

# THE MESSENGER

A PUBLICATION OF THE DIVISION OF AGING AND DISABILITY SERVICES

Lexington  
Senior Center

MAY  
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 April showers danced upon the bluegrass fields of Kentucky, they brought with them a promise of renewal and vitality, nourishing the earth and heralding the arrival of spring in its entire splendor. Though sometimes inconvenient, these gentle rains serve as nature's prelude to the vibrant festivities soon to come. As the last droplets of rain fade away, they make way for the breathtaking beauty of May's Derby flowers, adorning the landscape with their brilliant colors and sweet fragrances. In this transition from showers to flowers, Kentucky comes alive with anticipation as the spirit of the Derby infuses the air with excitement and joy. Soon, the rolling hills will echo with the thundering hooves of horses and the cheers of spectators, and yes, we seniors participate in the fanfare as well. We are excited to begin a season filled with laughter, camaraderie, and unforgettable fun moments.

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.



**The Senior Centers are closed  
Monday May 27 for Memorial Day!**

**Please welcome  
Steven Rogers**

***New Recreation Aging Services Program Manager***

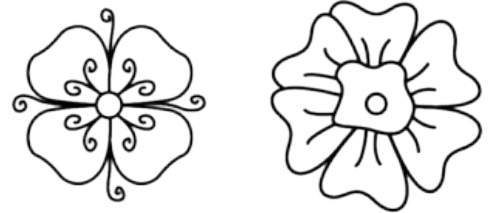
I am looking forward to this new position within city government. I have spent the past 10 years managing McConnell Springs and natural areas for Lexington Parks & Recreation. This new position will allow me to continue providing the seniors of Lexington with access to quality programs and recreation facilities. I always enjoy engaging with people when they are participating in programs and seeing them have fun during the activities that I've helped to provide. I look forward to meeting everyone. I have been married to my wife, Breann, for 11 years and we have two sons Harrison (8) and Hudson (4). Our family are huge sports fans, we spend most evenings in the spring and summer at a baseball or soccer field.



**Newsletter Scavenger  
Hunt!**

Throughout this newsletter you will find these two flower pictures. Search through the entire newsletter and count how many flowers you see. Turn in your name and number of flowers to the front desk by the end of the month to be entered into a drawing for a prize!

**Here's your first two  
flowers to get you started  
on your count!**



**May is Older  
American's Month**

The theme for 2024 is "powered by connection" which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

We hope you come to the senior center and start working on your social connections today!

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.

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

## STAFF LISTING

**Kristy Stambaugh**  
Director of Aging  
and Disability Services

**Sean Wright**  
Aging Services  
Program Manager Sr.

**Liz Thompson**  
Administrative Specialist Sr.

FRONT DESK  
**Tanya Collins**  
**Nancy Mitchell**

SECURITY  
**Garnett Mundy**

### ASSISTANCE & COMMUNITY RESOURCES

**Jennifer Garland**  
Social Worker Sr.

**Lindsay Medley**  
Social Worker Sr.

**Justin Halvorson**  
Social Worker

FACILITY STAFF  
**Rosa Castro**

### RECREATION

**Steven Rogers**  
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

**Mentoring you through  
your Medicare needs**

**Karen Erwin • 859.948.4383**  
**kerwin3471@outlook.com**  
**www.medicarementors.net**



**Need help reading the newspaper?  
Radio Eye can help!**

Radio Eye is a free reading service for people who  
can't access the printed word because of a  
disability.

**859-422-6390 or 800-238-5193 ext. 0**  
**www.radioeye.org**

BLUEGRASS  
**PACE**  
care  
A Service of Bluegrass Care Navigators

**You can stay in  
your own home  
and still get the  
care you need.**



**855.492.0812 | [bgcarenav.org/PACE](http://bgcarenav.org/PACE)**  
TTY: 1.859.687.9410

Currently available in Fayette, Jessamine,  
Franklin, Woodford, and Anderson counties.

©2022 Bluegrass Care Navigators. Bluegrass Care Navigators complies with  
applicable federal and state laws and does not discriminate on the basis of race, color,  
national origin, age, or disability, or sex.

H1980 PA16



### **New Member Meet and Greet** **Thursday | May 23** **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 | May 6 | 10 a.m.**

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

---

### **Gardening Club** **Tuesdays | 9 a.m.**

If you have a green thumb, we need your help! The gardening club is looking for new members. We take care of the front and back patios along with our raised herb garden at the senior center.

