001: Mondays, May 6-June 17 | Noon-2 p.m.

606013 – Acrylic 1 | Joey Siemer

An introduction to one of the most diverse paint mediums! No experience necessary.

A0001: Wednesdays, May 8-June 12 | Noon-2 p.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: Wednesdays, May 8-June 12 | 9-11 a.m.

606023 – Pastels | Joey Siemer

Learn about and experiment with different types of pastels in this introductory course!

A0001: Thursdays, May 9-June 20 | 1-3 p.m.

606024 – Drawing 2: Cartoon Design | Joey Siemer

An intermediate level drawing class that will focus on cartoon and character design! Involves elements from portrait drawing, figure drawing, and perspective. Must have taken a Drawing 1 or Charcoal 1 to attend.

A0001: Fridays, May 10-June 21 | 9-11 a.m.

- ▶ 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.
We do not accept cash
- ▶ Materials fee is non refundable.
- ▶ Online Registration: Users must create an account with Parks & Recreation at least 3 business days PRIOR to registration day.
- ▶ Classes and their dates/times/instructors are subject to change for any reason. You will be contacted in this event.
- ▶ Scholarships are available! Talk to a staff member regarding details PRIOR to registration day.

THE CENTER IS CLOSED WED., JUNE 19.

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, April 30.***



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COMMUNITY INFORMATION EVENTS

Learn to Ride Lextran Monday | April 22 (Earth Day)

Join members from the Senior Services Commission and Lextran as we board city buses from the Lexington Senior Center to a Wendy's restaurant where lunch will be on your own. Then board buses back to the Lexington Senior Center. Lextran will provide the bus pass.

Sign up at the front desk.

**Meet at the Senior Center at 10:15 a.m.
and return by 1:30 p.m.**



AFFORDABLE HOUSING NEEDS ANALYSIS

Public Input Meeting
**Thursday | April 4
1:30 – 4:30 p.m.**

The affordable housing needs assessment's mission is to address the pressing need for affordable housing in Lexington. Together, let's work towards securing safe, affordable housing for all Lexington residents.

Questions? Contact Tiffany Masden at tmasden@lexingtonky.gov.

Reimagining Home and AU Associates Inc. Invite You....

To share the features and amenities you prefer in your kitchen, bathrooms, living areas and communal spaces. Information gathered will help AU Associates, Inc. prepare to design the newest award-winning seniors community using universal design.

April 9 | 1:30 p.m.

Sign up in advance at 195 Life Lane or by calling (859) 278-6072.

Neighbors Helping Neighbors Part 2

Monday | April 8 | 9:30 a.m.

Villages are membership-driven, non-profit organizations run by volunteers and paid staff who coordinate access to affordable services which enables people to age in place.

**Sign up at the
Lexington Senior Center front desk!**

UK College of Pharmacy Students Health Screening April 19 | 8 – 11 a.m.

- Blood pressure screening
- HIV/AIDS educations

Presented by the UK College of Pharmacy Chapter of The Student National Pharmaceutical Association.

SAVE THE DATE

Health Screening Fair May 9 9 a.m. – Noon

Join us for a free health screening offered by health professionals around Central Kentucky.

- Blood pressure checks
- Fall prevention
- Benefits check-up
- Mental health check-up
- Colon cancer screening
- And MORE!!!!

Diabetes Basics

May 2 | 1 – 3 p.m.

Join this FREE program to learn the basics of how to manage diabetes and achieve your health goals. Led by a Certified Diabetes Care and Education Specialist.

This program is open to any Kentucky resident with diabetes or those who care for someone with diabetes.

For more information,
call (859) 288-2376.

Register at the front desk!

Volunteer Fair June 5 | 9 a.m. – Noon

Have you been interested in volunteering, but just don't know where to begin? Well, come to the Volunteer Fair where you can meet local non-profits that need your help to fulfill their mission.

The demand for volunteers is higher than ever and the Lexington Community needs your help. We hope you will join us.



OLLI DONOVAN FORUM

April 4

Health Benefits of Laughter Yoga

*Jaime Brown, Research Program Manager, Laughter Yoga Leader
Center for Health Equity Transformation & Laughter Yoga with Jaime Brown*

April 11

Kentuckians Before Boone

*Dr. A. Gwynn Henderson, Education Director
Kentucky Archaeological Survey*

April 18

Historic Preservation and the Blue Grass Trust

*Dr. Jonathan Coleman, Executive Director
Blue Grass Trust for Historic Preservation*

April 25

The Impact of Sports Gambling and Problem Gambling

*Michael R. Stone, Executive Director
Kentucky Council on Problem Gambling, Inc. (KYCPGX)*

