

# Better SENIOR LIVING

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Senior  
Resource Center  
for Douglas County

[www.DgCoKS.gov/SRC](http://www.DgCoKS.gov/SRC)

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

## A More Beautiful Basement

By SRC Staff Writers

**L**et's travel back in time, all the way back to 1950 when the building at 745 Vermont Street was first built. At that time, the building was specifically created for the Lawrence Police Department. We are reminded of this every day when we see the POLICE sign still over the front door! (Fun fact: this sign is part of what put 745 Vermont Street on the Historic Registry, thanks to the delightful art deco mid-century modern font used to engrave the words into the limestone!)

At that time, the basement of the building was not really for public consumption. Stories abound about the basement! At different times there was a weight room for the police and the fire fighters next door to use, there was lots of storage, and most famously, there was a live-ammo shooting range for the police to do target practice.

When the police moved out to their next home in 1979, the Senior Resource Center moved in. (Of course, at that time, it was called the Council on Aging.) A minor renovation happened, but the basement was still not a place for the general public to visit.

Fast forward to 2019 when the long-awaited, gorgeous renovation to the building was complete. As long-time visitors to 745 Vermont Street will know,

the renovation meant the loss of the upstairs "ballroom," a multi-purpose space with lovely natural light, beloved wood floors, and space to move. This ballroom became the new sleeping quarters for the fire fighters next door and is now walled-off from SRC.

In exchange, the dark, drab, concrete basement had transformed into a thing of beauty! The new multi-purpose room's



durable vinyl floor, warm finishes, and AV equipment turned it into a space for arts and crafts, exercise classes, music, cooking classes, movie watching, and more. The room down (*continued on page 23*)

# Introducing Friends of Senior Resource Center!



## Rides



## Fun

Kind, knowledgeable support in times of crisis



## Education



## Welcome smiles



## Community Partnership

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

**Your financial contributions to the Friends of Senior Resource Center will support programs for seniors of today and seniors of tomorrow.**

## MAKE A LASTING IMPACT

### GIVE NOW

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

- Find the link to Friends of Senior Resource Center's online giving by visiting [www.SRCFriends.org](http://www.SRCFriends.org)
- Set up a recurring payment via your bank's online bill pay system.

### ADD TO OUR ENDOWMENT FUND

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

[www.DCCFoundation.org](http://www.DCCFoundation.org) or 785-843-8727

### FINANCIAL PLANNING

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

### PLANNED GIVING

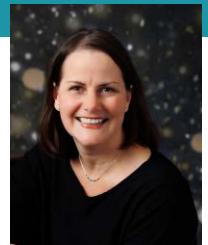
Set aside a gift to the Friends of Senior Resource Center in your will or name FSRC as a beneficiary to a life insurance policy or retirement plan. Set aside any percentage or a policy, or designate the remainder of your estate (after other planned gifts and expenses).

**Ask your attorney how you can make these adjustments to your final estate plan.**

TO MAIL IN A DONATION TODAY, FIND THE FORM ON PAGE 19.

## Shows for Those with Dementia

By Megan Poindexter, SRC Department Manager



My mother-in-law had dementia. She lost her battle with Alzheimer's 10 years ago this summer. When she was diagnosed five years earlier, I was not nearly as familiar with issues related to dementia as I am now. I look back and have a lot of things I wish I had done differently to support her and her husband.

Some of those things are very emotional. My daughters were infants when she was diagnosed, and I wish I'd done a better job of documenting her personality for them. They never got to know the fun, funny, caring, active woman who shared their red hair and love of ice cream.

Some other things are more practical. One small thing I think back upon is how I didn't understand how to watch TV with her. After her disease had progressed, I recall sitting next to her on the couch, watching TV. We had on a movie—it doesn't matter what it was, except that it was not a movie she was familiar with. And I could tell she wasn't enjoying herself. She was unable to follow the plot and it made her feel uncomfortable. The commercials and changes in volume were jarring. However, I didn't know what to do to make it easier for her.

Additionally, streaming services then were not what they are today. Recently, I learned of an effort to offer streaming services with shows carefully created for those with dementia and their caregivers.

These slow-paced shows feature easy music, colorful scenes with nature, images of faces and animals, familiar tasks such as sewing, and even prompts for self-care like drinking water and gentle exercise. They can be used to prompt conversations with loved ones since the videos can

be paused to discuss topics being viewed. They can even include footage of vintage familiar scenes, such as you might see on old 8mm home movies.

Two such services are [www.ZinniaTV.com](http://www.ZinniaTV.com) and [www.MemoryLane.TV.com](http://www.MemoryLane.TV.com). They function a little differently and offer unique features, but both have a subscription which can be added to a device. They are designed to engage, soothe, and support both the individual living with advanced memory loss, as well as those caring for them.

Obviously, these shows are not a replacement for personal interaction and attentive individual care. But they can be a useful tool in the toolbox. Even the process of learning about these services could help a caregiver identify other ways to enhance the quality of life for their loved one.

When I look at the videos offered, I suspect my mother-in-law would have especially loved the many videos which feature babies. I can imagine that we could have watched them together and laughed about the cute little faces and baby antics. It would have brought some joy to her life.



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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 the Senior Resource Center.

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## Part D—Deductibles and Copays; What Does it All Mean?

By Lori Phillips, Medicare Program Specialist



**M**edicare Part D Open Enrollment ended December 7. The Medicare counselors were asked lots of questions about how Medicare works.

One important question we received repeatedly was, "do I have to pay the total Part D deductible to the pharmacy before I can get any of my prescriptions?"

The short answer is: a deductible is the amount of money you pay before insurance contributes.

