Better senior living



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Inside This Issue

Quality of Life

Page 3

Medicare: Retiree Insurance vs. Medicare Supplement/Medigap Plans

Page 5

Legalese: How to Plan Ahead for the New Medicaid Work Requirement

Page 7

Intergenerational Practice Makes Progress

Page 8

Changes Coming to Non-Emergency Ambulence Services in Douglas County

Page 10

Leisure and Learning Activities
Page 11-23



See page 11 for events in September.

Bigger and Better: 2025 Volunteer Expo

By SRC Staff Writers

ark your calendar for September 11, 2025 from 10 a.m. to 1 p.m. This year's event will be at the Flory Building at the Douglas County Fairgrounds.

SRC's first-ever Volunteer Expo occurred in September of 2024, and by almost all accounts (more on that later), it was outstanding! Because of that success and energy, the staff at SRC decided to make this an annual event and schedule the Second Annual Volunteer Expo. However, a few improvements were identified by staff, guests, and the nonprofit organizations who attended.

First of all, we needed a larger space. In 2024, the Expo was held here at our Center downtown. We filled every available inch of our space, and it was crowded. Therefore, the first goal would be a larger space to allow all our attendees more room to move around.

Second, it was LOUD. Because we had so many people crammed into our building, the noise level made it very difficult for individual conversations to comfortably occur. So, as we discussed a better space, we identified that we need a way to better control the noise. (This also factored into the new location decision.)

Third, we need planning partners to help us grow this event. As a new department of Douglas County, the County was an obvious choice. And, since the Kaw Valley Volunteer Center is a critical connector for volunteers of all ages to pair up with needs throughout the County, they agreed to join in the fun, too!

So, for 2025, picture a "resource fair" style setting with tables for up to 40 Douglas County nonprofit organizations depend on the amazing contribution of volunteers to fulfill their mission. Representatives from each organization can answer questions, explain their volunteers needs, and help visitors decide if they would be the right fit for each other. And, when those right fits are identified, the representative can share the process to become a volunteer at that specific organization.

The goal is for everyone in Douglas County who is interested in volunteering to connect with an organization whose mission they feel passionate about. Factors which might make that "right fit" can be as logistical as available time to volunteer, or as nuanced as unique skill sets that a volunteer may posses (and that organization needs help with), or as inspiring as the positive impact that volunteer can make in our community.

We hope that you attend, and by the end of your visit, you will have identified a mission and an organization that is the perfect fit for you. A place where you can feed your passion and make an impact on Douglas County's community. Maybe it will be a mission you've never before imagined! Maybe it will be a mission you have loved a long time but have never taken the next step to involvement.

We hope to see you on September 11, which is also the symbolic National Day of Service and Remembrance. What a great way to memorialize this important day!

Did you know SRC needs your financial support?







Kind, knowledgeable support in times of crisis





Welcome

smiles



Community Partnership

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

FINANCIAL PLANNING

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

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 14.

Quality of Life

By Megan Poindexter, SRC Executive Director

ver the past few years, I have had countless conversations with guests here at SRC, as well as other people in my personal life. I've heard a lot of fascinating life stories, wisdom, tales of love and loss, and reports of body aches and worries. By paying attention to these conversations, I think I have learned something important.

I think that maybe, when people say they "don't want to get old," they really mean they fear loss of quality of life.

For some, it is the worry they will become frail. As we lose muscle and bone density, and our skin tears more easily, we are more aware of risk. We worry about accidents which could lead to a series of medical interventions.

I know many who worry about developing an age-related chronic health condition. Everyone knows someone struggling with a chronic condition, or someone who is caregiving for their loved one with a chronic condition. These conditions might take away the ability to participate in our chosen activities.

Some folks express that they do not want to become irrelevant. They have skills, experience, knowledge, passion, energy, and excitement to bring to the world. They see examples of ageism, and that can result in a lot of fear and resentment.

I suspect every single one of us does not want to lose our independence. This is more than just driving a car or staying in our house. It's also making financial decisions, taking care of our own bodily functions, and deciding the who-what-when-where-and-how in our daily lives.

However, for all the talk about not wanting to get old, most of us are working very, very hard to live long

enough to get "old"! In fact, that is the very goal we are pursuing, right?

So, if technically the goal is to keep having more birthdays, then maybe we can shift our mindset about getting older. Maybe instead we say, "I don't want to lose quality of life." That allows us to define what quality of life really means and take actions to protect it!

