

# Better SENIOR LIVING

VOL. 54 NO. 2

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Senior  
Resource Center  
for Douglas County

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

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## A Love Letter to Douglas County’s DO-ers

*By SRC Staff Writers*

**T**his Valentine’s Day, the staff of the Senior Resource Center cannot help but think about how much we love the community where we get to live and work. Douglas County is a very special place to us. We suspect you agree!

Like many of you, some of the SRC staff were born here, raised here, and lived here our whole lives ... and intend to live here for the rest of our lives! Some of us transplanted in during college and loved it so much that we stayed—or maybe left for a while and it called us back. A few came here for a job opportunity and found it to be home. A handful landed in Douglas County because of a family member, and we were lucky enough to come along for the ride.

As dedicated, passionate residents of this community, we have noticed that we are never, ever bored. And no matter what our area of interest or our financial circumstances, there seems to be more to do than there are hours in the day.

Not every community is so lucky. Douglas County benefits from a population of folks who are dedicated and passionate about a wide variety of topics, hobbies, interests, and activities. And those amazing people are incredibly generous about sharing with the rest of us! It takes people to think up, plan, promote, and execute all of the activities the rest of us can enjoy.

Often, it seems those hard-working people go without recognition for their contributions. What’s even more unfortunate is that sometimes they are

even criticized if the event that they planned doesn’t go exactly perfectly, sometimes due to circumstances totally outside of their control (like weather). Or maybe their event coincided with another event in the community (which, if you have ever tried to plan something in Douglas County, you know it is quite impossible to find a moment when literally nothing else is going on). Or maybe they are criticized because they overlooked an aspect of the event—not enough portapotties or the marketing didn’t reach all of the target audience.

In the paraphrased words of President Theodore Roosevelt, credit belongs to those who are in the arena, getting blood, sweat, and tears on their face. They strive valiantly. They make errors and stumble and come up short. They spend themselves in worthy cause and great devotion. When they win, they know great triumphs. And when they don’t, they fail knowing at least they dared greatly.

These people inspire us here at the Senior Resource Center. This month, in honor of Valentine’s Day, the staff at SRC send a love letter to those people who are doing the hard things. Those who are daring greatly and are sharing their passion for what they love. Those people are in the arena, doing what they can to make living throughout Douglas County even better. Maybe not perfect, but richer, more interesting, more fun, more thoughtful, more sustainable, safer, healthier. Always working toward better!

# 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.

## What is “AI” and How Do We Even Know?

By Megan Poindexter, SRC Department Manager



I am going to be honest. I don't know how to talk about AI: Artificial Intelligence. I know that anything I say about AI today could be outdated tomorrow! And, maybe that's exactly why I want to write about it for you in SRC's newsletter. It feels like ignoring the topic doesn't help any of us, either.

Most people I speak with feel—at the very least—mildly uncomfortable about AI. For generations, science fiction authors and movie makers have been predicting the rise of AI. It is surreal that we are actually living what so many of those stories plotted.

Even those who are huge fans of using AI chatbots like ChatGPT or Gemini to summarize large amounts of data seem wary. We are all amazed at the ways AI can create images, audio, and videos (also known as Deep Fakes) that are unnervingly realistic.

Many people are very concerned about the environmental impact of AI. The energy consumed at a data farm to generate an AI response to a single AI query is noticeable. And the energy to complete the AI tasks already being demanded by corporations and governments is significant. The volume of water used to cool the computers at those data farms is hard to fathom. The impact these data farms have on people who live near them is unsettling.

Other people are worried about the way AI can impact our livelihoods, with jobs being replaced by computers and robotics more and more frequently. I bet we have all experienced this when we call customer service and are forced to interact with an AI “representative.”

Or, they're concerned by the evidence that people in emotional strife have experienced harm when “talking” with a chatbot to seek support for their worries and pain.

Plus, the knowledge that AI-generated political propaganda can deepen the rift between people in our country when we would really prefer unity and peace.

And, it is very upsetting to learn that people, mostly young girls, have been plagued by social media harassment when someone uses that young person's likeness to create fake AI pornography.

Not to mention that AI is used to trick people over the phone or internet into scams or fraud.

It is getting harder and harder to know if something you're seeing, hearing, or reading is real. I don't know how to help you—or me!—know for sure if something is AI. Gone seem to be the days when you could look for inaccuracies in the images (such as too many fingers or strange shadows) or typos and grammatical errors as the give-away that something is AI. We all seem to be getting fooled all the time.