But the full answer is: it depends on your prescriptions, the plan, and the formulary. If all your prescriptions are Tier 1 and generic, you might have little or no copay the whole year and never meet a deductible. But if you take expensive Tier 3 or Specialty tier drugs, you will have to pay higher costs before you meet your deductible.

Whatever the cost of your prescription, you will just pay the cost of the prescription until your deductible is met.

Let's assume you have a \$615 Medicare Part D deductible.

If your prescription costs \$0, you will pay \$0. But, if your prescription costs \$102.50, you'll pay \$102.50. Once you've paid \$102.50 six times, you've reached your \$615 deductible. Then, your insurance will cover a portion of the prescription for the rest of the year.

If your prescription costs \$615, you'll pay \$615. You will have paid the Part D deductible in one fell swoop. Your prescriptions should be cheaper the rest of the year.

Let's say your prescription costs \$5,000, you will pay the \$615 deductible and a co-pay up to 25% as determined by

your individual Part D plan. This is where it gets complicated because you will not pay more than \$2,100 out of pocket for the year. If this sounds like you, please give us a call with any questions.

If you have questions about co-pays, deductibles, or any other Medicare issue, give us a call.

### Remember: It is Not Too Late to Change your Medicare Advantage Plan!

The Medicare Advantage Open Enrollment period happens every year **January 1 – March 31**. You might discover that the plan you have had is not the best plan for 2026. Maybe:

- There are changes to coverage for your primary care doctor, cardiologist, orthopedic surgeon, or other trusted medical professional you've seen for years.
- The hospital you need, be it LMH Health, KU Med, St. Luke's, or others, is no longer contracted.
- Your plan is no longer accepted at the pharmacy you've gone to for years, or the plan's drug formulary no longer covers all your medications.
- Your plan does not work with your dentist, your eye doctor, or your favorite gym.

**Have questions? We're happy to help!**

Go to our website for an appointment or give us a call.  
[Medicare@dgcoks.gov](mailto:Medicare@dgcoks.gov) or 785-727-7872

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**SNAP (Supplemental Nutrition Assistance Program) serves as the first line of defense against hunger. Seniors who qualify can use it to buy eligible items including food, fresh produce, and more.**

Volunteers are available to help you apply! By appointment only. Reach out for more information.

Contact Us

[kpeine@ksu.edu](mailto:kpeine@ksu.edu).  
 **785-843-7058**

*Volunteers made possible thanks to the K-State Extension Master Food Volunteer program.*



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2 teaspoons ground cumin  
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Combine, simmer ... then top with your favorite toppings!

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## Settling Estates

By Peyton Weatherbie and Molly Wood, Elder Law Attorneys



**Q** : My widowed brother just passed away, and I am not sure where to start to handle his affairs. What do I need to do to settle his estate?

**A** : Losing a loved one is overwhelming, and while you navigate your grief, several steps must be taken to handle their affairs. First locate your brother's estate plan, if he has one. I usually tell clients to keep original documents in a safe place, such as a fireproof box at home. Some people store their documents in a bank safe-deposit box. Note: If a Will is in a safe-deposit box, and no one else is listed on the account, retrieving it can be difficult. In most cases, you will need a court order granting you access as the Administrator, Executor, or Beneficiary of your brother's estate.

If you find a Last Will and Testament, check whether it lists the attorney who drafted it. You may contact that attorney, or any estate planning or probate attorney, for guidance. For starters, you might try the Elder Law Hotline (316-267-3975) which provides free advice to Kansans age 60 and over.

One of the first steps an attorney may take is filing an Affidavit to Preserve the Will in the county where your brother lived. This must be done within six months of death. Probate may not be necessary immediately or at all, but preserving the Will allows the Will to be used later rather than relying solely on statutory law, which may differ from your brother's wishes.

Your attorney will likely ask you to "inventory the estate." This means identifying the types of assets that your brother owned at his death. Did he own real estate? A vehicle? Bank or investment accounts? Life insurance? You will need to determine how each asset is titled. If an asset has a co-owner or a pay-on-death or transfer-on-death beneficiary, that person receives the asset directly, and it will not pass through probate.

Remember that the authority under a General Durable Power of Attorney ends at a person's death. You cannot use it to gather information from financial institutions. If there is no Will, your attorney may need to open a probate estate so you can be appointed Administrator. If there is a Will and you are named Executor, the attorney will help you seek appointment. Once appointed, you can speak with financial institutions, gather account information, and bring assets into the estate. You can also establish an estate account to handle any expenses incurred after your brother's death associated with his estate.

Most institutions require an original death certificate. Funeral homes usually order them. Many people think they need many copies, but three to five is enough. Institutions often want to see an original, but they usually return it.

You will also need to file your brother's final tax return. You may do this yourself using tax software, but many people prefer to work with an accountant to reduce stress and ensure accuracy.

Settling a loved one's estate is never simple, especially when you're still grieving. But you don't have to sort through everything on your own. An experienced estate or probate attorney can walk you through each step, help you understand your responsibilities and ensure nothing is overlooked. With the right guidance, you can honor your brother's wishes and handle his affairs with confidence.

*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.*



# A New Chapter at Lawrence Parks, Recreation & Culture

By Gayle Sigurdson, LPR Lifelong Recreation Supervisor



**S**tarting January 5, 2026, three of Lawrence's community recreation centers—East Lawrence Recreation Center, Holcom Park Recreation Center, and Sports Pavilion Lawrence (SPL)—will begin using a membership system. Membership fees will address changes in the city budget while ensuring our facilities stay well-maintained and continue to offer classes, programs, and public spaces. This change is part of a public process reported in local media, but questions remain. Details regarding all memberships and online sign-up are available at [www.lawrenceks.gov/prc/membership](http://www.lawrenceks.gov/prc/membership). Below are answers to common questions from Lifelong Recreation participants.