If you have questions,  
call Lindsay at (859) 278-6072.

### **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).

---

### **Trivia Through Time** **Tuesday | May 28 | Noon**

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.\*\**





**SMP Program**  
**May 14 | 10 a.m.**

KY Senior Medicare Patrol's mission is to educate older adults on how to prevent, detect, and report Medicare fraud and scams. Join us to learn more about SMP's free services for all KY older adults, hear about basic fraud and scam prevention, and play Fraud Bingo with us (with prizes!). We look forward to meeting you all and providing you with information and resources to protect yourself from healthcare fraud.

**Digging in the Dirt: Gardening in Old Age**  
**May 21 | 10 a.m.**

Join us for a presentation on gardening in later years. Discover how gardening evolves into a fulfilling passion after retirement and explore ways to adapt to physical limitations. We'll delve into the health benefits of gardening, introduce the Fayette County University Extension Master Gardener program for safer and informed gardening, and discuss techniques and tools to accommodate changing abilities. Don't miss this opportunity to enhance your gardening experience while promoting well-being in your golden years!

**Veterans Affairs General Information and Caregiver Support Programs**  
**May 28 | 10 a.m.**

Discover the support you deserve with the Veterans Affairs Caregiver Support Program! If you're caring for a veteran loved one, you're not alone. The VA offers a range of programs to assist caregivers, providing resources, education, and respite care to lighten your load. From assistance with daily tasks to emotional support, the VA is committed to helping caregivers thrive in their vital role. Additionally, explore the multitude of other programs available through the VA, tailored to address various needs of veterans and their families. Take the first step in learning about these invaluable resources and connect with a supportive community at your local VA center today. The VA representative will be able to answer other general questions about VA programs as well.

**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



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

Take your first step toward a BETTER YOU, call 859-303-6393 or visit [www.titanptky.com](http://www.titanptky.com) to find out more about what we can do for YOU.

*We Accept Medicare*

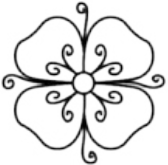


## Diabetes Basics

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!**

## Aging Support Group

2nd Friday of each month

May 10 | 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.**

## Senior Farmer's Market Vouchers

Farmer's Market vouchers will be available this month! These vouchers are given out by appointment only. This program provides a \$50 voucher for you to use at the local farmers markets.

*Only sign up if you intend to go to the farmers markets and use the vouchers!*

### Important dates:

- ▶ **May 20** – First day to call the Lexington Senior Center to make an appointment
- ▶ **May 29 & 30** – In-person appointments to get your vouchers

This is an income based program. You will need to meet the following qualifications in order to receive vouchers:

1. Must be age 60 or older
2. Must be a Fayette County resident
3. Must be at or below the following income levels

Household	Monthly income
1	\$2,322
2	\$3,152
3	\$3,981
4	\$4,810

- ▶ You must bring your ID to your appointment
- ▶ You **MUST** have an appointment to receive farmers market vouchers – walk-ins will not be taken.



# BRENDA'S BOOK BUDDIES | BOOK CLUB

**May 16 | 9:30 – 11 a.m.**

Please Note: We are only meeting once in May. We will discuss both books during this meeting.

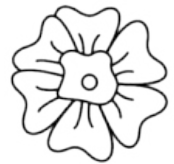
**The Boys in the Boat** is about the University of Washington and the eight-oared rowing crew that represented the United States in rowing at the 1936 Summer Olympics – Men's eight in Berlin, and narrowly beat out Italy and Germany to win the gold medal. The main character is Joe Rantz. There are two backstories. One tells how all nine members of the Washington team came from lower-middle-class families and their struggle to earn their way through school during the depths of the Depression. The second backstory begins with Hitler decreeing construction of the spectacular German venues at which the Games would take place. The book also describes how the Nazis successfully covered up the evidence of their harsh and inhumane treatment of the Jews and other minorities so as to win worldwide applause for the Games.

**Matilda** tells the story of a young girl named Matilda Wormwood, who is exceptionally intelligent and has a love for reading. Despite her extraordinary abilities, Matilda faces a challenging life, as her parents and the cruel headmistress of her school, Miss Trunchbull, fail to recognize her potential.