Quality of life is something we talk about every day at SRC. The staff here aim to help individuals live their best possible quality of life. The definition of "best possible" is different for each person and can change from year to year. As time passes, we may have to redefine, and redefine, and redefine it again! Adjusting expectations repeatedly is difficult. So often, it seems that as soon as we settle into one new normal, it goes and changes again.

SRC staff do their best to help people live their best possible quality of life by identifying programs and activities which can meet their current definition. This newsletter is one way, through the stories, information, and list of events (starting on page 11).

No matter how many years are in your life, I wish you the best possible quality for all your years!







Bring your photo ID and documents to SRC for free notary public services.
Please call ahead to ensure SRC's notary is in the office and available, or to make a notary appointment.

785-842-0543



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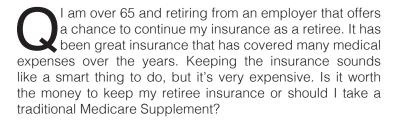
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Retiree Insurance vs. Medicare Supplement/Medigap Plans

By Lori Phillips, SRC Health Resources Coordinator



When you are over 65 years of age and retired, you must start Medicare Parts A & B to be insured.* Medicare pays first (approximately 80% of a Medicare approved charge) and a Medicare Supplement or retiree insurance pays second. That's where the similarities end.

Many people choose to use their former employer's retiree insurance, secondary to Medicare. They might feel compelled to keep it out of loyalty to the organization or a belief that it must be the best insurance available. While you were working, your employer's insurance might have been perfect for you. However, the retiree policy will look and work completely differently.

Retiree Insurance:

Is typically a PPO (Preferred Provider Organization) and pays a percentage of the remaining 20% only to certain approved providers

- Must be joined at the end of employment or lost
- Usually costs \$200 \$700 per month
- Employers are not required to provide retiree coverage and therefore it can be changed or canceled
- Is not federally regulated and is controlled by the employer or union
- May only pay after a deductible or out-of-pocket maximum is met
- Sometimes requires you to submit a claim to them after Medicare pays
- Might be available to other family members
- Typically includes prescription drug coverage
- Sometimes offers separate dental and vision plans with extra premiums

Medicare Supplement insurance (also known as Medigap) is made to be secondary to Medicare. It pays what Medicare doesn't and covers the "gaps."

Medicare Supplement Insurance:

- Is regulated by the federal government and must pay what Medicare tells them to pay
- Should be joined when starting full Medicare even if you previously elected to keep your employee/retiree insurance; in some circumstances it can be changed later

• Usually costs \$140 - \$275 per month

- Is administered by private companies--you choose which one
- Follows you everywhere Medicare goes within the United States
- Has various levels of coverage, but most pay the remaining amount of a Medicare-approved service
- Works with Medicare, so you never have to submit a claim
- Cannot change what your insurance covers
- Does not offer family insurance
- Does not include prescription drug coverage, dental, or vision so separate policies for those are needed.

For some, it's best to look at what you get for the money you are paying. The SHICK Medicare counselors at SRC are happy to help you compare your options to make sure you're getting the appropriate level of coverage.

*(This does not apply to most retired Federal employees.)



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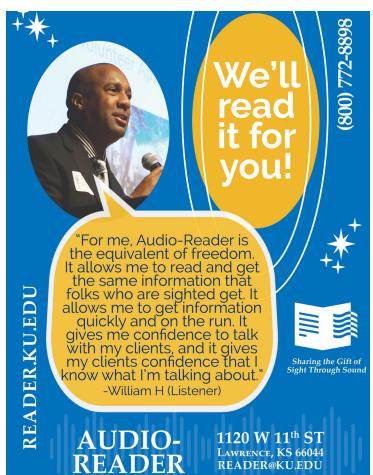
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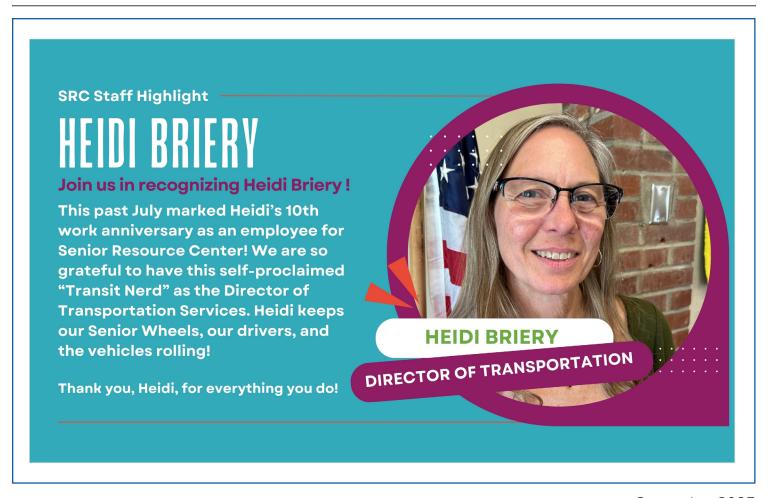






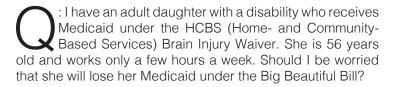
We have the best meals and desserts around!