## Terms to know:

- Senior: Ages 60+
- Resident: Has an address within the city limits of Lawrence
- Household: Up to three adults living at the same address. Each household member must have their own membership card to scan upon entry.
- Aquatics Memberships: Pool access continues to have a separate membership. Recreation memberships are only available at recreation centers. Aquatics memberships must be purchased at the aquatic centers.
- Qualified Access: Available to individuals receiving state or federal benefits such as KanCare, SNAP, or subsidized housing. Social Security and Medicare cannot be used as supporting documents, as they are not income-based.

No membership is required if you visit recreation centers solely for classes. Check in at the entrance and proceed to your class. And, you may use the facility immediately before and after it. A membership or pass is required for facility use at other times, including walking, cardio/weight equipment, court space, and the SPL track and turf.

Membership options include annual and monthly memberships, day passes, and punch cards. This allows you to design a membership that fits your wellness routine. A 20-visit punch card will serve the occasional user. Seasonal users may prefer the monthly pass. Daily visitors will benefit most from an annual pass. Specific rates are listed in the chart below.

**Qualified access** offers free access to patrons with low incomes.

Applications are available online at [www.lawrenceks.gov/prc/forms](http://www.lawrenceks.gov/prc/forms) and any Lawrence Parks, Recreation and Culture location. All applications will be reviewed and responded to within two business days. Qualified Access members are also eligible for program scholarships covering 50% of class registration fees, up to \$200 per year. The scholarship application is separate but may be submitted at the same time. The department is also exploring partnerships with SilverSneakers and similar programs to expand support.

The **Community Building** is not included in the membership plan. It will remain open for programs and rentals. Memberships will not be required for public events, such as craft fairs and job fairs, at any recreation center.

If you have questions or would like help navigating the new system, stop in at any Lawrence recreation center, call (785) 832-3450, or email [parksrec@lawrenceks.gov](mailto:parksrec@lawrenceks.gov).

## Recreation Facility Membership



Sports Pavilion Lawrence®, Holcom Park Recreation Center, and East Lawrence Recreation Center.  
\*Community Building will be open only for programming and reservations starting January 1, 2026.

Membership Type	Residents (City of Lawrence)	Non-Residents
<b>Adult Monthly</b>	<b>\$12</b>	<b>\$15</b>
<b>Household Monthly</b>	<b>\$20</b>	<b>\$24</b>
<b>Senior Monthly</b>	<b>\$8</b>	<b>\$10</b>
<b>Youth Monthly</b>	<small>Douglas County Youth FREE</small>	<b>\$10</b>
<b>Adult Annual</b>		<b>\$120</b>
<b>Household Annual</b>	<b>\$200</b>	<b>\$240</b>
<b>Senior Annual</b>	<b>\$80</b>	<b>\$100</b>
<b>Youth Annual</b>	<small>Douglas County Youth FREE</small>	<b>\$100</b>

## 20-Visit Punch Cards

Residents (City of Lawrence)	Non-Residents
<b>\$60</b>	<b>\$130</b>

## Day Passes

Facility	Residents (City of Lawrence)	Non-Residents
Sports Pavilion Lawrence®	\$5	\$8
Holcom or East Lawrence	\$3	\$5
SPL Tournament Spectator		\$5



## HELPING HAMMER SENIOR HOME REPAIR

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- ✖ toilet and faucet repairs
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- ✖ door adjustments
- ✖ gutter cleaning

Ask about other small maintenance projects

Repair rates based on a sliding scale.

**All Helping Hammer staff are fully vaccinated.**

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

# Need Help Paying For Medicare?

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

**785-727-7872**  
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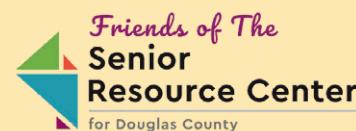
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## THANK YOU TO OUR COMMUNITY PARTNERS

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## PEAK Program Puts Dignity and Choice at the Heart of Kansas Nursing Homes

By Jami Boone, Adult Care Homes Quality Program Manager,  
Kansas Department for Aging and Disability Services



**M**oving into a nursing home is often seen as a loss—the loss of independence, familiar routines, and personal choice. But in Kansas, the **PEAK program** is changing that story. Through this pay-for-performance initiative, administered by **Kansas State University** and the **Kansas Department for Aging and Disability Services (KDADS)**, nursing homes are putting residents at the center of every decision and creating communities where people feel truly at home.

PEAK encourages nursing homes to adopt person-directed care, giving residents control over their daily lives. Participating homes can earn financial incentives—ranging from \$0.50 to \$3.00 per bed, per day—based on how deeply they implement these practices. But the true value of PEAK isn't in the funding—it's in transforming life inside the home, fostering dignity, choice, and joy for residents.

Imagine moving into a new home where you can bring your favorite bedding, chair, and treasured belongings. You don't have to give up who you are or what you love. Instead, you gain new opportunities, new friendships, and new family connections, along with access to activities you may have thought were out of reach. At the same time, you maintain your existing community roles, personal routines, and comforts, blending familiarity with new possibilities.

Residents in PEAK homes have the freedom to decide how their living space looks and feels, what, where, and when they eat, when they wake up or go to bed, and even which risks they are willing to take. That sense of control and individuality is central to maintaining dignity, identity, and joy, making daily life meaningful and fulfilling.

