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Ch-Ch-Ch-Changes

By SRC Staff Writers

David Bowie, Bob Dylan, Sam Cooke, Sheryl Crow, and so many more.... Musicians throughout the ages have told us that change is inevitable, it will do us good, it will change us, but we can't change time.

As the Senior Resource Center moves boldly through 2025, we are leaning into the inevitability of change. And we thank you for moving right along with us!

In addition to many other "new" things happening at SRC right now, we have a very exciting one to share! It is the addition of www.MyActiveCenter.com as a way to engage with the activities and events at SRC.

What does this mean? Honestly, it is not a huge change. It is simply a new option you can take advantage of to stay informed of what is happening at SRC and make plans to visit us. You can also register for any activities which have limited seating.

How can you check it out? When you visit SRC's website, you will see a link to visit MyActiveCenter. Click on the

link and you will be redirected to that site. (It is part of the new kiosk and key tag platform in SRC's lobby which we started using earlier this year.)

When you land on MyActiveCenter's site, it will take you right to a page to see SRC's upcoming activities! You can then choose to view it in a list format or as a calendar format. You can filter it to specific months, days, or search key words to find a specific activity you are interested in.

Across the top, you can view Activities, Groups, About, or you can Sign Up (or Login).

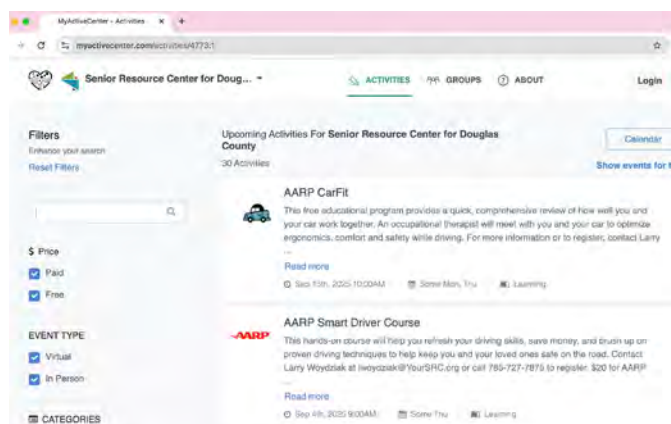
If you have a green SRC key tag, you can Login using your key tag's ID number. If you don't have a key tag yet, you can still Sign Up! Then, when you arrive at SRC, you can pick up your key tag from the front desk.

Once you have signed up, you can see what is happening at SRC, register for upcoming activities, sign up to receive our digital newsletter or digital weekly schedule, and even make donations to support our programs and services!

We hope you'll play around with the new site and let us know if you have any questions. It is new to us, also, so your questions and feedback will help us make the process better for everyone!



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



Did you know SRC needs your financial support?



Rides

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Fun



Education



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Everyone you know is either a senior or a future senior.
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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

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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.**

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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.

Five Types of Support

By Megan Poindexter, SRC Executive Director



Recently, I read something I found very helpful. It acknowledges the fact that, during hard times, sometimes the people closest to us do not support us the way we expect them to. But, the author (unknown) shares that support comes in five different “styles,” and all five are important.

According to the author, we tend to only focus on our need for emotional support. However, not everyone is able to give emotional support. But that doesn't mean they don't care or don't want to help. Understanding that can be life changing.

Instead, the author recommends expanding your support circle to include people who—individually—can each offer one of these five types of support: informational, esteem, tangible, social, and of course, emotional.

Informational: this person is a trouble shooter. They will research things, offer sound advice, and identify practical resources. You give them a problem, and they come back with a solution (or two).

Esteem: this person is a cheerleader. They will build you up, remind you of your strength and courage, and pull you towards the finish line.

Tangible: their support is measurable. Need a ride? Have an unexpected expense? Have a task you cannot complete? You call them, and it's done.

Social: this is the person who brings the fun. They offer social and recreational activities for healthy distraction and some levity.

Emotional: this person is a shoulder to cry on. They provide hugs, wipe tears, and will just listen and be present.

Most people are not good at all 5. Allowing your supporters the opportunity to give you their strength eliminates so much frustration. For instance, your best friend might be amazing social support but has never been the touchy-feely, emotional type. It isn't fair to either of you to expect them to be. And it does not make them any less of a friend. Cutting that friend out leaves you without the benefit of their special form of support.

The fact is, we need all five types to have a strong support network and get through the really hard stuff.

So, what type of support are you? When your friend or loved one is going through their own hard time, help them know what you can offer. Maybe even help them brainstorm the strengths of the other people in their life for a robust support team.



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Where is My Money?

By Lori Phillips, SRC Health Resources Coordinator



As Health Resource Coordinators, Nancy and I get a lot of questions about what Medicare covers, and how to pay for it. Many Douglas County folks save money by applying for programs such as “Extra Help” and the Medicare Savings Programs (MSP). Both are federally funded programs that help pay for Medicare premiums and Part D prescription drug coverage. We are happy to assist clients with their applications.