### Check out the upcoming books for discussion:

June 6: THE WOMEN by Kristen Hanna

June 20: THE WESTING GAME by Ellen Raskin



**BUILDING YOUR FINANCIAL JOURNEY**  
www.Keystoneky.com

Icons: Educational Planning, Charitable Giving, Tax Planning Strategies, Retirement Planning

**Jayme Nelson**  
FINANCIAL ADVISOR

Phone: O: 859.317.8316 EXT. 123, C: 859.621.4654  
Email: JAYME.NELSON@KEYSTONEY.COM  
Address: 527 WELLINGTON WAY, SUITE 225, LEXINGTON, KY 40503  
Website: WWW.KEYSTONEY.COM

Keystone Financial Group logo and disclaimer: Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Keystone Financial Group, a registered investment advisor and separate entity from LPL Financial.

**THRIVE THERAPIES**  
PT-07, Est. 2010, PLLC, MOVEMENT IS MEDICINE

Outpatient To You! Senior Specialist Passion-Excellence-Service

ThriveTherapieKY.com  
Leah@thrivetherapyky.com  
859-381-7620

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME Dan Goben**

dgoben@lpicommunities.com • (800) 950-9952 x2633

**CARE Patrol**™  
Your Partner In Senior Care Solutions

Finding the Right Care Option

Our Trusted Experts Are Here to Help.

We help families find the right care solution for their loved ones at no cost.

CarePatrol.com  
502.203.4591  
**LENA CAMBRON**




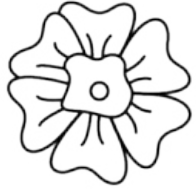
Follow Us: Facebook, Twitter, LinkedIn, YouTube

©2023 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.





# EDUCATION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Classrooms A &amp; B</b>		9 a.m. <b>Gardening Club</b>	11 a.m. <b>Virtual Brain Power</b>	9:30 a.m. <b>Book Club</b> (May 16)	12:30 p.m. <b>Technology with Brad</b>
		10 a.m. <b>Diabetes Support Group</b> (May 6)	12:30 p.m. <b>Technology with Brad</b>	11 a.m. <b>New Member Meet and Greet</b>	1:30 p.m. <b>Friday Friends</b> (Does <b>not</b> meet the third Friday of each month.)
		10 a.m. <b>Now You Know</b> (May 14, 21, & 28)	1 p.m. <b>AARP Meeting</b> (May 15)	12:30 p.m. <b>Technology with Brad</b>	2:30 p.m. <b>Agging Support Group</b> (May 10)
		Noon <b>Trivia</b> (May 28)		1 p.m. <b>Diabetes Basics</b> (May 2)	

**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**



For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

14-1670



# Let's ride Idle Hour park!



Cycling can help to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis!

Check out one of our Adult Trikes at the front desk!  
**Ride: Mon.–Fri., 9 a.m.–3 p.m.**  
**WEATHER PERMITTING!**



Guide dogs are the guiding eyes for people who are blind or visually impaired. Service dogs are assistance dogs for people with disabilities other than blindness. These dogs are specially bred and trained for this most important job.

**Please don't touch, talk, feed or otherwise distract the dog while he is wearing his harness or vest.**

**Speak to the handler, not the dog.** Some handlers will allow petting, but be sure to ask before doing so. If allowed, don't pat the dog on the head; stroke the dog on the shoulder area.

*Disregarding these guidelines can distract the dog, which can create a dangerous situation for the dog and its handler.*

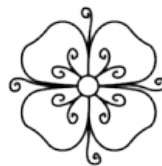
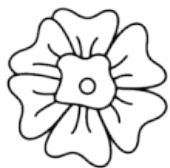


**Free WiFi**  
195 Life Lane

Our password is:  
Strawberry

*We do offer assistance with technology challenges.*

*Please see the front desk for information on scheduling a help session!*



## ORIGAMI **Flower Baskets**

TWO workshops in May



Friday | May 10 | 1 p.m.  
Friday | May 24 | 1 p.m.

You may only sign up for **one** session. Sign-ups begin on Wednesday, May 1 with Amanda, 2nd floor Recreation.