The benefits extend beyond residents. When staff are empowered to build deep, personal relationships with residents, they stop seeing their work as a job and start seeing it as an extension of home. Staff get to know the people they care for so well that they notice even the smallest changes—whether it's a favorite meal left untouched or a subtle shift in mood. This heightened awareness allows potential issues to be addressed sooner, improving healing and raising the overall level of care. The bonds between staff and residents not only create a more home-like environment but also foster staff satisfaction, because when work feels like home, people show up fully, care deeply, and make every interaction meaningful.

This mutual respect and compassion ripple outward, creating an atmosphere that families can feel the moment they walk

through the door. **PEAK homes offer families additional peace of mind**, ensuring that when a loved one moves into care, they enter a place that honors their individuality, values their voice, and supports their physical, emotional, and spiritual well-being.

Kansas continues to lead by example, showing that when dignity and choice are prioritized, everyone benefits. **PEAK homes aren't just places to live—they're places to thrive.**

To find a PEAK participating nursing home in your area, visit: [www.bit.ly/PEAK\\_Program](http://www.bit.ly/PEAK_Program).

For more information about the PEAK program, contact **Jami Boone**, Adult Care Homes Quality Program Manager, KDADS, at [jami.boone@ks.gov](mailto:jami.boone@ks.gov) or 785-296-0010.

An advertisement for the Senior Resource Center (SRC) Game Room. It features a green pool table with several numbered balls (1, 2, 3, 4, 5, 6, 8, 9) and a cue stick. The text includes: "Senior Resource Center for Douglas County", "Visit the SRC GAME ROOM", "Play pool and darts", "Enjoy board games and puzzles", "Watch TV in our comfy chairs", "FREE FOR SENIORS", and "OPEN DURING SRC HOURS 8:30 a.m. to 4:30 p.m.".

### 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](mailto: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!

#### \*NEW\* Drums Alive Golden Beats with JAAA

**Mondays, Jan. 26–Mar. 16, 9:30–10:30 a.m.**

**Senior Resource Center, 745 Vermont St., Lawrence**

Experience the transformative power of Drums Alive with the Jayhawk Area Agency on Aging! This class provides fitness for the whole person—mentally and emotionally—with an energetic combination of music, drumming, and movement. This class is accessible for all abilities and can be done standing or seated. Registration is required, and a donation of \$3 per class to JAAA is suggested. Space is limited, so call Kim at 785-856-0203 to sign up!

#### CarFit

**Monday, Jan. 12, 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 [lwoydziak@YourSRC.org](mailto:lwoydziak@YourSRC.org) or 785-727-7875.

#### Aerobic Dance with Mary Burg

**Mondays (except Jan. 19), 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.

#### Qi Gong Group

**Mondays (except Jan. 19), 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](mailto: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 McDaneld, is designed to strengthen muscles and increase flexibility and can be altered to accommodate all fitness levels. Most poses will be done in a chair, with some done using the wall for balance. The cost is \$30 for an 8-week session, and you provide your own yoga mat. This class is currently full, but to be added to the waiting list, contact Kim at [kluce@DgCoKs.gov](mailto:kluce@DgCoKs.gov).

#### Death Café

**Second Monday, Jan. 12, 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.

#### Intergenerational Choir

**Tuesdays, Starting Jan. 27, 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. For more information, email [kluce@DgCoKs.gov](mailto:kluce@DgCoKs.gov).

#### 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](mailto:kluce@DgCoKs.gov) with questions.

#### KLWN Radio for Grownups with SRC

**Every other Tuesday, Jan. 13 & 27, 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.

### SENIOR RESOURCE CENTER ACTIVITIES

#### V.I.P. Coffee

**First & Third Tuesdays, Jan. 6 & 20, 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.

#### 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!

#### \*NEW\* Yoga for Active Agers (Registration required)

**Wednesdays, Starting Jan. 7, 10–11 a.m.**

**Senior Resource Center, 745 Vermont St., Lawrence**

This beginner class, taught by instructor Carol Rubino, is focused on poses to help you improve everyday movements that become challenging as we age, such as balance, getting up and down, and reaching. It is chair-based and appropriate for all ages. The 8-week session is \$30, and participants provide their own yoga mat. Contact Kim at 785-856-0203 with questions or to register.

#### 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, Jan. 14, 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. January's movie will be *GiGi*. Popcorn is provided and audience participation is encouraged! Questions? Call 785-856-0203.

#### AARP Smart Driver Safety Course

**Thursday, Jan. 8, 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 [Iwoydziak@YourSRC.org](mailto:Iwoydziak@YourSRC.org) or 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class at SRC: Mar. 5.

#### Fiber Friends

**Second & Fourth Thursdays, Jan. 8 & 22, 10 a.m.–12 p.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.

#### Time to Tap

**Thursdays, Jan. 8–29, 11:30 a.m.–12:15 p.m.**

**Senior Resource Center, 745 Vermont St., Lawrence**

Barb Bryenthal will teach a free tap dance class, for beginners and hoofers alike, with a focus on learning some routines to Jazz and Broadway melodies. This 4-week class will be a low aerobic workout that will improve coordination and balance. Tap shoes are recommended but not required—any flat hard sole shoe will do. Email [kluce@dgcks.gov](mailto:kluce@dgcks.gov) with questions.

### SENIOR RESOURCE CENTER ACTIVITIES

#### Welcome to Medicare

Thursday, Jan. 8, 12 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](http://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.

#### 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.

#### 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

Third Thursday, Jan. 15, 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. A little competition is good for us as we age! Games Theory is a joint venture between the Endacott Society and the SRC.

#### The Write Time

Second & Fourth Thursdays, Jan. 8 & 22, 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](mailto:kluce@DgCoKs.gov) with questions.

