



Inside This Issue

Driven to Excellence	Page 3
Welcome to Medicare: Preventing Medicare Fraud	Page 5
Legalese: Is Time Up on Your Timeshare?	Page 7
Uncovering the Question of Comorbidities	Page 8
Coming Soon: LMH Health Cancer Center	Page 10
Leisure and Learning Activities	Page 11-19

What is Your Third Space?

By SRC Staff Writers

There is a new name for an old concept going around. Maybe you've heard it? "Third Space" conversations are all the rage!

What is a Third Space? You've undoubtedly been in one and didn't know it. It is a physical place that is not your home (your first place) and is not your work (your second place). Third spaces are where you informally meet people, find connections, and build community. It can be further defined as a place where people of any age and of all backgrounds can come and go freely without being forced to participate in any particular activity.

According to UNESCO, the term "third space" was coined in 1989 by American sociologist Ray Oldenburg in his book *The Great Good Place*. Recently, the concept has had a surge in popularity because some professionals believe third spaces are disappearing from people's lives. They advocate that, as a society, we need to ensure third spaces endure.

Some examples of third spaces are cafes, libraries, parks, faith communities, community centers, and even certain on-line virtual "gatherings." If we think about our modern habits, it is easy to see why many third spaces could disappear. We are more likely to get our coffee from a drive thru, our lunch from a meal delivery service, and our entertainment from the thousands of choices offered by streaming services delivered straight to our couch.

However, intentionally identifying a third space that appeals to you and committing to visiting it has numerous

benefits. According to the University of Chicago's English Language Institute, third places are a way to connect with people who share our racial, ethnic, linguistic, religious, sexual, and gender identities, which allows us to feel affirmed and to support each other.

And yet, at the exact same time, third spaces allow us to meet other people from different cultures, backgrounds, and life experiences, which encourages us to empathize with people of diverse identities. Relationships with people who are not like us open our minds and strengthen our community by allowing us to feel that we belong to a society bigger than ourselves. When we recognize our greater society, we are more likely to stand together in the face of adversity.

This June, the staff at SRC challenges you: What is your third space? If you are looking for one, Douglas County is bursting with possibilities. To make that first visit to a third space, you may need to muster up your gumption to step outside of your comfort zone. Once you do, you can choose from many options, many of which are free or low-cost.

Start with a visit to the Senior Resource Center or check out the list of activities in our newsletter, starting on page 11. Between SRC, the libraries, Recreation Centers, museums, and university affiliated activities you can meet people with whom you share similarities as well as those who will share their traditions, ideas, and customs with you. Before you know it, you'll have your third space—and maybe even a fourth, and a fifth ...!



**See page 11
for events
in June.**

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- Our secure website allows you to set a recurring donation.
- Set up a recurring payment via your bank's online bill pay system.

ADD TO OUR ENDOWMENT FUND

You can support SRC in the long-term by contributing to the Senior Resource Center Endowment Fund held at the **Douglas County Community Foundation**.
www.DCCFoundation.org or 785-843-8727

FINANCIAL PLANNING

You can direct the interest paid on various stocks, bonds, or other interest bearing assets to benefit the Senior Resource Center. **Ask your financial advisor how you can blend this type of gift into your overall financial plan.**

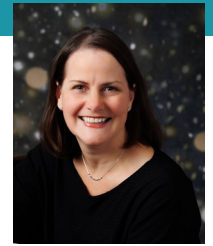
PLANNED GIVING

Set aside a gift to the Senior Resource Center in your will or name SRC as a beneficiary to a life insurance policy or retirement plan. Set aside any percentage or a policy, or designate the remainder of your estate (after other planned gifts and expenses). **Ask your attorney how you can make these adjustments to your final estate plan.**

TO MAIL IN A DONATION TODAY, FIND THE FORM ON PAGE 19.

Driven to Excellence

By Megan Poindexter, SRC Executive Director



Some readers of *Better Senior Living* know that I have daughters. The oldest recently turned fourteen. Yes, you know what that means...I am teaching her to drive.

I'm sure many of you have taught someone in your life how to drive. I suspect you felt the same as I do; a dizzying ball of emotions including pride, excitement, responsibility, anxiety, and at least a little bit of terror! I have been amazed at how much my own driving has changed since I started to teach her. I have become more aware of my habits, my attentiveness, and other drivers as I try to verbalize the reasons behind actions which have become so automatic.

Driving can become mundane. It's easy to forget the "why" about rules of the road which we may (or may not) strictly adhere to. I am grateful for this experience as it reminds me of some driving basics I've been neglecting. I am freshly aware of how quickly things can go wrong when I'm behind the wheel, and that I never want to be in an accident, much less the cause of an accident.

All of this reminds me of the benefits of the Smart Driver and CarFit classes offered at SRC. These classes are products of AARP, although you do not have to be a member to enroll. I have sat in on both and can confirm they are excellent. But when paired together, they are a powerful tool.

Smart Driver is a refresher course on the rules of the road, provides defensive driving techniques, and offers reminders on car care, especially as cars become more computerized. It is conducted in a classroom setting by a certified instructor.

This class does have a charge of \$25 (discounts for AARP members).

CarFit is a very unique, hands-on, in-the-car experience to ensure your car "fits" your body. Picture this: you pull up in your car and are met by a trained professional. This expert reviews the specifications of your car with you. Then, they walk through the positioning of all your mirrors, the tilt of your steering wheel, the positioning of your headrest, your distance from your steering wheel, and more. They discuss any modifications you can add to your car which can make it easier to get in-and-out of, more comfortable to drive, and more safe. All of this is free of charge!

I wish every driver on the road would refresh their driving skills. Even with my "New Driver- Please Be Patient" stickers on our car, I feel in my whole body how the habits, choices, speed, and impatience of other drivers can impact my daughter as she learns. Of course, I wish I could just wrap her in bubble wrap (as well as everyone else on the road).

Since that's not possible, I encourage everyone to take the Smart Driver and CarFit classes, either at SRC or through the AARP website. To enroll in SRC's next class, contact Larry at lwoydzia@YourSRC.org or 785-842-0543.

To take the online course, visit www.aarp.org/auto/driver-safety.

Be safe out there, and thank you for being patient with new drivers!

ARE YOU RETIRING AND OVER 65?

Apply for Medicare at least two months before your last day of work. COBRA does not take the place of Medicare. Download the SRC Medicare checklist at YourSRC.org for more information and timelines.

www.YourSRC.org
785-727-7872
Medicare@YourSRC.org



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Preventing Medicare Fraud

By Lori Phillips, SRC Health Resources Coordinator



June 2nd – June 8th is Medicare Fraud Prevention Week!

Fraud Prevention Week focuses on the actions everyone can take to prevent Medicare fraud. Medicare loses billions of dollars each year due to fraud, errors, and abuse. Any insurance entity that uses private insurance contractors to process the claims of 67,000,000 people would be at risk of losing money to fraud every year. We can work together to ensure Medicare claims are accurate and reduce fraudulent activity.