How to Plan Ahead for the New Medicaid Work Requirement

By Peyton Weatherbie and Molly Wood



Possibly. The One Big Beautiful Bill Act (OBBBA), signed into law on July 4, 2025, introduces work requirements for Medicaid recipients. States are required to implement these changes by January 1, 2027, though they may adopt them earlier, and some may receive an extension period until December 31, 2028.

The new law targets Medicaid beneficiaries aged 19 to 64 who are covered under a "Section 1115" waiver. In Kansas, there are seven HCBS waivers for the following populations:

- Autism;
- Brain Injury;
- Intellectual and Developmental Disabilities:
- Frail Elderly;
- Physical Disability;
- · Serious Emotional Disturbance; and
- Technology Assisted.

To become and remain eligible for Medicaid under these waivers, individuals must meet a monthly work requirement of 80 hours including employment, volunteer work, educational activities, or a mix of all three.

Alternatively, your daughter may qualify if her income equals or exceeds what she would earn working 80 hours at minimum wage. (Kansas' minimum wage is \$7.25 per hour.) States must verify compliance at least one month, but no more than three months, before an application or renewal. Each state will design its own reporting and review process, so requirements may vary.

There are exceptions baked into this new law. Individuals are excused from the work requirement if they:

- Care for a child under age 14 or care for a disabled individual;
- Are pregnant or postpartum;
- Have a substance use disorder; or
- Are considered "medically frail" or have complex health needs.

The definition of "medically frail" is broad and somewhat vague. It includes people with serious, long-term medical conditions. But how this category is defined and who qualifies will likely be left to each state's discretion.

What should you do now?

Begin preparing documentation. If your daughter meets the work requirement, ask her employer to provide written proof of her monthly hours. If she might qualify for an exemption, speak with her medical team about gathering the necessary medical documentation to support her case. A letter from a health care professional setting out her diagnosis, prognosis, and limitations would be very useful. It may also be useful to speak with her employer about getting documentation stating the reasons underlying her limited hours.

Act early. Because states are required to verify eligibility during a lookback window of one to three months, having documents ready ahead of time will help avoid coverage interruptions. Stay in contact with her employer and medical team and monitor any notices from KanCare. It's also wise to follow updates from KanCare or advocacy organizations. Implementation timelines and definitions will evolve, so staying informed is critical.



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.

Intergenerational Practice Makes Progress

By Hannah Imrie, SRC Communications Coordinator

hanging out with my own grandparents.

My Grandfather would often talk about aging as an absurd concept. He did not feel any different mentally than he did as a young kid, even if his body would persistently try to combat that belief. Both of my Grandparents were always very active - skiing, dancing, riding bikes, volunteering, and playing with their grandkids, to list a few. In their own words they would rather, "wear out than rust away." Over the years neither complained of aches or ailments, and when their childhood friends began to "rust away" they sought out younger friends.

randparent's Day is September 7th and I miss

In my youthful ignorance I felt embarrassed by those intergenerational friendships. How wrong I was to feel that way! Enduring connections between humans of varying ages is symbiotic, not only to the community, but to the world in extension.

American society has a plethora of ways to communicate through advances in technology, but with that privilege we also must address the serious segregation problem between current generations. We text, we scroll, we video chat, but we interact less often IRL (in real life). This creates fear, disconnect, and isolation within our own communities. According to the American Psychological Association we need connections with people who have had different life experiences to improve the quality of our mental health, workplace productivity, and education.

There is robust evidence to prove the extensive mutual benefits from people of different ages interacting with one another on a regular basis. But how can we implement it within our own lives?

Quality intergenerational practice looks like a lot of things!

Joining a local all-ages activity club, volunteering with youth in your community, through Parks and Rec., attending local

events, joining a religious community, introducing yourself to your neighbors, or even trying your hand in an online gaming platform. If you are a Grandparent, then just spending time with the Grandkids counts, too!

Here are some tips as suggested by The Global Campaign to Fight Ageism to create effective intergenerational practice in whatever you decide to try.