A few years ago, we helped “Debbie” apply for the Medicare Savings Program (MSP). MSPs are state programs (using federal money) that help cover Medicare costs. MSPs help pay Medicare Part B premiums and some co-insurance or co-pays. If your income is \$1,750 or less per month as an individual, or \$2,350 or less per month as a couple, you may qualify for an MSP or Extra Help. Debbie was approved for an MSP and was relieved to have a little more money every month.

A few weeks ago, Debbie called me to ask why her Social Security check had suddenly decreased by almost \$200 per month. Debbie said that, as far as she knew, nothing had changed. I asked her to call Social Security to find out why she was receiving less money. Social Security reported that the State of Kansas was no longer paying for her Medicare Part B premium. Why had her MSP ended?

Had she received mail from KanCare Clearinghouse? Debbie thought she’d seen something like that but threw it away because she doesn’t get KanCare (the name for Kansas’ Medicaid). What Debbie did not know is that MSPs for Kansans are administered through the state of Kansas

through the KanCare Clearinghouse. Whoops! That letter from KanCare was probably her MSP renewal application.

Debbie called the KanCare Clearinghouse to find out how to get her MSP renewed. We helped her apply again. She was approved and will again receive her full Social Security check next month.

Remember, if your prescriptions are suddenly more expensive or if you receive a bill you don’t understand, you can make an appointment with a SHICK counselor here at SRC. It never hurts to apply, even if your income is slightly higher. Our SHICK Counselors are here to help.

To make an appointment, go to our website at www.yoursrc.org and click on the Medicare link or call our Medicare Helpline at (785) 727-7872.

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Avocado Cucumber Salad

2 English cucumbers, sliced
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2 Tbsp. lime juice
2 Tbsp. olive oil
¾-1 tsp. salt (to taste)
1/8 tsp black pepper

Combine cucumbers, avocado and onion in a bowl.
In a separate bowl, combine remaining ingredients.
Drizzle over top of first ingredients and toss to coat.

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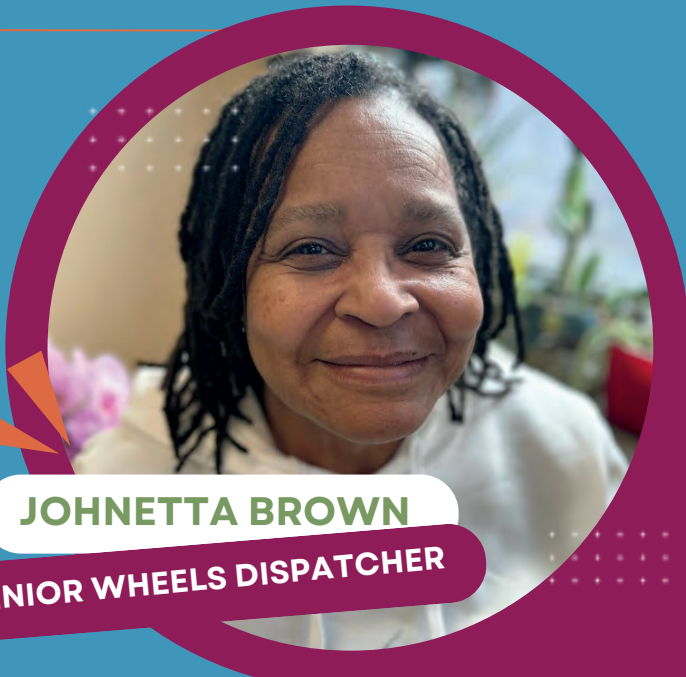
SRC Staff Highlight

JOHNETTA BROWN

Join us in recognizing Johnetta Brown!

This July marked Johnetta's 15th year as an employee for Senior Resource Center! Before Johnetta became our Senior Wheels dispatcher, she served as a meal delivery driver and then Senior Meals Coordinator. In her 8 years since becoming the Senior Wheels Coordinator, she has kept our wheels rolling. If you have called to schedule a ride, she is the voice on the other end of the phone! (Occasionally, Johnetta even gets behind the wheel to drive—a special treat!)

Thank you, Johnetta, for everything you do!



JOHNETTA BROWN

SENIOR WHEELS DISPATCHER

Email From Social Security?

By Molly Wood



Q: I've received an email that appeared to be from the Social Security Administration lauding the 2025 federal budget bill that includes "a provision that eliminates federal income taxes on Social Security benefits for most beneficiaries." I get Social Security benefits, but I've never paid income taxes on them. Am I in trouble?

