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Long Winter Nights Call for Puzzles

By SRC Staff Writers

Many a person has passed the long, cold nights of winter hunched over a card table, searching for that one needed piece of a jigsaw puzzle. But puzzles aren't only a fun way to pass the time. They have been shown to enhance health and provide cognitive benefits!

According to Harvard Health Publishing, puzzles of all kinds can boost and build up your cognitive reserve, which is sort of like a savings account for your brain. Healthy cognitive reserve can potentially help reduce the risk of developing dementias like Alzheimer's. In fact, one study found that older adults who regularly do number or word puzzles have a brain-age up to ten years younger than their physical age!

Puzzles also require focus and concentration. Working those parts of our brains can help with short- and long-term memory. Jigsaw puzzles are especially good at helping with short-term memory since they require focus on remembering details such as colors, shapes, and patterns.

What about that feeling of exuberance when you find that piece that fits the spot you've been focused on? That is a burst of dopamine in the brain—the happiness chemical. And the feeling of fulfillment upon placing that last puzzle piece can create a better sense of self, better health, and better overall well-being.

Here at SRC, our Game Room is home to many puzzles. We usually have at least one puzzle going, which any guest is welcome to spend some time digging into.

OR, take part in SRC's Adopt a Puzzle program! This tongue in cheek name is really to encourage anyone who would like to borrow a puzzle to come on down! We know that, typically, putting together the same puzzle more than once doesn't have the same appeal. But SRC almost always has a selection of donated puzzles you can dig through to pick one out and take home. If you have a puzzle to exchange, you are welcome to do so!

Want a puzzle? Take one! Have a puzzle? Leave one! And this winter, you can enjoy many moments of joy while fitting together a puzzle, too.



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

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- Find the link to Friends of Senior Resource Center's online giving by visiting www.DgCoKS.gov/SRC
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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

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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.**

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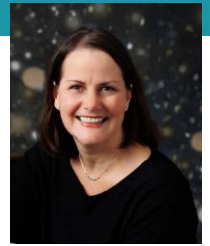
Set aside a gift to the Friends of Senior Resource Center in your will or name FSRC as a beneficiary to a life insurance policy or retirement plan. Set aside any percentage or a policy, or designate the remainder of your estate (after other planned gifts and expenses).

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 19.

When Fiction is Just as Fun

By Megan Poindexter, SRC Department Manager



I love reading fiction. Novels are my go-to get-away when I need to have quiet time. But in the past few years, I have started enjoying audio books! (I will admit, I still tend to call them “books on tape,” which makes my kids laugh!)

Recently I enjoyed listening to the audio book of *The Thursday Murder Club* by Richard Osman. If you’re familiar with the first book of this series, I suspect you will agree with me; it is a really fun rollercoaster of a murder mystery! It came out in 2020 and has since launched follow-up books, as well as a Netflix adaptation. (Which I have watched... and it’s good—mostly because the cast of Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie cannot be beat. But as the saying goes: the book is better!)

The bonus fun, however, was a recording of an interview with the author at the end of the audio presentation. I was not previously familiar with Richard Osman, but he won me over in this interview. Before writing *The Thursday Murder Club*, Osman was known as a host for a number of British game-shows on BBC.

As I listened to his interview, I found myself chuckling and nodding my head in agreement over and over. The interviewer asked him about the fascinating, fun, funny, complex characters who make up the Club (referenced in the title). The Club consists of four older adults who live in a retirement community in rural England. The interviewer asked Osman how he came to develop their backstories and personalities.

It became clear through their discussion that the young interviewer had not previously appreciated the fact that older adults—in real life—have personal histories, experiences, skills, and knowledge that continues to enrich and delight, regardless of a person’s age. And, that the characters Osman had created reflect this reality.

I found myself thinking about another recent Netflix hit series starring Ted Danson, *Man on the Inside*. Its story and characters are so fun, heartfelt, and hilarious. Also set inside a senior living community, the hijinks of the residents are realistic and genuine!

I was also reminded of a comment in an article I read a few weeks ago. It said (I’m paraphrasing here): It is a mistake to assume that Baby Boomers are wilting violets. After all, they came of age in the time of Black Sabbath and Ozzy Osbourn!

All of this is to say, I think we are living in a moment where fictional writers for print and screen, as well as mainstream media, are reflecting a more accurate representation of the experiences of today’s older adults. I think this is exciting and encouraging. Art reflects life, and life is always evolving!

If you are interested in trying an audiobook, you can sign up through the Lawrence Public Library and Libby (an audio book platform). Visit their website or stop in to learn more!





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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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Don't Be Misled During Medicare Open Enrollment

Adapted from National Council on Aging blog post



During Medicare's Annual Election Period, commonly known as the Medicare Open Enrollment Period (OEP), October 15 through December 7, Medicare beneficiaries can choose the plans that are best for them. Beneficiaries in Original Medicare can compare and change prescription drug plans (Part D). They can also decide if, instead of Original Medicare, they would prefer to sign up for a Medicare Advantage plan (Part C).

During OEP, plans actively market their products through television ads, social media ads, radio ads, text messages, phone calls, and mailings. The ads may intentionally or unintentionally mislead you into thinking one plan is better for you than another. Unlike Original Medicare, Medicare Advantage (Part C) and Part D plans are administered, marketed, and sold by private insurance companies.