- 1. Participatory ensuring older and younger people participate in all phases of an activity
- Inclusive recognize every person's unique skills, needs, and identities
- 3. Universal take into consideration people's differences, including abilities, generation, and cultural
- 4. Friendship building friendships as a way to promote positive intergenerational contact
- 5. Do no harm strive to do no harm in your interactions
- 6. Evidence-based informed by the best available evidence, not fears or misconceptions

Interested in intergenerational practice here at your SRC? Check out the Intergenerational Choir from 11:30 a.m. to 12:30 p.m. every Tuesday that KU is in session. Attend our free Volunteer Expo on September 11, 2025 from 10 a.m. to 1 p.m. in the Flory Meeting Hall at Douglas County Fairgrounds to find volunteer opportunities within our community.

For more information on this subject and the research:

WHO https://bit.ly/3HqmGbt

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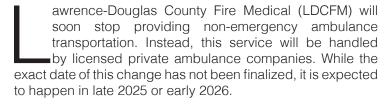






Changes Coming to Non-Emergency Ambulance Services in Douglas Cunty

By John Darling, LDCFM Division Chief of EMS



This change is necessary because the number of emergency calls has grown much faster than the population. Since 2005, Douglas County's population has increased by 14%, but 911 calls to LDCFM have doubled. By shifting non-emergency transportation to licensed private ambulance companies, LDCFM will be better able to focus on life-threatening emergencies and ensure faster response times when someone calls 911.

What is not changing:

If you or someone you know has a medical emergency and calls 911, LDCFM will continue to respond with trained paramedics and an ambulance. We will also continue to provide emergency transfers from Lawrence Memorial Hospital to other hospitals when needed.

What is changing:

If a patient is stable but still needs to be transported, a licensed private ambulance company will handle that transport instead

of LDCFM. For example, a patient being discharged from the hospital

to a nursing home, or a patient being transferred to another facility for non-urgent care. In all such cases, a doctor will have confirmed that the patient's condition is stable.

These private ambulance services will be carefully licensed by the Kansas Board of EMS and by the governments of both the City of Lawrence and Douglas County. Their vehicles and stations will undergo inspections, and they must follow rules about how much they can charge. Prices will be limited by a fee schedule set by the City and County, and companies can lose their licenses if they fail to meet the standards.

You may also see more use of wheelchair vans and other types of non-ambulance medical transportation. This is more affordable if a patient does not need to be transported by ambulance. Insurance usually only pays for ambulance transport if it is medically necessary, so having lower-cost options can help patients avoid unexpected medical bills.

LDCFM will continue to share more information as this change takes shape. We remain committed to providing high-quality emergency services to everyone in our community. If you have any questions, please contact jdarling@lawrenceks.org.

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Senior Care, Only Better.

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!

NEW DAY/TIME CarFit

Monday, Sept. 15, 10 a.m.—12 p.m. Central Bank Parking Lot, 8th & Kentucky, Lawrence

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 www.wow.nc.ncg or 785-727-7875.

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 Not Your Grandma's Cooking Class with Just Food Mondays, Sept. 8—29, 12—1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

As part of Just Food's Just Cook program, Not Your Grandma's Cooking Class will offer a fun, hands-on experience to explore healthier spins on classic comfort foods, fresh and simple salads, and creative new recipes. Led by the Just Food Community Access Manager, this class celebrates seasonal ingredients, easy cooking techniques, and the joy of sharing good food together. Space is limited, so call 785-856-0203 to register.

Mindful Monday Chair Yoga (Registration required) Mondays, 3—4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This senior yoga class, taught by Kim McDaneld, 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 \$30 for an 8-week session, and you provide your own yoga mat. To register, contact Kim Luce at kluce@yoursrc.org.

Death Café

Second Monday, Sept. 8, 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.

NEW SESSION Try the T Travel Training

Tuesday, September 9, 9-11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Would you like to use the Lawrence Transit bus system but have no idea where to begin? Sign up to Try the T with the SRC! We will meet at the Senior Resource Center and hear a short presentation from a city transit employee. Then as a group, we'll hop on the bus at a stop right by our building, and we'll head out on a bus trip across town. To learn more or register, call 785-842-0543.

Tuesday Artists

Tuesdays (except Sept. 2), 9—11 a.m., come and go 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 (except Sept. 2), 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, Sept. 9 & 23, 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, Sept. 16, 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.

Intergenerational Choir

Tuesdays, 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. Everyone is welcome!

Scrabble Club

Tuesdays (except Sept. 2), & 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 (except Sept. 2), 2—3:30 p.m. Senior Resource Center, 745 Vermont St., Lawrence

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

Guys Game Group

Wednesdays, 10 a.m.—12 p.m. Senior Resource Center, 745 Vermont St., Lawrence

Come join other guys for a round or two of pool, ping pong, 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!