A: I got the same email. First of all, I am sure you're not in trouble. Personally, I found it odd to receive an email from the Social Security Administration praising partisan legislation. At first, I thought it was a scam, but it's for real. Social Security told people that federal income taxes on most recipients' benefits will be eliminated, which is misleading. Let's get into the details.

Lower-income retirees already pay little or no federal income tax on their Social Security benefits (approximately 65% of beneficiaries). Higher-income retirees will continue to have their Social Security benefits taxed at current rates.

The "tax relief" touted in the email is a temporary (2025 through 2028) tax deduction which will reduce the number of middle-income Social Security recipients who pay income taxes on their benefits until it expires. It applies to people whose other annual income exceeds \$25,000 for individuals and \$32,000 for couples. It phases out for those with income over \$75,000 for individuals and \$150,000 for couples.

The deduction could help reduce some retirees' taxable income enough to lower or eliminate taxes on Social Security benefits, especially for those close to the income thresholds. If the deduction brings a retiree's combined income below the taxable threshold, they may see a reduction in the portion of benefits subject to tax.

Consider a 67-year-old single retiree with \$25,000 in Social Security and \$18,000 from a retirement account. To determine if any Social Security is taxable, the IRS looks at "combined income." In this case, that's \$12,500 (half of \$25,000) plus \$18,000, totaling \$30,500. This fictional retiree's combined income is just above the \$25,000 threshold where Social Security benefits start to be taxed. Under normal circumstances, a portion of his or her benefits would be included in taxable income. Under the new budget bill, the deduction would reduce his or her taxable income, potentially lowering the combined income calculation as well; taxable income could drop enough to bring combined income below the threshold or at least reduce how much Social Security is taxed.

Additionally:

- There is no provision in the budget bill that directly eliminates or even reduces taxes on Social Security benefits. It is procedurally unfeasible for Congress to change Social Security without 60 votes in the Senate needed to overcome a filibuster.
- The new provision won't help single Social Security beneficiaries younger than age 65, which includes many

disability beneficiaries, people who retired before 65, and those whose spouse or parent died.

In summary, the 2025 tax bill hasn't delivered a Social Security tax cut. Instead, it offers a temporary boost in the form of a bonus deduction for older adults. Although more seniors will get a tax break, the message itself is confusing and could mislead Social Security recipients about the new policy.

It's also worth noting that the June 2025 Social Security Trustees Report now projects the trust funds will be depleted by 2034, one year earlier than previously forecast.

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.

THANK YOU TO OUR COMMUNITY PARTNERS

Join SRC in recognizing the
financial support of the
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Finding Community Through Play

By Gayle Sigurdson, Lawrence Parks & Recreation Lifelong Recreation Supervisor



One of the benefits of working in a recreation center is witnessing the connections that class participants often make with each other. Whether it's offering a ride to a classmate who doesn't drive at night or the aerobics class going for coffee together after class, these gestures are reminders of how shared interests can create a community that often crosses diverse backgrounds and experiences.

Sometimes all it takes is a common space where people can gather, such as parks, trails, and recreation centers. Each summer, Lawrence City Band concerts in South Park bring together music fans of all ages and backgrounds. When people linger in the twilight after the concert has ended, it is clear they have gathered for more than the music. Women who regularly recognized each other on the Sports Pavilion walking track decided to form the official "Walkie Talkies" group. They continue to walk regularly and now meet every Friday to talk and laugh about life over coffee.

New, friendly relationships may grow organically from casual conversation, but they can also be formed intentionally. Changes such as employment, moving, marital status, and retirement can make it harder to maintain social ties. Pursuing hobbies and interests, new or lifelong, can be a meaningful way to stay engaged and meet others.

Current leisure interests may be reenergized and pursued on a deeper level by an increased investment of time, space, or money. For example, a local quilter may see her empty nest as an opportunity to have dedicated studio space in her home, where she will pursue her love of sewing. With fewer daily responsibilities, there is now time to attend workshops and meet with other quilters to explore new techniques. A musician may finally have the time to play with others at local jam sessions. Many, like the Thursday afternoon jam at the Senior Resource Center, welcome musicians of all abilities.

For more experienced performers, Lawrence has regular open mics where people gather around their shared interest.

Exploring a new interest takes intention. Instruction and resources may not be readily available. In searching for information, you will inevitably meet people who share your interests. Our Lifelong Stargazing class, offered each August during the Perseid Meteor Shower, provides education and connects a community of people who love astronomy. Regardless of your next hobby – ceramics, creative writing, photography, or just studio workspace, you will find like-minded people that share your passion.

Whatever changes you're currently facing, make the time to explore something you love, and share it with others. Who knows? The next time you join a yoga class, you may come for the wellness and leave with an invitation for coffee.



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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.



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All Helping Hammer staff are fully vaccinated.

For more information on the cost of a repair or to schedule a repair project, call the Senior Resource Center at 785-842-0543.