You are the front-line of prevention for Medicare fraud, errors, and abuse. How can you help? Simply by reading your Medicare Summary Notices! Review the dates of service, any equipment charges you may (or may not) have received, duplicate charges, or any doctor's orders that are not familiar.

If there is something that does not make sense, call SRC to make an appointment with one of our certified Medicare counselors. You will need to bring your Medicare card, your Medicare Summary Notice(s), statements from supplemental insurance, and any related bills or invoices. We will help you interpret what it all means and determine the next appropriate steps.

If you would like to learn how to read a Medicare Summary Notice before there is a problem, come by the SRC to pick up our handy-dandy guide, "How to read a Medicare Summary Notice."

Medicare recommends you:

- Treat your Medicare card like a credit card. Do not give it to anyone you do not know.
- Do not take advice or offers of medical services from people you do not know who call or approach you.
- Read your Medicare Summary Notice or EOB. Look for services or equipment you did not receive, double charges, or things your doctor did not order.
- Ask questions and report problems. Call the doctor or company and ask about mistakes.
- Volunteer as a SHICK counselor at SRC if you like helping people and solving problems.

Every little bit helps keep Medicare solvent. Make an appointment to see one of us! Visit www.YourSRC.org or call our Medicare helpline at (785) 727-7872.

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Oregano to taste
Your favorite Greek dressing

Combine ingredients and drizzle with the dressing.
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Is Time Up on Your Timeshare?

By Molly Wood



Q : We bought a timeshare a couple decades ago. We used it for several years, but since our children are grown, we never use it. Getting out appears as though it will be a hassle. Are we stuck with it?

A : Disposing of most timeshares can be challenging. A timeshare is a real estate investment where multiple buyers own or lease units of the same property. This type of investment is generally available in popular vacation or camping spots. Owners have a designated time to use the timeshare. Folks generally invest in timeshares if they vacation in the same spot every year and don't want to be responsible for an entire vacation home. Unfortunately, the way these contracts are structured, the owners are generally locked in for life. While all contracts are different, there is usually an up-front charge but also an ongoing annual maintenance fee.

There are plenty of reasons folks want to get rid of their timeshares. Their family's vacation habits may have changed, rising annual and maintenance costs can make the timeshare unaffordable, the owners dies and their heirs don't want the burden, and sometimes entering a timeshare contract is a snap decision that a family immediately regrets.

If you had very recently signed the contract, you could have canceled using the "Rescission Period." The Federal Trade Commission mandates a minimum of three days, but state laws allow anywhere from three to fifteen days. Check your contract's disclosure statement for the trigger date (when the period begins). If you are within the window, send a cancellation letter via certified mail to the resort's cancellation address. If the address is unclear, call the resort.

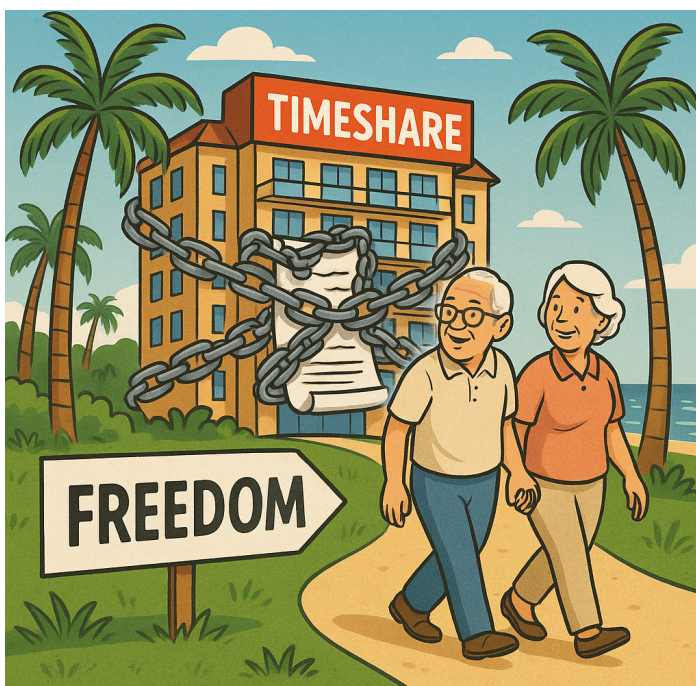
If you are well outside of the Rescission Period, though, another option is to negotiate directly with the resort. You will want to check your contract to see if there is a "deed-back" clause. This is an option for you to return the timeshare to the resort. If there is not a deed-back clause, then you can still negotiate returning the timeshare with the resort's sales manager to see if they will take it back. Ordinarily, the resort is not required to do this, so offering an extra monetary incentive may improve your chances.

If the resort won't take back the timeshare, you can try to sell your timeshare to a third party. You will want to make sure you understand any loan repayment requirements of your timeshare contract. It may be beneficial to consult with a local real estate professional who might have more insight into the resale market and how to recover all your expenses while meeting the terms of the agreement.

If all else fails, there are lawyers and "timeshare exit companies" that can help you get out of your timeshare. But don't pay anything up front without assurance of eventual success. This is the costliest avenue to get out from under a timeshare but could also be the most successful exit strategy. You should look for a lawyer or a company that has a successful reputation or offers a service guarantee so that

you don't fall into the clutches of a scam artist, which are prevalent in this market. If you have owned the timeshare for quite some time, this might be the best option.

While timeshare contracts are designed to keep you locked in, there is always a way out. It just depends on how much effort and money you're willing to invest. Start with the simplest and most affordable options like negotiation and resale options. Then if that doesn't work, seek professional help. Be cautious of scams, do your research, read the fine print, and never pay large upfront fees without a clear, written exit strategy. With patience and persistence, you can free yourself from your timeshare burden and move forward without the ongoing financial strain.



Molly M. Wood is a partner at Stevens & Brand, LLP, in Lawrence, Kansas, where she confines her practice to Elder Law, especially seniors with long-term care issues. If you have a legal question or concern, call the Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, at 888-353-5337. An Elder Law Project attorney is available in Lawrence at no charge by appointment at SRC, 785-842-0543.

Uncovering the Question of Comorbidities

By SRC Staff Writers



A new medical diagnosis is always an unwelcome piece of news. It usually comes with a dictionary's worth of new terms to understand, acronyms to learn, and upheaval that can throw anyone into emotional distress.

When that diagnosis is in addition to an existing diagnosis, it can be even more overwhelming. This is when the term "comorbidities" might be used by physicians and other professionals.

Comorbidity simply means "more than one chronic condition." However, it has that root word of "morbidity" which makes it sound extra worrisome and scary. But let's really look at what it means to have comorbidities.

According to the Cleveland Clinic's health library, when you are aware of comorbidities you have a critical tool in taking an active role to manage your health. This is because chronic

conditions can interact with each other, as can any treatments for those conditions. Since knowledge is power, it is important for both a patient and their physician to have all the information possible in order to take all aspects of health into account.

