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Flipping the Script on Aging

By SRC Staff Writers

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. Of those who did live past 65, nearly a third of them lived in poverty and there were few programs to meet their needs. Today, the U.S. Census Bureau estimates there are 65 million people in the U.S. who are over 65, and there are many targeted programs to support aging wellness.

However, even with all the efforts of the past 62 years, the financial struggles of the older adult population continue. Today, over 15 million Americans aged 65+ are economically insecure—living at or below 200% of the federal poverty level. (FPL in 2025 is \$15,650 per year for a single person.) The financial gap is increased for many groups including women and minorities due to a history of significant wage gaps.

As the Baby Boom generation continues to reach 65, the number of older adults in this country continues to grow faster than any other age segment. It is estimated that by the year 2060, the number of adults over 65 will nearly double from 52 million in 2018 to 95 million.

Therefore, this year's theme for Older Americans Month is to Flip the Script on Aging with a goal to focus on transforming how society perceives, talks about, and approaches growing older. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This includes honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

What better way to celebrate the ideals of Older Americans Month than the knowledge that our County is committed to serving the seniors of Douglas County through SRC's impending merger to become a department of Douglas County. We look forward to celebrating Older Americans Month all year long through activities, services, programs, and engagement with our older adult friends and neighbors!



FLIP THE SCRIPT ON AGING: MAY 2025

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- Our secure website allows you to set a recurring donation.
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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.**

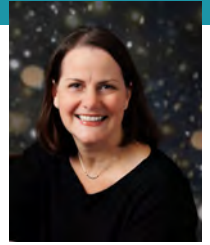
PLANNED GIVING

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.

Transition to the County Continues

By Megan Poindexter, SRC Executive Director



As regular readers already know, the Senior Resource Center for Douglas County is in process of becoming a department of Douglas County. This decision became final at the County Commission meeting on January 22, 2025.

For the past 53 years, SRC has been an independent 501c3 charitable nonprofit organization. So, although this is the end of that particular era, the staff and board of SRC are eager for the next era to begin! I am committed to keeping our community in the loop on how this is going. So, here is a brief update on our progress.

Senior Wheels: SRC has begun one of the most exciting aspects of this merger—access to the mechanics and fleet team for all Douglas County vehicles. Granted, they are most often focused on snowplows, gravel trucks, and Sheriff's cars. So, SRC's wheelchair accessible vans are something new for them! So far, they have done an excellent job with our regular maintenance tasks. We have not transitioned to the County's fuel system yet, and we are taking the steps needed to move auto insurance coverage to the County's policy.

Information Technology: One of the initial tasks is to transfer SRC's IT support to the County's IT team. If you haven't worked in an office setting in a while, you may not be aware of how critical this infrastructure is to SRC's daily operations. We have weekly meetings (sometimes more than one per week) to make sure we address all the needs for cyber security and solid IT management. An important first step is for me to get access to the system for creating SRC's 2026 budget under the County's process. After all, budget considerations were

the primary factor for this transition to the County. SRC's website will be rebuilt as a tab on the County's website, and we'll be sure to tell you all about it when that happens.

Staff: Onboarding the SRC staff requires all hands on deck, as it impacts each and every SRC employee. This process is incremental because we are taking advantage of the natural breaks in the cycles of health insurance, employee benefits cycles, and more. However, every time one of the SRC staff has a question about their role, benefits, or employment status, the Human Resources team at the County is quick to respond. The plan is for all SRC staff to be fully transitioned to County employees by October 1, 2025.

Friends of the Senior Resource Center (working title): The SRC Board has a special committee dedicated to the creation of a Friends group. This will allow SRC to maintain the current IRS tax designation as a 501c3 charitable nonprofit. This means we can continue to apply for grants and other funding opportunities which require 501c3 status, as well as accept tax-deductible donations from individual donors for special projects.

As you can see, so far, tasks of this process are back-office and business-function related. Guests at our Center would not notice anything is changing, but rest assured, progress is happening! I will continue to share updates as they are available.

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“Visiting Nurses has helped so much, where I didn’t even have to go to the hospital for infusions. What VNA was able to do, come to my house, help me for 16 years, has been such a blessing.” - Michael Douglas

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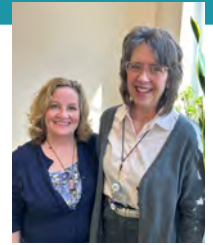
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Welcome to Medicare: A Great Way to Learn Your Options

By Nancy Wiebe and Lori Phillips, SRC Health Resources Coordinators



Every month hundreds of Douglas County residents become eligible for Medicare, and every fall and winter seniors are bombarded with sales pitches to change their Medicare coverage. One of the best ways to cut through the confusion is to attend SRC's monthly Welcome to Medicare presentation.