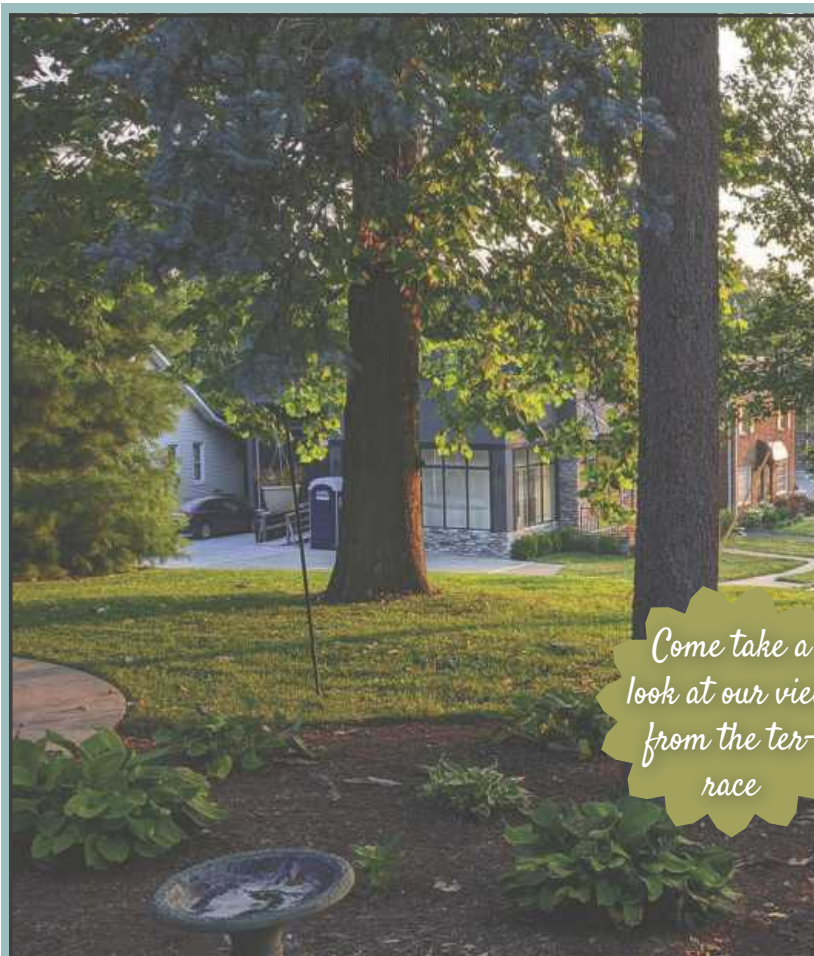
Thursdays

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.



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14-1670

COMMUNITY DONATIONS REQUESTED

We are taking donations for the Family Care Center.
They are in dire need of the following baby supplies.

- Diapers: sizes 3 – 7
- Baby wipes
- Baby wash
- Baby shampoo
- Baby lotion
- Diaper rash cream



Supplies can be dropped off at the
Lexington Senior Center anytime
during the month of April OR they can
be sent directly to the
Family Care Center:

C/O Amanda Patrick
Family Care Center
1135 Harry Sykes Way
Lexington, Ky. 40504

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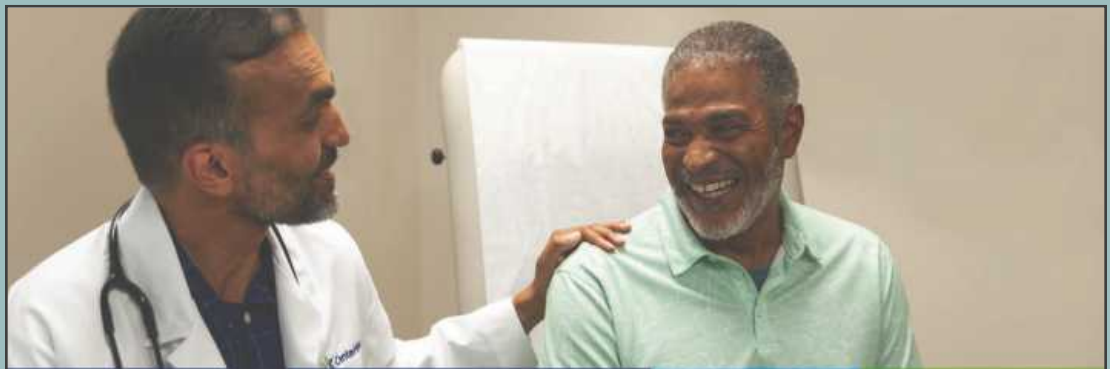
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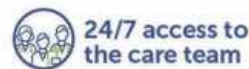


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14-1670

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.

| | | |
|----------------------|------------|--|
| Mondays & Wednesdays | 10:30 a.m. | Ch.oga and Dance Moves– 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 |

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.

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.

| | | |
|--|-------------------|---|
| Monday April 8 & 22 | 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 April 2 | 12:30 p.m. | Handpaint Christmas Village Houses |
| Tuesday April 9 | Noon – 1:30 p.m. | *** Book Buddies – <u>The Heaven & Earth Grocery</u> – Registration is required. |
| Wednesdays | 9 a.m. | Begining 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

April 8 – Solar Eclipse Potluck – Bring a dish to share! Meat will be provided. Games and activities with prizes will be available. Come join the FUN!

April 22 – Bring a sack lunch! Enjoy musical entertainment by Judy Courtney-Young. April birthdays will be recognized and celebrated with cake and ice cream.

AARP Safe Driver Course

Monday | May 6
11:30 a.m. – 4 p.m.

\$15 – AARP member
\$20 – Non-members

Call Martha McFarland 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.

| | | |
|------------|-----------|--------------------|
| 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 |

April 1 – 5
**There will be no Chair Yoga,
 Line Dance or Pickleball**



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