For most people with multiple chronic conditions, one of them is the "primary," "principal," or "index" diagnosis. It might be the one that is most serious, most time-sensitive, or the one that has been the catalyst for a recent hospital visit. And that "primary" condition may change as your health changes.

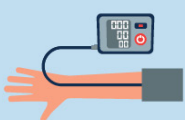
A primary care provider may view comorbidities in a different way than a specialist. Specialists do as their name describes—they focus their treatment on the condition for which they are an expert. But it is important for a specialist to be fully informed about all health conditions, even the ones which are not that doctor's area of treatment.

For instance, think back to the health history form we complete before visiting a new doctor. There is a long (long!) list of conditions we are asked to check off if we—or a family member—have it in our health history. Of course, most doctors ask us to complete that checklist once a year so they can capture any new information. Over time, it can be easy to overlook updates which need to be made to that form. However, it is our responsibility as the patient to alert all our doctors if a new diagnosis is added between visits—not rely on a once-a-year update or assume the doctor has seen any updates in our patient portal.

If you have comorbidities, take heart. Many people do! Your multiple chronic conditions may make your treatment a little more complex. Be sure all people on your medical team have the most up-to-date information about your diagnoses so they can do their best to help you feel your best.

Comorbidities

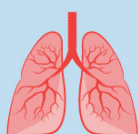
Comorbidities are medical conditions that you have in addition to a primary diagnosis. Here are the most common.*



High blood pressure.



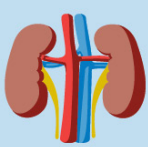
Diabetes.



Chronic lung disease.



Deficiency anemias.



Kidney disease and failure.



Obesity.

*The most common among U.S. hospital inpatients.

Owens PL, Liang L, Barrett ML, Fingar KR. Comorbidities Associated With Adult Inpatient Stays, 2019. In: *Healthcare Cost and Utilization Project (HCUP) Statistical Briefs*. Rockville (MD): Agency for Healthcare Research and Quality (US); December 15, 2022. Accessed 3/15/2024.

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Coming Soon: LMH Health Cancer Center

By Autumn Bishop, LMH Health



You've heard the saying that good things are worth waiting for. It won't be long until we celebrate the opening of LMH Health's new state-of-the-art Cancer Center and welcome members of the public for an open house and tours from 10 a.m. to noon on June 21.

The renovation and expansion answered the increasing need for cancer care in the community. Our team of fellowship-trained oncologists and hematologists support more than 19,000 patient encounters each year in a space built in 2001 to serve 2,400 patients.

Improvements to the clinic include:

- More treatment and exam rooms
- Larger waiting room with a respite area for families
- Two laboratory areas
- Patient education and consultation rooms
- Natural lighting for patient and family comfort
- New areas to support physician and staff working with clinical trials
- Modern pharmacy space to support complex infusion medications

While renovations began in 2024, planning started much earlier. The LMH Health Foundation began a major fundraising initiative in early 2021, and to date more than \$7.2 million has been contributed by generous donors.

"As a not-for-profit, safety-net community hospital that treats all who come in need – regardless of ability to pay – philanthropic support has been vital in turning vision into reality," said Rebecca Smith, LMH Health Foundation executive director and LMH Health vice president of strategy and communications. "This expansion ensures our facilities reflect the extraordinarily high level of care provided here. LMH Health is not taxpayer funded and provides more than \$40 million in charitable care each year. We're grateful for the community's support of this initiative and what it means for patients with cancer across the region."

World class care, close to home

The Cancer Center is home to National Cancer Institute (NCI) trained physicians who have extensive experience in treating a wide range of cancer types, including solid tumors, hematological cancers and benign blood disorders.

"The LMH Health Cancer Center led by our physicians provides world class care, close to home," said Russ Johnson, LMH Health President and CEO. "Many patients can complete all of their care at LMH Health, with access to leading-edge clinical trials, genetic testing, comprehensive support programs, lifelong survivorship resources, and nurse navigators to walk with them through the process."

The hospital is a member of the Masonic Cancer Alliance, which provides patients with access to clinical trials and the latest advancements. The Cancer Center currently offers 27 clinical trials for cancer patients.

"Too often, cancer patients have to travel long distances to participate in clinical trials. Our partnership with the MCA brings access to those trials closer to home," said oncologist Dr. Sherri Soule. "Patients also benefit from our strategic clinical relationship with The University of Kansas Health System, a collaboration that provides patients with additional access to specialized care and more easily gain access to subspecialty services before returning to complete their course of treatment close to home."

The LMH Health Cancer Center is accredited by the American College of Surgeons Commission on Cancer (CoC), a recognition only awarded to institutions meeting rigorous standards for comprehensive, multidisciplinary cancer treatment. While only 24% of U.S. hospitals have this level of accreditation, they provide more than 70% of cancer care. LMH is one of just ten accredited hospitals in Kansas.

"This accreditation shows that LMH Health complies with dozens of rigorous requirements established by the Commission on Cancer," said Dr. Chad Tate, surgeon at LMH Health and chairman of the cancer accreditation committee. "These standards demand detailed record keeping that fuels ongoing cancer research and makes certain our care rivals all other prestigious medical centers. CoC accreditation and the new LMH Health Cancer Center significantly expand the mission to provide modern, evidenced-based cancer care to our community while staying close to home."

Autumn Bishop is the marketing manager and content strategist at LMH Health.

SNAP Registration at SRC
Call for next available appointment
Learn about Double Up Food Bucks at participating Farmers' Markets

The SNAP Food Assistance Program serves as the first line of defense against hunger.

Benefits can help seniors buy eligible items including nutritious food, fresh produce as well as plants and seeds to grow food for your household.



Supplemental
Nutrition
Assistance
Program

Call 785-842-0543 for an appointment

SENIOR RESOURCE CENTER ACTIVITIES

If you would like a weekly email containing a schedule of the SRC's events or need more information about any SRC activities, contact Kim at kluce@YourSRC.org or 785-856-0203.

Aerobic Dance with Mary Burg

Mondays, 10:30—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Dance your way into the week with this low impact aerobic dance class. The playlist changes periodically and features classic tunes from the 50s and beyond—with a strong beat!

***NEW* World Elder Abuse Awareness Day**

Monday, June 9, 2 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Join us to observe World Elder Abuse Awareness Day (WEAAD) with a free community event featuring presentations from the Kansas Department for Children and Families, the Kansas Department for Aging and Disability Services, and the Kansas Department of Insurance. Learn how to spot and prevent financial scams and exploitation targeting older adults. All are welcome!

Mindful Monday Chair Yoga

Mondays, 3—4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This senior yoga class, taught by Kim McDanel, is designed to strengthen muscles and increase flexibility and can be altered to accommodate all fitness levels. Most poses will be done in a chair, with some done using the wall for balance. The cost is \$28 for an 8-week session, and you provide your own yoga mat. To register, contact Kim Luce at kluce@yoursrc.org.

Death Café

Second Monday, June 9, 4—5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Death Cafés are an international phenomenon. At these informal gatherings, people join together in an open discussion about death while they drink tea and eat cake. Free and open to people of all ages. Because talking about death won't kill you. For more information, contact Janet at 785-842-0543. Co-sponsored by SRC and Visiting Nurses Association.