Medicare is federal health insurance for people 65 or older and some younger people with qualifying disabilities. Senior Resource Center provides free unbiased guidance through the maze of Medicare deadlines, costs, and enrollment options.

Sally Brandt has volunteered for SRC's Senior Health Insurance Counseling for Kansas (SHICK) program for 18 years. She helped develop and conducts SRC's monthly Welcome to Medicare public presentation.

"I worked in healthcare all of my career, dealing mostly with Medicare patients," Sally said. "When I retired, I applied for and trained to be a SHICK counselor."

If you are already on Medicare and confused by the Medicare plans pitched to you, attending Welcome to Medicare is an excellent way to learn or review the differences between traditional Medicare coverage and Medicare Advantage. You can follow up with a personal appointment if necessary.

For those new to Medicare, SRC has developed a successful process for starting Medicare:

First, visit SRC's website at www.YourSRC.org and download a checklist of deadlines and actions to take when becoming

eligible for Medicare at age 65, qualified by disability, or for those who kept employer insurance and are now retiring after age 65. Follow instructions for contacting Social Security.

"Unless you are already receiving Social Security benefits, you must notify Social Security when you want to begin Medicare coverage," Sally said. "Do this within the three months before your 65th birthday month. There can be permanent financial penalties if you delay."

Next, register to attend SRC's monthly hour-long Welcome to Medicare presentation. You can sign up on SRC's website, www.YourSRC.org.

At right, SRC's Senior Health Insurance Counseling for Kansas (SHICK) volunteer, Sally Brandt.



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Considering the Medicare Hospice Benefit

By Molly Wood



Q: My physician is recommending that I elect the Medicare hospice benefit; I have a chronic, slow-moving (I hope!) cancer diagnosis. Is this something Medicare will pay for, or will I have some out-of-pocket expenses?

A: Yes—Medicare generally pays for hospice care. Receiving a terminal diagnosis can be very difficult, but hospice care ordinarily is a great benefit for those who qualify. Hospice is a program of palliative care and support for those who are terminally ill, defined by hospice as a life expectancy of six months or less if the illness runs its normal course.

The focus of hospice is not to cure the patient but to provide comfort care. Hospice care is typically provided in the home but can be provided in a facility by a specially trained team of caregivers and healthcare professionals. Hospice also offers a respite benefit of up to 5 days of inpatient treatment if a family caregiver needs a break. This can be used more than once.

The Medicare hospice benefit covers the care for terminal illness and the related conditions. Once a patient has elected hospice, Medicare Part A will cover all medical services related to the terminal illness, with no deductible. However, the patient must still pay all deductibles and co-insurance amounts for Medicare-covered services to treat any health problems that are not associated with the terminal illness.

Who is eligible to receive Medicare-covered hospice benefits? The patient must have Medicare Part A and meet all the following conditions:

- Primary care physician and hospice doctor must certify that you're expected to live six months or less. If you outlive the 6-month diagnosis, you can always be recertified and continue to receive the hospice benefit;