Advice from tech experts seems to encourage a “take everything with a grain of salt” mentality. They recommend searching for information from multiple credible sources before believing. But this is time-consuming, and sometimes it's hard to even know what is credible.

Today, I'm just here to recognize that AI is in our community. None of us are able to escape its influence. We all need to be aware and vigilant. I guess we need to slow down to really think before we believe anything we read, hear, or see. Maybe 20 years from now we'll look back and see it was unfounded worry. Either way, good luck to us all as we move into the future.

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## Is It Too Late to Review or Change My Medicare Advantage Plan?

By Nancy Wiebe, Health Resources Coordinator



We received a call from "Michelle" at SRC's Medicare helpline in mid-December. She just discovered that the local hospital will no longer contract with her Medicare Advantage plan. She has been relatively healthy but wants to make sure she is able to seek care if her health changes.

When this has happened in the past, some beneficiaries told SRC's SHICK Medicare counselors that they purchased a different Medicare Advantage after calling an 800 number. However, they later discovered their "new" plan was not accepted by their doctors or the local hospital.

Luckily, Michelle and others can take advantage of an additional Medicare Advantage Open Enrollment Period for from January 1—March 31 each year. If you are like Michelle, you can make an appointment with one of SRC's SHICK Medicare counselors to review your current plan and compare it to others currently available. Then you can decide if you want to keep your current plan, switch to a different Medicare Advantage plan, or change to Original Medicare.

### What if I Struggle to Pay My Premiums?

SRC's SHICK Medicare volunteers can also help anyone with Medicare at any time of year to see if you qualify for Extra

Help paying for Medicare premiums.

### What About My Family Member Who Just Moved Here?

If you know someone just moving into this area, please advise them to call us for an appointment within two months of changing their address with Social Security. There will be a special, short Open Enrollment window to change to a plan that works for them locally. If you are moving to a different area, you will also have this special, short Open Enrollment window. Contact the local SHIP program in your new area as soon as you update your address with Social Security.

**We are always happy to help! For questions and appointments, please visit the Medicare page of our website [www.DgCoKS.gov/SRC](http://www.DgCoKS.gov/SRC) or call our helpline, 785-727-7872, to schedule an appointment.**

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# 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



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## Are you eligible for food assistance?

**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.**



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[kpeine@ksu.edu](mailto:kpeine@ksu.edu).

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 1 cup White Chocolate Chips

Mix together mix, butter, egg, and vanilla. Stir in 1/2 of M&Ms and chips. Pat into greased 9x13 pan. Press rest of M&Ms and chips into top. Bake at 350 degrees for 20-24 minutes. Cool and cut into bars.

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# INFO FOR EXPECTED 2026 AARP TAX-AIDE SERVICES

## PLAN TO:

- Call for an appointment
- Pick-up forms packet at sites & complete
- Bring COMPLETED FORMS with TAX DOCUMENT
- Have tax return completed in ONE DAY, in-person

## WHAT TO BRING:

- COMPLETED AARP TAX-AIDE FORMS
- Photo ID required for the taxpayer and spouse (even those not attending)
- Social Security Card(s) for you, spouse and all dependents
- Previous year's Tax Return and documents
- Real estate taxes if claiming Kansas Homestead/Property Tax Relief Refund
- Summary list of deductible items—if itemizing. For example: medical bills, charitable donations, mortgage interest, property tax, etc.)
- A VOIDED check to verify bank account and routing numbers for Direct Deposit

FREE tax assistance for  
 those who need it!  
 Appointment lines open  
 January 20, 2026.

## LAWRENCE AARP TAX-AIDE

First Baptist Church  
 1330 Kasold Drive,  
 North Bldg.(gym)  
 Appointment Line  
 785-691-9737

## TAXES ALSO PREPARED AT THE FOLLOWING LOCATIONS:

- Baldwin City Library  
 785-594-3411
- Jefferson Co. Service Organization  
 785-863-2637
- Ottawa Westminster Presbyterian Church  
 785-242-3080

**QUESTIONS? Contact AARP  
 Tax-Aide 24-Hour  
 Voicemail 785-813-1136**

## Financial Planning for Loved Ones with Disabilities

By Peyton Weatherbie and Molly Wood, Elder Law Attorneys



**Q**: My daughter is developmentally disabled and receives Medicaid and other public benefits due to her disability. These benefits are conditional; she isn't able to support herself, but she's able to work part-time. She also receives monetary gifts from family members on her birthday and holidays. I want her to save money without jeopardizing the benefits she receives or for which she might become eligible in the future. Are there any savings options that would protect her benefits?