#### Fundamentals of Estate Planning

Thursday, Jan. 22, 2 p.m.

#### Senior Resource Center, 745 Vermont St., Lawrence

In this session with recently retired Lawrence attorney Robert Ramsdell, learn to avoid probate, distribute your estate properly, provide guardians for minor children, ensure assets are safeguarded, and name those who will handle your finances and make medical decisions if you are alive but incapacitated. Seating is limited, so call 785-842-0543 to register.

#### 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 this weekly game! 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 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. 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](mailto:kluce@DgCoKs.gov) to be put on the waiting list.

#### 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](mailto: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 [ijkenberry@DgCoKS.gov](mailto:ijkenberry@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.

#### **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](mailto:rachel.walters@lmh.org) or Lauren Johnson at [lauren.johnson@lmh.org](mailto: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](mailto: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](mailto:lindababe43@gmail.com).

#### **Miller Retirement Group Grief Support Circle**

**First and Third Wednesdays, Jan. 7 & 21, 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](mailto: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](http://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](mailto:gsigurdson@lawrenceks.gov).

#### 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](mailto: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. \$45 per month or \$7 drop-in fee.

#### Hand & Foot

**Tuesday/Thursdays, 1 p.m.**

**BC Community Center, 712 Chapel St., Baldwin City**

#### 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.

**AVOID THE WINTER DOLDRUMS WITH A  
VISIT TO THE SENIOR RESOURCE CENTER!**

**Check out the many activities and events at SRC this month!**



### 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](http://LPLKS.org/retirement), contact Lorel Lewis at [retirement@LPLKS.org](mailto:retirement@LPLKS.org) or call 785-843-3833, ext.131.

#### Stitch & B\*tch

##### Monday, Jan. 19, 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, Jan. 20, 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.

#### Tech Club—On Zoom

##### Thursday, Jan. 8, 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, Jan. 15, 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.

#### Dessert and A Movie—on Zoom

##### Thursday, Jan. 22, 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, Jan. 2–23, 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, Jan. 30, 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.

#### Pop Up Programs!

##### Dates and Times TBA

Join RetroActive for spur-of-the-moment outings, bingo sessions and other fun stuff! It's a great way to experience Lawrence and make new friends. Contact Lorel for details: [retirement@LPLKS.org](mailto:retirement@LPLKS.org).

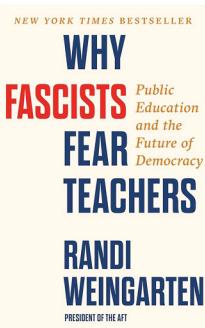


Need a great book? Call or come to the library! We can show you how easy it is to **download an eBook or eAudobook**, too!

785-843-3833  
[lplks.org/booksquad](http://lplks.org/booksquad)



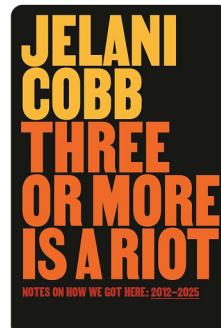
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#### NONFICTION

**Why Fascists Fear Teachers**  
by Randi Weingarten

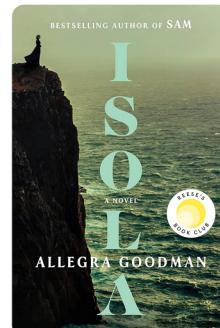
A powerful defense of public education and teachers as protectors of democracy against censorship, propaganda, and fear.



#### NONFICTION

**Three Or More Is A Riot**  
by Jelani Cobb

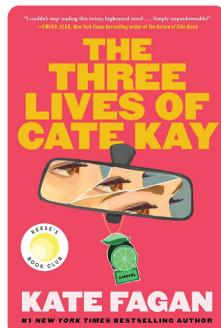
Journalist Jelani Cobb captures the past decade's crises, culture, and change in a vivid portrait of our turbulent times.



#### FICTION / HISTORICAL

**Isola**  
by Allegra Goodman

Inspired by 16th-century heroine, Marguerite de la Rocque, Isola is a story of one woman's discovery of faith and personal fortitude.



#### FICTION / GENERAL

**The Three Lives of Cate Kay**  
by Kate Fagan

A debut novel about a best selling author who's entire success has been built upon close guarded secrets until now.

### COMMUNITY EVENTS

#### Lawrence Bird Alliance Field Trip

Thursday, Jan. 1, 8 a.m.

#### Clinton Lake Dam, East 900 Rd., Lawrence

The group will meet on the dam at the pullout by the outlet tower at 8 a.m. A telescope will be available to help with the identification of geese, ducks, scoters, loons, and gulls. The group will travel to the south end of dam and scope that area of the lake to look for Smith's Longspurs or Sprague's Pipits on the eastern side. From there they will go below the dam to the model airplane field to look primarily for a variety of sparrows, wrens and meadowlarks. All levels of interest and experience are invited. A few extra binoculars will be available for loan. Contact Roger Boyd at [rboydbird69@gmail.com](mailto:rboydbird69@gmail.com) or 785-424-0595 for more information. Additional field trips on January 8 and 10.

#### Veterans 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 and Thursday morning. Membership is not required but encouraged.

#### Game Time at BCL

Thursdays, 11 a.m.—1 p.m.

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

Play Bridge at the Baldwin City Public Library! Don't know how to play? They'd love to teach you! Come and learn in a fun, stress-free environment.

#### \*NEW\* First Day Hike at Clinton State Park

Thursday, Jan. 1, 11 a.m.

