

Inside This Issue

Good Giving	Page 3
Medicare: My Medicare Supplement is Getting Too Expensive!	Page 5
Legalese: Is There an Advantage to Medicare Advantage?	Page 7
Plan Ahead for Tax Relief	Page 8
Understanding IBD	Page 10
Leisure and Learning Activities	Page 11-23

Gift Giving Outside the Box

By SRC Staff Writers

Giving a gift is a good feeling. Maybe it's that perfect gift that is custom made for a person—personalized and one of a kind. Or maybe it's a simple token of affection that could make anyone happy—a coffee gift card or box of chocolates. No matter what, these gifts are always appreciated!

But maybe your creative energies are working on ideas for a gift that doesn't come in a box! We are here to share some alternative gift giving ideas you can consider this holiday season! Some of these you can give to another person as a stand-alone gift. Or, maybe even do the gifted activity with that person to create special quality time in the future—a two-fer!

Gifts of Help

- Gift card to a car wash
- Babysitting
- Meal delivery service
- Rake leaves or clean flower beds
- Arrange for a professional housekeeper to visit

Gifts with Little Expense

- Bake a treat, like cookies or bread
- Write a poem or a song
- Create a craft or draw a picture
- Propagate a favorite house plant

Gifts of Experience

- Tickets to a concert, theatre performance, or comedy show
- Art, dance, or cooking class
- Spa treatment, manicure, or massage
- Special happy hour or dinner on the town
- Visit to an amusement park

- Tickets to a sporting event
- Set up a scavenger hunt

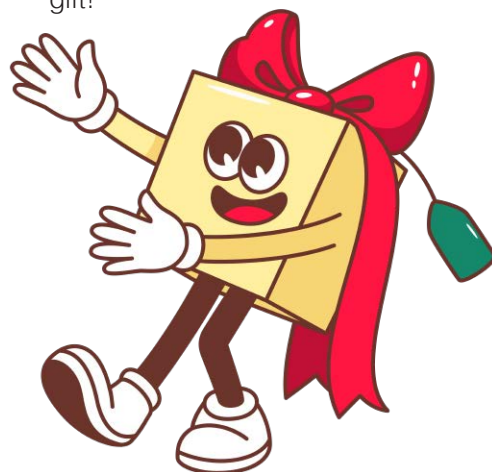
Gifts of Symbolism

- Make a donation in the name of your recipient to a local nonprofit organization. Need an idea? Check out the Douglas County Community Foundation's Giving for Good catalogue. You can read Megan's Musings on the next page to learn a little more.
- Adopt a zoo animal in their honor
- Sponsor an animal through Heifer International
- Give a tree through the Arbor Day Foundation

Gifts of Membership

- Museum membership
- National Park membership
- Zoo membership
- Movie theatre membership

Not only are all these gifts generally appreciated, but they are also easy to wrap, don't create a lot of waste, and are unique. Rarely could the recipient say "I already have too many of ..." that gift!



See page 11 for
events in December.

Friends of SRC is partnering with the Douglas County Community Foundation in their annual Giving for Good campaign.

DCCF will match 50% of gifts—up to \$5,000—of donations made through their catalog of services and programs of DCCF's participating organizations.

Friends of SRC has chosen a target project for these dollars—to keep this very newsletter going! Better Senior Living costs \$1,500 per month to produce and distribute. Your contribution will keep this important communication going into the future!



Giving for Good

Giving for Good runs December 2 (Giving Tuesday) through December 31. Donors can leverage the impact of their support of SRC by taking advantage of this special opportunity!

To participate starting Dec. 2, visit www.bit.ly/2025GivingForGood and search for Friends of the Senior Resource Center (FSRC), call DCCF at 785-843-8727, or send a check to DCCF at 900 Massachusetts St. Suite 406, Lawrence, KS 66044. Remember to write "FSRC" in the memo line!

MAKE A YEAR-END DONATION



GIVE NOW

You can set up a recurring donation (monthly, quarterly, bi-annually) or spread out a larger donation into smaller payments. You can sign up once and your ongoing gift will be set to the amount and frequency of your choosing.

- Our secure website allows you to set a recurring donation.
- Set up a recurring payment via your bank's online bill pay system.

ADD TO OUR ENDOWMENT FUND

You can support FSRC in the long-term by contributing to the Friends of the Senior Resource Center Endowment Fund held at the Douglas County Community Foundation.

FINANCIAL PLANNING

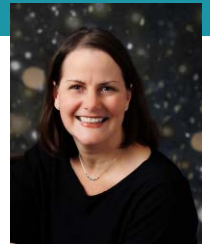
You can direct the interest paid on various stocks, bonds, or other interest bearing assets to benefit the Senior Resource Center. **Ask your financial advisor how you can blend this type of gift into your overall financial plan.**

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.**

Good Giving

By Megan Poindexter, SRC Department Manager



Every year, my mailbox starts to see a recurring theme. That theme is the appearance of letters from the charitable nonprofit agencies throughout Douglas County that I love to support. Each one that arrives is a reminder of our amazing community. Part of what makes Douglas County special is the generosity and thoughtfulness of our residents.

You may already know why donation request letters tend to appear at the end of the year—if not, I'm here to tell you!

There are two primary reasons that nonprofits choose the year-end to send these letters. The first is very pragmatic. The IRS tax year means that—if you want to make a tax-deductible donation to leverage a strategic financial plan—this is the time to do it. Things like Qualified Charitable Distribution and Required Minimum Distribution opportunities might make a difference to you. And, according to the IRS, midnight on December 31 is the cut-off!

The second reason is social-emotional. Nonprofit agencies have learned that—like the Grinch at the end of the story—our hearts grow a few sizes this time of year! Because it's the season of giving, we want to do something for those we care about. And sometimes, it turns out, those we care about are strangers. They may be people who are struggling, and we directly want to help them get on their feet, stay on their feet, or maybe just keep their feet warm.

Sometimes we care about an organization which leverages efficiencies to help a larger number of people have a better quality of life. We know that our cash donation can make an exponential impact through that agency's programming and services.

Or, sometimes, we want to know that a service we value will be there the next time we need it, or when someone else needs it. This is what the Friends of the Senior Resource Center asks you to consider. We hear every day how people are grateful for the SRC and the work we do to help seniors live their best possible quality life. And, we know those same people want to make sure SRC is here for the seniors of today and the seniors of the future!

