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events in October.**

Reflecting on My Summer Internship

By Katie Mastrosimone, Summer Intern, Bishop Seabury Academy Senior

Prologue: In the spring of 2025, the staff at SRC received a request to place a student from Bishop Seabury Academy, a private 6-12 school in Lawrence, as a summer intern. This idea intrigued the staff because we have never had a person this young with us before. There was a lot of planning and preparation by the school to match the students up with different area nonprofit agencies. We were notified that Katie Mastrosimone had indicated interest in being paired with us, and we were thrilled! We asked Katie to write a story for Better Senior Living about their summer experience here.



When I, a junior at Bishop Seabury Academy, applied for a summer internship at the Senior Resource Center, I didn't know what to expect.

What I found were stories.

I did lots of things in my time here: filled out forms for nonprofit tax rebates, database entry, ride-alongs with Senior Wheels, volunteered for tech-help Tuesdays, participated in some of the fun activities in the building, and more. With each new task, I learned something new, but the most important were the stories.

On my first day doing a ride along for Senior Wheels, I showed up at the Center at 7:45 a.m. I rode along with a driver named LeMarie and I was assured, she's a riot. I learned quickly that the description provided didn't nearly cover it. I was handed a clipboard where I was to record the mileage and time for each of our stops. LeMarie cranked the AC (I wanted to make a good impression so I was wearing a button-up shirt and dress pants—big mistake for the summer

heat). Our first stop was at the edge of Lawrence where we picked up our first rider of the day. Here's where we got to talking. LeMarie told me about her trips down South to visit her family (I had never been to the South unless you count Florida). She told me about her school and growing up. Asian, Catholic, and a girl—worst combination there is. By the time our few hours were up, I felt like I knew more about this woman that I'd just met than half the people at my school.

Of the riders, I had expected interesting people, but I never anticipated the variety. First, a pair of men with disabilities: one took my seat in the front while I sat in the back with the other. I talked with him about Mario Kart and Pokemon the whole ride. Next, we picked up a woman from the doctor's office and she showed us where her kids had built her a new railing to get from her driveway to the front door. I helped her out of the car and she smiled at me while I clutched my trusty clipboard. Then, a married couple and maybe the most in love people I've ever

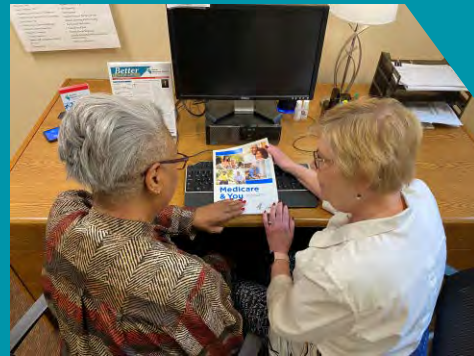
*(continued on
page 22)*

Introducing Friends of Senior Resource Center!



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Kind, knowledgeable support in times of crisis



Welcome smiles



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Education



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Everyone you know is either a senior or a future senior. Your financial contributions to the Friends of Senior Resource Center will support programs for seniors of today and seniors of tomorrow.

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Friends of Senior Resource Center is an independent 501c3 charitable organization. You can make a one-time donation or set up a recurring donation. Call us at 785-842-0543 to discuss!

- Find the link to Friends of Senior Resource Center's online giving by visiting www.DgCoKS.gov/SRC
- Set up a recurring payment via your bank's online bill pay system.

ADD TO OUR ENDOWMENT FUND

You can support seniors in Douglas County in the long-term by contributing to Friends of 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 seniors in Douglas County. **Ask your financial advisor how you can blend this type of gift into your overall financial plan.**

PLANNED GIVING

Set aside a gift to the Friends of Senior Resource Center in your will or name FSRC 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 13.

Officially a Department of Douglas County

By Megan Poindexter, SRC Department Manager



If you've been reading along for the past 15 months, SRC has been working with the administration and other department heads at Douglas County to merge in as a new County department.

As of October 1, 2025, it's official! Everything is different ... except ... not really anything is different!

WHAT HAS CHANGED:

Our website URL is now www.DgCoKS.gov/SRC. (But if you go to our old site by accident, you will be redirected to the new site.)

Staff emails are now @DgCoKS.gov.

For example: mpoindexter@DgCoKS.gov

(But for a while, we will still receive emails sent to our old @YourSRC.org email addresses.)

WHAT HAS NOT CHANGED:

Staff! All the same people you are used to seeing at 745 Vermont or driving our Senior Wheels vans are still here!

Phone numbers. You can still reach us at 785-842-0543 (or any of the direct staff or program lines you are used to calling).

Location. You will still find us at 745 Vermont in Downtown Lawrence.

Hours of operation. The building is still open M—F from 8:30 a.m.—4:30 p.m. Senior Wheels hours of operation will still be M—F from 7:00 a.m.—3:30 p.m.

Programs and Services. Everything we've been doing is what we are still doing! We are here to help all Douglas County's older adults live their best possible quality of life. This includes (but is not limited to) transportation, Medicare counseling, resources and referrals to navigate life's changes, and a wide variety of recreational, educational, and social-engagement activities happening every day. All of these programs are still free or low-cost!

Support from Douglas County. The Senior Resource Center staff and other operating expenses have always been financially supported by Douglas County, but it has been in the form of annual grants. These costs of doing business are now part of the Douglas County general fund's budget instead of their Community Partner or Service Partner budget.