Author Reading

**Wendy Jett**

Author of **Girl & Tainted** will read from both books



Friday  
May 24  
1 p.m.  
1st floor

Snacks  
Door prizes  
Q & A session

Accents-Publishing



# RECREATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MULTI-PURPOSE ROOM</b> (1ST FLOOR)	Self-guided walking is permitted in the multi-purpose room when other activities are not scheduled. Nineteen (19) times around the room is one mile.				
	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> 1–3 p.m. <b>Corn Hole Instruction</b>	10–11 a.m. <b>BINGO!</b> Every Thursday!	 <b>Join us for DOMINOS</b>  Now on Tuesday and Friday!
<b>CARDS &amp; MORE</b> (2ND FLOOR)  FOOD IS NOT PERMITTED IN THE CARD AREA. USE THE 1ST FLOOR CAFÉ OR MP ROOM.	<b>Join in a card game anytime! Meet new friends!</b>				
	11:30 a.m. <b>Bid Euchre</b>  12:30 p.m. <b>Standard American Bridge</b>  1 p.m. <b>Spades</b>	1 p.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>  1 p.m. <b>Chess</b>	11:30 a.m. <b>Bid Euchre</b>  1 p.m. <b>Mah Jongg</b>  	10 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

# MAY 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! **CLOSED MAY 27**

Classes are 50 minutes unless otherwise noted. Proper shoes required!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. <b>MUSCLE MADNESS</b> Wendy	8:30 a.m. <b>FLOW YOGA</b> Jenny	8:30 a.m. <b>MOVE IT</b> Carey	8:30 a.m. <b>FLOW YOGA</b> 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> Jenny	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> Will not meet May 9	9:30 a.m. <b>BALANCE BASICS BOOTCAMP</b> Dianne
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	10:30 a.m. <b>ACTIVE AGING</b> Carey
10 a.m. <b>YOGA 101</b> Jenny-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	11:30 a.m. <b>BEAT DRUM BOOGIE!</b> Renee
10:30 a.m. <b>ACTIVE AGING</b> Debbie	11:30 a.m. <b>WORLD OF DANCE</b> Jode	11:30 p.m. <b>WORLD OF DANCE</b> Cathy	11:30 p.m. <b>CH. OGA</b> (chair yoga) Will NOT meet May 9	12:30 p.m. <b>TAI CHI</b> Ben
11:30 a.m. <b>GET UP &amp; GO!</b> Carey	11:30 a.m. <b>STRENGTH &amp; STABILITY</b> Tina-Fitness Studio	12:30 p.m. <b>SEATED TAI CHI</b> Will NOT meet May 29	12:30 p.m. <b>CH. OGA</b> (chair yoga) Rebecca	12:30 p.m. <b>WORLD OF DANCE</b> Maranda-fitness studio
12:30 p.m. <b>LET'S DANCE!</b> Rebecca	12:30 p.m. <b>FLEX.ABLE</b> Cathy	12:30 p.m. <b>BEAT DRUM BOOGIE!</b> Renee	1:15 p.m. <b>STATION2STATION</b> (FitnessCenter) Wendy/Tina	 <b>Arrive EARLY!</b>  <b>Due to safety concerns, admittance to once classes have started is NOT permitted.</b>
12:30 p.m. <b>SEATBEATS!</b> Jode	1:15 p.m. <b>STATION 2 STATION</b> Carey/Tina	1:30 p.m. <b>TAI CHI</b> Will NOT meet May 29	1:30 p.m. <b>BEGINNING LINE DANCING</b> Jode	
1:30 p.m. <b>BEAT DRUM BOOGIE!</b> Renee	1:30 p.m. <b>GET UP &amp; GO!</b> Diane	1:30 p.m. <b>BARRE.LATES</b> Renee-fitness studio	2:30 p.m. <b>STATION2STATION</b> (FitnessCenter) Wendy/Tina	
1:30 p.m. <b>STRENGTH &amp; STABILITY</b> Debbie-fitness studio	2:30 p.m. <b>STATION 2 STATION</b> Carey/Tina		<b>Fitness Center Hours</b> M/W/F 8am-4pm TU/TH 8am-1pm	
<b>YES we still offer Senior Fitness Testing! See Wendy!</b>				

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 the ART studio.