Watch out for agents who:

- Start a discussion about other insurance products, like life insurance annuities, if your meeting was scheduled to discuss Medicare Part C or Part D
- Set their own time limits for you to sign up for a plan. You have until Dec. 7 to enroll, and there are no extra benefits for signing up early
- Threaten to take away your benefits if you do not sign up for their plan
- Offer you gifts if you do agree to sign up for their plan
- Suggest that Medicare endorses or prefers their plan
- Discuss Medicare products you did not ask to talk about when you filled out a scope of appointment form
- Ask for your personal information or try to sell you a plan at an educational exhibit or over the phone

Who can I trust to help me choose the right Medicare plan? Comparing plans and knowing what is best for you can be overwhelming. And since Medicare fraud and abuse is a

reality, it can be hard to know who really has your best interests in mind.

One way to get reliable help to compare Medicare plans is by contacting SRC Senior Health Insurance Counseling for Kansas (SHICK). Funded by a small federal grant, county government, and private donors, SRC SHICK provides free, confidential, and unbiased counseling to seniors year-round, and especially during the annual Fall Open Enrollment Period.

Your SHICK counselor will:

- Explain all your Medicare coverage options without bias
- Provide detailed, up-to-date information on Medicare and its various coverages, program requirements, and enrollment dates
- Review your coverage annually to ensure that you have the cheapest, best coverage for your individual needs
- Recommend plans and products based on your unique health care needs, lifestyle, and budget
- Explain information in a clear, straightforward manner so that you fully understand the options available to you
- Provide a second opinion even if you are working with an insurance agent
- Help you report suspected Medicare marketing or coverage fraud

SHICK Open Enrollment Period appointments are now available on the Medicare page of www.DgCoKS.gov/SRC or by calling our Medicare Helpline: 785-727-7872.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award grant numbers 90SAPG0093 & 2201KSMISH by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



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SRC Staff Highlight

LEMARIE GILBERT

Join us in recognizing LeMarie Gilbert!

This November marks LeMarie's 10th work anniversary as an SRC employee for Senior Wheels! This team player provides excellent service to our seniors, trains our new drivers, and even steps in as the substitute Senior Wheels dispatcher when needed.

Thank you, LeMarie, for everything you do!

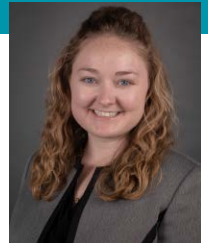


LeMarie Gilbert

Senior Wheels Driver (and More!)

What is Financial Exploitation?

By Peyton Weatherbie, Elder Law Attorney



Q : I am worried about my friend who is vulnerable to being taken advantage of. She recently said she has another “friend” who “helps her with her finances.” I think this other person might be exploiting her financially. How can I protect my friend?

A : Unfortunately, there are many forms of abuse to which vulnerable people can fall victim including neglect, physical, psychological, and financial abuse. It sounds like your friend might be experiencing financial abuse.

The most common form of elder abuse in Kansas is financial abuse, which can be devastating for both high- and low-income victims alike. For many years, financial abuse was seen as more of a “family issue” because nearly 90% of financial abuse is done by a family member to the victim. However, financial abuse can come from anyone and can take many forms, including a trusted family member or friend taking, misusing, or concealing funds or property.

There are several warning signs that a victim is being financially abused. A sudden change in someone’s financial situation is a good indicator that they may be a victim of financial abuse. Other changes can include:

- Late or unpaid bills;
- Unusual bank transactions (purchases, withdrawals, or transfers);
- Sudden and suspicious changes to bank or other financial accounts;
- Sudden and suspicious changes to estate planning documents like Wills or Trusts or updates to Power of Attorney documents;
- Lack of knowledge about their financial status;
- New “friends,” particularly new acquaintances who are eager to help out with managing finances;
- Documents containing odd signatures that may be forged or made under duress;
- Household valuables or money suddenly disappearing; or
- A new anxiety about personal finances.

The above list is not comprehensive. Any change to the personality or behavior of the person in question could be an indication that some form of abuse or exploitation is taking place.

Kansas has an elder abuse statute that makes it a crime to take money from those who are 60 or older and for agents under a general durable power of attorney to misuse funds. It is important that you report your suspicions promptly. This new “friend” could very quickly drain your friend’s finances. The best way to protect your friend and their finances is to report the behavior.

You can report your concerns by calling Adult Protective Services (APS) at 1-800-922-5300. You will be asked to provide the name and address of your friend, your name and contact information, and information about the nature of your concern. You should be as specific as possible when recounting what you have seen and how long the abuse has been happening. If there are specific incidents that are particularly concerning, make sure you report them. APS will also ask for any information that you think will be helpful in the investigation.

Folks often worry that others will know that they made a report. However, the name of the reporter or any person mentioned in the report will not be disclosed without the reporter’s written permission or through court order.

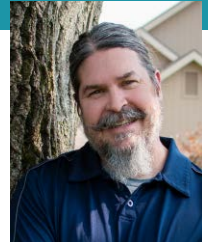
It’s never easy to step in, but you could prevent serious harm to your friend. Financial abuse can strip vulnerable adults of their savings, security, and dignity. By speaking up, you’re not just protecting their money, you’re protecting their future. A single phone call could make all the difference. You should always report any financial abuse concerns by calling Kansas Adult Protective Services at 1-800-922-5300.



Peyton Weatherbie and Molly M. Wood 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.