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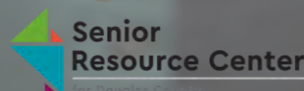
If you have limited income and resources, you may qualify for assistance.

785-727-7872

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Schedule a free consultation



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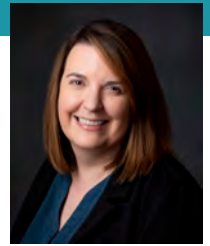
**Saturday, August 23
Noon – 2 p.m.**

Contact Doug at 785-727-7879 or
email dwendel@YourSRC.org to
discuss your project needs and
the volunteer availability.



Stay Upright, Stay Strong: Prevent Falls With Upright U!

By Autumn Bishop, LMH Health Marketing Manager and Content Strategist



Did you know that falls are one of the top reasons Douglas County residents visit the emergency department each year? The good news is that many of these falls are preventable. That's why LMH Health Therapy Services is offering Upright U! to help you stay strong, steady and confident on your feet.

Upright U! is a six-week group exercise program that uses simple and effective strength and balance activities to help you focus on movement. Each class is designed to help you progress safely.

You'll reduce your risk for falls and gain:

- Improved balance and coordination
- Increased strength and stability
- More confidence in daily activities

"Our goal for this program is to offer community members a way to be proactive in their overall health and quality of life," said Nami Stone, LMH Health physical therapy director. "We're combining education with activities and exercises that can improve balance, helping reduce the risk of falls."

Classes are led by physical therapist Stacia Bone and physical therapy assistants Lynette Palmer and Katy Poff. Bone has advanced training in evaluating and treating patients with concussions, dizziness and balance problems and holds a Certificate in Vestibular Rehabilitation from the American Physical Therapy Association.

"Stacia is one of the top vestibular therapists in the region. She has advanced training and the team has come up with a brilliant program," Stone said.

Upright U! is designed to help you learn what you need to do to keep your body safe, and includes balance and flexibility exercises. Each class begins with group stretching and leads into strengthening and balance activities.

Is Upright U Right for You?

Upright U! is open to people of any age who would benefit from the program. If you can walk independently, with or without a cane or walker, then Upright U is a great fit! We offer two levels of classes to best meet your needs.

Balance 101 is ideal if you:

- Can rise from a chair without help
- Can stand or walk household distances
- You can walk independently with or without a device

Balance 201 is a good fit if you can walk comfortably around the community, either with or without an assistive device.

When can you participate?

Classes are held on Tuesday and Thursday afternoons at Sports Pavilion Lawrence. Each session lasts for six weeks and costs \$85. Stone shared that thanks to the generosity of the LMH Health Foundation, scholarships may be available to cover the cost upon request.

Upcoming class sessions include:

- September 23 to October 30
- November 4 to December 18

Stone said that Upright U! is already getting great reviews from participants.

"People thoroughly enjoy the class and we see that they're starting to get stronger," she said. "We look to expand these classes in the future, allowing more people to participate and lower their risk of falls."



TAKE OUR FUTURE PROGRAMS SURVEY

We would love your input as we plan and prioritize new programs, activities, and classes at the Senior Resource Center. Please fill out this quick and anonymous survey.

Visit bit.ly/srcprogramsurvey or scan this QR code with your phone.

If you prefer a printed copy, contact Kim at 785-842-0543 or kluce@yoursrc.org.



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SENIOR RESOURCE CENTER ACTIVITIES

For more information about upcoming SRC activities, visit www.myactivecenter.com or call 785-856-0203.

***NEW* Ping Pong**

Daily, 8:30 a.m.—4:15 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

The SRC recently received a donation of a used ping pong table, which is now set up and available for use! It can be found just outside of the game room. Bring a friend and play any time the SRC is open. Need an opponent? Call 785-856-0203 and we'll try to connect you with someone else wanting to play!

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 60s and beyond—always with a strong beat! Designed for active seniors, the choreography isn't difficult, but previous experience with aerobics or dance is helpful.

***NEW* Baroque Recorder Concert**

Monday, Aug. 11, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Do you need a little summertime "staycation"? Come and enjoy "The Grand Tour," a casual concert of Baroque recorder music from the Lawrence Parks & Rec Lifelong Recreation classes. The concert will last about 40 minutes, and treats will be provided. The fall semester begins Monday, September 8. For more information see the "Lifelong Recreation" page at www.lawrencecs.org/lprd.

Mindful Monday Chair Yoga (Registration required)

Mondays, 3—4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This class is currently full, but contact Kim at kluce@yoursrc.org to be added to the waiting list!

Death Café

Second Monday, Aug. 11, 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.

KLWN Radio for Grownups with SRC

Every other Tuesday, Aug. 12 & 26, 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, Aug. 19, 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.

Summer Sing-Along with Evan

Tuesday, Aug. 12, 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!