This is the first “appeal” from the Friends of the SRC, and your gift of any size will help us launch this new initiative. The Friends of SRC is also launching our new website, and we'd love for you to check it out at www.SRCFriends.org. Your gift to the Friends of SRC will support to expand the programming, services, and resource capacity of the Senior Resource Center.



This year, we are thrilled to partner again with the Douglas County Community Foundation (DCCF) for their Giving for Good matching donation program! DCCF will match your donation at 50%, ensuring an even greater impact. Visit www.bit.ly/2025GivingForGood and scroll through the amazing organizations involved to find the Friends of the Senior Resource Center to make your gift online. Call DCCF at 785-843-8727 to learn more.

We would also be so grateful for your donation directly. You can mail a check to Friends of SRC at 745 Vermont Street, Lawrence, KS 66044, call me at 785-842-0543, or visit our website at www.SRCFriends.org.

No matter if your reasons are pragmatic or emotional this year, I thank you for your support towards improving the quality of life for older adults throughout Douglas County!

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**





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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 the Senior Resource Center.

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

For advertising, contact SRC at srccontact@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.

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My Medicare Supplement is Getting Too Expensive!

By Lori Phillips, Medicare Program Specialist



Medicare Open Enrollment is a time for people to review their drug plans and Medicare Advantage Plans. It's always rewarding for us to help people save a little money.

Many of our clients thank us and then ask, "Can we look at my Medicare Supplement Plan? It's getting a little too pricey."

It's a common complaint. Most Medicare Supplement/Medigap insurance is "Attained Age" insurance, which means it will increase in price as a person ages. There are "Issued Age" plans that increase due to cost of living, but there are very few of those available and a person usually can't change to that kind of plan.

The best time to buy a Medicare Supplement/Medigap policy is during your Medigap Open Enrollment Period when you are not subject to medical underwriting. This is the 6-month period that starts the first day of the month you're 65 or older and signed up for Part B. After this period, there are no Open Enrollment for Medicare Supplement/Medigap periods. Opportunities to buy Supplement/Medigap are very limited, you will be subject to medical underwriting, and if you are accepted the policy may cost more.

In certain circumstances, we have helped people change their Supplemental/Medigap insurance. You might be able to switch to a plan that covers less of your co-insurance, has co-pays, or has a high deductible. There are multiple scenarios we can investigate with you.

If you chose to keep your former employer's retiree insurance as a secondary or supplement to Medicare, you could still change to a traditional Medicare Supplement or an open market Medicare Advantage plan. Although there are good things about employer retiree insurance, you might be better

off with non-retiree traditional Medicare options.

You must have Medicare Parts A & B to purchase Medicare Supplement or Medicare Advantage plans. Both options are traditional Medicare options made to work with Medicare. Either option could be cheaper than employer-sponsored retiree insurance. Making these changes might depend on your former employer's retiree insurance timeline.

Our Medicare counselors at Senior Resource Center are happy to help you review the coverage you have now and what you get for your money. If you decide to drop your retiree plan, we can help you look at alternatives that are as good or better and save you money.

To make an appointment, go to the Medicare page on our website www.DgCoKS.gov/SRC or call our Medicare Helpline: 785-727-7872. We're happy to help!

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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Easy Tuna Casserole

3 cups cooked macaroni
1 (5 ounce) can tuna, drained
1 (10.5 ounce) can cream of chicken
1 cup shredded Cheddar
1 ½ cups French fried onions

Combine cooked macaroni, tuna, and condensed soup together in a 9x13-inch baking dish; sprinkle with cheese. Bake 25 minutes at 350 in preheated oven. Sprinkle with fried onions; bake 5 minutes more.

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SRC Staff Highlight

JANET IKENBERRY

Join us in recognizing Janet Ikenberry

Janet is our Human Services Supervisor at Senior Resource Center for Douglas County. This long-reigned super community advocate runs our SRC Caregivers Support Group, assists seniors and their families when navigating all of life's changes, and can usually be seen with her super dog sidekick, Bindi, with her!

Thank you, Janet, for everything you do!



Janet Ikenberry + Bindi

Human Services Supervisor

Is There an Advantage to Medicare Advantage?

By Peyton Weatherbie and Molly Wood, Elder Law Attorneys



Q : I keep hearing that people on Medicare Advantage plans have trouble finding doctors. Do they really have the same access to providers as people on traditional Medicare?

A : No, not exactly, and the gap is especially wide when it comes to mental health care.

At some point, nearly half of all Americans will face a mental health or substance use challenge, so access to care is no small issue. In 2024, more than half of all Medicare beneficiaries, 32.8 million people, were enrolled in Medicare Advantage. Over 83 million people on Medicaid were enrolled in managed care, with most states running their behavioral health services through those plans.

A recent report from the Department of Health and Human Services' Office of Inspector General (OIG) uncovered some troubling statistics. It found that 55% of mental health professionals listed as "in-network" under Medicare Advantage plans were not actually providing care to anyone in those plans. For Medicaid managed care plans, the number was 28%.

In other words, many of the "in-network" providers listed in directories are "ghost providers" or mental health professionals, including psychologists and psychiatrists, who either don't work with the plans, don't practice at the listed locations, or have retired altogether. The OIG found that nearly three-quarters of these supposed providers were inactive. These ghost listings make networks look much larger than they are and give enrollees a false sense of access.

By law, Medicare and Medicaid managed care plans must have enough providers in their networks to meet enrollee's needs. They're supposed to meet standards for things like the ratio of providers to enrollees and the maximum travel time to see a provider. But those standards are based on the plans' own data, which, as the OIG found, are often wildly inaccurate because of "ghost providers."

In a prior report, the OIG found fewer than five active behavioral health providers for every 1,000 enrollees on average. Many patients had to travel long distances for in-person care, despite supposedly "adequate" networks.