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



# RECREATION – THE ARTS AND MORE!

**CLASSES CURRENTLY IN SESSION. MAY 6 – JUNE 21, 2024**  
**THESE 7-WEEK CLASSES REQUIRE PRE-REGISTRATION UNLESS OTHERWISE NOTED!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART STUDIO A	10 a.m. Hand Building 1  1 p.m. Wheel Throwing 2	 10 a.m. TBA  1 p.m. Wheel Throwing 3	10 a.m. TBA  1 p.m. Wheel Throwing 3	 10 a.m. Wheel Throwing 1  1 p.m. Wheel Throwing 1	10 a.m. Wheel Throwing 1  1 p.m. Wheel Throwing 1
ART STUDIO B	9 a.m. Drawing 1  Noon Watercolor 1	1 p.m. Beginning Sewing	9 a.m. Water Color 2  Noon Acrylic 1	10 –11:30 a.m. Crochet for a Cause (ongoing) (Join us anytime!)  1 p.m. Pastels	9 a.m. Drawing 2  
<b><u>Please DO NOT bring food/drinks into studios.</u></b>					
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  	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! Next ARTS registration

Tuesday | June 25

Online and in person

Pick up a registration form at the center, specific details will be in the JUNE Messenger  
 Contact Amanda Cobb 2nd floor if you have questions!

## PICKLEBALL



We are also offering 7–week group Pickleball instruction.  
 Registration for this takes place during our ARTS registration.

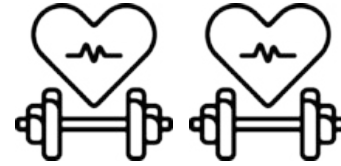




**THE ARTS  
INSTRUCTOR  
SPOTLIGHT**

**Meet Joey Siemer, LSC's Art Instructor!**

Joey has been teaching art for over 18 years. His favorite art mediums to teach are charcoal and watercolor. He is passionate about helping seniors discover and develop their artistic talents. Outside of teaching, he enjoys spending time with his wife and 18-month-old daughter.



**Senior Fitness Testing!  
The Fullerton  
Functional Fitness Test**

We offer fitness testing at no cost. The FFF test was created for seniors 60-90 years of age. This will give you a good idea on where your fitness level falls in relation to others your age, as well as, show any real deficits you may need to work on!

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



**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.

*Note: You must be able to walk on your own. Cane use is okay.*

**Need help finding the right fitness class?**

**100% SEATED**

*Active Aging:* M/W/F 10:30 a.m.  
*SeatBeats:* M 12:30 p.m.  
*Flex.ABLE:* TU 12:30 p.m.  
*Ch.Oga:* TH 11:30 a.m. AND 12:30 p.m.

**50% SEATED 50% STANDING**

*Get Up & Go!* M/W/F 9:30 a.m.  
M AND TH 11:30am TU 1:30 p.m.  
*Strength & Stability:*  
M 1:30 p.m. TU 9:30 a.m. AND  
11:30 a.m. TH 10:30 a.m.

**HIGHLY ACTIVE & MOBILE**

*Muscle Madness:* M 8:30 a.m.  
*Move IT:* W 8:30 a.m.  
*Station2Station:* TU/TH 1:15 p.m. AND 2:30 p.m.  
*RetroRobics:* F 8:30 a.m.

We offer 50 fitness class options a week!

See Wendy for assistance in finding what works best for you!



## 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.**

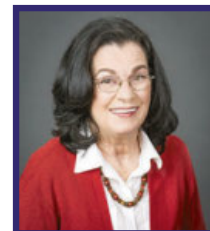


2365 Harrodsburg Rd., Ste. B235 • Lexington, KY 40504  
 KentuckyHealthSolutions.com

*Calling the number provided will connect you with a licensed agent.  
 Not connected with or endorsed by any government or Federal Medicare Program.*



The Real Estate Leaders



## Donna Elder

**(859) 983-9107**

**donnaelder@remax.net**

**www.donnaelder.com**

- SRES - Senior Real Estate Specialist
- CPE - Certified Probate Expert
- CPRES - Certified Probate Real Estate Specialist

**Recognized as one of America's Top Real Estate Professionals by REAL Trends**  
**90% to 95% of my business is repeat and referral**

*I am a trusted real estate advisor.  
 I give expert advice so my clients can make informed decisions.*

**RE/MAX Creative Realty**

# SUPPORT OUR ADVERTISERS

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**



Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicomunities.com](http://lpicomunities.com)

Scan to contact us!