The importance of your generous donations. You can now make donations to the Friends of the Senior Resource Center! This is a new name, but it is the same mission. I will still be your contact at the Friends, which has an independent Board of Directors as a private 501c3 charitable organization. All monies raised will go to support services and programs to help Douglas County's older adults live their best possible quality of life (same as the rest of SRC). But these dollars will help fund the expenses related directly to all the programs, services, and activities. I think donors will love knowing that their gifts make a very direct impact on this mission!

If you have any questions or concerns about anything that has changed—or anything that hasn't changed—you can reach me at mpoindexter@DgCoKS.gov or at 785-842-0543!





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

Learn more about Michael’s story at [KansasVNA.org](https://www.KansasVNA.org)

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Better Senior Living

Senior Resource Center for Douglas County is a department of Douglas County and operations are funded through the County’s general fund. Special programs are funded by Kansas Department of Aging and Disability Services, Kansas Department of Transportation, and Friends of Senior Resource Center.

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For calendar listings or other content submissions, contact SRC at contact@DgCoKS.gov

For advertising, contact SRC at contact@DgCoKS.gov or 785-727-7880.

Senior Resource Center for Douglas County is funded by the Douglas County General Fund • Kansas Department of Aging and Disability Services • Kansas Department of Transportation • Friends of the Senior Resource Center

Senior Resource Center for Douglas County does not discriminate on the basis of race, religion, age, sex, color, ancestry, national origin, disability, sexual orientation, or size. If you think that you have been discriminated against, you have the right to file a complaint with Senior Resource Center for Douglas County.

745 Vermont Street, Lawrence, Kansas 66044 • 785-842-0543 • TDD: 1-800-766-3777 • www.DgCoKS.gov/SRC

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Anticipated Changes in Medicare in 2026

By Lori Phillips, SRC Medicare Program Specialist

Advice for Medicare Beneficiaries: Be vigilant! For many of us, 2025 has been a year of constant changes. Not all were unexpected, but the uncertainty of “what happens next?” is a nagging constant. Some small changes, including price increases, will affect everyone with Medicare in 2026.

Your Part D Drug plan might work well this year, but there is no way to know for sure how well it will cover your needs in 2026, unless you review your plan during Medicare Open Enrollment, October 15 through December 7.

The passage of the Inflation Reduction Act (IRA) in 2022 helped many Medicare participants save millions of dollars on prescription drug costs. Some provisions of the IRA needed to be codified, or they expired. The new administration did not follow all the recommendations of the previous administration, so some benefits will be reverting while other slightly amended benefits will be staying around in 2026.

One anticipated change will be the increase of Medicare Part D and Medicare Advantage plan premiums. Some premium increases could be substantially higher. The Part D Premium Stabilization Demonstration, a one-year program (with an optional annual extension for up to two years), helped keep Medicare Part D premium prices low for beneficiaries. So far, there has been no mention of extending it in 2026.

In 2026, the Medicare Part D out-of-pocket spending cap will be \$2,100 (a \$100 increase over the 2025 limit of \$2,000). When you have reached that \$2,100 cap, you will pay **nothing** for covered Part D drugs for the rest of the year.

Another continuing IRA benefit is the “Medicare Prescription Payment Plan” for those who must pay high drug costs at the beginning of the year. All Medicare Part D Medicare prescription drug plans and Medicare Advantage plans offer payment plans to pay out-of-pocket prescription drug costs. If you had a payment plan this year, you will automatically be enrolled into a payment plan in 2026.

Take control of your healthcare by choosing how much you pay for your prescriptions. Review your drug coverage for 2026 between October 15th and December 7th. Do not let these changes catch you off guard. Let us help you be prepared.

We’re taking Medicare Open Enrollment appointments now. Make your appointment as soon as possible! Go to our website www.DgCoKS.gov/SRC or call our Medicare Helpline: 785-727-7872.

Please bring your Medicare card, an updated list of your prescription medications, a valid email address and your username/password for your www.Medicare.gov online account (in your shiny plastic SHICK folder if you have seen us recently). Also, if you have Medicare Advantage, bring a list of your preferred medical providers. We will help you access your online account if you forget.

P.S. Remember to get your scheduled vaccinations this year!

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8 ounces cream cheese, room temperature
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In a mixing bowl, add all the ingredients. Beat until the mixture is light and fluffy, about 5 minutes. Refrigerate in an airtight container. Use to top a bagel or toast, or as a dip for apples!



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-William H (Listener)

SRC Staff Highlight

PAIGE HILL

Join us in recognizing Paige Hill!

Paige is one part of the fabulous front desk duo at Senior Resource Center who welcomes each person who visits us. We are grateful to have this fashionista on hand to aid in the daily running of SRC. If you have ever visited on a Friday (and sometimes on other days, too) she has been there to welcome you in!

Thank you, Paige, for everything you do!



PAIGE HILL

ADMINISTRATIVE ASSISTANT

Are Executive Orders a Law?

By Peyton Weatherbie, Elder Law Attorney



Q : I keep hearing about all the executive orders that President Trump is signing, but I'm not sure what that means. Are they laws?

A : Executive orders are not laws, though they are often discussed alongside them. Instead, they are instructions presidents give to federal agencies on how to enforce and carry out laws passed by Congress. Once issued, agencies treat them as lawful, quickly shifting regulations, policies, enforcement priorities, and even government websites to match.

Except for William Henry Harrison, who died after a month in office, every U.S. president has issued at least one executive order. Many are routine, such as declaring a federal holiday, but others have been among the most significant, and some the most troubling, actions of the federal government.

One of the most famous executive orders was President Lincoln's Emancipation Proclamation changing the legal status of more than 3.5 million enslaved Americans in Confederate states. Another was President Eisenhower's order deploying the National Guard to enforce school desegregation. On the darker side of history, President Roosevelt issued an executive order forcing the relocation and internment of Japanese Americans to concentration camps during World War II. More recently, during his second term, President Trump rescinded President Johnson's order requiring government contractors to comply with civil rights obligations. So far in 2025, President Trump has signed 196 executive orders, many controversial in nature.