Bittersweet Expectations: Holidays After a Significant Loss

By Kevin Lee, M. Div., Contributing Writer



“There is no right or wrong way to handle the holidays. You are in complete control of your plans as to what you will do during this time of the year.” Richard Kauffman, *Grief and The Holidays*

While Richard Kauffman’s insightful quote may not be strictly true, the spirit is spot on. Grieving people need to feel free to handle the holidays in whatever way they are able, even if that means doing things completely different. Simple, right? Ah, if only it was that easy. But simple doesn’t mean easy and even simple things are easier said than done.

Many grieving people expect the holiday season to be

difficult, but usually in a vague way. Not knowing what exactly to expect, bereaved folks can be surprised by how hard the holidays turn out to be.

Having realistic expectations (Qualifier: Expectations Are Not Guarantees!) can help us prepare for the challenge of the holiday season. Here is a short, far from exhaustive “Don’t Expect...But Do Expect” list to help you prepare for how you want to enter into this holiday season.

Don’t Expect to ...

... feel footloose and fancy free about the holidays. While there may not be a right or wrong way to handle the holidays, don’t expect that to mean you will feel like you don’t have a care in the world.

... want to do everything in the exact same way you’ve always done it. The absence of your loved one already makes everything feel different and foreign. For many people this absence makes it too difficult to do the holidays as usual, no matter how much they may want to do so.

... make a decision and never look back. People can have strong feelings and thoughts about the holidays, and the grieving person is no different. While it may seem like you have landed on your holiday decision once and for all, you can expect to.

... have a clear sense of how you want to handle the holidays. Learning to live life after a loss includes reorienting oneself to what is meaningful and what really matters to them. This part of the journey can take years, and expectations for what you want the holidays to look like can be unrealistic, unfair, and ultimately unhelpful.

But Do Expect to ...

... feel like your ways of handling the holidays are literally carved in stone. Customs, traditions, and rituals are a big reason the holidays are meaningful for us and can feel like they carry the weight of law; especially when we are considering doing something different.

... feel guilty or bad for not wanting to do everything in the exact same way you’ve always done it. A grieving person often thinks their grieving is a burden for others and feels guilty as a result. The idea of disrupting holiday traditions can create even deeper feelings of guilt. Doing the holidays differently after a loss is nothing a person should feel guilty for doing. You cannot control how others choose to respond. Express your wishes, but remember that others are responsible for their choices.

... change your mind roughly 1,784 times. A grief brain already results in people struggling to make day-to-day decisions. Important decisions about how to handle the holidays can make a grieving person feel like the fate of the planet is on their shoulders.

... have some sense of how you want to handle the holidays. While you may not know exactly what the holidays mean to you after a loss, trust that you have some idea, no matter how vague or nebulous it may be. Share with others as best you can and ask them to help you imagine how you might best handle this holiday season.

Concerning our experience of the holidays after a loss, author and grief therapist Litsa Williams has wisely noted, “In those moments when all we can see is how much things have changed, of the traditions that we can’t carry forward, it can be hard to see anything else. We often think that, if the holidays can’t be the way they always were, they can’t be meaningful. Let’s get one thing straight: No matter what happens, the holidays are always going to be hard and bittersweet.”

Knowing this ahead of time can help us decide what we want to do. There won’t be a path that isn’t hard for you and for others involved, but hard isn’t bad or wrong.

However you choose to handle the holidays, you can expect them to be bittersweet. Expect tears accompanied by laughter and laughter accompanied by tears. Sorrow for what was lost accompanied by gratitude for what was and for what remains. Hurt for what will never be accompanied by hope for what may still be.



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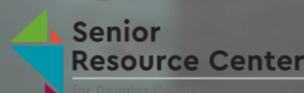
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Long-Term Care Insurance

By SRC Staff Writers



The staff at the Senior Resource Center frequently receives questions about long-term care insurance (LTCI). Typically, the caller asks what a specific individual policy covers, either for themselves or for a loved one they are caring for.

This is a tricky question for our staff to answer! The reason is that policies vary widely, and individual policies might include services in assisted living, home health, respite care, hospice services, personal non-medical in-home care, or adult day center services. Additionally, specifics of how much, how long, and what qualifies can vary widely.

LTCI originated in the 1960s in response to the 1965 Medicare and Medicaid amendments to the Social Security Act (SSA). Medicare's focus is on acute care only and does not provide for long-term care. Medicaid also has limitations to long-term care, in addition to other income and functional limitations. And thus, LTCI policies began to appear as an available option for private purchase. When the nation's first Baby Boomers began to turn 65 in 2011, the utilization of LTCI really picked up the pace.

If you're reading this and panicking because you don't have long-term care insurance, don't. Not everyone needs it. While it is valuable protection for some, for others it is too costly and not worth the expense. According to the National Association of Insurance Commissioners (NAIC), factors when considering LTCI can include current age and life expectancy, gender (women are more likely to need it), family situation (if family members are available to help with care or expenses), health status (chronic illness that might increase probability of the need), and income/assets (an LTCI policy may be used to protect accumulated assets).

When LTCI is purchased, the buyer chooses the coverage that they want and can afford. There are lots of options. Most LTCI policies are purchased through insurance agents and vary among insurers. Some employers offer a group LTCI policy, or some associations might let insurance companies offer LTCI to their members.

As you can tell, LTCI is "young" as it relates to the insurance industry. It was formed when life expectancy in the USA was

just over 70 years old. Today, that average life expectancy is 79.