Tuesday Artists

Tuesdays, 9—11 a.m., come and go as you're able

Senior Resource Center, 745 Vermont St., Lawrence

Stop by every Tuesday and join a gathering of fellow senior artists. Bring your own art project and supplies and enjoy sharing your techniques and creations with fellow artisans while you work on your own current projects.

Experienced Tai Chi Group

Tuesdays & Thursdays, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Students of former LMH Physical Therapist Adrineh Mehdikhani meet together to continue their Tai Chi practice, using a video of their former instructor. They complete the series of 73 postures and movements that flow in a slow and graceful manner, welcoming anyone who is comfortable practicing the discipline without live instruction.

KLWN Radio for Grownups with SRC

Every other Tuesday, June 3 & 17, 9—9:30 a.m.

Tune in to Radio for Grownups on KLWN and listen to the SRC segment with helpful information on being a senior in Douglas County. Every other Tuesday on 1320 AM or 101.7 FM.

V.I.P. Coffee

Third Tuesday, June 17, 9—10:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

This morning coffee group is just for VIPs—Visually Impaired Persons! Join Fran Hopkins, a local yoga instructor who is also legally blind, to discuss navigating the world with the help of assistive technology. This group will be a place to exchange ideas and share discoveries about using technology to help accomplish tasks and stay active in the community. Because loss of vision doesn't mean loss of social life!

Summer Sing-Along with Evan

Tuesdays, June 10 & 17, 11:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Keep the IG Choir singing—all summer long! While the KU students are on break, the Intergenerational Choir will still be making beautiful music with long time member Evan Jorn. They'll focus on songs from the 60s and 70s, but suggestions from any era will be welcome. And it's singing just for fun—no rehearsals and no performances! The choir will also meet July 1, 15 and 29 and August 12.

Scrabble Club

Tuesdays & Fridays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Scrabble players of all levels are welcome at these weekly games! Enrich your vocabulary and improve your focus while you socialize with friends in our game room. Scrabble boards and dictionary provided!

Tech Help Tuesday

Tuesdays, 2—3:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you frustrated with your phone, laptop, tablet, or other gadget? Is there a particular app or website that isn't user-friendly? Our volunteers can help! Drop in for some one-on-one assistance with whatever technology issue is causing your struggle. No appointment necessary!

Guys Game Group

Wednesdays, 10 a.m.—12 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Come join other guys for a round or two of pool, darts, cards or board games—all available in the Senior Resource Center game room!

*(continued on
page 12)*

SENIOR RESOURCE CENTER ACTIVITIES

Warm Hugs Quilting for the Lawrence Community

Wednesdays, 10 a.m.—12 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This passionate group of quilters meets weekly to create quilts to donate to those experiencing crisis or transitioning into long-term housing in our community. All quilts are made from donated materials and distributed by group volunteers. Don't quilt? Come and learn or just join in conversation and camaraderie. All are welcome!

SRC Bridge Club

Wednesdays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Enjoy a weekly game of bridge with the SRC Bridge Club! Novice and experienced players are welcome. This game won't be nearly as competitive as duplicate bridge, and you don't need to bring a partner to play.

***NEW TIME* Mid-Month Musical**

Second Wednesdays, June 11, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Grab some popcorn and join the musical fun! Each month we'll show a classic movie musical that you can watch along with other passionate musical lovers. Shows will include popular hits from the 30s, 40s, 50s and 60s. June's movie is *Flower Drum Song* from 1961. Popcorn is provided and audience participation is encouraged!

Welcome to Medicare

Wednesday, June 11, 4—5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you starting Medicare coverage in the next 90 days? Join our Medicare team for this informative session on what to expect from the Medicare system. To secure a seat in an upcoming presentation, register online at www.bit.ly/SRC_W2M_Signup. Seating is limited. For information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-727-7872.

AARP Smart Driver Safety Course

Thursday, June 26, 9 a.m.—1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This hands-on course will help you refresh your driving skills, save money, and brush up on proven driving techniques to help keep you and your loved ones safe on the road. Contact Larry at lwoydzia@YourSRC.org or 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class: Aug. 4 at SRC.

Qi Gong Group

Thursdays, 10—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Qi Gong is a gentle movement practice that can help improve balance, reduce risk of falls, and improve bone density. The range of motion movements paired with focused breathing can improve circulation and loosen tight muscles and joints. This group is led by Qi Gong practitioner David Hann.

Fiber Friends

Second & Fourth Thursdays, June 12 & 26, 10—11:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Bring your morning coffee along with whatever handicraft project you are currently working on! Socialize, laugh, and unwind with a group of fellow seniors as you share your love of knitting, crocheting, embroidery, cross-stitch, needlepoint, macrame, or other fiber craft. Connect with others while you create—all levels of experience are welcome.

Time to Tap

Thursdays, June 5, 12 & 26, 11:30 a.m.—12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Barb Brydenthall will teach a free tap dance class, for beginners and hoofers alike, with a focus on learning some routines to Jazz and Broadway melodies. This 3-week class will be a low aerobic workout that will improve coordination and balance. Tap shoes are recommended but not required—any flat hard sole shoe will do.

***NEW SESSION* Connections Choir with Emily Bachert**

Thursdays, June 5, 12 & 26, 11—11:45 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Engage in singing for your well-being! Music therapist Emily Bachert, of Harmonic Connections, will lead this free experience. Sessions will address needs relevant to stroke survivors and individuals with Parkinson's but are open to all seniors. No registration is needed, you can attend one week or all three. This is a low-pressure opportunity where individuals do not need to read music or have prior choir experience. Donations are appreciated to cover material/printing costs but not required. If you have questions, contact Emily at 785-840-7409 or bachertemily@gmail.com.

Musicians' Acoustic Jam

Thursdays, 1—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you a musician who wants to practice and play with other musicians? Come join this new jam just for you and your musical instrument! Bring your guitar, bass, banjo, fiddle, ukulele, keyboard, or other instrument and enjoy making music with musicians of all abilities.

Train Dominoes

Thursdays, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Come join this new weekly match of dominoes in the SRC game room! Players of all skill levels will enjoy this fast-paced and interactive game.

***SPECIAL DATE* Games Theory**

Thursday, June 26, 1:30—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Enjoy socializing and stretching your cognitive abilities while playing games! Games Theory will introduce a new game each month that you won't need a study guide to play. In June, get ready for Nerts, the fast-paced, high-energy team solitaire game where speed and strategy collide. A little competition is good for us as we age! Games Theory is a joint venture between the Endacott Society and the SRC.

SRC ACTIVITIES & SUPPORT GROUPS

The Write Time

Second & Fourth Thursdays, June 12 & 26, 2—3 p.m.
Senior Resource Center, 745 Vermont St., Lawrence

This writing group is facilitated by Iris Craver, a certified journaling and poetry therapist, who has led expressive writing groups in the community for years. She believes that the more we write, the more creative we become in all aspects of our lives. Bring your notebook and your creativity and do some writing in a relaxed atmosphere with a community of fellow writers.