#### Clinton State Park, 798 N. 1415 Rd., Lawrence

Join Kansas Wildlife and Parks for their annual 1st Day Hike at Clinton State Park. They will hike the beautiful Prairie View Nature trail which is an easy to medium 1.5 mile hike with stunning views. Meet at the Clinton State Park swim beach parking lot. Start the year off right—you won't want to miss this event!

#### \*NEW\* Drop-In Peer Support with ALIVE Inc.

Thursdays, 11 a.m.—1 p.m.

#### Lawrence Public Library, 707 Vermont St., Lawrence

Struggling with mental health, substance use, housing instability, or other challenging life circumstances? Come connect with someone who's been there—no judgement, no pressure, just support. Every Thursday, a peer support specialist will be available for drop-in hours in Study Room 4. Peer Support Specialists at ALIVE Inc. have a wide variety of lived experience and they're here to listen, support, and help you take your next step.

#### ReVision Exhibit

Weekdays through May 16, 10 a.m.—4 p.m.

#### Haskell Cultural Center, 2411 Barker Ave., Lawrence

"ReVision" by Marina DeCora is an evocative exhibit that explores Native American identity, history, and contemporary life through powerful visual storytelling. DeCora, a citizen of the Ho-Chunk Nation, uses mixed media to challenge stereotypes and highlight the resilience and evolving narratives of Indigenous communities. This exhibit invites viewers to reconsider preconceived notions about Native culture by presenting authentic, nuanced perspectives that emphasize both tradition and modernity.

#### 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\* Our Local History Series

Saturday, Jan. 3, 12:30—1:30 p.m.

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

The Baldwin City Library and The Santa Fe Trail Historical Society of Douglas County come together to present Our Local History—a series that explores history right in your back yard! "The Beginnings of Baker U and Baldwin" will be presented by Professor John Richards. The presentation is based on the book *Baker Lands: The Struggle to Start a School and a Town on the Santa Fe Trail* written by local author Katherine Burke Graziano. Attendees will receive a free copy of the book!

#### Restoring Our Landscapes Community Group

Sunday, Jan. 4, 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@plks.org](mailto:twinters@plks.org).

#### 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](mailto:walter@olker.net) so you can set up a time and place to play!



## Community Meals at Ecumenical Campus Ministries

**Sundays, 3:30—5 p.m.**

**ECM, 1204 Oread Ave., Lawrence**

Join Lawrence Food Not Bombs and ECM 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.

## \*NEW\* The Gothic Cowboy Review

**Sunday, Jan. 4, 7 p.m.**

**Northside Social, 444 Locust St., Lawrence**

Join the folks at Northside Social for Melvin Litton's Western and Americana music showcase on the first Sunday of the month. Artists from all over the area share their songwriting stories and journeys as musicians. Music starts at 7 p.m. and there is no cover charge!

## \*NEW\* Karaoke and Music Night

**Every Tuesday, 8 p.m.**

**Elmo's Tavern, 508 Locust St., Lawrence**

Whether you're a pro or just having fun, grab the mic and make it a night to remember! Elmo's Tavern has karaoke and music every Tuesday night, including free parking, drink specials, music trivia, darts and pool.

## 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](mailto:melissa@sunriseprojectks.org) or text/call 785-865-1618, at least 24 hours in advance.

## Lawrence Toastmasters Club

**Thursdays, Noon—1 p.m.**

**Senior Resource Center, 745 Vermont St., Lawrence**

This supportive and experienced group meets once a week to work on leadership, motivation, planning, and persuasion through the skill of public speaking.

## 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](mailto:mick@ku.edu).

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745 Vermont Street  
Lawrence, KS 66044

For more information or to update your Better Senior Living subscription information, call 785-842-0543 or email [contact@DgCoKS.gov](mailto:contact@DgCoKS.gov).

## 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](http://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

#### Upright University

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

#### 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!

#### Grandparent Class

**Thursday, Jan. 8, 6–8 p.m.**  
**LMH Health Auditorium, 325 Maine St., Lawrence**  
A class for new Grandparents looking to increase their knowledge of home safety, car seats and infant CPR. Designed specifically for new Grandparents, this class does not come with a certification card, but it does prepare participants with the latest information regarding injury prevention. Registration is \$35 for up to two participants.

#### Happy Time Squares

**Second Friday, Jan. 9, 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! The January dance theme is "Frozen. Contact Mary Bahnmaier at [mkfpage@hotmail.com](mailto:mkfpage@hotmail.com) for more information.

#### Introductory Tai Chi with Lawrence Academy of Tai Qi

**Saturdays, Starting in mid-January, 10–11 a.m.**  
**Senior Resource Center, 745 Vermont St., Lawrence**  
Tai Chi is a Chinese exercise composed of a series of fluid movements through which participants gain strength, flexibility, and vitality. ATQ teaches a derivative of the Wu style that can be done standing, sitting, or prone, depending on mobility. The 8-week session registration (suggested donation) is \$72 for seniors. Please contact the Academy at [academytaigi@yahoo.com](mailto:academytaigi@yahoo.com) or 785-393-4573 for pre-enrollment and with any questions.

#### Lawrence Barn Dance Association Contra Dance

**Saturday, Jan. 10, 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. January's band is The Tater Bugs and calling will be done by Lisa Harris-Fryzman. Pay what you can: \$8—\$15.

#### 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.

#### Social Stitch Night at Yarn Barn

**Third Thursday, Jan. 15, 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. Open to all regardless of skill level: knitters, crocheters, spinners, or weavers. Doors will unlock at 5:45 pm. Don't forget: metered parking is free after 6 p.m.!