This has made an interesting impact on the usage of policies created and purchased when LTCI was first imagined.

The NAIC also informs us that the primary challenges in LTCI markets come from policies created early in LTCI's history. These first policies were priced when calculation rates were not fully developed, medical interventions were different than they are today, and life expectancy was younger. Over time, it has become clear that initial pricing assumptions were underestimated, for both the number of policyholders, as well as the length of time users would remain on claim. Additionally, policy lapse rates have been much lower than initially assumed, meaning the insurers have higher exposure to claim payments than they expected. Unfortunately, these inaccurate early estimations have made it necessary for insurers to increase LTCI rates for new policy purchases.

When someone calls SRC about their LTCI, it's often because they have not thought about the policy in a while and have forgotten the details. The only way to know what's covered is to check the policy. Our recommendation is for the caller to carefully review their individual policy document as it is written and contact their insurance carrier for questions.

SRC's other recommendation is to review it sooner rather than later. If you or a loved one has LTCI, don't wait to review it when you need it. You may be making assumptions of what it will cover. Knowledge is power when deciding when and how to put LTCI into action.

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



SENIOR RESOURCE CENTER ACTIVITIES

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

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, Nov. 10, 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 lwoydzia@DgCoKS.gov 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* 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, Nov. 10, 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, Nov. 4 & 18, 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, Nov. 4 & 18, 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! Call 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!

SENIOR RESOURCE CENTER ACTIVITIES

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. Scrabble boards and dictionary provided!

***NEW DAY* Musicians' Acoustic Jam**

Tuesdays, 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 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.

Tech Help Tuesday

Tuesdays, 2—3:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Do You Need a Trust or a Will?

Tuesday, Nov. 18, 2 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Guys Game Group

Wednesdays, 10 a.m.—12 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

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 Wednesday, Nov. 12, 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. November's movie will be *Thoroughly Modern Millie*. Popcorn is provided and audience participation is encouraged! Questions? Call 785-856-0203.

***NEW SESSION* Intro to Social Security**

Wednesday, Nov. 19, 4 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Do you have questions about when or how to start receiving your Social Security benefits? This program will help you determine the right time to apply and help you understand the process. Join us for this presentation by Ann Woodbury, who works at our local Social Security office. It is free to attend, but space is limited. Please register by calling 785-842-0543.

AARP Smart Driver Safety Course

Thursday, Nov. 6, 9 a.m.—1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This hands-on course will help you refresh your driving skills, save money, and brush up on proven driving techniques to help keep you and your loved ones safe on the road. Contact Larry at lwoydzia@DgCoKS.gov or 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class at SRC: Jan 8.

Fiber Friends

Second Thursday, Nov. 13, 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.

Qi Gong Group

Thursdays, 10—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Qi Gong is a gentle movement practice that can help improve balance, reduce risk of falls, and improve bone density. The range of motion movements paired with focused breathing can improve circulation and loosen tight muscles and joints. This class is led by SRC's new Qi Gong instructor Linda Dean. For more information, contact Kim at 785-856-0203.

SENIOR RESOURCE CENTER ACTIVITIES

Time to Tap

Thursdays, 11:30 a.m.—12:15 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

In between the in-person sessions with instructor Barb Brydenthall, participants will continue to meet and tap together using lessons on YouTube. Come have fun with friends while getting all of the health benefits of tapping. Improve balance, strengthen legs and core, relieve stress, and exercise your brain. Tap shoes not required—any hard-soled shoe will do! Email kluce@DgCoKS.gov with questions.

Welcome to Medicare

Thursday, Nov. 13, 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, visit bit.ly/SRC_W2M_Signup to register online. 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.

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, Nov. 20, 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 November will be Apples to Apples. 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 Thursday, Nov. 13, 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. Email kluce@DgCoKS.gov with questions.

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 for those who have had Tai Chi experience. Contact Kim at 785-856-0203 to ask about space availability!

Sing Your Heart Out Jam

Fridays, 11 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! For more information, call 785-856-0203.

Yoga for Every Body (Registration required)

Fridays, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Kim McDanel will use yoga poses and stretching to help you gain strength and joint mobility. Improve balance and bring awareness back into the body using movement along with meditation. The 8-week session is \$30, and you provide your own yoga mat. This class is currently full, but email kluce@DgCoKS.gov to be put on the waiting list.

Worried about a medical bill? We can help answer your Medicare questions.

**Make an appointment: www.YourSRC.org
785-727-7872 medicare@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 785-727-7878 or jikenberry@DgCoKS.gov.

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, Nov. 5 & 19, 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.

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.

***NEW* Myasthenia Gravis Support Group**

Thursday, Nov. 20, 5:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

The Myasthenia Gravis Association serves those impacted with MG by building support within their communities. RSVP for this support group meeting to mckennafulton@mgakc.org.

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, AND CULTURE

For a full listing of Parks, Recreation and Culture classes or to register, please visit www.lprd.org or visit any Lawrence recreation center. For more information about PRC classes and adult scholarship program, contact Gayle Sigurdson, Lifelong Recreation Supervisor, at 785-832-7909 or gsigurdson@lawrenceks.gov.

Fall classes are underway at LPRC! Registration for the winter session opens at 8:00 a.m. on Tuesday, December 9. The winter session begins on January 4. Check out these special classes during the months of November and December!