How can we determine whether an executive order is lawful, or whether it goes too far? If it creates rights, duties, or penalties beyond existing laws or presidential powers, it violates the Separation of Powers Doctrine and is unlawful. If it enforces a law in a way that violates the Constitution, for example infringing on the Fourteenth Amendment's guarantee of equal protection, it's unconstitutional, even if the President had authority to issue it. In either case, the courts play a crucial role in clarifying the extent of the president's power to enforce the order.

Judges have blocked enforcement of President Trump's order on birthright citizenship, citing violations of the Fourteenth Amendment's Citizenship Clause. Another judge quickly halted an order implementing a widespread freeze on most federal grants and loans that don't align with the administration's goals. Critics referred to this as a "blanket freeze" of funding. Agencies argued that it was unclear which aid was to be frozen. The judge placed a temporary pause on the order due to the complexity and ambiguity of the order's guidance and resulting confusion. The President's response was to rescind the "blanket freeze" a day later.

There are two other "checks" to executive orders. A future president can amend or rescind an order, as Trump did with Johnson's executive order requiring government contractors to comply with civil rights obligations. Congress can also enact a law that reverses an order, so long as Congress has the constitutional authority to legislate the issue. However, this is difficult for Congress because the President retains veto power. To override a presidential veto, Congress needs a "supermajority," two-thirds vote, which recently has been a very rare occurrence. More often, Congress uses its spending power to choke off funding, effectively killing an order.

Executive orders can have a significant impact on federal policy affecting people's daily lives, from accessing health care, housing, social services, and education. They can be an effective tool to carry out policy within the scope of the law, but they can also cause chaos and confusion.



Molly M. Wood and Peyton Weatherbie are partners at Stevens & Brand, LLP, in Lawrence, Kansas, where they practice 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.

Now is the Time to Prepare to Vote

By Jamie Shew, Douglas County Clerk



Have you prepared to vote for the General Election held on November 4th? In addition to voting in-person, check out these other convenient ways to vote.

ADVANCE MAIL VOTING

Any registered voter in Douglas County may request an advance ballot by mail. Ballots are mailed 20 days before the election.

Once you receive your ballot, follow these simple steps to protect your vote:

Do not let another person tell you how you should vote. If you are physically unable to vote your ballot, be certain that the person assisting you can be trusted and is NOT: with a political campaign; your employer; agent of employer; or officer or agent of a union to which you are a member. If you do require assistance, an "Affidavit of Assistance in the County of Douglas, State of Kansas" must be completed on the back of the return envelope (Section 2). If you are unable to sign the advance envelope, someone may sign on your behalf (Section 3).

A person with a permanent illness or disability may apply at any time for permanent advance voting status using an Application for Permanent Advance Voting Status (PDF format). Once a voter obtains permanent status, the county election officer automatically sends the voter an advance ballot by mail for every election in which they are eligible to vote.

The voter must specify the nature of the permanent physical disability or illness that makes it difficult or impossible for the voter to go to the regular polling place to cast a ballot. A permanent advance voting applicant is not required to provide a physician's record or signature, but the applicant should be specific as to the nature of the sickness or disability; using "age" or "failing health" is not adequate.

CURBSIDE VOTING

Voters with disabilities or limited mobility have a right to choose to vote curbside (outside the polling place or advance voting location). If you need to access curbside voting, please call (785-832-5267) in advance to let staff know you would like assistance.

Douglas County Elections offers voters many options to register, update their voter registration, request an advance mail ballot, or find your polling location on our website www.douglascountyelections.com. But we are always happy to speak to you on the phone or in person.

Call 785-832-5267 or visit our office located at 711 W. 23rd St, Suite #1 in Lawrence.

←Insert Your Ballot, Seal This Envelope with First Glue Strip Here. Sign Below, →

1 Statement of Advance Voter

Failure to sign will invalidate ballot

I hereby declare that I marked the enclosed ballot and that such ballot was enclosed and sealed in this envelope by me.

Print Name of Advance Voter

Voter sign here in ink:

X

Signature of Advance Voter

DATE

☐ Optional: I hereby authorize the person who completed and is named in Statement 2 to mail or deliver my advance voting ballot to the county election office.

2 Statement of Person Assisting Voter

Check the statements that apply

☐ I hereby acknowledge that I have been designated by the voter to mail or deliver the enclosed advance voting ballot to the county election office and affirm that I will deliver such ballot as instructed by the voter and I have not exercised undue influence on the voting decisions of the voter.

☐ If assisting a voter with an illness, disability, or lack of proficiency in the English language, I hereby affirm that I have not exercised undue influence on the voter's decisions and have marked the ballot as instructed by the voter to whom the ballot was issued.

☐ I have not transmitted or delivered more than 10 advance ballots on behalf of other persons during this election.

Print Name of Authorized Person

Signature of Authorized Person

DATE

←Lay Privacy Flap Flat and Affix Second Glue Strip Here→

3 Statement of Person Signing on Behalf of Advance Voter

Only if Advance Voter is Physically Unable to Sign

My signature constitutes an affidavit that the person for whom I signed the envelope is a person who is physically unable to sign such envelope. By signing this envelope, I swear this information is true and correct, and that signing an advance ballot envelope under false pretenses shall constitute the crime of perjury.

Print Name of Person Signing on Behalf of Voter

Signature of Person Signing on Behalf of Voter

DATE

Is this YOUR envelope?