CarFit

Thursday, June 26, 2—4 p.m.

This free educational program provides a quick, comprehensive review of how well you and your car work together. An Occupational Therapist will meet with you and your car! For more info or to register, contact Larry at lwoydzia@YourSRC.org or 785-727-7875.

Tai Chi with Haskell Springer

Fridays, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Haskell Springer leads this popular class in Yang style Tai Chi. Contact Kim at 785-856-0203 or kluce@YourSRC.org to ask about space availability!

Sing Your Heart Out Jam

Fridays, 10:30 a.m.—12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Our Friday music group is now the Sing Your Heart Out Jam! This inclusive group takes turns picking their favorite songs, welcoming anyone to come play, sing, dance or listen. Come with your instrument or just your voice—all abilities are welcome!

Yoga for Every Body

Fridays, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Kim McDanel will use yoga poses and stretching to help you gain strength and joint mobility. Improve balance and bring awareness back into the body using movement along with meditation. This class will use a chair for support and can be modified to accommodate various fitness levels and abilities. The 8-week session is \$28, and you provide your own yoga mat. To register, contact Kim at kluce@YourSRC.org.

New Horizons Band

Calling all musicians! Lawrence's New Horizons Band welcomes more musicians to build their harmony. Contact Johannah Cox at johannahcx@gmail.com or 785-979-2225 for more info.

SUPPORT GROUPS

SRC Caregivers Support Group

First and Third Monday, 2:15—3:45 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Meet virtually or in person with fellow and former caregivers in a safe haven to discuss challenges and issues surrounding being a caregiver of a senior. To get started in this group, call Janet Ikenberry at 785-727-7873 or jikenberry@YourSRC.org.

First United Methodist Church Caregivers Support Group

Second Tuesday, 10—11 a.m.

First United Methodist Church, 946 Vermont St., Lawrence

This group provides caregiving tips and skills, as well as selfcare strategies for caregivers of those suffering from chronic illness in a collaborative environment. For more info, call John Koonce at 479-644-5733. This group is affiliated with the Alzheimer's Association.

Lawrence Parkinson's Support Group

Third Tuesday, 2—3 p.m.

First Presbyterian Church, 2415 Clinton Pkwy., Lawrence

This support group for individuals with Parkinson's Disease and their care partners meets monthly to provide education and support to enhance quality of life. They will share experiences, host guest speakers and discuss research updates. For more information, contact Linda Upstill at 785-841-0770 or LuAnn Wilcox at 785-760-0634.

Baldwin Caregiver Support Group

First Wednesday, 1—2 p.m.

First United Methodist Church, 704 8th St., Baldwin City

Support group for caregivers of individuals age 60 or older. Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. For more information contact Linda Ballinger at 913-980-3831 or lindababe43@gmail.com.

Living with Loss

Thursdays, 3:30—5 p.m.

Visiting Nurses Association, 200 Maine, Lawrence

Join the VNA's Bereavement Team for this weekly grief support group. Each person experiences loss differently, and this group will offer a safe space with others to connect and share. Participants will be provided with information which can be personalized to their needs. To participate, please contact Kevin at Visiting Nurses at 785-843-3738 or email GriefSupport@kansasvna.org.

Grief & Loss Support Group

Second & Fourth Thursday, 3 p.m.

LMH Conference Room D, 330 Arkansas, Lawrence

This support group provides a place for those grieving a death or significant loss of any kind. The group will share memories, explore ways to cope, and provide community as you journey through your unique grief. For more information or to sign up, contact Chaplain Stephanie Petersen at 785-505-3140 or stephanie.petersen@lmh.org.

LAWRENCE PARKS & RECREATION - CLASSES

For a full listing of Parks & Recreation classes or to register, please visit www.lprd.org or visit any Lawrence recreation center. For more information about classes, contact Gayle Sigurdson, Lifelong Recreation Programmer, at 785-832-7909. For questions on LPR's new adult scholarship program, please contact Annette Deghand, recreation operations manager, adeghand@lawrenceks.org or (785) 832-7920.

FITNESS CLASSES

The 12-week summer session starts on June 2!

Senior Strength Training

Mon/Wed/Fri, June 2—Aug. 22, 7:30—8:20 a.m.

Holcom Recreation Center, 2700 W. 27th St., Lawrence

Strength training for seniors effectively improves balance (preventing falls), strengthens major muscle groups, and increases muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, resistance tubing, and bands. Instructor: Melanie Johnson. **Class Code: 327233, \$126.**

Aerobic Dance and Tone

Mon/Wed/Fri, June 2—Aug. 22, 8:50—9:50 a.m.

Holcom Recreation Center, 2700 W. 27th St., Lawrence

Exercise has never been so fun! Get moving with fun, lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This total body package will keep you looking and feeling young. Instructor: Teresa Kelley. **Class Code: 327201, \$126.**

TRX Flex Fusion

Tuesday/Thursday, June 3—Aug. 21, 9—9:45 a.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence

Looking for a perfect blend of strength and balance exercises for a stable core? TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This quintessential TRX experience will lead you down the road to your best all-around fitness. Instructor: Melanie Johnson. **Class Code: 327340, \$102.**

LaBlast

Tuesday/Thursday, June 3—Aug. 21, 10—11 a.m.

Holcom Recreation Center, 2700 W. 27th St., Lawrence

LaBlast is the perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner is needed! During LaBlast classes, you'll dance to music from every artist, genre, and era! Instructor: Susan Pomeroy. **Class Code: 327302, \$102.**

Tai Chi for Energy

Tuesday/Thursday, June 3—Aug. 21, 5:30—6:15 p.m.

Community Building, 115 W. 11th St., Lawrence

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining the complementary energy of both Sun and Chen styles. Chen is vigorous and complex, integrating fast and slow movements with powerful spiral force. Sun incorporates agile steps and powerful qigong movements for healing. This class is suitable for those with prior experience in Sun-style tai chi, particularly Tai Chi Arthritis, who wish to enlarge and deepen their tai chi practice. Instructor Susan Pomeroy. **Class Code: 327503, \$102.**

RECREATION INSTRUCTION

Collage, Mark Making, and Imagery

Sunday, June 8, 12—3:30 p.m.

Community Building, 115 W. 11th St., Lawrence

Explore collage techniques with mark-making/drawing, using traditional tools and found objects. Multiple materials will be used to create sheer layers of color, imagery, stencils, textures, shapes, and layers of color. The class will also focus on different collage glue techniques. This class is intended to expand your collage vocabulary, and how you work with collage to inspire your creative process. All materials and supplies are included. Instructor: Kim McDanel, an accomplished studio artist, retired from Hallmark Cards Inc. **Class Code: 327330, \$31.**

Baroque Recorder

Mondays, June 2—Aug. 18, 11 a.m. & 1:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Have you always wanted to play an instrument or did you participate in music during school? Playing an instrument is great for your physical, mental, and emotional well-being, and the Baroque recorder is a wonderful vehicle for making music. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. Beginning and experienced musicians are welcome. Instructor Jean Hein was a founding member and executive director of a professional ensemble in South Carolina. The beginning class meets at 1:30 p.m. and intermediate class meets at 11 a.m. **Class Code: 327478, \$120.**

BALDWIN CITY RECREATION

Baldwin City Recreation Commission's Active Adults Program offers a fun array of activities. For more information or to register email Shaunacee at shaunacee@baldwinrec.org, call 785-594-3670 or visit the office at 712 Chapel Street, Baldwin City.