Crafts With the Barefoot Builder, LLC

Tuesday, Nov. 11, 6—8 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence
Build and customize your own Turkey Door Hanger to welcome guests all season long! For more information, call Elias Parenti 785-330-7356. **Class Code: 425013, \$35.**

Intermediate Line Dancing

Sunday, Nov. 16, 3:15—4:15 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence
For those comfortable with line dancing who would like to try longer dance sequences and more challenging choreography, this class is for you! This intermediate line dance class covers many genres of group social line dances from around the world: Country, Pop, Latin, Oldies, R&B, Swing and more. No partner is necessary. Instructor: Mike Salerno. **Class Code: 414156, \$12.**



Hustle

Sunday, Nov. 23, 1:15—4:15 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence
The Hustle, an American dance originating in the 1970's during the heyday of Disco, is a very exciting and energetic dance with the flexibility to look elegant and graceful, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. This workshop will concentrate on foundational elements and patterns to help modernize the popular hustle and get you grooving on the dance floor! All levels are Welcome! Partner enrollment required. Instructor: Mike Salerno. **Class Code: 414147, \$25.**

Let It Snow 2.0: Snowflakes

Sunday, Dec. 7, 1—3 p.m.

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

All you need are scissors, a piece of paper, a folding technique and your imagination. This workshop will focus on different folds, twists and turns to create all kinds of 2-D & 3D snowflakes for the coming winter Solstice, and Holiday season. Bring your creative papers and decorate! Hot teas and hot chocolate will be served. Instructor: Kim McDanel. **Class Code: 427331, \$24.**

Line Dancing Workshop

Sunday, Dec. 7, 1:15—4:15 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence
Join in America's most popular dance craze! Learn the components of basic and intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the foundation of line dancing as well as a variety of dances. No partner is necessary. Instructor: Mike Salerno. **Class Code: 414141, \$25.**

West Coast Swing

Sunday, Dec. 14, 4:30—7:30 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence
Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor, with lots of time to practice. Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno. **Class Code: 414145, \$25.**

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

Mondays, 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* Titanic: An Immersive Voyage**

Wednesday, Nov. 12, 9 a.m.—3 p.m.

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

Visit Union Station to step aboard the Titanic and journey through life-sized recreations, authentic artifacts, and unforgettable photo ops that bring history to life. From climbing into a lifeboat to exploring the wreck site on a virtual submersible, this immersive exhibition captures both the grandeur and tragedy of the world's most famous voyage. To register, email Shaunacee at shaunacee@baldwinreg.org.

***NEW* Dinner @ Lidia's**

Friday, Nov. 21, 5:30 p.m.

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

Join the Active Adults for a Friday night dinner in the city! Set in a charming former railroad house, Lidia's brings the warmth of an Italian farmhouse and the culinary magic of Emmy-winning TV host and restaurateur Lidia Bastianich—famous from her shows and cookbooks! 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

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 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. Fit & Strong offers a supportive environment that ensures everyone can participate, and it's free!

Friday Fun Fellowship

Second Fridays, 1—3 p.m.

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

Sundays with Sacha—Yoga & Pilates

Sundays, 6—7 p.m.

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

SilverSneakers & Renew Active

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



LAWRENCE PUBLIC LIBRARY RETROACTIVE

RetroActive

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

NEW Retirees Who Write

Monday, Nov. 10, 2—4 p.m.

Two local women authors will discuss their books.

Stitch & B*tch

Monday, Nov. 17, 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, Nov. 18, 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.

Wine Around the World—on Zoom

Wednesday, Nov. 12, 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.

Tech Club—On Zoom

Thursday, Nov. 6, 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.

Dessert and A Movie—on Zoom

Thursday, Nov. 20, 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, Nov. 7—21, 10 a.m.

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

Fun & Games

Final Friday, Nov. 28, 10 a.m.—12 p.m.

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

NEW Retirees Who Read

Friday, Nov. 14, 4—6 p.m.

A book swap and group discussion of the books brought to swap! Light snacks and interesting discussions.



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!

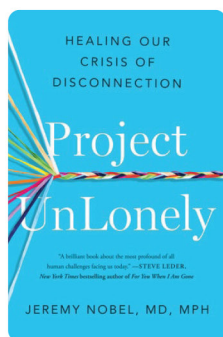
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lplks.org/booksquad



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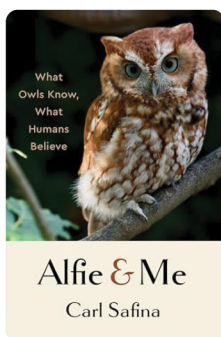
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NONFICTION

Project UnLonely
by Jeremy Nobel

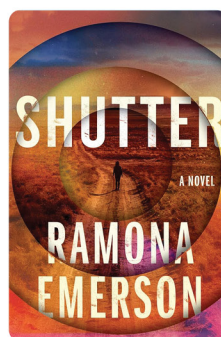
A compelling study on how loneliness affects mental and physical health with potential solutions on both national and individual levels.



NONFICTION

Alfie and Me
by Carl Safina

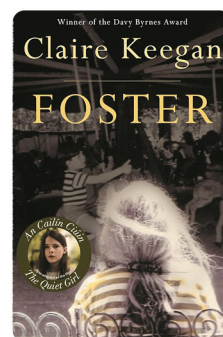
How bonding with an orphaned owl during the pandemic informed the author’s view of the relationship between humans and nature.



FICTION / MYSTERY

Shutter
by Ramona Emerson

Rita’s been hiding a secret: she sees the ghosts of crime victims who point her to clues that other investigators overlook.