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www.DgCoKS.gov

Medicare@DgCoKS.gov

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Do You Have a Health-Emergency Go-Bag?

By SRC Staff Writers

Many of us are familiar with the idea of a “go-bag” as a tool in case of a tornado or other natural disaster. Generally speaking, a go-bag is literally a bag you could grab—and go—quickly in the case you needed to leave your house or run to the basement. It is full of the things you need to survive for a few days until help can arrive. It might include bottled water, nonperishable food, flashlight, radio, batteries, cell phone charger, medication, and essential documents.

However, have you considered a go-bag that is ready in case you have an unexpected health emergency and need to go to the hospital?

For many people, a health-emergency go-bag would be a wise precaution. According to many health experts, older adults or people with chronic conditions should have a go-bag at the ready because nearly a quarter of hospital emergency room visits for older adults turn into hospital stays.

The suggestion is to have a duffle bag or backpack that lives near your door (so even an ambulance team would be able to grab it, or a neighbor could find it to bring to you). Inside, put extras or duplicates of the necessities you might need for a couple days in the hospital. (Longer stays than that would require a different level of preparedness, and a neighbor or family may need to bring you additional supplies later.)

What would you put into your health-emergency go-bag? Consider the following items:

- Toiletries (toothbrush, hairbrush, etc.)
- List of current medications, and maybe a few of the medications themselves (especially if you have any specialty medications that the hospital’s pharmacy may not keep in stock—but you may need to check them for expiration dates on a regular basis)
- List of allergies and/ or other important health information, such as if you have a pacemaker or asthma
- Copies of paperwork such as Power of Attorney, Living Will, or a TPOPP
- Copy of ID and insurance (Medicare) cards
- Glasses and/ or hearing aid batteries
- Underwear, pair of slippers, cozy socks, robe, and a comfy “going home” outfit
- Cell phone charger
- Book, deck of cards, or other form of entertainment to pass the time

A health-emergency go-bag would be good when traveling, too. If you were out of town and had an emergency, it would be just as useful. So, throw it in with your luggage if you can!

No one likes to think about having a health emergency, and that makes it easy to put off precautions and preparations. But it is hard to think clearly during a health emergency. So, having a go-bag at the ready would make that unpleasant experience just a little bit easier.

MARK YOUR CALENDAR

Part D Drug and Medicare Advantage plans change costs and coverage every year. Schedule your Medicare Annual Open Enrollment checkup with SRC starting **October 1!**

www.DgCoKS.gov/SRC
785-727-7872
Medicare@DgCoKS.gov

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Leisure and Learning Activities

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* Qi Gong Group**

Mondays, 2—3 p.m.

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 class is led by SRC's new Qi Gong instructor Linda Dean. Email kluce@DgCoKS.gov with questions.

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 McDanel, is designed to strengthen muscles and increase flexibility and can be altered to accommodate all fitness levels. Most poses will be done in a chair, with some done using the wall for balance. The cost is \$30 for an 8-week session, and you provide your own yoga mat. This class is currently full, but to be added to the waiting list, contact Kim at kluce@DgCoKS.gov.

Death Café

Second Monday, Oct. 13, 4—5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Tuesday Artists

Tuesdays, 9—11 a.m., come and go as you're able
Senior Resource Center, 745 Vermont St., Lawrence

Stop by every Tuesday and join a gathering of fellow senior artists. Bring your own art project and supplies and enjoy sharing your techniques and creations with fellow artisans while you work on your own current projects. For information, call 785-842-0543.

Experienced Tai Chi Group

Tuesdays & Thursdays, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

KLWN Radio for Grownups with SRC

Every other Tuesday, Oct. 7 & 21, 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

First and Third Tuesdays, Oct. 7 & 21, 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 & 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!

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 jiikenberry@DgCoKs.gov/SRC.

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.



Miller Retirement Group Grief Support Circle
Every Other Wednesday, Oct. 8 & 22, 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.

Grief and Loss Support Group
Second & Fourth Thursdays, 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.

***NEW* Limb Loss Support Group**
Second Thursdays, 3:30 p.m.
LMH Conference Room A, 330 Arkansas, Lawrence
Have you experienced a loss of a limb and would like the opportunity to connect with other people with amputations? If so, please join LMH Therapy Services as they connect the Lawrence and surrounding community limb loss survivors and offer additional education and opportunities to meet with local providers. Contact PT Jodi Morgan at 785-505-2712 for more information.

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.

NEED A NOTARY?

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

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

Senior Strength Training
Mon/Wed/Fri, Oct. 27—Dec. 12, 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. A variety of strength training equipment will be used, including free weights, resistance tubing, and bands. Instructor: Melanie Johnson.
Class Code: 427233, \$63.

Aerobic Dance and Tone
Mon/Wed/Fri, Oct. 27—Dec. 12, 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, \$63.

LaBlast
Tuesday/Thursday, Oct. 28—Dec. 11, 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, \$51.**

Tai Chi for Health
Tuesday/Thursday, Oct. 28—Dec. 11, 5:30—6:15 p.m.
Community Building, 115 W. 11th St., Lawrence
Experience how Tai Chi's slow and gentle movements work to restore harmony, improve balance, and boost health. The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr. Paul Lam, a retired Australian family physician. Its purpose is to empower people to improve health and wellness through modernized tai chi programs, based on authentic tai chi forms. Class instructors are trained and certified by the TCHI. Participation requires no equipment or floor work. No class the week of Thanksgiving. Instructor: Susan Pomeroy.
Class Code: 427503, \$51.

Lifelong Travel

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

Stitch & B*tch
Monday, Oct. 20, 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, Oct. 21, 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. In October, Dr. Cole McGregor, orthopedic surgeon, will talk about foot and ankle health as you age.”