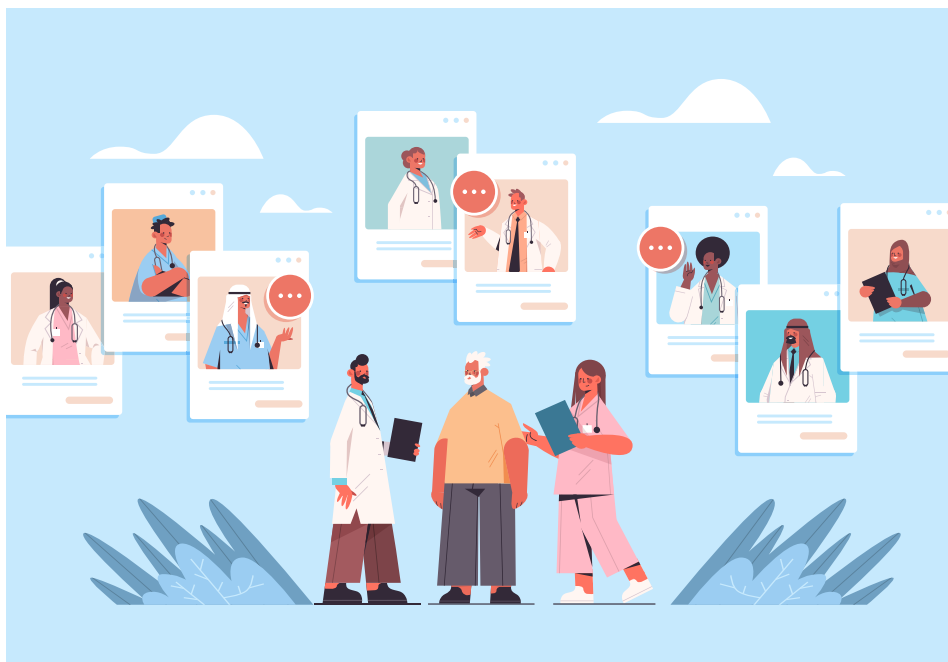
And it's not just mental health. A recent Kaiser Family Foundation (KFF) study found that Medicare Advantage plans included,

on average, only 48% of the doctors available to people on traditional Medicare in the same area. Some plans were even narrower. Among the one-fifth of enrollees in those plans, two out of three local physicians available under traditional Medicare were considered out-of-network.

Why the shortage? Many providers choose not to participate in managed care plans, citing low payment rates and high administrative burdens. And the problem is made worse by weak oversight from the Centers for Medicare & Medicaid Services (CMS). The OIG recommends that CMS use better data to monitor provider networks and fix inaccurate directories. CMS says it's started making improvements, but it's clear much more needs to be done.

For millions of Americans who depend on managed care, especially those seeking mental health treatment, having a provider listed on paper isn't enough. Real access means being able to find and see a doctor when you need one. Until the system catches up, too many people will keep searching through lists of "ghost providers" that exist only in name.

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.



Plan Ahead for Tax Relief

By SRC Staff Writers



Low-income seniors in Douglas County have multiple opportunities for property tax relief when they file their 2025 taxes. It's important to know about them in advance so you have time to gather the information and plan to apply.

First, the Douglas County Commissioners have again authorized a property tax rebate for low-income seniors and disabled veterans in Douglas County. This program was launched last year and proved helpful for many. Therefore, the Commissioners increased the amount of each individual allocation for those who qualify. The maximum rebate amount is now \$400 per household or the County portion of property tax, whichever is less.

To find out if you qualify, starting January 15, you can review the requirements and submit the simple application with your proof of income.

In addition to this local tax rebate, there are three Kansas Department of Revenue property tax refunds to consider.

The Homestead Property Tax Refund is for 2025 residents who owned and occupied a Kansas homestead, and meet additional qualifications, such as a total "household income" (including Social Security) of \$43,389 or less. Those who meet the qualifications may be eligible for up to \$700 refund.

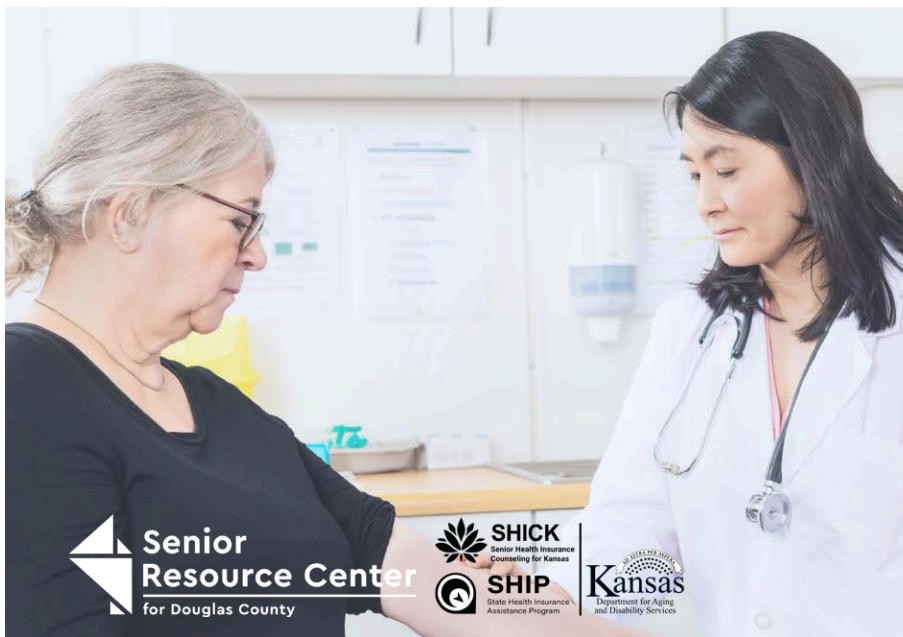
The SAFSR Property Tax Refund is for 2025 residents who owned and occupied a Kansas homestead and their total "household income" including social security is \$25,380 or less, plus additional qualifications. Those who meet these

requirements may be eligible for a refund of 75% of property taxes.

The SVR (Senior or Disabled Veteran) Property Tax Refund is for residents who owned and occupied a Kansas homestead in 2025 and whose Kansas Adjusted Gross Income is \$58,041 or less, plus additional qualifications. This refund is based on the amount your property taxes increased compared to the amount of property taxes you paid in the base year.

Homeowners can only file for one of the three Kansas refunds per year, in addition to the Douglas County rebate. You can file for one of the Kansas refunds as early as January 1.

To learn more and find out if you qualify, visit www.DgCoKS.gov, www.kansas.gov/webfile, or contact the Douglas County clerk's office at 785-832-5167. And, remember to keep an eye out for the AARP Tax Aide team or VITA appointment line to open to schedule your annual visit, or schedule with your favorite tax preparer.



PRIORITIZE WELLNESS

An annual "wellness" visit with your health care provider is included in your Medicare coverage. Why not schedule it now?