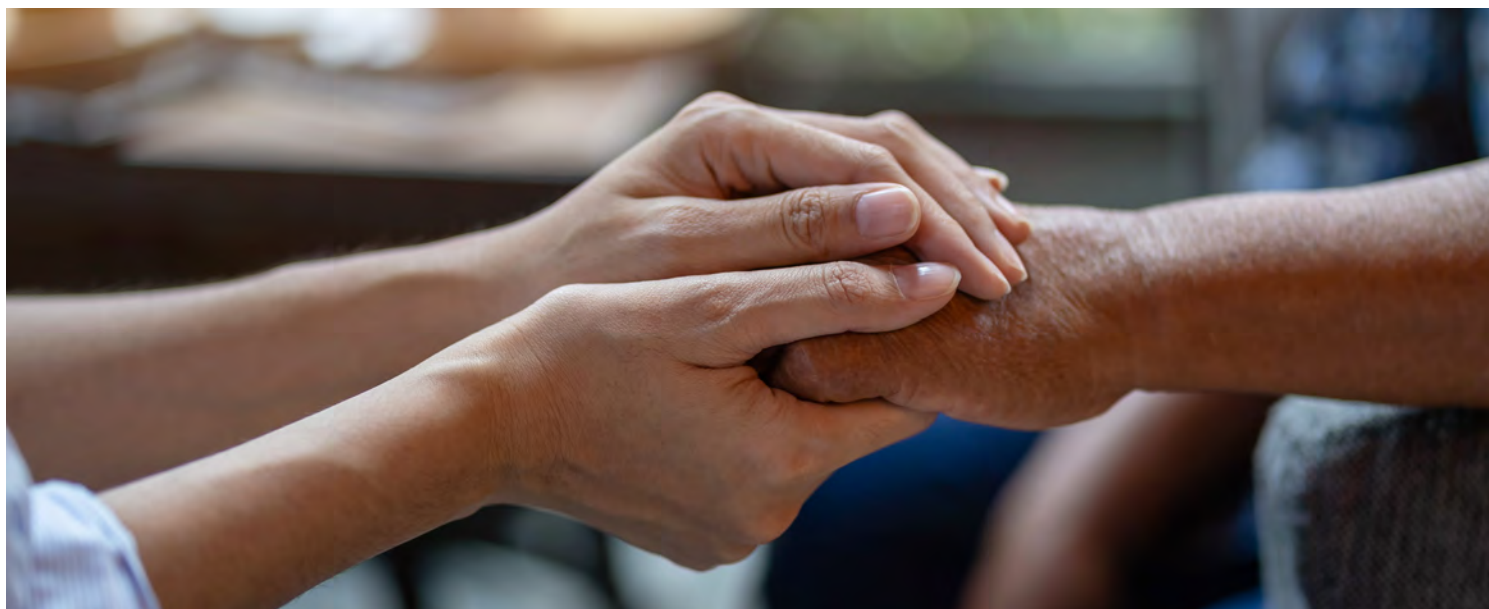
- The patient chooses to accept comfort or palliative care rather than seeking a cure for the illness; and
- The patient signs a statement – an election – choosing hospice care.

To get started, a Medicare beneficiary can request and receive a one-time-only hospice consultation with a hospice doctor or medical director. This doctor will discuss your care options and outline a care plan on how to best manage your pain and symptoms. The hospice doctor must also provide the beneficiary with a list of hospice providers in the area and provide assistance contacting a provider.

To find an approved provider, you should first talk to your doctor. You can also call the Hospice Association of Kansas at 316-207-1764. Or you can use the compare function at [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare) to find and compare Medicare-approved hospice providers. It is important to find a Medicare provider because Medicare will not pay for care from any provider that isn't set up by the hospice medical team. However, you can continue to see your regular physician if you choose.

It is also important to note that you can discontinue hospice care at any time for any reason, including pursuing curative treatment. Understanding Medicare coverage will help ease the transition and ensure the best possible care.

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.



Three Months of SRC's New Key Tag System

By SRC Staff Writers



In mid-December 2024, the SRC staff launched a new system to check guests into our Center. The kiosk at our front desk and the key tags being distributed to all SRC guests work together to track visitors to the Center. It's been three months, and we want to tell you what we've learned!

Note: the commercial name of this computerized platform is called MySeniorCenter. Here, we refer to it as MSC for short.

- In January, there were many days of inclement weather and SRC was closed. Using our new system, we were able to alert regular attendees of any scheduled activities of the closures. This alert was quick and easy, using text and/or a recorded phone message. (In the past, it would have taken hours to send this communication, but instead it took mere moments!)
- The MSC kiosk in SRC's lobby has attracted a lot of attention! We recently added a one-time-per-year message for our guests to "sign" to ensure we are communicating about ways we ask our visitors to work together to make sure the Center is welcoming to everyone. This includes basic expectations such as refraining from unkind language, helping to keep shared space clean, and self-responsibility about participating in exercise activities.
- Some guests have asked why they are required to "check-in" on the kiosk using their key tag. The first reason is that this helps the SRC manage the foot traffic in the building,

Additionally, this step is already helping the SRC staff make important decisions about what activities are offered. For example, each time a guest checks-in for their favorite activity, that tally is calculated so we can tell which ones are well attended.

Over time, if there are activities which do not get any check-ins, that will inform the SRC staff of which ones should be re-designed or discontinued. So, when you are here, be sure to check in for your activities so we will be sure to keep them on the schedule!

- Recently, an activity with limited seating had a full registration with a waiting list. At the last minute, we had a few cancelations. Because the registrations were being tracked through the MSC platform, the SRC staff could quickly invite the people on the waiting list to attend.
- The MSC platform allows SRC staff to run statistical analysis of participation at SRC. Not only is this important for reports for SRC's funding, but it is also fun!