Pickleball

Mon/Thurs, 6:30—8:30 p.m.

Baldwin Primary Center, 500 Lawrence St., Baldwin City

Tuesday/Friday, 11 a.m.—1 p.m.

BC Community Center, 712 Chapel St., Baldwin City

All levels are invited. Paddles and balls are provided. Free admission, no registration required.

***NEW* Water Aerobics**

Monday—Thursdays, 6:30—7:15 p.m.

BC Municipal Pool, 317 Fremont St., Baldwin City

This 45-minute class combines water walking, running, and toning exercises using flotation belts, water weights, and other equipment to build strength, improve flexibility, and boost cardiovascular fitness. A water aerobics pass is \$130 for the summer, \$85 for 20 classes, or the drop-in fee is \$7.

Everyday Strong (Formerly Fit Over 50)

Tuesday/Thursday, 9:30—10:15 a.m.

BC Community Center, 712 Chapel St., Baldwin City

45-minute classes designed to stimulate your body and mind. The instructor will motivate and guide you through low-impact exercises designed to improve strength, flexibility, mobility, fitness, and balance. Bring your own mat, weights and towel. \$40 per month or \$7 drop-in fee.

Cards

Tuesday/Thursdays, 1 p.m.

BC Community Center, 712 Chapel St., Baldwin City

***NEW* KC Royals vs. NY Yankees**

Tuesday, June 10, 4:30—10:30 p.m.

Departing from Masonic Lodge, 807 High St., Baldwin City

Join the Active Adults for a field trip to a Royals game on dollar hot dog night! Great seats and transportation provided—the perfect way to enjoy a ballgame under the lights. Tickets are \$60 and registration is required.

***NEW* Breakout KC Escape Room & Ice Cream**

Wednesday, June 25, 1:30—5 p.m.

Departing from Masonic Lodge, 807 High St., Baldwin City

Step into a themed room filled with clues, puzzles and surprises as you work together to solve a mystery before time runs out! The cost is \$45 and ice cream is the reward!

Pitch and Snacks

1st and 3rd Fridays, 6 p.m.

Baldwin City Library, 800 7th St., Baldwin City

Coffee and Donuts

Third Friday each month, 9—10 a.m.

BC Community Center, 712 Chapel St., Baldwin City

EUDORA PARKS & RECREATION

Eudora Parks & Recreation's adult activities are made affordable with a \$15 /person membership (\$25 family). For more information call 785-542-3434 or stop by 1630 Elm Street, Eudora. All activities take place at the Eudora Rec Center at 1630 Elm Street, Eudora, unless otherwise stated.

Pickleball

Monday/Wednesday/Friday, 9—11 a.m.

Wednesdays/Thursdays, 5—8 p.m.

Call Eudora Rec Center for more details and cost to play. Equipment provided.

Missfits

Monday/Wednesday/Friday, 11 a.m.—12 p.m.

Engage in low-impact exercises to improve strength, flexibility and balance in this self-run women's fitness class for ladies 50 and up. The routines are adaptable to various fitness levels and may include walking, stretching, or light resistance training. A fitness center membership is required.

***NEW* Water Aerobics**

Monday/Wednesday, Starting June 11, 11 a.m.—12 p.m.

Expert-led water aerobics sessions are designed to cater to all fitness levels. These classes are designed to give relief from arthritis pain and build strength in a low-impact environment. Take the plunge towards improved health today! Included with a pool pass or membership, or \$5 drop-in fee.

Cards with Friends

Monday/Thursday, 1—3 p.m.

Enjoy your favorite games and learn new ones.

Fit & Strong

Tuesday/Thursday, 11 a.m.—12:30 p.m.

Embrace a healthier lifestyle with this specially tailored course for adults seeking physical activity despite mobility challenges. Fit & Strong offers a supportive environment that ensures everyone can participate, and it's free!

Friday Fun Fellowship

Second Fridays, 1—3 p.m.

The Senior Resource Center and Senior Foundation of Eudora partner to offer this monthly social gathering for the seniors of Eudora featuring engaging speakers, entertaining presentations, games, social time, and fun!

Sundays with Sacha—Yoga & Pilates

Sundays, 6—7 p.m.

\$80 for 10 classes or \$10 drop-in. Bring your own mat.

***NEW* Nashville Show Trip**

Monday—Saturday, Sept. 15—20

Eudora Parks and Recreation presents a Nashville Show Trip this fall with Diamond Tours. Enjoy 6 days and 5 nights of music, shows, museums, food and other entertainment. For more information, contact Jimmy Kegin at 785-542-3434.



LAWRENCE PUBLIC LIBRARY RETROACTIVE

RetroActive

Lawrence Public Library is thrilled to be able to continue their popular retiree program, newly renamed RetroActive, thanks to a grant from the Capitol Federal Foundation. For registration and information on all programs, visit [LPLKS.org/retirement](https://lplks.org/retirement), contact Lorel Lewis at retirement@lplks.org or call 785-843-3833, ext.131.

Stitch & B*tch

Monday, June 16, 2–3 p.m.

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. Gather in a meeting room on the lower level of the library to do some needle work, learn from each other, and discuss and solve the weighty issues of the world.

Gray Anatomy—on Zoom

Tuesday, June 17, 4–5 p.m.

Learn about what to expect as you age in this popular series with LMH Health. Each month a chosen specialist from LMH will present on a new subject.

Dessert and A Movie—on Zoom

Wednesday, June 18, 7–8 p.m.

Whip up your favorite dessert and join RetroActive members to discuss a film watched in advance on Kanopy, a free service accessible online through the Lawrence Library.

Wine Around the World—on Zoom

Thursday, June 12, 5–6 p.m.

Each month, RetroActive will take a virtual tour of one of the world's wine regions with Steve Wilson of City Wine Market. Purchases are optional—Steve's presentations are intoxicating on their own!

Coffee Break—on Zoom

First 3 Fridays, 10 a.m.

Brew up a cup o' joe and hang out in the weekly coffee group. There is no agenda, so topics range from current affairs to garden gnomes. It's a great way to get local suggestions and meet new friends.

Fun & Games

Friday, June 27, 10 a.m.—12 p.m.

Enjoy a game from the LPL supply or bring your own. Hang out with old and new friends—this month they'll meet at the Senior Resource Center!

Pop Up Programs!