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

Need Help Paying For Medicare?

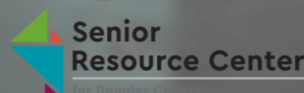
If you have limited income and resources, you may qualify for assistance.

785-727-7872

www.DgCoKS.gov

Medicare@DgCoKS.gov

Schedule a free consultation



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Understanding IBD

By Autumn Bishop, LMH Health Marketing Manager and Content Strategist



Crohn's disease. Ulcerative colitis. These are the most common forms of a group of medical conditions known as inflammatory bowel disease (IBD).

According to the Centers for Disease Control and Prevention, IBD is a lifelong disease that affects up to 3.1 million adults in the U.S. IBD occurs when the body's immune system attacks the healthy cells in your intestines, causing inflammation and damage to the lining of your intestines that doesn't go away on its own.

Skyelar Maloney, a nurse navigator who works with the IBD patients at Lawrence GI Consultants, explained that diagnosing IBD is complex and can take time, and it begins by talking with your healthcare team when symptoms begin.

"Our providers will go through your complete medical history, your current symptoms and perform a physical exam," she said. "Part of the initial work up will also include lab work and/or stool testing."

Maloney shared that your provider will also have you undergo additional diagnostic testing to get to the root cause of the problem. This can include an upper endoscopy (EGD), a colonoscopy and/or other -oscopy testing. (That's a technical term, you know.)

"There could also be further imaging studies needed to diagnose your condition," she explained. "We may use MRE – magnetic resonance enterography – to take a closer look at your small and large intestines."

Obtaining an IBD diagnosis is just the first step. IBD is a chronic condition, meaning it is something you will have for the rest of your life. It increases the risk of developing colorectal cancer and can affect more than just the digestive system. Patients can experience physical manifestations with joint pain, skin or eye changes, vitamin and mineral deficiencies, changes in bone health, or develop skin cancer.

Maloney works closely with patients and specialists to co-manage IBD symptoms so they can find the right combination of medication therapy and lifestyle changes to prevent future flare ups.

"I'm here to help guide you through this process and figure it all out. If you've got joint pain or fatigue, I can help you get into your rheumatologist," she said. "If you've got another disease process or condition, I'll help put you in contact with the team that can help. Whether it's rheumatology, neurology or another specialty, it's important that we work together."

Is it the same as IBS?

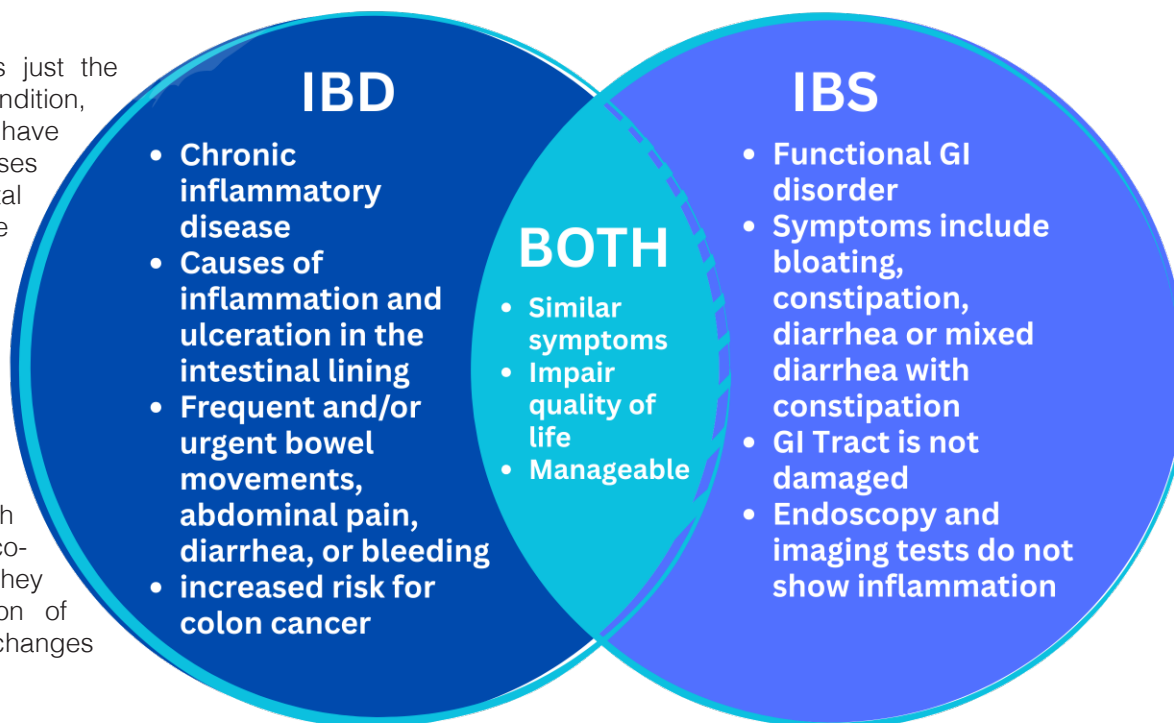
It's easy to confuse IBD with irritable bowel syndrome (IBS), but they're different conditions.

"IBS is typically a group of symptoms that doesn't have a disease process causing it," Maloney said. "If you have IBS, you may have symptoms such as abdominal pain, bloating, constipation or diarrhea."

The CDC estimates that IBS affects between 25 and 45 million Americans. If you're struggling with GI symptoms and don't know what to do, Maloney recommends talking with your primary care provider.

"Primary care does a wonderful job caring for patients and providing solutions, and the right answer might be a referral to a GI clinic. There are many causes of GI symptoms, and we're here to help find the right one," she said.

No matter your symptoms or diagnosis, the goal at Lawrence GI Consultants is to find a solution that gets you feeling your best. Their team wants you to know there is always hope.



SENIOR RESOURCE CENTER ACTIVITIES

If you would like a weekly email containing a schedule of the SRC's events and activities, sign up by contacting Kim at kluce@DgCoKs.gov.

Ping Pong

Daily, 8:30 a.m.—4:15 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Aerobic Dance with Mary Burg

Mondays, 10:30—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Dance your way into the week with this low impact aerobic dance class. The playlist changes periodically and features classic tunes from the 50s and 60s and beyond—always with a strong beat! Designed for active seniors, the choreography isn't difficult, but previous experience with aerobics or dance is helpful.