FICTION / GENERAL

Foster
by Claire Keegan

A small girl is sent to live with foster parents on a farm in rural Ireland, but when a secret is suddenly revealed, she realizes how fragile her idyll is.

COMMUNITY EVENTS

Downtown Lawrence Farmers' Market

Saturdays, through Nov. 22, 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!

Civic Engagement 101: Mapping Inequality

Saturday, Nov. 1, 1—2 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Join LPL for this presentation exploring the history of redlining in Kansas and its lingering impact on today's communities with Donna Rae Pearson, Museum Specialist at the Kansas Historical Society. Mapping Inequality is part of Humanities Kansas's Speakers Bureau, featuring humanities-based presentations designed to share stories that inspire, spark conversations that inform, and generate insights that strengthen civic engagement. Registration encouraged but not required at www.lplks.org.

***NEW* Beers of the Kaw**

Sunday, Nov. 2, 3—6 p.m.

Abe & Jake's Landing, 8 E. 6th St, Lawrence

Beers of the Kaw is back for the 10th year...a beer tasting of Kansas River watershed breweries! This is the biggest fundraiser of the year for the Friends of the Kaw—help them raise funds for their work to protect and clean up the Kansas River. They use beer and water to educate about the watershed. Come learn a little, taste a little beer, and support their work for the Kansas River! For more information and to buy tickets, visit www.kansasriver.org/beersofthekaw.

***NEW* Community Meals at ECM**

Sundays, 3:30—5 p.m.

ECM, 1204 Oread Ave., Lawrence

Join Lawrence Food Not Bombs and Ecumenical Campus Ministries for a vegetarian and/or vegan meal each Sunday. Meals will typically start around 3:30 p.m. and will go until 5 p.m. or when they run out of food! Lawrence Food Not Bombs believes that having access to food is a right, not a privilege. These meals are completely and 100% free.

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!

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* Ukrainian Folk Dance Workshop**

Tuesday, Nov. 4, 2—4 p.m.

KU Memorial Union, 1301 Jayhawk Blvd., Lawrence

All are welcome in the Ballroom at the KU Memorial Union for a Ukrainian Folk Dance Workshop with Ukrainian Folk Dance group Mavka!

***NEW* Tuesday Concert Series**

Tuesdays, Nov. 4, 11 & 18, 7—8:30 p.m.

Lawrence Arts Center, 940 New Hampshire, Lawrence

This fall's Tuesday Concert Series is going to be terrific. This FREE (tip jar) series of acoustic performers in November will include The Twangles, Easy G & the Blue Notes, and Betsy O & the Hollaback Boys. Details at www.TuesdayConcert.com. Tuesday Concerts are a Lawrence Old Guard Production.

Lawrence Bird Alliance Field Trip

Wednesday, Nov. 5, 8 a.m.

Baker University Wetlands, 1365 N. 1250 Rd., Lawrence

The group will meet in the parking lot at the Discovery Center and walk the wetlands trails. This trip will focus on sparrows, blackbirds, wrens, finches, as well as eagles, falcons, gulls and anything else that might be in the area. The field trip is expected to finish around 9:30 a.m. Contact Roger at rboydbird69@gmail.com for more information.

Sunrise Project Community Meals

1st & 3rd Wednesdays, 5—7 p.m.

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

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

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 inside the store.

COMMUNITY EVENTS

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 Lawrence Veterans Day Parade

Saturday, Nov. 8, 11 a.m.

Downtown Lawrence

Lawrence Veterans Day Parade Association works in partnership with Douglas County communities and people everywhere, from all walks of life, to develop an annual event honoring and thanking Veterans.

NEW Native American Heritage Month Celebration

Saturday, Nov. 8, 1:30—2:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

November is Native American Heritage Month. Come learn and celebrate Indigenous culture with this special storytime. We'll have special guests such as Miss Haskell Angelina Giago, local dancers, and the current Miss Indian World Dania Wahwasuck.

NEW Return of the Sacred Red Rock

Saturday, Nov. 8, 2—4 p.m.

Kansas Union, 1301 Jayhawk Blvd., Lawrence

All are invited to a free screening of the "Return of the Sacred Red Rock" documentary. The 56-minute film tells the story of the rematriation of In'zhúje'wáxobe, a 28-ton red quartzite boulder sacred to the Kanza people of the Kaw Nation. A panel discussion and Q&A with project leaders will follow.

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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Friends of Senior Resource Center is an independent nonprofit 501c3 charitable organization.

Your donations allow Friends of SRC to continue to provide valuable services, information, programs, and other resources to all seniors of Douglas County.

DONOR INFORMATION

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Donation Amount \$ _____

Donate securely online. Visit www.DgCoKS.gov/SRC to find a link to the Friend's giving platform.

Mail donations to: Friends of SRC, 745 Vermont, Lawrence, KS 66044

All donations are tax deductible to the extent allowed by law.

COMMUNITY EVENTS

Lawrence Barn Dance Association Contra Dance

Saturday, Nov. 8, 7–10 p.m.

Woodlawn Elementary School, 508 Elm St., Lawrence

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

***NEW* Drumming For Everyone**

Sunday, Nov. 9, 2:30 p.m.

Murphy Hall, 1530 Naismith Dr., Lawrence

This is an interactive drumming workshop led by a Master Drummer from Guinea West Africa, Bolokada Conde. This event is free and open to all KU students and the public. Please bring a djembe, ashiko or conga if you have one. Please register for this free event at www.bit.ly/KUDrumming. Questions? Call 785-864-3436 or email dbassett@ku.edu.