Dessert and A Movie—on Zoom
Thursday, Oct. 16, 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. For October, the movie is “Alive Inside: A Story of Music and Memory.” The special guest will be Gabe Lewis-O’Connor, director of the Lawrence Children’s Choir.

Tech Club—on Zoom
Thursday, Oct. 2, 4—5 p.m.
Keep your tech skills sharp and impress your kids and grandkids. Each month we dive into a new Tech Club topic with guidance from experts. For October, explore the exciting world of artificial intelligence (AI) prompts!

Wine Around the World—on Zoom
Thursday, Oct. 9, 5—6 p.m.
Wine Around the World returns for another “intoxicating” season with Steve Wilson of City Wine Market. Steve selects 2 wines to showcase each month in this very popular series. Check the library calendar for featured wines. Wine purchases are optional.

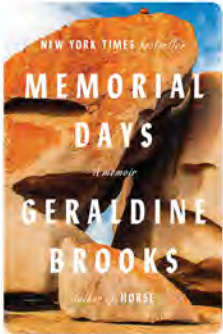
Coffee Break—on Zoom
Fridays, Oct. 3—24, 10 a.m.
Brew up a cup o’ joe and hang out in the weekly coffee group. There is no agenda, so topics range from current affairs to garden gnomes. It’s a great way to get local suggestions and meet new friends. Email LLewis@LPLKS.org to join.

Halloween Bingo with Cathy Hamilton
Final Friday, Oct. 31, 10 a.m.—12 p.m.
Dust off your favorite Halloween costume and join LPL for some raucous rounds of Halloween Bingo with Cathy Hamilton. And yes! There will be refreshments and special prizes.

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

707 Vermont | Lawrence, KS 66044



NONFICTION
Memorial Days
by Geraldine Brooks
When Geraldine Brooks loses her husband, grief waits. On a remote island years later, she finally reckons with love, loss, and how we mourn.



NONFICTION
Abundance
by Ezra Klein, Derek Thompson
Feeling overwhelmed by the news? Abundance offers hope. Klein and Thompson show we can build a better future—if we choose to start now.



FICTION / HORROR
This Cursed House
by Del Sandeen
Set in the 1960s, Jemma Barker, a young Black woman, arrives from Chicago to New Orleans to work for a mysterious family who may be cursed.



FICTION / GENERAL
The Mighty Red
by Louise Erdrich
Lives intertwine at a wedding in Argus, ND, where interpersonal struggles, large and small, are explored with humor and heart.

BALDWIN CITY RECREATION

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

Pickleball
Mon/Thurs, 6:30—8:30 p.m.
Baldwin Primary Center, 500 Lawrence St., Baldwin City
Tuesday/Friday, 11 a.m.—1 p.m.
BC Community Center, 712 Chapel St., Baldwin City
All levels are invited. Paddles and balls are provided. Free admission, no registration required.

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

***NEW* Lunch Bunch**
Wednesday, Oct. 22, 11 a.m.
Meet at Community Center, 712 Chapel St., Baldwin City
Join the Active Adults for a relaxed lunch outing to Merchants Pub & Plate in Lawrence. Choose your own meal, pay your own way and leave the driving to BCRC! To register, email Shaunacee at shaunacee@baldwinreg.org.

Coffee and Donuts
Third Friday each month, 9—10 a.m.
BC Community Center, 712 Chapel St., Baldwin City

***NEW* Historic Kansas State Penitentiary Tour + Lunch**
Friday, Oct. 10, 10 a.m.
Meet at Community Center, 712 Chapel St., Baldwin City
Step inside one of the nation’s oldest prisons on a guided tour of the Historic Kansas State Penitentiary, where you’ll gain unique insights into the corrections system from guides such as a former warden, officer, or even inmate. To register, email Shaunacee at shaunacee@baldwinreg.org.

Pitch and Snacks
1st and 3rd Fridays, 6 p.m.
Baldwin City Library, 800 7th St., Baldwin City

EUDORA PARKS & RECREATION

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

Pickleball
Monday/Wednesday/Friday, 9—11 a.m.
Wednesdays/Thursdays, 5—8 p.m.
Call Eudora Rec Center for more details and cost to play. Equipment provided.

Missfits
Monday/Wednesday/Friday, 11 a.m.—12 p.m.
Engage in low-impact exercises to improve strength, flexibility and balance in this self-run women’s fitness class for ladies 50 and up. The routines are adaptable to various fitness levels and may include walking, stretching, or light resistance training. A fitness center membership is required.

Cards with Friends
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!

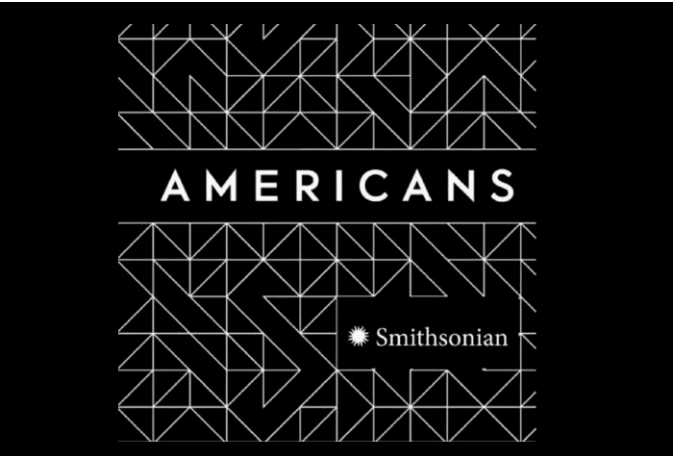
Sundays with Sacha—Yoga & Pilates
Sundays, 6—7 p.m.
\$80 for 10 classes or \$10 drop-in. Bring your own mat.