***NEW* Baroque Recorder Holiday Concert**

Monday, Dec. 8, 1—1:45 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Come and enjoy a casual holiday concert by the Baroque recorder classes from Lawrence Parks & Rec. The concert will last around 45 minutes, and treats will be provided!

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, Dec. 8, 4—5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

***NEW* Intergenerational Choir Concert**

Monday, Dec. 1, 6 p.m.

Swarthout in Murphy Hall, 1530 Naismith Dr., Lawrence

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

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.

SENIOR RESOURCE CENTER ACTIVITIES

KLWN Radio for Grownups with SRC

Every other Tuesday, Dec. 2, 16 & 30, 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, Dec. 2 & 16, 9–10:30 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

This morning coffee group is just for VIPs—Visually Impaired Persons! Join Fran Hopkins, a local yoga instructor who is also legally blind, to discuss navigating the world with the help of assistive technology. This supportive group will be a place to exchange ideas and share discoveries about using technology to help accomplish tasks and stay active in the community. Because loss of vision doesn't mean loss of social life! Call 785-856-0203 for more information.

***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!

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. Need more info? Call bridge player Donna at 270-501-0822 with questions!

Mid-Month Musical

Second Wednesday, Dec. 10, 1 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Grab some popcorn and join the musical fun! Each month we'll show a classic movie musical that you can watch along with other passionate musical lovers. Shows will include popular hits from the 30s, 40s, 50s and 60s. December's movie will be *Shall We Dance*. Popcorn is provided and audience participation is encouraged! Questions? Call 785-856-0203.

Welcome to Medicare

Wednesday, Dec. 10, 4–5 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Are you starting Medicare coverage in the next 90 days? Join our Medicare team for this informative session on what to expect from the Medicare system. To secure a seat in an upcoming presentation, register online at www.bit.ly/SRC_W2M_Signup. Seating is limited. For more information or to arrange a one-on-one appointment to discuss Medicare enrollment or other Medicare issues, call 785-727-7872.

Fiber Friends

Second Thursday, Dec. 11, 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.

SENIOR RESOURCE CENTER ACTIVITIES

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.

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.

NEW DAY/TIME Sing Your Heart Out Jam

Thursdays, 1—3 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.

Games Theory

Thursday, Dec. 18, 1:30—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Enjoy socializing and stretching your cognitive abilities while playing games! Games Theory will introduce a new game each month that you won't need a study guide to play. December will be a Holiday Games Scramble. This will include multiple holiday themed games and a white elephant party game. For the white elephant party, participants will be asked to bring a wrapped gift from their home (no buying gifts) to give away. 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, Dec. 11, 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!

Scrabble Club

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!

Yoga for Every Body (Registration required)

Fridays, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Kim McDaneld will use yoga poses and stretching to help you gain strength and joint mobility. Improve balance and bring awareness back into the body using movement along with meditation. This class will use a chair for support and can be modified to accommodate various fitness levels and abilities. The 8-week session is \$30, and you provide your own yoga mat. This class is currently full, but email kluce@DgCoKs.gov to be put on the waiting list.

NEW Senior Self-Defense Workshop

Friday, Dec. 12, 1—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

The Douglas County Sheriff's Office wants to help seniors protect themselves and their loved ones this holiday season. They are offering training in self-defense and defending others, and this workshop is specifically tailored to the needs and abilities of older adults. Our Sheriff's Office does not want the seniors of our county to be a marginalized or forgotten group when it comes to self-defense training! Space is limited, so call 785-842-0543 to register.

New Horizons Band

Calling all musicians! Lawrence's New Horizons Band welcomes more musicians to build their harmony. Contact Johannah Cox at johannahcx@gmail.com or 785-979-2225 for more info.

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



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.

***NEW* LMH Stroke Support Group**

Third Tuesday, 4–5 p.m.

LMH Health, 325 Main St., Lawrence

Join this group to share your experiences and ideas about life changes brought on by stroke. Learn about stroke and recovery, meet other stroke survivors or caregivers dealing with issues similar to yours, and discover other available resources. Friends and family are always welcome to attend as well. For more information, contact Rachel Walters at rachel.walters@lmh.org or Lauren Johnson at lauren.johnson@lmh.org.

Living with Loss Community Grief Support Group

Wednesdays, 1–3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Living with Loss is a peer-led support group for people living with the death of a loved one. They offer a compassionate space to share stories and offer mutual support by recognizing that everyone's grief looks different. Members of the group share insights and experiences from a similar loss (spouse, child, friend, parent, sibling, etc.), helping each other navigate grief by fostering a sense of community. Weekly discussions are facilitated by a long-time member trained in creating a safe and inclusive space for everyone to share. Together, they journey through the landscape of grief, honor the life of their loved ones, and nurture hope for the future. Contact Shea at shea.l.armstrong@gmail.com for more info or to get started.

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, Dec. 3 & 17, 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 Thursday, 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.

Brain Injury Support Group

Second Friday, 4–6 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.lawrenceks.gov/prc 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.

Registration for both the winter and spring sessions begins Tuesday, December 9.

FITNESS CLASSES

LaBlast

Tuesday/Thursday, Jan. 6—Mar. 12, 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: 127302, \$95.**

Tai Chi for Health

Tuesday/Thursday, Jan. 6—Mar. 12, 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. Instructor: Susan Pomeroy. **Class Code: 127503, \$95.**

Senior Strength Training

Mon/Wed/Fri, Jan. 5—Mar. 13, 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: 127233, \$112.

Aerobic Dance and Tone

Mon/Wed/Fri, Jan. 5—Mar. 13, 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: 127201, \$112.

RECREATION INSTRUCTION

Baroque Recorder—A Lifelong Instrument

Mondays, Feb. 2—Mar. 27

11 a.m. (Advanced Class)

12:30 p.m. (Beginning/Intermediate Class)

Senior Resource Center, 745 Vermont St., Lawrence

Have you always wanted to play a musical instrument, or did you participate in music during school? Explore the Baroque recorder as a wonderful vehicle for making music as a lifelong learner. Playing an instrument is great for your physical, mental, and emotional well-being. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. Beginning and experienced musicians are welcome. Register based on your experience, and the instructor will guide you to the ensemble that best fits your ability. Instructor Jean Hein was a founding member, recorder soloist, and executive director of Columbia Baroque, South Carolina's professional chamber ensemble.

Class Code: 127478, \$120.