Here are some statistics for January 1 through March 31 of 2025.

- o Check in count on the kiosk: 2,053
- o Busiest day each week: Thursdays
- o Busiest month so far: March
- o Total seniors who received services: 2,490
- o Top 3 activities at SRC (besides Medicare counseling): Aerobic Dance, Game Room, and Fundamentals of Estate Planning
- Soon, SRC will move our newsletter, *Better Senior Living*, to an email distribution system already on the MSC platform. This will save SRC \$1,680 per year because the current distribution software (MailChimp) has a monthly subscription rate.

As you can see, the kiosk and your key tag are already making great improvements to SRC's ability to serve our community! Thank you again to the Douglas County Community Foundation who made this amazing technology possible for SRC to adopt. If you don't have your key tag yet, you can pick yours up at SRC's front desk!

2025 FIRST QUARTER STATS



2,053
CHECK-INS
ON KIOSK



**BUSIEST DAY
EACH WEEK
THURSDAYS**

2,490
TOTAL SENIORS
WHO RECEIVED
SERVICES



**TOP 3 ACTIVITIES AT SRC
(besides Medicare counseling)**

- 1. AEROBIC DANCE**
- 2. GAME ROOM**
- 3. FUNDAMENTALS OF ESTATE PLANNING**

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Be the Best Grandparent on the Block

By Allison Koonce, LMH Health Community Outreach and Engagement



Becoming a grandparent is one of life's most joyful milestones. Holding that new baby, watching your child become a parent, and being part of a growing family is deeply rewarding. But along with the joy comes responsibility—and for many grandparents, some things have changed since they last cared for a newborn. Because of this, LMH Health is offering a grandparent class.

We know that new grandparents want to support their children and safely care for their grandchildren. Therefore, we designed this class to cover important topics such as home safety, updated car seat guidelines, safe sleep practices, CPR, and choking prevention. Here are a few reasons why the LMH Health grandparent class is a great investment of time and care.

Updated Knowledge for Current Safety Standards

One of the main benefits of our grandparent class is learning the latest safety recommendations. Parenting practices evolve and research provides new data. What was recommended 30 or 40 years ago may no longer be the best practice and can even be dangerous. For instance, in the past, babies were often placed on their stomachs to sleep. Now, the American Academy of Pediatrics recommends putting babies on their backs to reduce the risk of sudden infant death syndrome (SIDS). Grandparent classes explain these updates and the research behind them, helping everyone get on the same page.

Car Seat Safety Has Changed

Safety of car seats continues to improve every year and so have the directions for using them. Grandparent classes provide updated information on the correct installation and use of car seats, including when and how to use rear-facing versus forward-facing seats. Grandparents often drive their grandchildren, so understanding how to properly use today's car seats is critical for keeping little ones safe on the road.

Creating a Safe Home Environment

Our class also provides practical tips to make your home baby-safe. It is a great refresher for seasoned caregivers and ensures that homes are as secure as possible for visits or overnight stays. From preventing falls by securing furniture to keeping small objects out of reach, grandparents can be sure to create a safe environment for curious little explorers.

Life-Saving Skills: Infant CPR and Choking

One of the most empowering parts of a grandparent class is learning Infant CPR and how to respond to choking emergencies. These skills can literally save a life, and the techniques for infants and young children are different from those used for adults. Gaining hands-on practice builds confidence and gives grandparents peace of mind knowing they're prepared in case of an emergency.

Supporting the New Parents

Finally, taking a grandparent class shows your child and their partner that you are invested in doing things their way and supporting their parenting choices. It opens up communication, strengthens family bonds, and helps reduce tension that can sometimes arise from generational differences in parenting approaches.

In short, a grandparent class is a thoughtful, proactive step in preparing for this special role. It blends love with knowledge, tradition with current safety, and experience with fresh understanding—making it one of the best ways to start your grandparenting journey. For more information about classes and to register, visit www.lmh.org.

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.



Call 785-842-0543 for an appointment

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SENIOR RESOURCE CENTER ACTIVITIES

If you would like a weekly email containing a schedule of the SRC's events and 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—always with a strong beat! For more information, contact Kim at kluce@YourSRC.org.

Yoga with Mary Ann

Mondays, 3—4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This senior yoga class 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 at 785-856-0203.

Death Café

Second Monday, May 12, 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. For information, call 785-842-0543.

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. Contact Kim at kluce@YourSRC.org with questions.