**Edward Jones** >edwardjones.com | Member SIPC

Compare our CD Rates  
 Bank-issued, FDIC-insured

6-Month	<b>5.40% APY*</b>
9-Month	<b>5.20% APY*</b>
1-Year	<b>5.15% APY*</b>

Call or visit your local financial advisor today



**Elizabeth Cawood, AAMS™, CRPCT™, CRPS™**  
 Financial Advisor

1060 Chinoe Rd Suite 136  
 Lexington, KY 40502  
 859-269-4800

\*Annual Percentage Yield (APY) effective 03/18/24. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

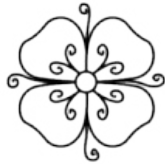
14-1670

# 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!!!!



## Aging at Home Workshop

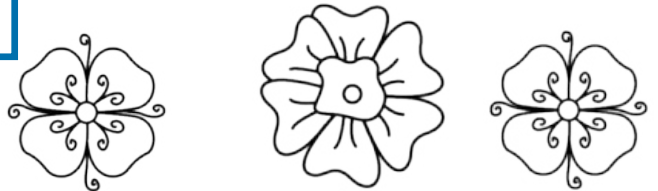
Monday | May 20  
1 – 2:30 p.m.

Join us and discover how to stay safe, comfortable and independent at home as you age. You'll learn about practical tips, lifestyle adjustments, and resources to support you or your loved ones to Age in Place and continue living at home. Space is limited.

Sign up in advance at the front desk or by calling (859) 278-6072.

## Volunteer Fair June 5 | 9 a.m. – Noon

Have you been interested in volunteering, but just don't know where to begin? 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.





# COMMUNITY INFORMATION EVENTS

## Kick-off Event

**Smart Growth Workshop  
Retrofitting Urban Sprawl in Lexington  
May 7 | 5:30 – 8 p.m.  
Kentucky Theatre**

The Grow Smart Academy is a free, 5-session program designed to educate Lexingtonians on land-use planning and its relationship to our community's economic development, environment and quality of life. Sessions will be held once a month on a Tuesday from May through September at various locations.

For more information visit our website: [fayettealliance.com/growsmartacademy](http://fayettealliance.com/growsmartacademy)

You must register by going to the website listed above to participate in this program.



SPONSORED BY:



## Embracing the Next Best Years Conference

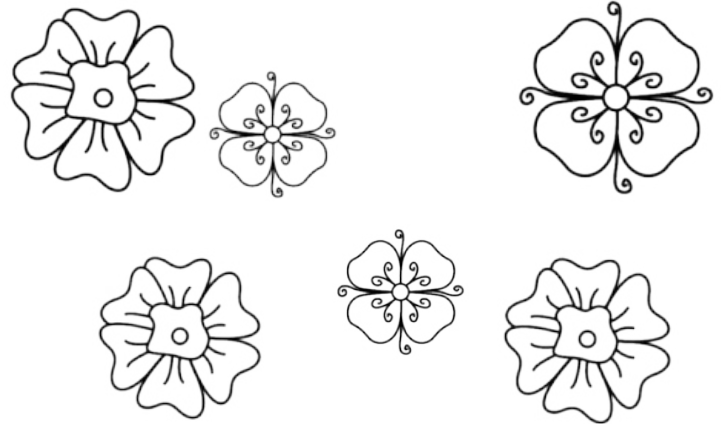
**May 16 | 8:30 a.m. – 3 p.m.**

Join us for this one-day seminar about how to live your best life as you grow older. You won't want to miss this day of learning!

Registration by May 8 at [embracingthenextbestyears.org](http://embracingthenextbestyears.org) or call (859) 257-5582 to have the program packet mailed to you.