***NEW* Honor Quilts for Veterans 2025**

Tuesday, Nov. 11, 1 p.m.

Lumberyard Art Center, 718 High St., Baldwin City

This Veterans Day visit the Lumberyard Arts Center as they honor local service members with handmade quilts. All are welcome to attend. The Baldwin City Quilts of Valor and Kaw Valley Quilters Guild will present quilts to veterans from Baldwin City, Douglas County, and surrounding areas. Each quilt is stitched with gratitude to thank our veterans for their service.

Grandparent Class

Tuesday, Nov. 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.

Textile Open Studio

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

Lumberyard Arts Center, 718 High St., Baldwin City

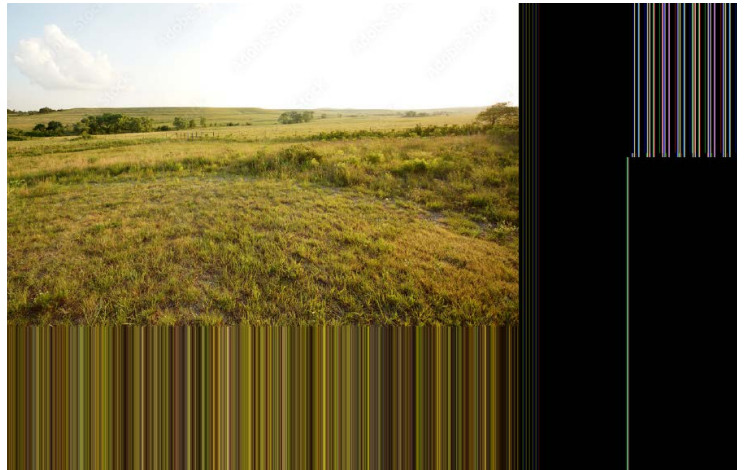
Beginners all the way to advanced textile artists are invited to the Quilt Capital of Kansas for this free open studio. Bring your supplies and projects; Lumberyard has the space and expertise! Those without prior experience can try their hand with introductory projects.

Senior Sessions at the Spencer

Thursday, Nov. 13, 10:15–11 a.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Students in the course "Art and the Sea" share their research about select artworks in the special exhibition "Soundings: Making Culture at Sea." Senior Sessions are designed with accommodations for older adults and open to all.



***NEW* Native Lands—Wild Ginger Class**

Thursday, Nov. 13, 6:30 p.m.

The Merc Co+op, 901 Iowa St., Lawrence

Explore Kansas native plants in this seasonal series with local ecologist and educator Courtney Masterson, founder of Native Lands Restoration Collaborative. Each class is \$10 and includes a guided lecture, samples, and recipes featuring in-season native foods. Learn how to identify, prepare, and appreciate the plants that thrive here. Refreshments provided by The Merc Co+op. 100% of proceeds from class go to supporting the Native Lands Restoration Collaborative. Learn more about their work at www.nativelandsks.org.

***NEW* University Dance Company Fall Concert**

Friday & Saturday, Nov. 14 & 15, 7 p.m.

University Theatre, 1530 Naismith Dr., Lawrence

Witness a large ensemble of dancers as they channel their energies, culminating with a new contemporary work inspired by the experiences and stories of astronauts. This work is by featured guest artist Jessica Chen, a New York-based choreographer, dancer, and educator. Faculty choreographers will also present work in tap, ballet, modern/contemporary, and flamenco style.

Happy Time Squares

Second Friday, Nov. 14, 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! November will be the "Thank Our Veterans" Dance. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

***NEW* North Lawrence Art Market**

Saturday, Nov. 15, 11 a.m.—4 p.m.

Woodlawn Elementary, 508 Elm St., Lawrence

Woodlawn Elementary's PTO is hosting the annual North Lawrence Art Market. Shop unique, handmade goods from local artists, crafters, and makers. There will be a silent auction available for bids, and you can purchase Woodlawn merch. Proceeds fund the things that Woodlawn students, teachers, and staff need throughout the school year.

COMMUNITY EVENTS

NEW Community Resource Fair

Saturday, Nov. 15, 12—3 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

At the fifth annual LPL Community Resource Fair, discover what resources are available to support you and your loved ones through life's challenges. Providers from over a dozen free and low-cost resources will be on-site to answer questions and connect you to critical support. Questions? Email Gabby at gboyle@lplks.org.

Yoga at the Library

Sunday, Nov. 16, 11:30 a.m.—12:30 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Join LPL for an hour of yoga with Suzi from Bluestem Yoga! Beginners are definitely welcome. Bring your own mat if you have one. Questions? Email Ben at bholt@lplks.org. No experience or registration needed.

IFPA Pinball Tournament

Sunday, Nov. 16, 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.

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 Watkins 50th Anniversary Party

Thursday, Nov. 20, 5:30—10:30 p.m.

Abe & Jake's Landing, 8 E. 6th St, Lawrence

The Watkins Museum is turning 50, and they're celebrating in groovy style with a far-out fundraising gala that transports guests straight back to the 1970s! The Watkins "Keepin' History Alive Since '75" party will be a night of retro revelry, featuring throwback tunes, vintage vibes, and '70s-inspired dinner and drinks. Get ready for funky photo ops, a retro costume contest, silent and live auctions, and a dance floor that's guaranteed to stay alive all night. Whether you're a disco diva, a history lover, or just here to boogie, this is one party you won't want to miss. Tickets available at www.watkinsmuseum.org.