Intergenerational Choir

Tuesdays, Starting Aug. 26, 11:30 a.m.—12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Love to sing? Join a unique intergenerational choir with seniors and KU students, led by a KU Associate Professor of Music. This choir only meets when KU is in session, and no music reading is required.

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!

SENIOR RESOURCE CENTER ACTIVITIES

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!

***NEW* Do You Need a Trust?**

Tuesday, Aug. 19, 2 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Join Chris Davis from The Trust Company of Kansas for this informative presentation on key differences between wills and trusts. Although both are estate planning tools, they differ significantly in how they function and when they take effect. Learn which is the best option for your situation. Seating is limited, so please register by calling 785-842-0543.

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!

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.

Mid-Month Musical

Second Wednesdays, Aug. 13, 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. August's movie will be *Camelot* from 1967. Popcorn is provided and audience participation is encouraged!

***NEW* Rag Rug Workshop**

Wednesdays, Aug. 20 & 27, 1—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you looking for a creative way to repurpose fabric scraps? Join Denise Kester for a 2-day workshop on how to make rag rugs out of surplus fabric. Denise will teach participants how to make crocheted rag rugs, bags, or bowls—although it will be helpful to know a chain and single crochet stitch before starting! Fabric and large crochet hooks (size K or larger) will be provided, but you are welcome to bring your own scraps and hooks as well. Space is limited, so please email kluce@yoursrc.org to get registered!

Welcome to Medicare

Wednesday, Aug. 13, 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 more information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-727-7872.

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, Aug. 14 & 28, 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, Aug. 7, 14, 21 & 28, 11:30 a.m.—12:15 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 4-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.

SRC ACTIVITIES & SUPPORT GROUPS

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 weekly match of dominoes! Players of all skill levels will enjoy this fast-paced and interactive game.

Games Theory

Thursday, Aug. 21, 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. August will feature a mind reading game: an interactive group activity where players team up to try to "read" each other's minds. 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, Aug. 14 & 28, 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.

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. Call 785-856-0203 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

Join local musician Linda Clark for this inclusive singing circle! The group takes turns picking popular folk songs from the Rise Up Singing songbooks, welcoming anyone to come play, sing, dance or listen. Come with your instrument or just your voice and be in harmony with one another!

Yoga for Every Body (Registration required)

Fridays, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This class is currently full, but contact Kim at kluce@yoursrc.org to be added to the waiting list!

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 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.

Registration Now Open

Introduction to Stargazing

Thursdays, Aug. 7—21

Baker Wetlands, 1365 N. 1250 Rd., Lawrence

Prepare for the Perseid Meteor Shower and other joys of looking up! Join us as we explore the sky and learn general astronomy of the night sky. This evening class will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars, and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor Rick Heschmeyer is president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fees include a planisphere, astronomy flashlight, and education materials. **Class Code: 427450, \$24.**

Registration opens Tuesday, August 12

Baroque Recorder

Mondays, Sept. 8—Dec. 8, 11 a.m. & 1:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Have you always wanted to play a musical instrument or did you participate in music during school? The Baroque recorder is a wonderful vehicle for making music as a lifelong learner. Playing an instrument is great for your physical, mental, and emotional well-being. 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 Columbia Baroque in South Carolina. The beginning class meets at 1:30 p.m. and intermediate class meets at 11:00 a.m. **Class Code: 427478, \$120.**

Gelli Printing with Image Transfer

Sundays, Sept. 28 and Oct. 5, 1—3 p.m.

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

The imagery and possibilities of monoprinting with Gelli plates are endless. Gelli plates are reusable printing plates made from a commercial gel that allows you to make monoprints without a large, expensive press, and non-toxic materials. The Gelli plate gives the artist the freedom to experiment with fabric, paper, organic materials, and stencils, to create textures and multiple color layers. We will explore different types of imagery, mark-making, and experiment with different printing papers using water-based inks and acrylic paints. The class meets for two sessions. Instructor: Kim McDanel. **Class Code: 427336, \$58.**

Senior Strength Training

Mon/Wed/Fri, Sept. 8—Oct. 24, 7:30 and 8:30 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. Instructor: Melanie Johnson. **Class Code: 427233, \$74.**

Aerobic Dance and Tone

Mon/Wed/Fri, Sept. 8—Oct. 24, 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: 427201, \$74.**

LaBlast

Tuesday/Thursday, Sept. 9—Oct. 23, 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: 427302, \$60.**

Tai Chi for Health

Tuesday/Thursday, Sept. 9—Oct. 23, 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: 427503, \$60.**

TRX Flex Fusion

Tuesday/Thursday, Sept. 9—Oct. 23, 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: 427340, \$60.**

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. Eudora Parks & Recreation's adult activities are made

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.

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.

***NEW* Lunch Bunch**

Tuesday, Aug. 26, 11 a.m.