#### \*NEW\* Lunch & Learn w/CASA

**Friday, Jan. 16, 12–1 p.m.**  
**Lawrence Beer Company, 826 Pennsylvania St., Lawrence**  
Join Douglas County CASA at Lawrence Beer Co. to learn about becoming an advocate for children in foster care. Douglas County CASA staff will share about what CASA is, why CASA is needed, and how you can help by becoming an advocate. You'll be able to order off the menu and enjoy your (free!) lunch while learning if becoming a CASA is the right volunteer opportunity for you. Reserve your spot at [www.bit.ly/casa-info-jan](http://www.bit.ly/casa-info-jan).

#### \*NEW\* Ducks, Herons and Eagles, Oh My!

**Saturday, Jan. 17, 9 a.m.—12 p.m.**  
**Prairie Park Nature Center, 2730 Harper St., Lawrence**  
Embark on an unforgettable winter birding expedition. Bundle up and let the Prairie Park Nature Center take you on a journey in their shuttle to spot some of winter's most fascinating and resilient feathered friends. Stand-out visitors include both migratory and resident species such as snow geese, a diversity of ducks and birds, trumpeter swans, pelicans, bald eagles, herons and more. Don't forget to bring your binoculars and cameras to capture the perfect shot. Please dress warmly and wear appropriate shoes for possible short hikes at birdwatching locations. Register through Lawrence Parks, Recreation and Culture's website at [www.lawrenceks.gov/prc](http://www.lawrenceks.gov/prc). The cost is \$35.

### COMMUNITY EVENTS

#### \*NEW\* Good Trouble

**Saturday, Jan. 17, 2–3 p.m.**

**Lawrence Public Library, 707 Vermont St., Lawrence**

The Lawrence Public Library honors Martin Luther King, Jr.'s civil rights legacy with this presentation by John Edgar Tidwell, professor emeritus of English at the University of Kansas. The late political activist and U.S. Congressman John Lewis coined the phrase "good trouble" to describe his civil disobedience in the 1960s. What role have the humanities played in times of crisis, contentiousness, and incredible disagreement? This talk will seek to answer this question by looking at Abraham Lincoln's Emancipation Proclamation and Martin Luther King, Jr.'s "Letter from Birmingham Jail" and their framing of current discussions about humanities in our troubled times.

#### \*NEW\* Martin Luther King, Jr. Day

**Monday, Jan. 19, 10:30 a.m.–2 p.m.**

**Lawrence Public Library, 707 Vermont St., Lawrence**

Join the Lawrence Public Library in honoring Dr. King and celebrating his legacy with a day of community-focused events for the whole family. Events include a donation drive for Just Food, story time with Barry Washboard Barnes, MLK Day craft for kids, a community lunch and piano performance, and a blackout poetry workshop. See the [www.lplks.org](http://www.lplks.org) events section for details.

#### Community Resource Clinic

**Tuesday, Jan. 20, 3–5 p.m.**

**Lawrence Public Library, 707 Vermont St., Lawrence**

Drop in to the Lawrence Public Library to learn about community resources and support to meet your critical needs! Every third Tuesday, LPL hosts a different lineup of social service organizations that can provide assistance with things such as financial support, transportation services, healthcare, and more. Questions? Ask Gabby: [gboyle@lplks.org](mailto:gboyle@lplks.org).

#### Harvesters Rural Mobile Food Distribution

**Thursday, Jan. 22, 10–11 a.m.**

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

Harvesters will be onsite with perishable food items for anyone in need. These are distributed on a first come, first serve basis by volunteers of the church. Recipients must provide name, zip code, and how their family unit is split by children, adults, seniors.

#### \*NEW\* Buddhist Peace Dances

**Friday, Jan. 23, 6–7:30 p.m.**

**Kansas Zen Center, 1201 Laura Ave., Lawrence**

Come practice simple joyous, meditative, circle dances that use sacred phrases, music, and movements to touch the spiritual essence within yourself and recognize it in others. The group will hold hands in a circle with live musicians in the center, chanting mantras from various Buddhist lineages. They will sing and do simple movements together. This is a spiritual practice, and the dances honor the ideals of all wisdom traditions. This gathering is co-sponsored by the Kansas Zen Center and the Lawrence Dances of Universal Peace. It is free--donations are welcomed but not expected.

#### \*NEW\* Adult Literacy Volunteer Tutor Meet and Greet

**Saturday, Jan. 24, 2–3:30 p.m.**

**Lawrence Public Library, 707 Vermont St., Lawrence**

New and current Adult Literacy Volunteer Tutors come together for program updates, snacks, and fun! If you're curious about what it might be like to be a literacy tutor for adults, join us to learn about the program and meet other volunteers. If you've already completed your volunteer training and are just starting to work with a student or waiting for a placement, this meeting is for you too! Come get program updates and learn how you can help recruit new literacy students. Questions? Ask Liz: [LStuewe@lplks.org](mailto:LStuewe@lplks.org). No registration needed.