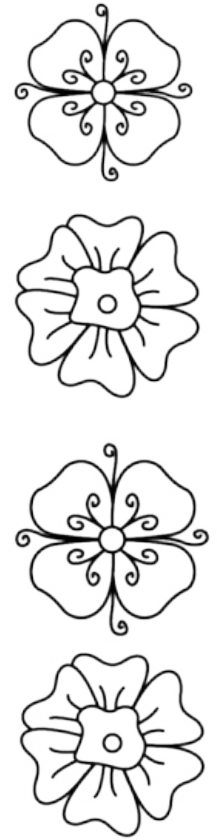
**\$10 charge for this event**

**Conference location:  
Clarion Hotel  
1950 Newtown Pike**






imagine LEXINGTON 2024 URBAN GROWTH MASTER PLAN  
**Urban Growth Festival**  
 Free!  
 MUSIC • FOOD • GAMES • KID'S AREA • DESIGN INFORMATION • PUBLIC INPUT  
*How would you like Lexington to grow and change? Join the Urban Growth Plan team to weigh in on new housing, parks, transportation, infrastructure and more*  
**MAKE YOUR VOICE HEARD!**  
**May 1, 2024**  
**WHITAKER FAMILY YMCA**  
 2681 Old Rosebud Road • 5pm - 8pm  
 URBANGROWTHLEX.COM



*Come take a look at our view from the terrace*

EST. 1849

# ASHLAND TERRACE



**INDEPENDENT LIVING FOR WOMEN 60 +**

- Wonderful sense of community in a great Chevy Chase Location
- Affordable rates including meals, transportation and housekeeping
- FREE wifi throughout & convenient access to cutting garden

Call us for more information!

**859-266-2581 ~ ashlandterrace.org**





# Senior Intern Program

- Civics Summer Camp for Seniors
- Started by Chuck Ellinger Sr & Bob Babbage 38 years ago
- June 10-14, 8:30-3:30 daily
- Learn the inner workings of city government
- Ask for an application at the Front Desk
- Space is limited and fills on first come, first served basis



Kristy Stambaugh, CTRS, MRC, CRC  
Director  
859-278-6072  
kstambau@lexingtonky.gov



**LEXINGTON**  
*Ageing & Disability  
Services*

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



## BLUEGRASS ELDERLAW

ATTORNEYS-AT-LAW PLLC

Estate Planning  
Guardianship  
Probate  
Special Needs Planning  
Long Term Planning  
Medicaid Applications



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1670

# COMMUNITY EVENTS



Friends of the Lexington Senior Center

## LEXPHIL CHAMBER MUSIC CONCERT

TUESDAY, MAY 28  
1:30PM

### ATTENDEE CRITERIA

- *Fayette County Resident*
- *Age 60 and older, or spouse of a person that is 60 or older*
- *Independent\*, meaning physically able to participate in programs and activities without supervision or assistance*

*\*If you are not independent, you must be accompanied by a caregiver or friend at all times.*

- *Oriented to time and place*

### TO REGISTER

Call 859-278-6072 or stop by the front desk at 195 Life Lane.



*The Friends of the Senior Center has been awarded a Performing Artists Directory-Touring Grant through a program of the Kentucky Arts Council, the state arts agency, which is supported by state tax dollars and federal funding from the National Endowment for the Arts.*





# CENTURY 21

Simpson & Associates

**Angela D. Lewis**  
REALTOR®, SRES®

Cell: 859.361.0342

- ✉ AngelaDLewisRealtor@gmail.com
- 🌐 AngelaDLewis.Sites.C21.Homes
- 📘 Facebook.com/RealtorAngelaDLewis
- 📍 1105 Louisville Road, Frankfort, KY 40601



## Aging With Grace

Your Best Independent Life Club

Let *Aging With Grace* help improve your health and quality of life

Discover the benefits of the Fountain of Youth Clubhouse!

### Fountain of Youth Clubhouse

743 Allendale Dr. Suite B  
Lexington, KY 40503  
(859)539-2147



Let Us Do That.



shopping • errands • transport  
appt. companion • technology help

Simplifying Lives Since 2012

(859) 219-9207 • LetUsDoThat.com

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD  
CREATOR  
STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



Because Life Happens at Home

Providing Non-Medical Services to Kentuckians Since 1989

Personal Care • Homemaking • Respite  
859-324-2001 | 1-844-LIFELINE

2358 Nicholasville Rd | Ste 170 | Lexington, KY

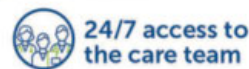


For Medicare members



## Doctors who make you feel heard, not hurried. It's about time.

See how it feels to get **50% more** one-on-one time with your doctor.<sup>1</sup>



CenterWell Richmond Road  
3101 Richmond Rd., Suite 190  
Lexington, KY

CenterWell Regency Centre  
171 W. Lowry Ln., Suite 180  
Lexington, KY

Schedule your tour now  
**859-608-9743**  
Katherine Dale



We accept Original Medicare in most centers, as well as many Medicare Advantage Plans, including Aetna, Anthem, Humana, UnitedHealthcare and Wellcare.