The Movies of William Wyler

Wednesdays, Feb. 4—Apr. 15, 6:30—9 p.m.

Carnegie Building, 200 W. 9th St., Lawrence

Come explore the American film director William Wyler, who tackled every genre of the 20th-century cinema's greatest classics. He guided a multitude of talents to Oscar-winning performances across dramas, romance, comedy, westerns, musicals, and more. Local film historian Kellee Pratt will facilitate our celluloid journey with a mix of viewing and discussion. **Class Code: 127449, \$32.**

LPRC Travel Show

Thursday, Jan. 29, 2 p.m.

Holcom Recreation Center, 2700 W. 27th St., Lawrence

Join us for a look at the exciting trips planned for 2026! From local favorites to fun-filled day trips, there's something for everyone to look forward to. Registration for all spring travel opens at the Travel Show. Come see where the new year will take you!

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* A Christmas Carol & Dinner at Café Trio**

Wednesday, Dec. 17, 4—11 p.m.

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

KC Rep's "A Christmas Carol" is full of magical moments, from cheerful songs and dance to the unforgettable Candlelight Carol. Experience this festive tradition at Kansas City's premier theater, where interactive moments and heartwarming scenes bring the holiday spirit to life! Tickets are \$65 and include transportation. Contact Shaunacee at shaunacee@baldwinrec.org to register!

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

***NEW* Holiday Brunch**

Friday, Dec. 19, 10 a.m.

BC Community Center, 712 Chapel St., Baldwin City

Celebrate the year together and the holiday season with a free brunch gathering provided by the BCRC. Pre-registration is required. Bring a \$10 gift to be included in the gift exchange. Contact Shaunacee at shaunacee@baldwinrec.org for more info!

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!

***NEW* Holiday KC Lights Tour**

Thursday, Dec. 18, 6—9 p.m.

Experience the magic of the season on a charter bus with friends from Eudora and Bonner Springs. The group will take in breathtaking displays at Longview Lake, the Country Club Plaza, and the Mayor's Tree at Crown Center. Hot cocoa will be provided along the way! Tickets are \$25 per person, and you can register by contacting Jimmy at jkegin@cityofeudoraks.gov or 785-542-3434.

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.

Stitch & B*tch

Monday, Dec. 15, 2–3 p.m.

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. Gather in a meeting room on the lower level of the library to do some needle work, learn from each other, and discuss and solve the weighty issues of the world.

Gray Anatomy—on Zoom

Tuesday, Dec. 16, 4–5 p.m.

Learn about what to expect as you age in this popular series with LMH Health. Each month a chosen specialist will present on a new subject.

Dessert and A Movie—on Zoom

Wednesday, Dec. 17, 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.

Songs of the Season: Group Singing with Kelley Hunt

Thursday, Dec. 18, 1:30–3 p.m.

Come join singer/songwriter Kelley Hunt for an afternoon of singing some of the wonderful songs of this beautiful season.

Pop Up Programs!

Dates and Times TBA

Join RetroActive for spur-of-the-moment programs. Contact Lorel for details: retirement@LPLKS.org.

Tech Club—On Zoom

Thursday, Dec. 4, 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.

Wine Around the World—on Zoom

Thursday, Dec. 11, 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, Dec. 5 & 12, 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 (Holiday Edition!)

Friday, Dec. 19, 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.



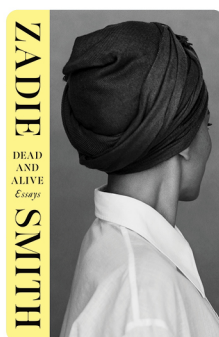
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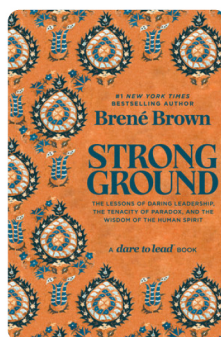
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NONFICTION

Dead and Alive: Essays
by Zadie Smith

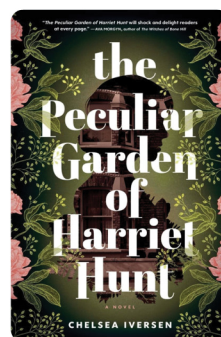
Zadie Smith's new essay collection offers sharp, humane reflections on art, culture, and urgent questions of our times.



NONFICTION

Strong Ground
by Brené Brown

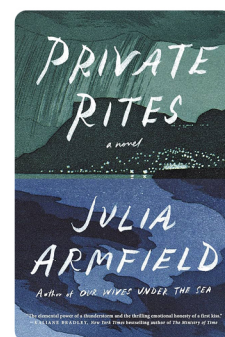
Brené Brown calls for courageous leadership rooted in connection, accountability, and growth amid uncertainty and ego-driven culture.



FICTION / SCI-FI

The Peculiar Garden of Harriet Hunt
by Chelsea Iversen

A magical gothic tale of a young woman using horticulture to thwart dark plots of men set in Victorian London.



FICTION / GENERAL

Private Rites
by Julia Armfield

Three estranged sisters navigate newfound love and the recent loss of their father in this reimagining of Shakespeare's King Lear.

COMMUNITY EVENTS

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* Lawrence Lights**

Tuesdays—Sundays through Dec. 30, 5:30—9:30 p.m.

Youth Sports Complex, 4911 W. 27th, Lawrence

Lawrence Lights is a holiday wonderland of synchronized lights and festive displays. The lighted drive-through tour will feature animated displays synchronized to holiday music. This community fundraiser is hosted by the Lawrence Sertoma Club, benefiting non-profit organizations across Douglas County. The suggested ticket donation is \$20 per car.

***NEW* Lawrence Festival of Trees**

Daily through Dec. 7, 10 a.m.—6 p.m.

Maceli's, 1925 Delaware St., Lawrence

The annual Lawrence Festival of Trees is the primary fundraising event for The O'Connell Children's Shelter. Businesses, clubs, children's groups, families and organizations donate inventive and whimsical Christmas trees and wreaths which are displayed for the entire Lawrence community to enjoy. Community viewing hours for the festival are through Sunday, December 7, and a suggested donation of \$5 is requested for adult guests. The event culminates with the fundraising gala Festival of Trees on Saturday December 6th, where all items are sold at auction. For more information and a full list of events, visit www.oconnellchildrensshelter.org/festival-of-trees.