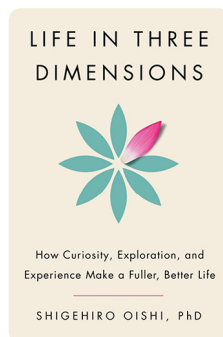
Dates and Times TBA

Join RetroActive for spur-of-the-moment outings, bingo sessions and other fun stuff! It's a great way to experience Lawrence and make new friends. Contact Lorel for details: retirement@lplks.org.

Need a great book? Call or come to the library! We can show you how easy it is to **download an eBook or eAudiobook**, too!

785-843-3833
lplks.org/booksquad

LAWRENCE PUBLIC LIBRARY
 707 Vermont | Lawrence, KS 66044



NONFICTION

Life in Three Dimensions
by Shigehiro Oishi

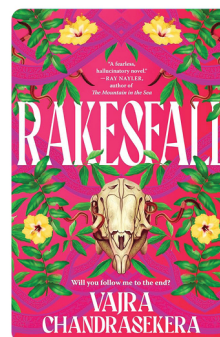
Psychological richness, not just happiness or meaning, offers a fuller life. Explore variety and experience for growth, bucking traditional views.



NONFICTION

There Is No Place for Us
by Brian Goldstone

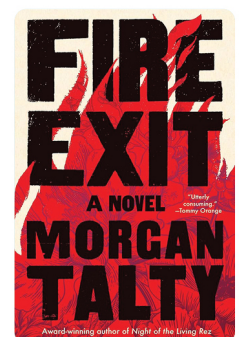
Five Atlanta families reveal the rise of the "working homeless," exposing a hidden crisis in urban America.



FICTION / SCI-FI

Rakesfall
by Vajra Chandrasekera

Two souls bound by war, love, and fate journey through lifetimes, defying death and destiny to keep their unbreakable bond.



FICTION / GENERAL

Fire Exit
by Morgan Talty

A man's hidden past and a secret daughter across a river unravel as he confronts loss, truth, and the risk of revealing all.

COMMUNITY EVENTS

Veteran Morning Coffee Group

Tuesday & Thursday, 9 a.m.—12 p.m.

Lawrence American Legion, 3408 W. 6th St., Lawrence

Join other veterans at the Lawrence American Legion for free coffee and community. This great opportunity to meet with fellow Lawrence Veterans and enjoy good conversation happens every Tuesday morning. Membership is not required but encouraged.

Bold Women Exhibit

Tuesdays—Sundays through July 6, Various Hours

Spencer Museum, 1301 Mississippi St., Lawrence

Bold Women explores how women have pushed the boundaries of art and spurred social and cultural change across generations and geographies. The exhibition showcases more than 75 works of art by nearly 50 artists in a variety of mediums including photography, video, painting, sculpture, textiles, and installations. Check museum website for gallery hours.

***NEW* Eudora Farmers Market**

Tuesdays, June 3, 17 & 24, 5:30—8:30 p.m.

Eudora Village Green, 1500 Elm St., Eudora

Check out locally grown produce, meats, eggs, and more... plus enjoy lawn games, live music, and food trucks. The Eudora Farmers Market will run three Tuesday evenings a month in June and August, and four evenings per month in July and September.

Stretching 101 Class

Tuesdays, 7—8 p.m.

First Step Fitness, 1729 Bullene Ave., Lawrence

New to stretching? Looking to gain or retain mobility or relieve pain? This class is taught by Monroe, who brings their personal experience with chronic pain and hypermobile joints to their instruction. Every stretch can be modified to meet you where you're at, including avoiding pressure on wrists or knees. No prior experience required, and all classes are income-based. If money is not a barrier, the suggested drop-in fee is \$10. Call 913-907-6715 if you have any questions.

Sunrise Project Community Meals

1st & 3rd Wednesdays, 5—7 p.m.

Sunrise Project, 245 N. 4th St., Lawrence

Free community meals offer the opportunity to connect with others and nourish your body and soul with a home-cooked meal. Everyone is welcome! Stay and dine-in or take your meals to-go. Donations accepted, but never required. Need a delivery? Please email melissa@sunriseprojects.org or text/call 785-865-1618, at least 24 hours in advance.

***NEW* Rivers and Trees: Dynamic Routes & Deep Roots**

Wednesday, June 4, 6:30—8 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

This week of the series, the topic will be the Baker Wetlands. You'll meet Director Andrew Rutter, who will discuss the new Baker-KAWS-Ducks Unlimited partnership, management challenges, and some observations of the wetland's unique ecology. Questions? Ask Jake: jvail@lplks.org.

Lawrence Toastmasters Club

Thursdays, Noon—1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This supportive and experienced group meets once a week to work on leadership, motivation, planning, and persuasion through the skill of public speaking.

***NEW* Safe Solar Observing**

Thursday, June 5, 4—6 p.m.

Spencer Museum, 1301 Mississippi St., Lawrence

Join the Astronomy Associates of Lawrence as they safely view our local star, the Sun, through specially filtered telescopes. Select astrophotos from some A.A.L. members will be displayed as well.

***NEW* Kansas Archeology Training Program Field School**

Friday, June 6—Sunday, June 15, 8 a.m.—5 p.m.

LCE Community Building, 620 E. Woodson, Lecompton

This year's field school will focus on the ruins of a home built in 1857 by the secretary and twice acting governor of Kansas Territory. The field school will focus on excavations within and near the structure to explore the lives of its many occupants. Members of the KAA or the Kansas Historical Foundation can participate at a discounted rate; the fee is \$25 for participants 65 and older. Call 785-272-8681 to register.

***NEW* Float Local Friday**

Friday, June 6, 5—9 p.m.

Clinton Lake Marina, 1329 E. 800 Rd., Lawrence

Head on out to the lake for the first Float Local Friday event of the season at Clinton Marina! Revel in live music from Old Sound Country Band and Vigil Annie. Food and drinks trucks will be available. Bring lawn chairs, sunscreen, and all your friends! Besides the \$5 daily parking fee at the park entrance, entry to the event is completely free!

***NEW* City Wide Yard Sale**

Saturday June 7, 7 a.m.—5 p.m.

Chamber of Commerce, 719 High St., Baldwin City

Baldwin will become the ultimate treasure hunter's paradise! Guides available for \$5 at the Baldwin City Chamber of Commerce.

Downtown Lawrence Farmers' Market

Saturdays, 7:30—11:30 a.m.

824 New Hampshire St., Lawrence

Lawrence Farmers' Market is the perfect spot to grab a locally roasted coffee and a hot sandwich while you shop for your weekly groceries and other local products. With musicians, local organizations, and special events, it's the perfect place to spend time with friends, family, and the community!

***NEW* Saturday Morning Farmers Market**

Saturdays, 8—11 a.m.

Sullivan Square, 710 High St., Baldwin City

Stop downtown every Saturday morning from 8—11 a.m., rain or shine, to peruse homemade and homegrown goods from local vendors!

*(continued on
page 18)*

COMMUNITY EVENTS

(continued from page 17)

***NEW* Lawrence 1970s Walking Tour**

Saturdays, June 7, 14, 21 & 28, 8—9 a.m.