VOLUNTEER EXPO

Presented by the Senior Resource Center, United Way of Kaw Valley and Douglas County

Find your passion and purpose post-retirement!











The National Institute on Aging reports that those who volunteer regularly experience reduced stress, lower blood pressure, lower rates of depression and anxiety, and improved cognitive health! Individuals who volunteer even have lower mortality rates!

Stay active & engaged!







Call SRC at 785-842-0543 with questions!

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, Sept. 10, 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. September's movie will be *An American in Paris*. Popcorn is provided and audience participation is encouraged! Contact Kim at 785-856-0203 with questions.

AARP Smart Driver Safety Course

Thursday, Sept. 4, 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 lwoydziak@YourSRC.org or 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class: Nov. 6 at SRC.

NEW National Day of Service Volunteer Expo

Thursday, Sept. 11, 10 a.m. - 1 p.m.

Douglas County Fairgrounds, 2120 Harper St., Lawrence

The National Institute on Aging reports that those who volunteer regularly experience reduced stress, lower blood pressure, lower rates of depression and anxiety, improved cognitive health, and even lower mortality rates! Join us on the National Day of Service to learn about the many opportunities to volunteer throughout our county. We will feature 40 local organizations, so you are bound to find your passion and purpose post-retirement! This year's event is in collaboration with Douglas County and the United Way of Kaw Valley and will be held at the Douglas County Fairgrounds.

Fiber Friends

Second & Fourth Thursdays, Sept. 11 & 25, 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.

Welcome to Medicare

Thursday, Sept. 11, 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

<u>bit.ly/SRC W2M Signup</u>. 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.

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, Sept. 18, 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. The game for September will be Balderdash. 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, Sept. 11 & 25, 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. Contact Kim at 785-856-0203 or kluce@YourSRC.org to ask about space availability!

Sing Your Heart Out Jam

Fridays, 10:30 a.m. — 12:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

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 \$30, and you provide your own yoga mat. To register, contact Kim at kluce@YourSRC.org.

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Senior Resource Center for Douglas County is an independent nonprofit organization.
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For more information or to update your <i>Better Senior Living</i> subscription, contact us at contact@YourSRC.org
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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 ikenberry@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.

LMH Health Stroke Support Group

Third Tuesdays, 4-5 p.m.

LMH Conference Room D, 330 Arkansas, Lawrence

Join friends at LMH to share your experiences and ideas about life changes brought on by stroke. Meetings often include informal information on treatments and services available for stroke survivors and their loved ones. Meet other stroke survivors or caregivers dealing with issues similar to yours. For more information, contact Jocelyn Rietcheck, OT at 785-505-2712.

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.

Miller Retirement Group Grief Support Circle

Every Other Wednesday, Sept. 10 & 24, 1—2:30 p.m. Lawrence Public Library, 707 Vermont St., Lawrence

This group seeks to provide a safe and supportive space for individuals who are grieving. Sharing your story and emotions can be healing, and this group is a judgment-free zone where you can do just that. Whether you've recently lost someone or are still coping with a loss from years ago, this group is for you. You'll have the opportunity to connect with others who have experienced similar losses. Compassionate facilitators will guide discussions that aim to help you navigate the grieving process. Sessions will be led by counselor Marcia Epstein and Miller Retirement Group's Ian Cook.

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.

LifeLines Brain Injury Support Group

Second Friday, 4:00-6:00 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

This support group is for individuals with brain injuries and their family members or care partners. This includes those with traumatic and non-traumatic brain injuries, including strokes, TIAs, brain tumors, or other issues that cause loss of oxygen or injury to the brain. Each month includes a new topic or speaker for the first portion of the group before open conversation begins. For more information, call Audrey Campbell at 913-945-1215.



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.

Fall Classes

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 McDaneld. *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*.

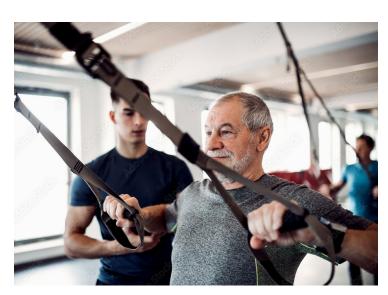
Tai Chi for Health

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.