<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)。



# FREE AD DESIGN

with purchase of this space

CALL  
800-477-4574

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicommunities.com](http://lpicommunities.com)

OUR COMMUNITY NEWSLETTER  
DECEMBER EDITION

Scan to contact us!





## 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 May 27 for Memorial Day**

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](http://lexingtonky.gov/eldercrafters).



## SATELLITE CENTERS

### Bell House

545 Sayre Ave. | (859) 233-0986

Martha McFarland: Recreation Specialist Sr. | mmcfarla@lexingtonky.gov

Staff available Monday – Friday | 8 a.m. – 4:30 p.m.

*Note: Center hours vary based on scheduled programming.*



### Closed May 27 for Memorial Day

Monday   May 13	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   May 7	12:30 p.m.	<b>Handpaint Christmas Village Houses</b>
Tuesday   May 14	Noon – 1:30 p.m.	<b>*** Book Buddies – <u>The Boys in the Boat</u> Registration is required.</b>
Wednesdays	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 – All singers
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

**May 13** – Memorial Day Indoor Picnic - bring a dish to share. Hot dogs will be provided. Entertainment will be Triple Time by Loren Tice (piano) and Lee Patrick (saxophone). May birthdays will be celebrated with cake and ice cream.

### AARP Safe Driver Course

**Monday | May 6  
11:30 a.m. – 4 p.m.**

\$20 – AARP member  
\$ 25 – Non-members  
Call Martha McFarland to sign up!



## SATELLITE CENTERS

### Charles Young Center

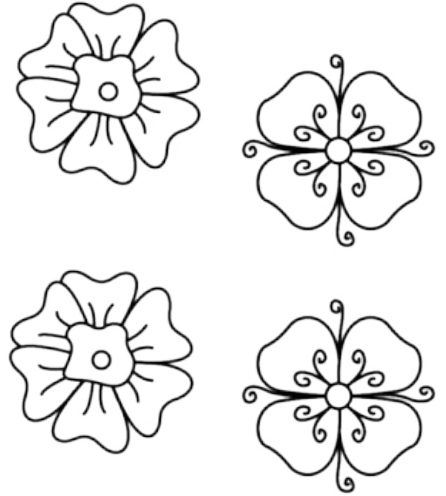
540 E. Third St. | (859) 246-0281 | Katherine Dailey | kdailey@lexingtonky.gov

Program hours: Mondays & Fridays | 9:30 a.m. – 1 p.m.

Wednesdays | 9:30 a.m. – 3 p.m.

Closed Monday May 27 for Memorial Day

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



*Celebrating the Music of  
America's Front Porch*

**Live Audience TV & Radio Show  
Mondays 6:45PM at the historic  
Lyric Theatre • 300 E Third St • Lexington**

*Free Parking! Tickets are only \$10*

**WoodSongs Partners come FREE all year!  
Join online [WoodSongs.com/Partnerships](http://WoodSongs.com/Partnerships)  
or call 859-255-5700**

WoodSongs is a live audience celebration of grassroots music and the artists who make it. The show airs on over 500+ radio stations, American Forces Radio Network in 177 nations, nationwide and KET as a public TV series and Friday's coast-to-coast on RFD-TV.

*Presented With Limited Commercial Interruptions*



X

X



**LEXINGTON**  
*Senior Center*

Aging Services  
Lexington Senior Center  
200 E. Main St.  
Lexington, KY 40507

US Postage  
PAID  
Lexington, KY  
Permit No. 200  
Pre-Sort STD

Return Service Requested



X



**Friends** of the  
Lexington Senior Center *present:*

## Learn about Required Minimum Distributions and **Endow KY** Tax Credits

*Supports Friends of Lexington  
Senior Center Endowment Fund*



**Scott Fitzpatrick**

*Vice President, Advancement*

Bluegrass Community Foundation



May 14 | 1 PM

Lexington Senior Center

[www.bgcf.org/endowky](http://www.bgcf.org/endowky)

*No minimum gift size required to contribute to an endowment fund and qualify for a tax credit*