**A**: Yes. One of the best options is the Kansas Achieving a Better Life Experience (ABLE) Savings Program. ABLE accounts are designed specifically to help individuals with disabilities save money without losing access to critically needed welfare benefits.

In 2015, the Kansas Legislature created the Kansas ABLE Savings Program, which is administered by the Kansas State Treasurer's Office. These accounts evade strict asset limits imposed by many public benefit programs, a long-standing problem for individuals with disabilities.

Means-tested programs, including Medicaid and Supplemental Security Income (SSI), generally permit individuals to have no more than \$2,000 in countable assets to remain eligible. This low limit often prevents people with disabilities from saving money or accepting financial gifts. Funds held in an ABLE account are not counted toward these asset limits, allowing individuals to save without risking their entitlement.

An ABLE account allows an individual with a qualifying disability to save up to \$100,000 without terminating Medicaid eligibility. (SSI benefits may be suspended if the balance exceeds \$100,000, but Medicaid eligibility continues.) This gives families peace of mind when helping a loved one build savings. To qualify for Medicaid and SSI, the individual must meet the Social Security definition of disability, meaning they have marked and severe functional limitations. However, the person need not be a Social Security or Medicaid beneficiary to open an ABLE account. Sometimes, a person becomes disabled – a bad accident or a severe illness – but doesn't immediately apply for any means-tested assistance. The disability must have begun before age 46, but an ABLE account can preexist that determination.

Contributions to ABLE accounts are made with after-tax dollars. The funds grow tax-deferred and are tax-free when used for qualified disability expenses. These expenses are broadly defined and include education, health care, housing, transportation, employment training, assistive technology, legal fees, and basic living expenses. This flexibility makes ABLE accounts practical for everyday life.

Accounts may be opened and managed by the individual with a disability, a parent or guardian, a custodian, an authorized representative, or an agent under a power of attorney. Anyone may contribute to the account, including friends, family members, and nonprofit organizations. In 2026, the annual contribution limit is \$20,000. This means birthday and holiday gifts can be deposited directly into your daughter's ABLE account rather than given to her outright, where they could affect her benefits.

Your daughter may also contribute a portion of her wages. These contributions count toward the \$20,000 annual limit. However, there is an important exception for working individuals with disabilities. If your daughter does not participate in an employer-sponsored retirement plan, she may contribute an additional \$15,650 of her earnings beyond the annual cap. This allows a total annual contribution of up to \$35,650.

ABLE accounts are a powerful tool for promoting financial independence while preserving essential safety net program eligibility. They allow individuals with disabilities to save, plan, and accept financial support without fear. For your daughter, an ABLE account could offer a safe and flexible way to build savings and plan for her future.

You can open a Kansas ABLE account by visiting the Kansas State Treasurer's website at: [www.kansasstatetreasurer.ks.gov/able\\_savings\\_account.html](http://www.kansasstatetreasurer.ks.gov/able_savings_account.html)

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.

## Grief and the Value of Support on Your Journey

By Esther Dean-Zima, Chaplain/Bereavement Coordinator, Douglas County VNA



**G**rief and loss are part of life. While there are many commonalities in grief, it is a unique journey for every individual and every loss. At times, it can be isolating and overwhelming. It can hit like a tidal wave, or it can creep up unexpectedly. Grief is often complex and challenging, but you don't have to face it alone.

"Grief is never something you get over. You don't wake up one morning and say, 'I've conquered that; now I'm moving on.' It's something that walks beside you every day. And if you can learn how to manage it and honor the person you miss, you can take something that is incredibly sad and find some form of positivity." —Terri Erwin

However you experience grief, learning coping techniques and sharing your experiences can make it feel more manageable and help provide hope. Grief support groups offer a space to listen, learn, and share in a safe, comforting environment. The consistent opportunity to receive support from others who are also experiencing grief can help guide your journey—transforming something isolating and overwhelming into something that feels not only possible, but hopeful.

In addition to providing a supportive community, grief groups often offer workbooks and activities that can be completed individually or with others to support coping and healing. These tools can help build skills that will support you during—and long after—your time in a grief support group.

When faced with something as complex and challenging as grief, using all the support and tools available to you is essential to your well-being. Please remember that while your grief is unique, you are never alone on this journey. Even the

idea of joining a grief group can feel intimidating, but it can be a meaningful step in the healing process.