Social Stitch Night at Yarn Barn

Thursday, Nov. 20, 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 enthusiasts. 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 160 Years of Jayhawk History

Friday, Nov. 21, 7—8 p.m.

Watkins Museum, 1047 Mass. St., Lawrence

In connection with the Watkins' upcoming exhibit about the historic KU-MU rivalry, Curtis Marsh and Rebecca Schulte will share stories of KU history pulled from their books on KU lore and the Jayhawk mascot. Books will be available for purchase and signing. All are welcome at this free event.



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COMMUNITY EVENTS

NEW Lawrence Bird Alliance Seed Sale

Saturday, Nov. 22, 10 a.m.—1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Lawrence Bird Alliance will hold their fall seed, feeder and book sale at the Senior Resource Center. All proceeds support their educational and conservation projects. They have a great selection of bird seed, plus many new books, feeders and bird-related gift items for the holidays.

Bingo Game Night

Tuesday, Nov. 25, 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.

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 Bizarre Bazaar

Friday, Nov. 28, 5—9 p.m.

Saturday, Nov. 29, 9 a.m.—5 p.m.

Lawrence Arts Center, 940 New Hampshire St., Lawrence

This is an art show you don't want to miss! The Lawrence Art Center will be full of the most wonderfully unique art. Support local artists, and this year, pick up a star to give your favorite artist to help them win a prize.

NEW Holiday Lighting Ceremony & Santa Rescue

Friday, Nov. 28, 6 p.m.

Weaver's, 901 Massachusetts St., Lawrence

Make plans to attend this annual downtown Lawrence tradition! The twinkle lights along Massachusetts Street will be lit for the holiday season, and Santa will make his first appearance atop Weaver's Department store. There will also be a North Pole Post Office outpost tent where kids can drop off letters to Santa. You can listen to the entire event live from our friends at 1320 KLWN or stream it online.

NEW NoLaw Art Fest 2025

Saturday, Nov. 29, 10 a.m.—6 p.m.

Sunday, Nov. 30, 10 a.m.—4 p.m.

Venue 1235, 1235 N. 3rd St., Lawrence

Art Fest is a fine art and fine craft event that is held inside the beautiful and newly renovated Venue 1235. Enjoy a weekend of fine art, fine craft, music, festive holiday cocktails, and community—admission is free to the public!

NEW Eudora Holiday Market

Saturday, Nov. 29, 10 a.m.—4 p.m.

Eudora Recreation Center, 1630 Elm St., Eudora

Kick off the holiday season with festive fun at the annual Eudora Holiday Market! This beloved community event takes place in conjunction with the Mayor's Christmas Tree Lighting later that evening. Shop from a wide variety of local vendors offering handmade gifts, holiday décor, sweet treats, and more—perfect for checking off your gift list. Enjoy family-friendly activities, festive music, and the magical atmosphere as Eudora comes together to celebrate the season. Don't miss this joyful hometown tradition!

Chess at the Library

Sunday, Nov. 30, 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: lscott@lplks.org

INCLEMENT WEATHER NEWS

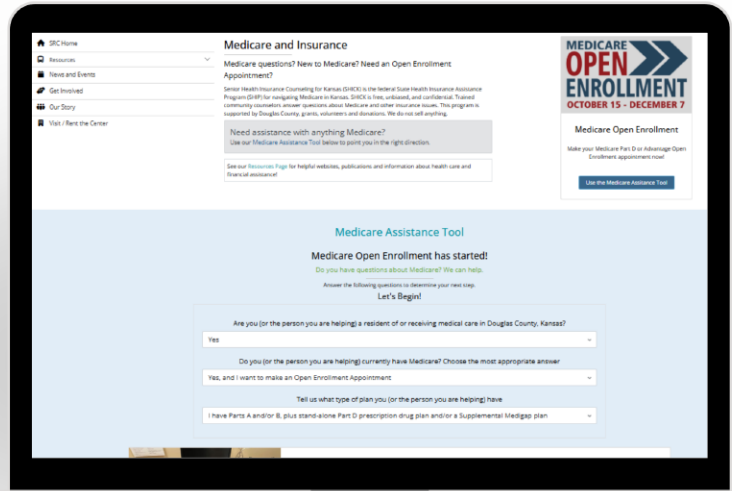
For information regarding SRC Closings due to inclement weather, please listen to KLWN 1320 AM radio for updates regarding SRC facilities, Senior Wheels, and all SRC scheduled activities.

Information will also be available on SRC's Facebook Page:
www.Facebook.com/YourSRC



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 NOVEMBER

2020

5 Years Ago

Kamala Harris makes history as she is elected to be the US Vice President, a first for females, and people of color.

2000

25 Years Ago

First Lady Hillary Clinton is elected to the US Senate, making her the first US First Lady to win public office.

1980

45 Years Ago

Dolly Parton releases her 23rd studio album entitled "9 to 5 and Odd Jobs."

1960

65 Years Ago

Desegregation in New Orleans elementary schools begin as Ruby Bridges, aged 6, attends first grade at William Frantz Elementary School.

1940

85 Years Ago

The Woman's Centennial Congress is held in New York to memorialize the end of the Woman's Century, 1840-1940, and to discuss the progress of women's rights.

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