KLWN Radio for Grownups with SRC

Every other Tuesday, May 6 & 20, 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, May 20, 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 supportive 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! Contact Kim at 785-856-0203 for more information.

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! For more information, contact Kim at 785-856-0203 or kluce@YourSRC.org.

***NEW* Intergenerational Choir Concert**

Tuesday, May 6, 5 p.m.

Swarthout in Murphy Hall, 1530 Naismith Dr., Lawrence

This unique choir made up of local seniors and KU music students is open to anyone who loves to sing. Their free end-of-semester concert will showcase a variety of pop songs taught by the students and will last approximately 45 minutes.

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! Contact Kim at 785-856-0203 for more information.

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! (continued on page 12)

SENIOR RESOURCE CENTER ACTIVITIES

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. Email Kim at kluce@yoursrc.org for more information.

Mid-Month Musical

Second Wednesdays, May 14, 2—4 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. May's flick is *The King and I*. Popcorn is provided and audience participation is encouraged! Contact Kim at 785-856-0203 with questions.

***NEW* Intro to Social Security**

Wednesday, May 7, 4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Do you have questions about when or how to start receiving your Social Security benefits? This program will help you determine the right time to apply and help you understand the process. Join us for this presentation by Ann Woodbury, who works at our local Social Security office. It is free to attend, but space is limited. Contact Kim at 785-856-0203 to register!

AARP Smart Driver Safety Course

Thursday, May 1, 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 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class: July 3.

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. Contact Kim at kluce@YourSRC.org with questions.

Fiber Friends

Second & Fourth Thursdays, May 8 & 22, 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. For more information, contact Kim at 785-856-0203.

Welcome to Medicare

Thursday, May 8, 12—1 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 more information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-727-7872.

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. For more information, contact Kim at kluce@YourSRC.org.

***NEW* 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. Contact Kim at 785-856-0203 or kluce@YourSRC.org with questions!

Games Theory

Third Thursday, May 15, 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 May, 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.

The Write Time

Second & Fourth Thursdays, May 8 & 22, 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. Contact Kim at kluce@YourSRC.org with questions.

SRC ACTIVITIES & SUPPORT GROUPS

CarFit

Thursday, May 1, 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!

***NEW* Mini-Golf Group**

Fridays, 10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Come practice or perfect your putting with a super-senior golfer who has over 75 years of experience! Beginners and previous golfers can join this group in and around the game room at SRC. Additional tips on how to improve your golf game will also be offered, so you can continue to play as you age! For more information, contact Kim at kluce@YourSRC.org.

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! For more information, contact Kim at 785-856-0203.

***NEW* Snack Attack with Your Local Dietitian**

Friday, May 9, 12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Join Kim McAuley, Hy-Vee's Registered Dietitian Nutritionist, to learn how to make a simple, heart-healthy, and blood sugar-friendly snack that is both delicious and good for you. Come enjoy a tasty recipe demonstration and discover new ways to snack smart while supporting healthy aging! Register with SRC by calling 785-856-0203.

Yoga for Every Body

Fridays, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Kim McDaneld 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.

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

Support group for individuals with Parkinson's Disease and their care-partners. They meet monthly to provide education and support to enhance quality of life by sharing experiences, hosting guest speakers and research updates. For more information, contact Linda Upstill at 785-841-0770.

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 Thursdays, 3 p.m.

LMH Conference Room D, 330 Arkansas, Lawrence

This 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 info or to sign up, contact Chaplain Stephanie Petersen at stephanie.petersen@lmh.org or 785-505-3140.

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

Registration for the 12-week summer session opens Tuesday, May 6!

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.**

TRAVEL/TOURS

Explore local destinations with experienced guides and gain a deeper understanding and appreciation of our region's unique culture, history, and beauty.

Trees of South Park

Saturday, May 3, 10 a.m.—12:30 p.m.

South Park, 1141 Massachusetts St., Lawrence

This walking tour will focus on the biology and history of trees in South Park. This collection of trees is one example of why the National Arbor Day Foundation has recognized Lawrence as a Tree City USA for 45 years. Also featured will be a special surprise performance and an opportunity to reflect on our relationship with trees. Your guides will be Jon Standing and Samuel Beecher. Rain date is May 10. **Trip Code: 727429, \$24.**

Mass Street Potpourri

Wednesday, May 7, 4 p.m.