Watkins Museum, 1047 Massachusetts St., Lawrence

Join Dr. Bob Dinsdale, local Lawrence history aficionado and tour leader, for a six-block walk through downtown Lawrence to learn about the social movements of the 1960s and 1970s that culminated in marches, riots, martial law, arson, and killings in our city of 45,000 souls. This tour meets outside the front entrance of the Watkins Museum of History, and tickets are \$15-\$25. Pre-register at www.watkinsmuseum.org.

Lawrence Bird Alliance Field Trip

Saturday, June 7, 9 a.m.

Burcham Park, South Powerhouse Rd., Lawrence

This Birdability field trip is accessible to everybody and every body. The group will meet at the parking lot next to the river. They will be traveling along the wide, flat concrete sidewalk to the south along the river. Expect a variety of warblers, vireos, flycatchers, swallow, and a number of resident birds. Contact Roger at rboydbird69@gmail.com for more information.

***NEW* Lawrence PRIDE 2025!**

Saturday, June 7, 11 a.m.

Downtown Lawrence, 1100 Massachusetts St., Lawrence

It's time for LAWRENCE PRIDE 2025!! After the 11 a.m. parade, there will be a block party in South Park that will last all day. Expect drag performers, vendors featuring crafts, delicious treats and PRIDE merch, live performances, and much more! Free and for the entire community.

***NEW* 43rd Annual St. John's Mexican Fiesta**

Saturday, June 7, 4—10 p.m.

St. John Catholic Church, 1208 Kentucky St., Lawrence

Kick off the summer at St. John's 43rd Annual Mexican Fiesta, a cherished tradition in Lawrence that celebrates culture, community, and education. This free Fiesta will bring together families, friends, and supporters for an evening filled with authentic Mexican food, live music, dancing, and festivities.

Small Town Saturday Nights

Saturdays, 5—7 p.m.

Empty Nester's Winery, 338 Elmore, Lecompton

Visit Empty Nester's Winery every Saturday night for an unforgettable experience! Indulge in local wine, groove to live music, and immerse yourself in the vibrant atmosphere of Historic Downtown Lecompton. Whether you're a local or just passing through, come be a part of Kansas Summer evenings filled with wine, music, and fun!

***NEW* Museum Highlights Tour**

Sunday, June 8, 2—3 p.m.

Spencer Museum, 1301 Mississippi St., Lawrence

Join Spencer Museum docents for a tour of their galleries to learn about the variety of artists and artworks represented in our collection. Admission to this event and to the Spencer is free for everyone, always.

***NEW* Sundays at Six Summer Concert**

Sunday, June 8, 6 p.m.

Sullivan Square, 710 High St., Baldwin City

Relax and unwind with Sundays at Six! Bring a chair, pack a picnic, and enjoy 90 minutes of live music in the heart of Sullivan Square. A perfect, lowkey way to wrap up your weekend: good tunes, good company, and a great community vibe! June's band will be the alternative-folk duo N!te Owls from Kansas City.

Community Village Lawrence Coffee Social

Second Thursdays, 9:30—11 a.m.

Johnny's Tavern, 401 N. 2nd St., Lawrence

Community Village Lawrence is a local, volunteer-based non-profit dedicated to supporting affordable in-home aging for adults. Join them for coffee, pastries and conversation at Johnny's North on the 2nd Thursday of each month. All are welcome to attend.

***NEW* Eudora CPA Picnic**

Thursday—Saturday, June 12—14, 5—10 p.m.

CPA Park, 10 W 9th St., Eudora

The Eudora CPA Picnic is quite possibly the longest running festival in Kansas! Enjoy the CPA Pop Stand, concessions, food trucks, a beer stand and carnival rides and games. The final grand parade will be on Saturday, June 14, at 7 p.m.

***NEW* Main Street Market**

Thursday & Friday, June 12 & 13, 5:30—8:00 p.m.

CPA Park, 9th & Main St., Eudora

Visit the heart of Eudora for the Main Street Market, where the community comes together for an evening of fun! Enjoy live music, delicious bites from food trucks, and a variety of local vendors offering unique goods. With activities for all ages, it's the perfect way to shop, eat, and experience the best of Eudora.

Computer Basics: Getting Started

Friday, June 13, 10:30 a.m.—12:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

In this beginner's computer workshop, you'll learn about different types of computers, how to use a mouse and keyboard, how to use the Windows operating system, and more. Computers are provided, but you may also bring your own. To register, please call the library Technology Desk at 785-843-3833 x139, or the Senior Resource Center at 785-856-0203.

Happy Time Squares

Second Friday, June 13, 7—9:30 p.m.

First United Methodist Church, 867 Hwy 40, Lawrence

Join the Happy Times Squares for food, fun, fellowship, and square dancing! June will be the Louisiana Bound Dance and dress will be casual. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

***NEW* Immigration 101**

Saturday, June 14, 12 p.m.—1:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Feeling overwhelmed and confused by recent headlines and current events? Empower yourself with accurate, up-to-date information on immigration at a national and local scale. Attendees will learn from experts about different legal statuses and protections, discuss common misconceptions, and hear first-hand testimonies about the immigrant experience. Questions? Email Gabby at gboyle@lplks.org or call 785-843-3833 x 136.

***NEW* Midsummer Night on Mass**

Friday, June 20, 4—10 p.m.

Downtown Lawrence, 1100 Massachusetts St., Lawrence

Midsummer Night on Mass is an evening to celebrate our community and our treasured downtown. Take advantage of great deals that the downtown shops, restaurants, and drinking establishments offer for this event only. Stroll downtown as sidewalk sales abound, street performers entertain, and restaurants provide tasty specials. Stores stay open until 10 p.m.! Businesses will pack the sidewalks with massive deals for just this night!

***NEW* Third Friday Market**

Friday, June 20, 6—9 p.m.

Downtown Baldwin, 719 High St., Baldwin City

Join the community in downtown Baldwin City for a vibrant summer evening of local farmers, makers, and storefronts, music, art, and hands-on kids activities both educational and fun!

***NEW* Free State Festival**

Wednesday, June 25—Sunday, June 29

Various locations in Lawrence

Celebrate the free spirit of Kansas with independent films, live music, comedy, art and culinary pairings! This annual signature event takes place in venues across the vibrant town of Lawrence and brings local and national audiences together for a full week of festivities. For the full lineup of events, visit www.freestatefestival.org.

***NEW* Split Lip Rayfield 30th Anniversary Celebration**

Friday—Sunday, June 27—29, various times

The Granada, 1020 Massachusetts, Lawrence

Kaw River Roots presents the Split Lip Rayfield 30th Anniversary Celebration! Enjoy celebrating 30 years of Split Lip Rayfield with a FREE, three-day festival in downtown Lawrence! Friday night bands play inside the Granada and Lucia, Saturday night Split Lip Rayfield will play live on an outdoor stage in front of The Granada, and Sunday daytime bands will be inside Lucia.



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