LAWRENCE PARKS & RECREATION - CLASSES

Lifelong Travel

Long Lips Farm

Wednesday, Sept. 10, 9 a.m.−1 p.m. Paola, KS

Back by popular demand is a return to Long Lips Farm, where beauty and conservation go hand in hand. Certified as a butterfly habitat, a wildlife habitat, and a pollinator garden, this property includes a restored prairie, savannah, and wetland. Owner Lenora Larson will guide the group through this stunning space. Plan to walk through part sun, part shade areas, with scattered seating and some uneven paths. The trip includes transportation, tour, and a light snack. Rain date September 17. *Class Code: 727139, \$42*.

The Lost Cowtown Tuesday, Sept. 16, 8 a.m.—6 p.m. Waterville, KS

Founded in 1867 as a rough cow town, Waterville quickly became a "cosmopolitan" stop on the Central Line of the Union Pacific Railroad. This tour includes the renovated Waterville Opera House, the Weaver Hotel, where each room is restored with period furnishings, and a scenic ride on the Central Branch Railroad to the Blue River. The days will end with a program on women's history told with vintage clothing from the 1870's - 1980's. Supporting and learning about rural communities is easy when they are as interesting as Waterville. *Class Code: 727141, \$97*.

Little Known Stories

Wednesday, Oct. 22, 7:30 a.m.−3 p.m. Independence, MO

What is that beautiful building with the Nautilus-shaped spire? What is considered a sacred spot for the Church of Jesus Christ of Latter-day Saints? Who was, for some 40 years, the largest exclusive manufacturer of marionettes and puppets in the world? Find the answers when we visit the Community of Christ Headquarters, Mormon Visitors Center, and Puppetry Arts Institute. Lunch at Vivilore is included. *Class Code:* 727146, \$95.







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 <u>LPLKS.org/retirement</u>, contact Lorel Lewis at <u>retirement@LPLKS.org</u> or call 785-843-3833, ext.131.

NEW Help Wanted: Native Lands Kansas

Monday, Sept. 15, 9-10 a.m.

Blazing Star Prairie, 1111 Wild Horse Rd., Lawrence

Join RetroActive for a walk around Blazing Star Prairie to learn about Native Lands Restoration Collaboration's need for volunteers. Spend about an hour visiting their remnant prairie while learning about their mission. Wear sturdy shoes and long pants. If you want to get outside and contribute to a good cause, this one is for you!

Stitch & B*tch

Monday, Sept. 15, 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, Sept. 16, 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.

Dessert and A Movie—on Zoom

Thursday, Sept. 18, 7—8 p.m.

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

Coffee Break—on Zoom

Fridays, Sept. 5, 12 &19, 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.

NEW Gardening As We Age

Friday, Sept.19, 1-2 p.m.

Do you love to work in your garden, but find your stamina and abilities decline a little more as your years increase? Join us for an hour-long tutorial with Master Gardener Kevin Nelson as he shows us how to keep on gardening, and get rid of our bad gardening habits as well! This program is live and in person in the library auditorium. Registration required.

Fun & Games

Friday, Sept. 26, 12:30-2:30 p.m.

Enjoy a game from the LPL supply or bring your own. Hang out with old and new friends in the LPL auditorium. This month's Fun & Games is at a special time!

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.

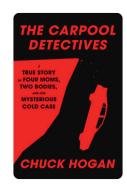


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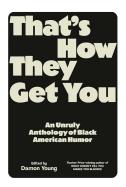
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NONFICTION

The Carpool Detectives by Chuck Hogan

The true story of moms turned sleuths who take on a 15-year-old double murder in this thrilling, emotional DIY true crime investigation.



NONFICTION

That's How They Get You Edited by Damon Young

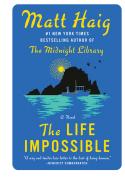
A bold, funny, politically charged collection of Black humor that roasts, ignites, and reveals why Black American wit is as sharp as it is essential.



FICTION / WESTERN

The Heart in Winter by Kevin Barry

Star crossed lovers Tom O'Rourke and Polly Gillespie encounter a pack of deranged gunmen as they seek safety and anonymity in San Francisco.



FICTION / GENERAL

The Life Impossible by Matt Haig

Grace Winters, a retired teacher from England, gripped by grief, takes the chance of a lifetime upon the arrival of a mysterious letter.

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

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

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.

Hand & Foot

Tuesday/Thursdays, 1 p.m. BC Community Center, 712 Chapel St., Baldwin City

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

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.

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.

"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.

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.

NEW Foundations of Faith Exhibit

Tuesday—Saturday through Sept. 20, 10 a.m.—4 p.m. Watkins Museum, 1047 Massachusetts St., Lawrence

Shortly after the New England Emigrant Aid Society founded Lawrence in 1854, churches emerged to provide spiritual guidance and support to settlers. These early churches helped Lawrence rebuild after Quantrill's raid, worshipped together during the Great Revival of 1872, and supported each other during building campaigns and in times of need. Through images and artifacts, some of them borrowed from local churches, this exhibit tells these stories and more.