The Eldridge Hotel, 701 Massachusetts St., Lawrence

The heart of our town. This street where Lawrence was built up from the prairie, burned twice, rebuilt twice, had a fifth of the town's men killed in a day, suffered through four attempts to agree on a state constitution, a drought, a civil war, and the assassination of the president. See the old and new and learn how they came about. Our guide is Dr. Robert Dinsdale, author of Massachusetts Street and host of Dr. Bob's Lawrence History Tours. This walking tour will meet and conclude on Massachusetts Street. **Trip Code: 727428, \$24.**

Crown B Bison Ranch

Tuesday, May 27, 8 a.m.—12 p.m.

Meet at Holcom Park Rec Center, 2700 W. 27th St., Lawrence

Get up close with the iconic symbol of the American West and Kansas state animal – the Plains Bison. Our tour includes time in the pasture to meet the bison herd, and it is calving season! Bison calves are called "red dogs" because they are born a cinnamon color. If you join us, be okay with getting licked by a bison. This on-site tour requires an 18" step into the wagon and some uneven surfaces. Trip includes transportation and guided tour. Rain date: June 3. **Trip Code: 727423, \$58.**

BALDWIN CITY RECREATION

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

Indoor Pickleball

Mon/Thurs, 6:30—8:30 p.m.

Baldwin Primary Center, 500 Lawrence St., Baldwin City

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

Fit Over 50

Tuesdays and Thursdays, 9:15—10 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

Tuesdays and Thursdays, 1 p.m.

BC Community Center, 712 Chapel St., Baldwin City

NEW New Theatre & Restaurant

Wednesday, May 14, 10 a.m.

Meet at Community Center, 712 Chapel St., Baldwin City

Join BCRC for a production of the Tony Award winning musical *Jersey Boys*! This international musical phenomenon takes you behind the scenes—and behind the music—of Frankie Valli and The Four Seasons. Tickets are \$45 and include lunch!

Pitch and Snacks

1st and 3rd Fridays at 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.

Cards with Friends

Mondays and Thursdays, 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.

SilverSneakers & Renew Active

Programs are available at no cost for adults 65+ through select Medicare plans. Members have access to the Eudora Community Center gym and weight room. Eligible members can sign up at the Eudora Community Center.

NEW Nashville Show Trip

Monday—Saturday, Sept. 22—27

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, May 19, 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, May 20, 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.

Tech Club

Thursday, May 1, 4–5 p.m.

Keep up to date on the changing world of technology. Each month RetroActive will feature a new subject and learn from the Tech Library experts. This month is an in person look at the new DIY Memory Lab and learn how to use it.

Wine Around the World—on Zoom

Thursday, May 8, 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!

Dessert and A Movie—on Zoom

Thursday, May 15, 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. May's movie will be *The Gardener*.

Coffee Break—on Zoom

First 4 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, May 30, 10 a.m.—12 p.m.

Enjoy a game from the LPL supply or bring your own. Hang out with old and new friends in the LPL auditorium.

Pop Up Programs!

Dates and Times TBA

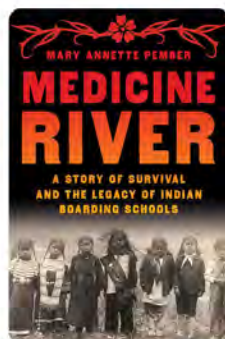
Join RetroActive for spur-of-the-moment outings, bingo sessions and other fun stuff! It's a great way to experience Lawrence and make new friends. Contact Lorel for details: retirement@lplks.org.



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

Medicine River

by Mary Annette Pember

A powerful look at Native boarding schools' dark legacy and lasting impact of forced assimilation on generations.

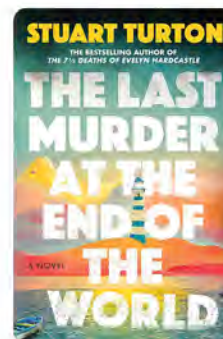


NONFICTION

Raising Hare

by Chloe Dalton

A woman's bond with a wild hare explores trust, freedom, and nature in this moving story of love and letting go.

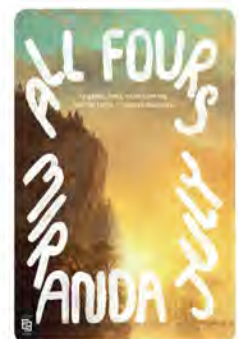


FICTION / MYSTERY

The Last Murder at the End of the World

by Stuart Turton

A locked-island murder mystery where solving the crime is the only way to stop a deadly fog from destroying everyone.



FICTION / GENERAL

All Fours

by Miranda July

A semi-famous New York artist takes a road trip detour that sparks an unexpected journey of reinvention, self-discovery

COMMUNITY EVENTS

Through a Lens Exhibit

Weekdays through May 30, 10 a.m.—4 p.m.