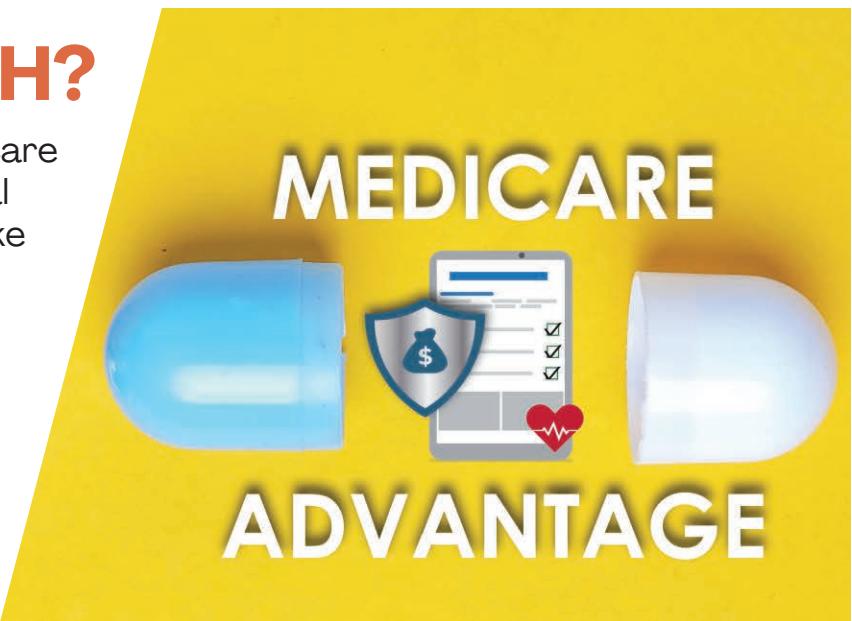
## TIME TO SWITCH?

You can switch to a different Medicare Advantage Plan or return to Original Medicare January 1–March 31. Make an appointment!

[www.DgCoKS.gov/SRC](http://www.DgCoKS.gov/SRC)  
785-727-7872  
[Medicare@DgCoKS.gov](mailto:Medicare@DgCoKS.gov)



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### COMMUNITY EVENTS

#### **Yoga at the Library**

**Sunday, Jan. 25, 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@plks.org](mailto:bholt@plks.org). No experience or registration needed.

#### **Chess at the Library**

**Sunday, Jan. 25, 1–3 p.m.**

**Lawrence Public Library, 707 Vermont St., Lawrence**

Join fellow Chess enthusiasts for a free community chess gathering on the last Sunday of each month. All ages and skill levels are welcome; bring your own board or use one from the Library. Enjoy a relaxed afternoon of open play with friendly competition and intellectual stimulation. Meet new people, sharpen your skills, and enjoy a classic game in a welcoming environment. Questions? Ask Lindin: [iscott@plks.org](mailto:iscott@plks.org)

#### **AAL Public Telescope Observing**

**Sunday, Jan. 25, 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.

#### **Tech Time at BCL**

**Monday, Jan. 26, 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.

#### **SNAP Application Assistance**

**Fourth Wednesday, Jan. 28, 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.

#### **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\* QuarterMania**

**Friday, Jan. 30, 6 p.m.**

**First Baptist Church, 1330 Kasold Dr., Lawrence**

QuarterMania is a fast paced, fun game of chance. Bring your friends and some rolls of quarters and come for a fun evening. You do not need to know how to play to attend! Take home fantastic items from the vendors for only a few quarters. Shopping with vendors starts at 6 p.m. and QuarterMania Starts at 7. Everyone receives 2 free paddles. There are no concessions for sale, but outside food and non-alcoholic drinks are welcomed!

#### **\*NEW\* Chili Cook-off and Trivia Night**

**Friday, Jan. 30, 6:30–8 p.m.**

**Sunflower Elementary, 2521 Inverness Dr., Lawrence**

Join the Sunflower Elementary PTA for the 2nd annual chili cook off and trivia night! Pizza will be for sale if you don't like chili. There will be prizes for the best and most unique chilis, and prizes for trivia as well. This family fun night is free, but donations are welcome.

#### **Lawrence Bird Alliance Seed Sale**

**Saturday, Jan 31, 10 a.m.–1 p.m.**

**Senior Resource Center, 745 Vermont St., Lawrence**

Lawrence Bird Alliance will hold their winter 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, t-shirts, feeders and bird-related gift items.

## 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](http://www.Facebook.com/YourSRC)



## A More Beautiful Basement *(continued from page 1)*

open game room to welcome community members daily.

But there was one problem—the easement windows in the basement. They were drab. Dark. Dirty. Depressing, even! And, to make it even more ironic, we had optimistically called the room the Garden Room! (It sounded better than “basement”!)

And now, over six years later, the Garden Room is finally more like a garden! Over this past summer, a youth artist from VanGo was funded by a federal Workforce Innovation and Opportunity Act (WIOA) grant to complete a project, and three of the windows in the basement were turned into murals.

Using a special paint designed for use on glass, the young local artist, Charysse, created a nature scene that will still let in what little natural light comes through the windows, but masks the unpleasant, very not-garden view.

SRC plans to continue to work with Charysse as time allows to complete whimsical murals on the windows of the Game Room, as well.

In summary, it only took 75 years, but the basement at 745 Vermont Street is finally as beautiful as it could be! If you haven't been by to see it yet, we hope you'll stop in soon!



### SRC Staff Highlight

## LORI PHILLIPS AND NANCY WIEBE

Join us in recognizing our Medicare team

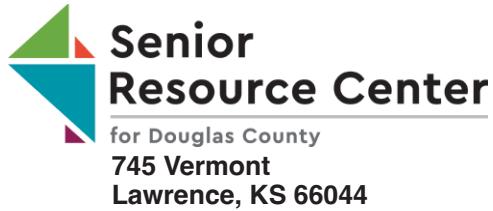
Lori and Nancy are the dynamic duo who are the energy and passion behind the SRC Medicare Counseling program (also known as SHICK). Everyone who meets with an SRC Medicare counselor has benefited from Lori and Nancy's hard work. They support the team of amazing volunteer counselors, ensure all the appointments are scheduled correctly, handle any unexpected bumps in the road, and do it all with a determined mind and a welcoming smile.

Thank you, Lori and Nancy, for another masterful Open Enrollment season!



Lori Phillips and Nancy Wiebe

SRC Medicare Team



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### Doctors who truly know you.

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