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

Join the Active Adults for a relaxed lunch outing to McLain's Market in Lawrence. Choose your own meal, pay your own way and leave the driving to BCRC!

Hand & Foot

Tuesday/Thursdays, 1 p.m.

BC Community Center, 712 Chapel St., Baldwin City

***NEW* KC Streetcar and Pizza**

Wednesday, Aug. 6, 10 a.m.

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

Join the BC Active Adults as they experience the KC Streetcar, get a glimpse of KC, and enjoy lunch together. The trip will start at Union Station, head towards the River Market, and include lunch at Minsky's, all for just \$15.

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

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

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. 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.

SilverSneakers & Renew Active

These programs are available at no cost for adults 65+ through select Medicare plans. Members will have access to the Eudora Community Center gymnasium and weight room free of charge. Eligible members can sign up at the Eudora Community Center.



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, Aug. 18, 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, Aug. 19, 4—5 p.m.

Learn about what to expect as you age in this popular series with LMH Health. Each month a chosen specialist will present on a new subject. August's topic will be Somatic Experience and Hypnotherapy.

Dessert and A Movie—on Zoom

Thursday, Aug. 21, 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. August's movie is Growing Cities.

Coffee Break—on Zoom

Fridays, Aug. 1, 8, 15 & 22, 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, Aug. 29, 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.

NEW Monarchs Baseball: Disney Night

Saturday, Aug. 2, 6—10 p.m.

Come out to the ballgame with your grandkids or best friend to see the Kansas City Monarchs. It's Disney Night – with character appearances, themed music, movie clips and more! RetroActive will have infield covered seating for the evening. The cost is \$23 per person, and registration and prepayment are required.

Pop Up Programs!

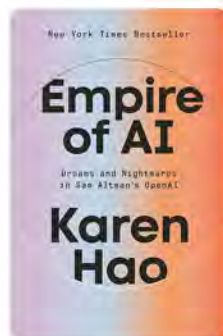
Dates and Times TBA

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

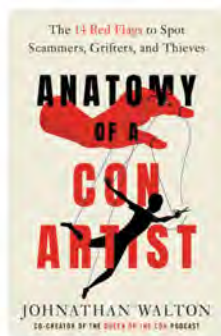
LAWRENCE PUBLIC LIBRARY
 707 Vermont | Lawrence, KS 66044



NONFICTION

Empire of AI
by Karen Hao

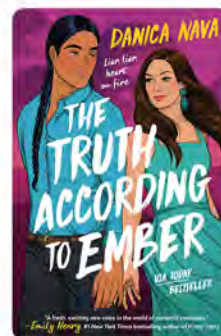
A revealing look inside OpenAI from a longtime AI insider. It's an eye-opening account of the tech arms race reshaping our world in real time.



NONFICTION

Anatomy of a Con Artist
by Johnathan Walton

Think it can't happen to you? Learn 14 red flags to spot a scammer from a victim-turned-vigilante and host of Queen of the Con. Stay sharp.



FICTION / ROMANCE

The Truth According to Ember
by Danica Nava

Ember Lee Cardinal, a Chickasaw woman, just can't seem to catch a break in this workplace rom-com by a debut novelist.



FICTION / GENERAL

The Full Moon Coffee Shop
by Mai Mochizuki

Translated from Japanese, The Full Moon Coffee Shop is a magical, liminal space where cats return favors to those who cared for them.

COMMUNITY EVENTS

***NEW* “Chromatic Vibrance” Exhibit**

Monday—Friday through Oct. 31, 10 a.m.—4 p.m.

Haskell Cultural Center, 2411 Barker Ave., Lawrence

“Chromatic Vibrance” showcases the electrifying paintings of Benjamin Harjo, Jr., an acclaimed artist celebrated for his masterful use of bold and dynamic colors that invigorate the canvas. This temporary exhibit transports viewers into Harjo’s vibrant world, where each piece pulsates with energy and emotion, inviting exploration and contemplation.

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+) from Lawrence and the surrounding area. 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! Experienced coaches make each session fun and rewarding! \$100 for 5 one-hour sessions. Call coach Ann Anderson at 785-749-3200 for more info.

Float Local Friday

Friday, Aug. 1, 5—9 p.m.

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

Head on out to the lake for Float Local Friday at Clinton Marina! Revel in live music from KC Bones, performing the music of The Grateful Dead. 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!

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!

Baldwin 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!

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!

Sundays at Six Summer Concert

Sunday, Aug. 3, 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! August’s artist will be one-woman band Erica McKenzie, a powerful vocalist and lyricist with a pop/rock style.

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.

Eudora Farmers Market

Tuesdays, Aug. 5, 19 & 26, 5:30—8:00 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 also run four evenings in September.

Lawrence Bird Alliance Field Trip

Wednesday, Aug. 6, 7:30 a.m.