Haskell Cultural Center, 2411 Barker Ave., Lawrence

Through a Lens: An Ekphrastic Exploration Through the Works of L.M. Wood is a stunning collection of poems that bring to life the poignant and powerful photographs of L.M. Wood. Shot on the Kiowa, Comanche, and Apache Reservation in Oklahoma Territory between 1899 and 1900, Wood's photographs capture the dignity and resilience of the Native American people, their land, and their way of life.

NEW Game Time at BCL

Thursday, May 1, 11 a.m.—1 p.m.

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

Play Bridge at the Baldwin City Public Library! Don't know how to play? They'd love to teach you! Come and learn in a fun, stress-free environment.

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.

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.

Tennis for Seniors

Fridays, 11 a.m.—12 p.m.

Jayhawk Tennis Center, 233 Rock Chalk Ln., Lawrence

Experience the fun, exercise and friendships that come from playing this popular game with a group of seniors (50+). Designed for all levels of experience—from beginners to those coming back to the sport—this program includes instruction, fun drills and play for men and women—all on indoor courts at one of the best facilities in the country! \$80 for 4 one-hour sessions. Call coach Ann Anderson at 785-749-3200 for more info.

NEW Plymouth Plant Sale

Saturday, May 3, 9 a.m.—2 p.m.

Plymouth Church, 925 Vermont St., Lawrence

Reviving an old tradition of the Plymouth Plant Sale with natives and plants from local gardens all over Douglas County.

NEW Spring Artisan Fair

Saturday, May 3, 9 a.m.—4 p.m.

Holcom Park Rec Center, 2700 W. 27th St., Lawrence

Discover one-of-a-kind handmade treasures from talented community artisans, including jewelry, paintings, textiles, pottery, home décor, and more! Support local entrepreneurs and find the perfect piece to take home.

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 Haskell Cultural Preservation Art Auction

Saturday, May 3, 5:30 p.m.

Lawrence DoubleTree, 200 McDonald Dr., Lawrence

Proceeds from this art auction will support cultural programs at Haskell Indian Nations University following federal cuts to university employees. The Haskell Cultural Preservation Art Auction will include silent and live bidding, featuring over 90 original works of art gifted by local, national, and internationally renowned artists and art collectors. Entrance to the auction is free and all are welcome.

NEW Senior Dance Showcase

Saturday, May 3, 7 p.m.

Sunday, May 4, 2 p.m.

Robinson Center, 1301 Sunnyside Ave., Lawrence

The Department of Theatre & Dance presents a fast-moving showcase celebrating the talent and versatility of KU dancers in a student-produced showcase. Drawing on their work in the Department's choreography series, these student choreographers show off their in-depth embodied research in a variety of dance styles. All performances are free, but seating in the Elizabeth Sherbon Theatre is limited. Arrive early for a good seat!

NEW 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.

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COMMUNITY EVENTS

(continued from page 17)

Grandparent Class

Wednesday, May 7, 6—8 p.m.

LMH Health Auditorium, 325 Maine St., Lawrence

A class for new Grandparents looking to increase their knowledge of home safety, car seats and infant CPR. Designed specifically for new Grandparents, this class does not come with a certification card, but it does prepare participants with the latest information regarding injury prevention. Registration is \$35 for up to two participants.

Community Village Lawrence Coffee Social

Second Thursdays, 9:30—11 a.m.

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

Join your friends for coffee, pastries and conversation at Johnny's North on the 2nd Thursday of each month. All are welcome to attend.

NEW Main Street Market

Thursday, May 8, 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.

Happy Time Squares

Second Friday, May 9, 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! May will be the Mexican Hat Dance. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

NEW Lawrence Barn Dance Association Contra Dance

Friday, May 9, 7—10 p.m.

Vinland Fairgrounds, 1736 N. 700 Rd., Baldwin City

Contra dance is beginner-friendly, and dancers of all ages and all abilities are welcome. Contra dancing is easy to learn because a caller tells dancers exactly what to do. Beginners' lessons are offered before each monthly dance, and the caller will walk dancers through every step. Beginner walkthrough starts at 7:00 and dancing starts at 7:30. Calling by Jill Allen and music by The Atchisons. Pay what you can: \$8—\$15.

NEW Thunder on the Bricks

Saturday, May 10, 10 a.m.—4 p.m.