***NEW* Christmas Through the Ages**

Wednesdays—Sundays

10 a.m.—4 p.m. (Wed.—Sat.) & 1—5 p.m. (Sun.)

Territorial Capital Museum, 640 E. Woodson, Lecompton

Christmas Through the Ages is a must-see event in Historic Lecompton. View over 250 Christmas trees adorned with ornaments from late 1800s, Victorian era and all through the 1900s. One live tree sits in the chapel and is close to 20 feet tall—a great place for a family photo. Bring your families and out-of-town visitors. There is no admission charge, but donations are appreciated.

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.

160 Years of Jayhawk History

Wednesday, Dec. 3, 7—8 p.m.

Watkins Museum, 1047 Mass. St., Lawrence

In connection with the Watkins' 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.

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! Gluten free products, chicken and duck eggs, homemade frozen tamales, jams, jellies, herbs, flowers, and more! Inside the store until March!

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!

COMMUNITY EVENTS

NEW Vespers 2025

Thursday, Dec. 4, 7:30 p.m.

Lied Center of Kansas, 1600 Stewart Dr., Lawrence

The University of Kansas School of Music is pleased to announce the 101st annual Vespers concert, a cherished holiday tradition. Come celebrate the sounds of the season with KU's very talented student ensembles! Tickets for the Lawrence performance are \$11 for seniors and available in person at the Lied Center Box Office or through www.lied.ku.edu.

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.

Lawrence Bird Alliance Field Trip

Saturday, Dec. 6, 8 a.m.

Clinton Lake Dam, East 900 Rd., Lawrence

The group will meet on the dam at the pullout by the outlet tower. A telescope will be available to identify numerous waterfowl and gulls. After visiting the dam, the group will go below the dam to the model airplane field and nearby wetlands, looking primarily for a variety of sparrows, pipits and wrens. This is often a good time and location for LeConte's, White-crowned, Harris's, Savannah, Song and Swamp Sparrows and possible American and Sprague's Pipits. Contact Roger at rboydbird69@gmail.com for more information.

NEW Holiday Extravaganza Artisan Fair

Saturday, Dec. 6, 9 a.m.—4 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence

Shop for unique holiday gifts at this indoor extravaganza! The event will feature goods from local artisans such as jewelry, paintings, textiles, pottery, home décor, and much more! Come support your community's entrepreneurs!





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DONATE TODAY
to Support Local Seniors

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

Name

Address

City State Zip

Phone ()

Email

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



***NEW* Lawrence Old-Fashioned Christmas Parade**
Saturday, Dec. 6, 11 a.m.
Downtown Lawrence

Marking the 32nd edition, you and your family won't want to miss the 2025 Lawrence Old-Fashioned Christmas Parade—one of the most unique parades in the nation. Authentic horse-drawn carriages parading down Massachusetts Street is the perfect way to kick off the holiday season. Cozy up with hot cocoa and blankets while watching dozens of beautiful horses and wagons adorned in garland and bells. Join us to celebrate American heritage and keep our tradition alive this holiday season.

***NEW* Festival of Lights**
Saturday, Dec. 6, 4–8 p.m.
Downtown Baldwin, 719 High St., Baldwin City

Experience the magic of the season and a day filled with lights, music, food, crafts, and festivities! The outdoor Festival of Lights Market in Sullivan Square is at 4 p.m. Pick out a live Christmas tree and other holiday greenery and warm up with a free hot drink and cookie at the concessions stand. Shop from local vendors with quality gifts and stocking stuffers while enjoying the snow machine, photo opportunities, and prizes! There will be a live performance of Christmas carols and holiday music by the USD 348 brass band at 5:15 p.m. The Festival of Lights parade and the Mayor's Christmas Tree Lighting Ceremony will be at 6 p.m.

***NEW* Restoring Our Landscapes Community Group**
Sunday, Dec. 7, 11 a.m.
Lawrence Public Library, 707 Vermont St., Lawrence

This group aims to cultivate connections among community members interested in native plants as well as practitioners of Restoration Ecology. The goal is to connect people with resources on how to restore ecosystems ranging from small outdoor spaces to large landscapes. Field trips are an optional learning opportunity often incorporated into monthly meetups, as weather permits. Anyone is welcome to join in and share their knowledge and learn something new. Questions? Ask Terese: twinters@lplks.org.

***NEW* Lawrence Habitat Holiday Homes Tour**
Sunday, Dec. 7, 12–5 p.m.
Various Locations in Lawrence

In its 21st year, the annual Holiday Homes Tour will once again feature up to eight homes in Lawrence festively decorated for the holiday season and put on display for your viewing delight! All proceeds will support Lawrence Habitat for Humanity and their mission of providing safe, affordable housing for low-to-moderate income families. Tickets are \$35 and can be purchased at www.lawrencehabitat.org/holidayhometour.

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.

AAL Public Telescope Observing
Sunday, Dec. 7, 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.

Tuesday Concert Series
Tuesday, Dec. 9, 7–8:30 p.m.
Lawrence Arts Center, 940 New Hampshire, Lawrence
This will be the final show in this year's Tuesday Concert Series. This FREE (tip jar) series of acoustic performers will end with classical music redefined by No Bow Tie. Details at www.TuesdayConcert.com. Tuesday Concerts are a Lawrence Old Guard Production.

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, Dec. 11, 10:15–11 a.m.
Spencer Museum of Art, 1301 Mississippi St., Lawrence
Who was La Pia de' Tolomei? Learn about her history as well as literary and artistic legacy with KU Professor Patrizio Ceccagnoli (French & Italian). Senior Sessions are designed with accommodations for older adults and open to all.

COMMUNITY EVENTS

Happy Time Squares

Second Friday, Dec. 12, 7–9:30 p.m.

First United Methodist Church, 867 Hwy 40, Lawrence

Join the Happy Times Squares for food, fun, fellowship, and square dancing! December will be the “Jingle Bell Rock” Dance. Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

NEW The Nutcracker, A Kansas Ballet

Friday, Dec. 12, 7 p.m.

Saturday, Dec. 13, 2 p.m. & 7 p.m.

Sunday, Dec. 14, 1 p.m. & 5 p.m.

Lawrence Arts Center, 940 New Hampshire St., Lawrence

Experience the sensation and charm of the Lawrence Arts Center’s original production, The Nutcracker, A Kansas Ballet. A winter family favorite, this ballet is based on E.T.A. Hoffman’s original story and set in Kansas during the Civil War. Witness the magic and wonder of this story as Drosselmeyer and Clara defeat the Mouse King and liberate the Nutcracker from his enchanted form. Tickets available at www.lawrenceartscenter.org.