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.

COMMUNITY EVENTS

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.

***NEW* Americans Exhibit**
Through Oct. 4, 10 a.m.—4 p.m.
Watkins Museum of History, 1047 Mass St., Lawrence
The Watkins will be the first host in Kansas of an exciting traveling exhibition. *Americans*, developed by the Smithsonian’s National Museum of the American Indian and Museum on Main Street, explores how American Indians have been part of the nation’s identity since before the country began. The Watkins is hosting *Americans* in partnership with Humanities Kansas and the Haskell Cultural Center. In addition to this insightful exhibit, community members can view supplemental exhibitions about Haskell Indian Nations University, Indigenous Peoples of Franklin County, Kansas, and the Sacred Red Rock project.



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.

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.

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.

***NEW* KLS Legal Outreach Clinic**
Thursday, Oct. 2, 1:30 p.m.—4:30 p.m.
DGCO Human Services Building, 2518 Ridge Ct., Lawrence
Kansas Legal Services will hold a 30-minute presentation at 1:30 p.m. about Powers of Attorney, Living Wills, and the basics of Estate Planning, followed by an opportunity to have advance directive legal documents such as Powers of Attorney and Living Wills prepared on the spot for free. Attorneys will be available to meet with community members age 60+ about their specific legal concerns. Legal advice on additional topics such as Probate, Collection, and Family Law, or any other civil legal matter, can be provided.

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* Stocktoberfest 2025**
Friday, Oct. 3, 5—9 p.m.
Venue 1235, 1235 US-40, Lawrence
Help stock the shelves at Just Food at their Oktoberfest-themed event featuring local breweries, live music, and food vendors—all supporting the vital work towards ending hunger. General admission tickets are just \$30 and available through the Facebook event.

COMMUNITY EVENTS

Downtown Lawrence Farmers’ Market
Saturdays, 7:30—11:30 a.m.
824 New Hampshire St., Lawrence
Lawrence Farmers’ Market is the perfect spot to grab a locally roasted coffee and a hot sandwich while you shop for your weekly groceries and other local products. With musicians, local organizations, and special events, it’s the perfect place to spend time with friends, family, and the community!

***NEW* Project Mammogram**
Saturday, Oct. 4, 8 a.m.—12 p.m.
LMH West, 6265 Rock Chalk Dr., Lawrence
If it’s been a year since your last mammogram, make time for this important screening! Join LMH for Project Mammogram and cross this item off your to-do list. Call 785-505-3300 to schedule your appointment. Walk-ins are also welcome! Can’t afford a mammogram? The LMH Health Foundation can help. To learn how to receive a voucher to cover the cost, call 785-505-5782.

***NEW* EudoraFest**
Saturday, Oct. 4, 8 a.m.—4:30 p.m.
CPA Park, 9th and Main, Eudora
This annual fall celebration in Eudora includes vendors, food, a car show, live music by Delta Haze, a tractor pull, a health fair, and much more!

Baldwin Saturday Morning Farmers Market
Saturdays through Oct. 11, 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!



***NEW* Kaw Valley Farm Tour**
Saturday, Oct. 4, 9 a.m.—5 p.m.
Sunday, Oct. 5, 11 a.m.—4 p.m.
Locations throughout Douglas County
Get ready for an unforgettable weekend exploring the heart of Kansas agriculture! The 21st annual self-guided tour takes you behind the scenes at 33 incredible farms and six historical Heritage Sites. One \$15 ticket per carload grants entry to everything for the entire weekend. Tickets and maps available at www.kawvalleyfarmtour.com.

***NEW* Oktoberfest at Northside Social**
Saturday, Oct. 4, 4 p.m.
Northside Social, 444 Locust St., Lawrence
Get ready to raise your steins and celebrate the spirit of Oktoberfest with friends at Northside Social! Join this exciting evening filled with authentic German food, special Oktoberfest beers on tap, live music to keep the party going, games, contests, and much more! Whether you’re a beer lover or just looking for a good time, there’s something for everyone!

***NEW* Autumn Harvest Festival**
Sunday, Oct. 5, 11 a.m.—6 p.m.
South Park, 1141 Mass St., Lawrence
Celebrate the Season at the Autumn Harvest Festival, featuring handmade goods, food trucks, live music and a kids’ zone. Stroll through the park and explore handcrafted treasures from talented local artisans, including jewelry, paintings, textiles, pottery, home décor, and more! Don’t miss this chance to shop local and embrace the beauty of the harvest season.

***NEW* Trivia Night at Black Stag**
Mondays, 7 p.m.
Black Stag Brewery & Pub, 623 Mass St., Lawrence
Join the team at Not Rocket Science Trivia for free, live trivia every Monday at 7 p.m. at Black Stag Brewery & Pub. The top teams will receive gift card prizes!

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* Quilter’s Bus Trip Adventure**
Wednesday, Oct. 8, 8 a.m.—7:30 p.m.
Eudora United Methodist, 2084 N. 1300th Rd., Eudora
Join the KC Area Quilter’s Connection for a day of nonsense and shenanigans! Stops will include Quilters Yard in Junction City, Material Girls in Abilene, Stitches in McPherson (lunch here on your own), and Sew in 2 Quilts in Hutchinson. There will be a stop on the way home to stretch/use bathroom. The cost of the trip will be \$47.00 per person. Call Kim Rodman at 785-615-9082 to register.

(continued on page 20)

COMMUNITY EVENTS

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.