Eudora Farmers Market

Tuesdays, Sept. 2, 16, 23, & 30, 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.

NEW Empowered Caregiving

Wednesday, Sept. 3, 11 a.m. - 12:30 p.m. Monday, Sept. 29, 6-7:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Join LPL for an uplifting presentation by Michelle Dillon with the Jayhawk Area Agency on Aging (JAAA). Empowered Caregiving is designed for those caring for senior adults, offering a heartfelt conversation about the challenges caregivers face—and the vital support available to them. This event will explore local resources, respite care options, and tools to help caregivers feel supported, informed, and empowered in their journey. Questions? Contact: Gabby gboyle@lplks.org.

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.

Game Time at BCL

Thursdays, 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.

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.

Cottin's Hardware Farmers Market

Thursdays, 4-6 p.m.

Cottin's Hardware, 1832 Massachusetts St., Lawrence

Several local vendors with fresh produce, meats, baked goods and more! Live music, Free State beer and hot food vendors all in the parking lot behind the store.

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.

NEW Birding Basics

Saturdays, Sept. 6, 20 & 27, Various Times Lawrence Public Library, 707 Vermont St., Lawrence

Join LPL for the Birding Basics series, in partnership with Lawrence Bird Alliance and Audubon of Kansas. Upcoming topics include crows and other corvids, migration, and the state of Kansas birds. Questions? Ask Jake: jvail@lplks.org.

NEW LMH Annual Health Fair

Saturday, Sept. 6, 7:30-10:30 a.m.

LMH Health Hospital, 330 Arkansas, Lawrence

Health and wellness information exhibits provided by many LMH Health departments and local not-for-profit health agencies. Free health screenings provided by local physicians and practitioners. Comprehensive blood work provided with preregistration at www.lmh.org and a nominal fee. Refreshments will be provided!

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!

NEW BC Fashion Show + Garden Party

Saturday, Sept. 6, 5:30 p.m.

Lumberyard Arts Center, 718 High St., Baldwin City

Join the Lumberyard Arts Center for an evening of style and creativity as they highlight local boutiques and apparel designers. Tickets are \$20. The Garden Party at Sullivan Square is sponsored by Standard Grooming Supply and live music by Son Venezuela will follow the show. The Garden Party is a free admission, community celebration. Live music, food and drinks for sale on site.

Lawrence Bird Alliance Field Trip

Wednesday, Sept. 10, 8 a.m.

Douglas State Lake, N. 500 & E. 1750 Rd., Baldwin

This will be an easy ½ mile walk on county roads along the woods. Expect a variety of woodpeckers, wrens, creepers, nuthatches, kinglets and hawks. Some migrant flycatchers, warblers, and thrushes are likely. Nearby at the lake there may be early migrating waterfowl and possibly kingfishers, ospreys or eagles. Contact Roger at rboydbird69@gmail.com for more information.

Textile Open Studio

2nd, 4th & 5th Wednesdays, 10 a.m. - 3 p.m.

Lumberyard Arts Center, 718 High St., Baldwin City

Beginners all the way to advanced textile artists are invited to the Quilt Capital of Kansas for this free open studio. Bring your supplies and projects: Lumberyard has the space and expertise! Those without prior experience can try their hand with introductory projects.

Senior Sessions at the Spencer

Thursday, Sept. 11, 10:15-11 a.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Join Curator Sydney Pursel as she discusses the exhibition "My Mother's Tongue Ties Me Together," featuring the 2025 Charlotte Street Visual Artist Award recipients. Senior Sessions are designed with accommodations for older adults and open to all.

Main Street Market

Thursday, Sept. 11, 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.

Grandparent Class

Thursday, Sept. 11, 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.

Happy Time Squares

Second Friday, Sept. 12, 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! September will be the Roaring Twenties Dance. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

NEW Lawrence Art in the Park 2025

Saturday - Sunday, Sept. 13-14, 10 a.m. - 5 p.m. South Park, 100 W. South Park St., Lawrence

Art in the Park is a juried fine art and fine craft event with 125 artists booths, 12 bands and a wide variety of sweet and savory food trucks! Art in the Park is a Lawrence tradition dating back to 1964 and is the Lawrence Art Guild's premier fundraising event.