NEW Ugly Sweater Fun Run

Saturday, Dec. 13, 9 a.m.

Lumberyard Arts Center, 718 High St., Baldwin City

Enjoy the 1st Annual Ugly Sweater Fun Run, hosted by the Lumberyard Arts Center. Run or walk the 3.5-mile course and support the arts in the Baldwin community! Check in at 9, race at 10, and have hot cocoa at 10:45! Enjoy free handmade mugs for the first 100 registrants, best sweater award, and textile inspired warm-up opportunities put on by Quilt Capital of Kansas. Registration is \$35 at <https://givebutter.com/5Tyjt1>.

NEW Holiday Farmers Market

Saturday, Dec. 13, 9 a.m.—4 p.m.

Douglas County Fairgrounds, 2120 Harper St., Lawrence

The 2025 Holiday Farmers Market is back under the pavilion at the Douglas County Fairgrounds—always the 2nd Saturday in December. Wide aisles, hot food and drink, artisan crafts, locally grown and produced foods, gifts and box sets, and so much more!

RENT THE SENIOR RESOURCE CENTER

The Senior Resource Center has spaces for meetings, presentations, receptions, dinners, celebrations, fun, and more. We offer a variety of flexible spaces in a newly renovated, historic building in the heart of beautiful downtown Lawrence.

BOOK NOW

Call 785-727-7879 or email dwendel@DgCoKS.gov to schedule a visit or for more information.

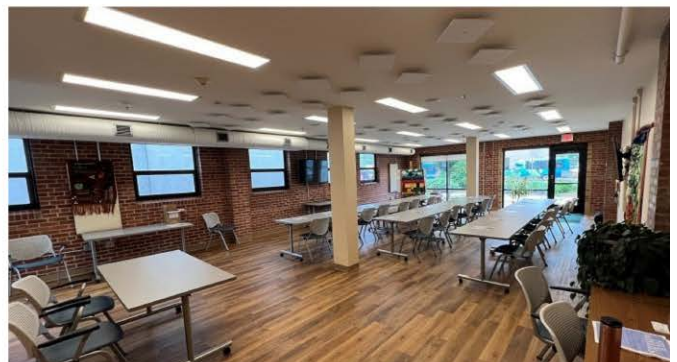
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for Douglas County



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FEATURES

- Lecture Space for 120
- Classroom for 50
- Reception space for 100
- Banquet space for 80
- 4 unique meeting rooms
- Several more amenities



COMMUNITY EVENTS

***NEW* Baldwin City Holiday Market**

Saturday, Dec. 13, 10 a.m.—2 p.m.

Location TBD, Baldwin City

Save the date for Baldwin City's annual Holiday Market! You don't want to miss this last minute hustle for holiday shopping featuring local artisans, farmers, ranchers, bakers, and more, brought to you by the Baldwin City Chamber of Commerce. See their website at www.baldwincitychamber.com for location details.

***NEW* Inclusive Winter Market**

Saturday & Sunday, Dec. 13—14, 10 a.m.—5 p.m.

Lied Center of Kansas, 1600 Stewart Dr., Lawrence

This gathering was born from the need for creating places where people feel safe, seen, and celebrated. The Inclusive Winter Market exists so that queer, disabled, Black, Indigenous, and other systemically excluded artists and entrepreneurs are not just welcomed, but centered. The original art, handmade goods, and culturally rooted offerings at this market are honored for the stories they carry. The Inclusive Winter Market is a reflection of collective community care, creativity, and connection.

Lawrence Barn Dance Association Contra Dance

Saturday, Dec. 13, 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. December's band is Bodarc and calling will be done by Jill Allen. Pay what you can: \$8—\$15.

***NEW* KPR's Big Band Christmas 2025**

Saturday, Dec. 13, 8 p.m.

Liberty Hall, 642 Massachusetts St., Lawrence

KPR's beloved holiday jazz concert, Big Band Christmas, returns to Liberty Hall in Lawrence. Join us KPR as they celebrate the season and dance the night away with the Kansas City Jazz Orchestra. This is their most popular event of the year, and seats have been known to sell out—especially the tabled seating near the dance floor. Tickets are available on www.ticketmaster.com.

Yoga at the Library

Sunday, Dec. 14, 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.

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* Home for the Holidays Director's Tour**

Sunday, Dec. 14, 1:30 and 3 p.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Every year, Spencer Museum Director Saralyn Reece Hardy spends an afternoon in the galleries welcoming visitors and leading informal tours to celebrate the holiday season. Visit the Spencer for this year's special Sunday Home for the Holidays Director's Tour: Surprises and Secrets.

***NEW* SNAP Application Assistance**

Fourth Wednesday, Dec. 17, 2—3:30 p.m.

Heartland Health Center, 1312 W. 6th St., Lawrence

Get SNAP-Ed Food Assistance Application Help at Heartland Community Health Center! Master Food Volunteers from K-State Extension - Douglas County will be in the Heartland lobby to assist anyone in the community in completing Food Assistance forms. No appointment is needed.

Social Stitch Night at Yarn Barn

Thursday, Dec. 18, 6—7:30 p.m.

Yarn Barn, 930 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.!

Tech Time at BCL

Monday, Dec. 22, 3—4 p.m.

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

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

Bingo Game Night

Tuesday, Dec. 23, 5—8 p.m.

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

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

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.

Chess at the Library

Sunday, Dec. 28, 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

Season's Greetings!

from the Senior Resource Center

The SRC will be closed:
December 25-26
January 1

THIS MONTH IN HISTORY

DECEMBER

2010

15 Years Ago

President Barack Obama signed the Don't Ask Don't Tell Repeal Act allowing military members to live openly in their sexual orientation while serving in the armed forces.

1995

30 Years Ago

The original comic strip Calvin and Hobbes published the final comic strip.

1980

45 Years Ago

Musician John Lennon was shot and killed in New York City.

1965

60 Years Ago

The popular comic strip Peanuts premiered "A Charlie Brown Christmas" an animated special on CBS.

1950

75 Years Ago

US President Harry S. Truman proclaimed the existence of a national emergency in Proclamation 2914 in his response to the continuing communist aggression in the Korean War.



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