Happy Time Squares
Second Friday, Oct. 10, 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! October will be the Apples and Cider Dance. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

***NEW* Ad Astra Meet**
Friday, Oct. 10, 7 p.m.
Advance Auto Parts, 2535 Iowa St., Lawrence
Come show off your cars, meet other car enthusiasts, or just come for some Ice cream and car parts. Ad Astra is a tight-knit group of local Lawrence area car enthusiasts that meet up, cruise, and talk about what they love: CARS. They welcome all makes and models!

***NEW* The Ballard Butterfly Bash**
Saturday, Oct. 11, 11 a.m.—2 p.m.
Ballard Community Center, 708 Elm St., Lawrence
Join the Ballard Center for an amazing event celebrating Ballard’s new mascot, Allie the Ballard Butterfly! Allie celebrates the growth and transformation that kids their early childhood program experience every day, as well as the start of their journeys into kindergarten and beyond! There will be a flutter of butterfly-related events, activities, stories, music, a costume contest, and fun! They’ll also have food on hand, and best of all, there’s no cost!

***NEW* Kaw Valley Field Day 2025**
Saturday, Oct. 11, 3—10 p.m.
Shirk’s Farm, 1359 N. 1900 Rd., Lawrence
Hosted by Save Our Soil Kaw Valley Foundation, this annual event brings together families, farmers, and friends to enjoy local food, music, educational workshops, and fun activities amid the beautiful landscape of the Kaw River Valley. Come for a vibrant celebration of community, agriculture, conservation, and soil while enjoying live music on two stages, hayrack rides, food trucks and beer and wine from local breweries. Free for all ages!

***NEW* 2025 Lawrence EV Show**
Sunday, Oct. 12, 11 a.m.—3 p.m.
South Park, 1141 Mass St., Lawrence
Join the Sustainability Action Network for the Lawrence Electric Vehicle Showcase— a free, family-friendly event where you can explore a wide variety of electric vehicles, from cars and trucks to e-bikes and beyond! This is your chance to see the latest models from local dealers, chat directly with real EV owners, learn about the synergy between electric vehicles and solar power from local experts. Whether you’re curious about EVs or ready to make the switch, this is the perfect opportunity to see it all in one place!

Social Stitch Night at Yarn Barn
Thursday, Oct. 16, 6—7:30 p.m.
Yarn Barn, 730 Massachusetts St., Lawrence
Come join friends at the Yarn Barn after hours for a social evening. Bring a current project and meet other fiber friends. Doors will unlock at 5:45 pm. Don’t forget: metered parking is free after 6 p.m. See you all in the shop!

***NEW* Eudora Schools Foundation Golf Tournament**
Friday, Oct. 17, 11 a.m.
Eagle Bend Golf Course, 1250 E. 902 Rd. Lawrence
Come play golf for a good cause! This tournament is a fantastic opportunity to make a difference in the lives of Eudora students and teachers. Team registration is \$600 and includes green fees, cart, range balls, team and hole prizes, eight prize tickets, lunch provided before the tournament, and afternoon hospitality. Visit www.eudoraschoolsfoundation.org for more information and to register.

***NEW* Maple Leaf Festival**
Saturday—Sunday, Oct. 18—19, 9 a.m.—5 p.m.
Downtown Baldwin, 8th and High St., Baldwin City
The Maple Leaf Festival prides itself on offering a wide variety of handmade crafts from across the country. Booths line the main streets of town and populate the local fire house. In addition, local businesses offer event-only merchandise in and outside their stores. The two-day festival includes a fantastic parade, kids’ zone, live country music all day long, a 5k, and over 300 craft booths to fill two days with family-friendly fun. Review the Schedule of Events to see all that’s offered at www.mapleleaffestival.com.



COMMUNITY EVENTS

***NEW* Sunrise Project Pie Auction**
Saturday, Oct. 18, 12—3 p.m.
Lyons Park, 700 Lyon St., Lawrence
Come join the fun at Sunrise Project’s 11th Annual Pie Auction Fundraiser! This free event also includes a free community meal: Bratwursts, Veggie brats, German Potato Salad and a Greek-style salad. Lots of fun drink options including beer, sparkling waters and fun nonalcoholic made-to-order drinks. The day includes a DJ, silent auction, live pie auction with Bradley Chapin (starting at 1:30), and pumpkin painting and other activities for the family!

***NEW* Northeast Kansas Card Show**
Sunday, Oct. 19, 10 a.m.—5 p.m.
Douglas County Fairgrounds, 2120 Harper St., Lawrence
Whether you’re a fan of sports cards, Pokemon cards or other trading cards, this is the place to buy/sell/trade. Admission is free and there will be a raffle for Chiefs and KU tickets. Vendor tables available for \$45. Call 785-218-3918 for more information.

IFPA Pinball Tournament
Sunday, Oct. 19, 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.

Community Resource Clinic
Tuesday, Oct. 21, 3—5 p.m.
Lawrence Public Library, 707 Vermont St., Lawrence
Drop in to the Lawrence Public Library to learn about community resources and support to meet your critical needs! Every third Tuesday, LPL hosts a different lineup of social service organizations that can provide assistance with things such as financial support, transportation services, healthcare, and more. Questions? Ask Gabby: gboyle@lpks.org.

Harvesters Rural Mobile Food Distribution
Thursday, Oct. 23, 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 served.

Senior Sessions at the Spencer
Thursday, Oct. 23, 10:15—11 a.m.
Spencer Museum of Art, 1301 Mississippi St., Lawrence
Join Curator Sydney Pursel as she discusses the “In’zhúje’waxóbe: Return of the Sacred Red Rock” exhibition and multi-year project to repatriate the 28-ton red quartzite boulder to the Kaw Nation. Senior Sessions are designed with accommodations for older adults and open to all.