> (continued on page 18)

NEW Summer's End Cruise-In

Saturday, Sept. 13, 10 a.m.—3 p.m. Broken Arrow Park, 300 W. 31st St., Lawrence

The annual Summer's End Cruise-In will be a great day at the park with cool cars, delicious food, and family fun! This is a fundraising event benefiting Douglas County youth programs.

NEW Friends of the Art Museum Fall Reception

Thursday, Sept. 18, 5:30-7 p.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Join the Friends of the Art Museum to celebrate a new season of special exhibitions featuring works by regional artists and from overseas. Contact fam@ku.edu or 785.864.4710 to learn more about Friends of the Art Museum, become a member, and join the party!

NEW Social Stitch Night at Yarn Barn

Thursday, Sept. 18, 6-7:30 p.m.

Yarn Barn, 730 Massachusetts St., Lawrence

Join the Yarn Barn for a social evening of yarn and fiber friends. This will be the first day of the KC Yarn Crawl, so the shop will be open until 8 pm. Space will be set aside for the social stitchers, so grab your needles and come join in for a special stitch night.

Third Friday Market

Friday, Sept. 19, 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 Border States Antique Show & Sale

Saturday, Sept. 20, 9 a.m. - 2 p.m.

Douglas County Fairgrounds, 2120 Harper St., Lawrence

This event will have 100+ tables of antique insulators, bottles, jars, postcards, telephones, advertising, and other miscellaneous table-top antiques and collectibles, including marbles, railroadiana, barbed wire, and depression glass. Breakfast and lunch are available on site. Free insulator and bottle appraisal available. New dealers are welcome to buy, sell and trade. Email kansasbottles@gmail.com for more information.

NEW Big Hair on the Square

Saturday, Sept. 20, 6 p.m.

Sullivan Square, 710 High St., Baldwin City

Double-check those shoelaces, because the Baldwin City Recreation Commission is about to rock your socks off. Join BCRC for a night of music, food, and fun!

NEW Eudora Area Historical Society

Saturday, Sept. 20, 7 p.m.

Eudora Community Center, 1630 Elm St., Eudora

Join the EAHS for the "Kansas River Presentation" by Dawn Buehler, Executive Director of Friends of the Kaw. All EAHS programs are free and are also live streamed on Facebook!

IFPA Pinball Tournament

Sunday, Sept. 21, 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.

Upright University

Tuesdays/Thursdays, Sept. 23—Oct. 30, 1:30 or 2:30 p.m. Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence Join LMH Health Therapy Services for this supportive, engaging and challenging class designed to help you improve balance and coordination, build strength and flexibility, gain confidence in daily activities, and reduce your risk for falls. Upright U! is a group exercise program led by a PT and/or PT assistant focusing on movement with simple and effective strength and balance activities. The cost is \$85, and scholarships may be available upon request. Contact Brett Romme at 785-505-5840 for more information.

Bingo Game Night

Tuesday, Sept. 23, 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.

Harvesters Rural Mobile Food Distribution

Thursday, Sept. 25, 10-11 a.m.

Stull Community of Faith, 1596 E. 250th Rd., Lecompton

Harvesters makes a delivery of perishable food items to the church campus, and volunteers then sort and offload these items into cars as they line up in the parking lot. Anyone in need is welcome to come through the line. You will just need to provide name, zip code, and how your family unit is split by children, adults, and seniors. Food is distributed first come, first serve.

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 Cottonwood Art Show

Friday, Sept. 26, 5:30 p.m.

Lawrence Arts Center, 940 New Hampshire St., Lawrence

Don't miss the fabulous 25th Annual Consumer Art Show, presented by Cottonwood, Inc. Retirement/Day Enrichment Services. The artists have been working hard and look forward to showing off their amazing pieces. Proceeds from the art go directly to the artists.

Introductory Tai Chi with Lawrence Academy of Tai Qi Saturdays, Sept. 27—Nov. 15, 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.

Yoga at the Library

Sunday, Sept. 28, 11:30 a.m. — 12:30 p.m. Lawrence Public Library, 707 Vermont St., Lawrence

Join us for an hour of yoga with Suzi from Bluestem Yoga! Beginners are definitely welcome. Bring your own mat if you have one. Questions? Email Melissa at:

mfisherisaacs@lplks.org. No experience or registration needed.

AAL Public Telescope Observing

Sunday, Sept. 28, 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 Tech Time at Baldwin City Library Monday, Sept. 29, 3—4 p.m. Baldwin City Library, 800 7th St., Baldwin City

Have questions about your phone or tablet? Can't figure out how send a text or email a photo? Bring your tech questions to Tech Time and BCL will do their best to answer them.

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.

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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