Burcham Park, 200 Indiana St., Lawrence

The group will meet in the parking lot next to the river. Expect to see eagles, Red-tailed and possible Red-shouldered Hawks. Burcham is always good for woodpeckers including Red-bellied, Downy, and Pileated as well as Northern Flickers. A few flycatchers may still be around as well vireos, warblers, Chimney Swifts, Waxwings, bluebirds and a few swallows. Plan to wrap up the field trip by 9 to 9:30 a.m. Contact Roger at rboydbird69@gmail.com for more information.

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 are accepted but never required. Need a delivery? Please email melissa@sunriseprojectks.org or text/call 785-865-1618, at least 24 hours in advance.

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.

*(continued on
page 18)*

COMMUNITY EVENTS

(continued from page 17)

NEW Vinland Fair

Thursday—Saturday, Aug. 7—9

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

Experience small-town America for free at the Vinland Fair! The fair is a yearly tradition in small-town Vinland, Kansas. Enjoy the three-day fair and experience home-baked pies, a tractor pull, old-time farm skills competitions and much more! Music starts at 7:30 each night and every night features a different band. Check out www.vinlandfair.com for the full schedule of events!

Computer Basics Classes

Friday, Aug. 8, 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.

NEW Smoke on the Bricks

Friday—Saturday, Aug. 8—9, 6—8 p.m.

Downtown Baldwin, 719 High St., Baldwin City

The 7th annual Smoke on the Bricks BBQ competition is here! Come sample the best BBQ around while taking in live music, featuring the Smokin J's from KC, and headliner The Zeros! Want to learn more or enter a team to compete? Check out the Special Events section at www.baldwinrec.org. Don't forget to buy your BBQ Bucks early!

Lawrence Barn Dance Association Contra Dance

Saturday, Aug. 8, 7—10 p.m.

Woodlawn Elementary School, 508 Elm St., Lawrence

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. Music by Brickyard Joes with calling by Jill Allen. Pay what you can: \$8—\$15.

Know Your Rights: Security Deposits

Saturday, Aug. 9, 1—2:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Landlords routinely withhold security deposits from tenants, charging for things like light bulb replacements, dirty walls and carpet cleaning for ordinary wear and tear, which is against Kansas law. Come to this Kansas Legal Services workshop to find out what you can do if your landlord has wrongfully withheld your deposit. Questions? Ask Gabby at gboyle@lplks.org or 785-843-3833 x 136.

NEW Birding Basics

Saturday, Aug. 9, 4—6 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Join the Lawrence Bird Alliance to learn about attracting birds to your yard, feeding them, birding apps and bird counts, and bird-friendly home landscapes. A second presentation in the series will be on August 23 from 2—3 p.m. Questions? Ask Jake: jvail@lplks.org.

NEW Craft Supply Swap + Puzzle Exchange

Sunday, Aug. 10, 1—3 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Calling all crafters! Start the year fresh by bringing all those art supplies you don't need and swapping them for new ones. Supplies don't have to be new, but only arts and crafts-related items will be accepted. Suggested items: yarn, decorative paper, fabric scraps, paints, beads, etc! No additional supplies accepted after 2:30 p.m.

Happy Time Squares

Sunday, Aug. 10, 1:30 p.m.

First United Methodist Church, 867 Hwy 40, Lawrence

Join the Happy Times Squares for food, fun, fellowship, and square dancing! August will be the Rodeo Roundup Dance—a special Sunday dance at a special time! Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

Main Street Market

Thursday, Aug. 14, 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. The August Market will include the inaugural Eudora CVB Car Meet, a fun-filled evening celebrating classic cars, custom builds, and community spirit.

Third Friday Market

Friday, Aug. 15, 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 IFPA Pinball Tournament

Sunday, Aug. 17, 1 p.m.

Replay Lounge, 946 Massachusetts St., Lawrence

Visit the Replay Lounge for the monthly International Flipper Pinball Association tournament. The bar opens at 1 p.m., sign up starts at 1:30, and head-to-head play starts at 2. There is a \$5 dollar entry fee, and the top 4 players win cash! The pinball games will be on quarter drop and there is a 20-player maximum.

Senior Sessions at the Spencer

Thursday, Aug. 21, 10:15–11 a.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Each year the Spencer Museum pairs an artwork with the KU Reads book selection. Deputy Director Celka Straughn will discuss Hollis Sigler's painting "Haunted by the Ghosts of Our Own Making" and themes that connect with the 2025–2026 book *The Anthropocene Reviewed* by John Green. Senior Sessions are designed with accommodations for older adults and open to all.

NEW Civil War on the Border

Thursday–Sunday, Aug. 21–24

Watkins Museum, 1047 Massachusetts, Lawrence

Join the Watkins Museum of History for the 30th annual Civil War on the Border series. This popular series will feature bus and walking tours of Quantrill's Raid sites, talks with historians, and other events. Visit www.watkinsmuseum.org for a full schedule of events and to purchase tickets.