Lawrence Bird Alliance Field Trip
Saturday, Oct. 25, 8 a.m.
Clinton Lake Dam, Lawrence
The group will meet on the dam at the pullout by the outlet tower and focus on the identification of numerous waterfowl and gulls. After that, they will travel to the south end of the dam and scope that area of the lake. The last stop will be below the dam to the model airplane field and those wetlands. Contact Roger at rboydbird69@gmail.com for more information.

***NEW* Chess at the Library**
Sunday, Oct. 26, 1—3 p.m.
Lawrence Public Library, 707 Vermont St., Lawrence
Join fellow Chess enthusiasts for a free community chess gathering on the last Sunday of each month. All ages and skill levels are welcome; bring your own board or use one from the Library. Enjoy a relaxed afternoon of open play with friendly competition and intellectual stimulation. Meet new people, sharpen your skills, and enjoy a classic game in a welcoming environment. Questions? Ask Lindin: iscott@lpks.org.

AAL Public Telescope Observing
Sunday, Oct. 26, 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.

Bingo Game Night
Tuesday, Oct. 28, 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.

***NEW* Cooking for 1 or 2: Tips, Tricks & Tasty Recipes!**
Wednesday, Oct. 29, 11 a.m.—12 p.m.
Douglas County Fairgrounds, 2110 Harper St., Lawrence
Join us for an engaging and informative session focused on cooking for one or two people. Whether you’re living solo or with a partner, learn how to make delicious, nutritious meals without the waste or hassle! The class is \$20, and you must register by October 21 at www.bit.ly/extension-cooking-class-october.

***NEW* Civic Engagement 101: The Constitution**
Wednesday, Oct. 29, 6—7:30 p.m.
Lawrence Public Library, 707 Vermont St., Lawrence
Deepen your understanding of the Constitution at this impactful event: “Understanding the Constitution Through a Community Reading.” The evening will start with a brief presentation on the history of the Constitution with University of Kansas Law Professor Amii Castle. After that, students and community members will read selections of the Constitution aloud. This event offers the community a unique and meaningful opportunity to re-familiarize itself with this fundamental document of the United States. No need to register for this event, just show up!

(continued on page 22)

COMMUNITY EVENTS

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.

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.

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!


Reflecting on My Summer Internship
(continued from page 1)

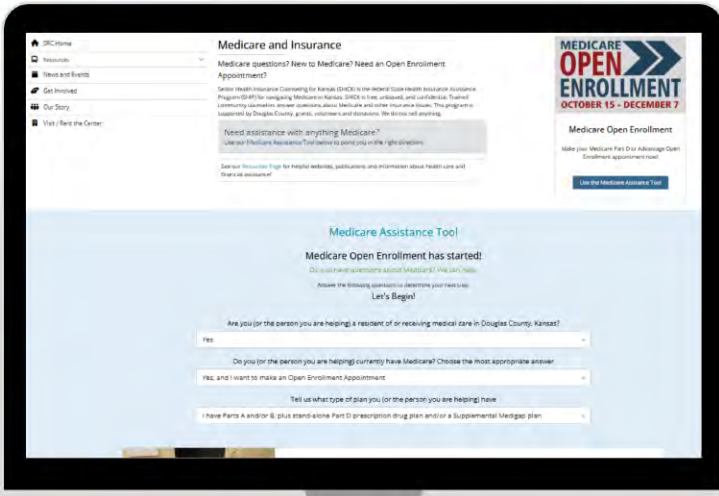
met with their quiet reassurance and familiarity that comes from decades of practice. They were professors at KU before they retired, English and history. As the husband was getting into the van he said, “We’re all just bottles at sea.” I had no idea what he meant by that, but it stuck with me. I hope all these stories stick with me.

I'll end with this: a thank you. For sharing your stories with me and letting me listen. I don't know yet who I'll be or where I'll go next, what stories I'll make for myself. But I know that if I live half the life that the people I've met have lived, it will be a good one.

Schedule your free Medicare Part D or Medicare Advantage Open Enrollment counseling session starting October 1.

Visit our **NEW** website **Medicare Tool** to ensure you are scheduled for the right type of appointment for you!





THIS MONTH IN HISTORY

OCTOBER

2005

20 Years Ago

A neo-Nazi racist parade set to take place in a predominantly black neighborhood in Toledo, Ohio was cancelled due to amount of anti-supremacist protesters.

1985

40 Years Ago

The Kansas City Royals won their fourth game in the “Show-Me” World Series against the St. Louis Cardinals.

1965

60 Years Ago

KTWU, a PBS member and Washburn University owned station out of Topeka, began broadcasting making it the first educational television station in Kansas.

1945

80 Years Ago

The international treaty and instrument of international law, known as the United Nations Charter, came into force after being signed in June.

1925

100 Years Ago

La Revue nègre, an all-Black cabaret, premiered in Paris starring the American actress Josephine Baker, an important step in her work to end segregation in the United States.

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2025 National Presenting Sponsor
Edward Jones

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. But not the time to stop.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.

2025 Walk to End Alzheimer's South Park Gazebo – Lawrence, KS
October 18, 2025
Venue Opens at 8 a.m. | Ceremony at 9 a.m.

Join us at alzwalklawrence.org



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WITHOUT THE
ROAD TRIP.**

Cancer care that's closer to you.

Our new Cancer Center is here, bringing you national accreditation from the Commission on Cancer – the standard setter for quality cancer care. Plus a team of oncologists and the latest treatment options. All in one place.



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