Sullivan Square, 710 High St., Baldwin City

Calling all car fanatics! Get ready for a revved-up day at the 3rd annual Thunder on the Bricks car show. The brick streets of downtown Baldwin City will host some of the coolest cars around! Treat your taste buds to mouthwatering delights while you soak in the sights of classic cars. Check out the details at www.thunderonthebricks.com.

NEW W.O.W. Fest—Music Fest Fundraiser

Saturday, May 10, 4—7 p.m.

Woodlawn Elementary, 508 Elm St., Lawrence

W.O.W. (Wings Over Woodlawn) Fest is the first annual fundraiser concert to benefit the WING scholarship for graduating students of Woodlawn Elementary School. Check out Facebook for more information and the musical lineup!

NEW Scholarship Show & Open Studios

Sunday, May 11, 2—4 p.m.

Chalmers Hall, 1467 Jayhawk Blvd., Lawrence

View work from the current Visual Art students as they showcase their talents and possibly earn a scholarship. The exhibition is open to the public and students are encouraged to invite friends and family to the exhibition. Visitors are invited to tour all the studios to see the exceptional quality and variety of creative work being produced at KU. Refreshments will be provided.

NEW Opening Day Eudora Farmers Market

Tuesday, May 13, 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 May, June and August, and four evenings per month in July and September.

NEW Stories of the Watkins Museum's Early Days

Friday, May 16, 6—7 p.m.

Watkins Museum of History, 1047 Mass St., Lawrence

Did you know that the 1970s fundraising drive to build the Watkins Museum was called the most "enthusiastic" campaign ever seen? Or that the Watkins used to house the Kansas Sports Hall of Fame? Join us for a special 50th anniversary celebration of the Watkins as former director Steve Jansen shares stories from the birth and growth of the museum.

Introductory Tai Chi with Lawrence Academy of Tai Qi

Saturdays, May 17—July 5, 10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Tai Chi is a Chinese exercise composed of a series of fluid movements through which participants gain strength, flexibility and vitality. The 8-week session includes one 1-hour class per week; the registration (suggested donation) for seniors is \$72. Please contact the Academy at academytaiqi@yahoo.com or 785-393-4573 for pre-enrollment and with any questions.

NEW Lawrence Community Orchestra String Quartet

Saturday, May 17, 2—3 p.m.

Spencer Museum, 1301 Mississippi St., Lawrence

Enjoy a performance by the Lawrence Community Orchestra String Quartet as they explore work by women composers who raised their musical voices during the early 20th century. Music by Florence Price, Ethel Smythe, Rebecca Clark, and more will be featured in this celebration of bold women composers.

Community Resource Clinic

Tuesday, May 20, 3–5 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Drop in to the Lawrence Public Library to learn about community resources and support to meet your critical needs! Every third Tuesday, LPL hosts a different lineup of social service organizations that can provide assistance with things such as financial support, transportation services, healthcare, and more. Questions? Contact Gabby at gboyle@lpks.org.

Senior Session at the Spencer

Thursday, May 22, 10:15–11 a.m.

Spencer Museum, 1301 Mississippi St., Lawrence

Learn about the process of provenance research and transparency in museum collections from doctoral student in history Nicole Dean. Senior Sessions are designed with accommodations for older adults and open to all.

Final Fridays

Final Friday of each month, 5–9 p.m.

Locations throughout Downtown Lawrence

The streets of Downtown Lawrence and East Lawrence Cultural District come alive with pop-up galleries, live performers, and gallery exhibits.

NEW Lawrence Busker Festival

Friday–Sunday, May 23–25, Various Hours

Downtown Lawrence

The Busker Festival is on! It's Lawrence's once-a-year-get-weird weekend where you will find unusual entertainment all over historic downtown. Enjoy a roster of street performers from all around the world. Magicians, jugglers, musicians, acrobats, and more will perform, with food, libations, and fun around every corner. Check out the full schedule at www.lawrencebuskerfest.com/schedule.

NEW Knot Bar Patio Sessions


Saturday & Sunday, May 24 & 25, 5–7 p.m.

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

Enjoy live music on the beautiful patio of the Knot Bar at Clinton Marina. The BoDells bring their danceable blend of Classic Rock, 80's, Traditional Country and 60's Soul on Saturday, and Cleveland Blue performs on Sunday.

Kaw Valley Bridge Club

Maybe you played Bridge long ago and need a refresher, or maybe you'd like to learn for the first time. Contact Mickey with the Kaw Valley Bridge Club, and he will identify a plan for you to enjoy this stimulating game based on your Bridge experience. Mickey can be reached at mick@ku.edu.



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