NEW FidPick 44

Sunday, Aug. 24, 12–5 p.m.

South Park, 1198 Vermont St., Lawrence

The Kansas State Fiddling & Picking Championships — aka FidPick — returns for its 44th year! Grab your blankets, lawn chairs and acoustic instruments, and join us at South Park in beautiful Downtown Lawrence for a day of competition, concerts, vendors, jam sessions and more.

NEW Bingo Game Night

Tuesday, Aug. 26, 5–8 p.m.

Freddy's Frozen Custard, 2030 W. 23rd St., Lawrence

Bring the whole family for a night of fun and a chance to win a great prize! Bingo will be played every 30 minutes, every fourth Tuesday of the month, at the Lawrence location only.

AAL Public Telescope Observing

Sunday, Aug. 31, 8–9 p.m.

Baker Wetlands, 1365 N. 1250 Rd., Lawrence

Join the Astronomy Associates of Lawrence as they observe the night sky through telescopes. Free and open to the public, weather permitting.

NEW Baseball, Anyone?

Did you play the games All-Star Baseball or Strat-O-Matic Baseball when you were a kid? If you played these games and would like to try again, contact Walter at 785-764-0427 or walter@olker.net so you can set up a time and place to play!



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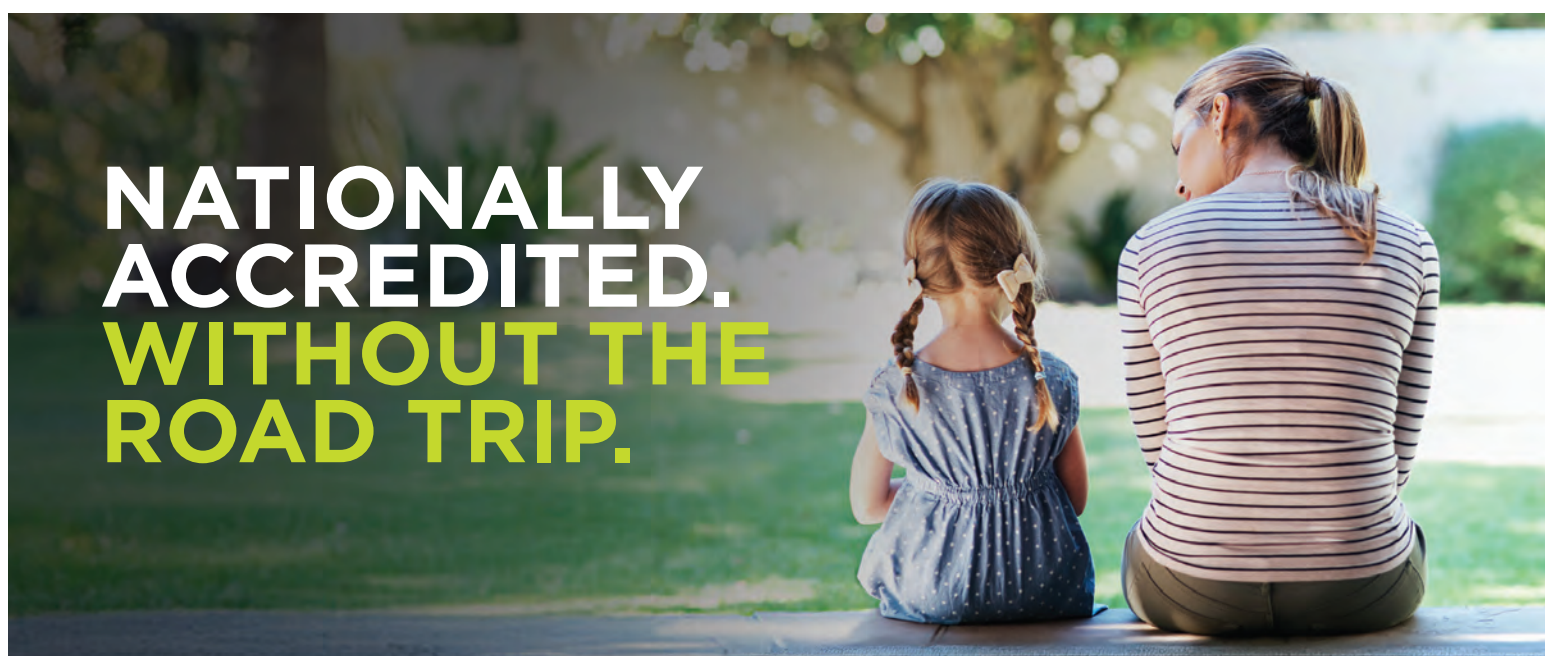
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