Fortunately, many grief support resources are available in the local community. Churches, hospice providers, hospitals, funeral homes, and other community organizations often offer grief support opportunities. These groups are typically free and open to community members. Even if one group doesn't feel like the right fit, another may be. Organizations like the Senior Resource Center for Douglas County can be a helpful place to start and to learn more about the options available to you.

If you're grieving, you don't have to navigate it alone. Consider trying a group near you and finding strength and comfort alongside others facing a similar journey.

## PREVENTATIVE SCREENINGS

Did you know that Medicare pays for many preventative screenings? Ask your doctor's office if you are due for a specific screening before you get it done.

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

A close-up photograph of a doctor's hands holding a pink heart-shaped stethoscope. The background is a soft-focus image of a medical professional.



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## HELPING HAMMER SENIOR HOME REPAIR

Assistance with home repairs and maintenance

- ✖ toilet and faucet repairs
- ✖ grab bar installation
- ✖ door adjustments
- ✖ gutter cleaning

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**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?

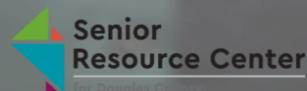
If you have limited income and resources, you may qualify for assistance.

785-727-7872

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

[Medicare@DgCoKS.gov](mailto:Medicare@DgCoKS.gov)

Schedule a free consultation



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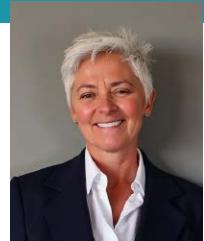
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## Steps to Safety™: Simple Steps for a Safer, More Independent Home

By Mindy Andrasevits, MPA, Regional Director NFPA



**A**s we grow older, our homes should continue to be places of comfort, independence, and security. Yet statistics show that home fires and falls pose increasing risks for older adults—often without warning. The good news is that many of these injuries can be prevented. That's where the **NFPA Steps to Safety™ Prevent Fire and Falls at Home** program comes in.

Steps to Safety™ is a community-based program designed specifically with older adults in mind. Led by local fire and EMS professionals and supported by trusted community partners, the program provides practical, easy-to-understand guidance to help you stay safe in your home while continuing to live independently.

Why is this important? At age 65, older adults are **twice as likely** as the general population to be injured or killed in a home fire. By age 75, the risk triples—and by age 85, it is four times higher. Falls are just as concerning: **one in three older adults experiences a fall**, and about **one in 17** will need emergency care each year because of it. In fact, fire departments now respond to more fall-related calls among older adults than fires themselves.

Steps to Safety™ was created to address these risks in a positive, empowering way. Formerly known as Remembering When™, the updated program includes new learning tools, both online and in print, that focus on real-life situations and simple actions you can take every day. The approach is not about fear, it's about **confidence, awareness, and choice**. At the heart of the program are **16 key safety messages**—

eight focused on fire prevention and eight on fall prevention. These messages were developed by experts from national and local safety organizations across the U.S. and Canada and are grounded in proven fire science, behavioral research, and effective adult learning principles.

Steps to Safety™ may be offered through a group presentation at a senior center, a faith-based organization, or a retirement community. Some communities also offer optional home visits, where trained professionals can help identify small changes—like safer cooking habits, better lighting, or reduced tripping hazards—that can make a big difference. Many programs also connect participants with helpful local services such as smoke alarm installations, grab bar installation, lock box programs, or other community resources.

One of the strengths of Steps to Safety™ is collaboration. Local fire departments work alongside health and social service agencies, service clubs, and community organizations to tailor the program to local needs. All materials are provided **free of charge**, making the program accessible and easy to share.

By participating in Steps to Safety™, you're taking an active role in protecting yourself, your home, and your independence. Small steps today can help prevent injuries tomorrow—and give you greater peace of mind every day.

Join us in the next Steps to Safety at the Senior Resource Center in March and take the next step toward a safer home.



**STEPS TO  
SAFETY™**  
PREVENT FIRE & FALLS AT HOME

# DON'T SNOOZE ON FIRE SAFETY.



### 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!

#### 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.

#### 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 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, Feb. 9, 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.

#### 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, Feb. 10 & 24, 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, Feb. 3 & 17, 9–10:30 a.m.**

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

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

#### Intergenerational Choir

**Tuesdays, 11:30 a.m.–12:30 p.m.**

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

Love to sing? Join a unique intergenerational choir with seniors and KU students, led by a KU Associate Professor of Music. No music reading is required! This choir only meets when KU is in session. For more information, email [kluce@DgCoKs.gov](mailto:kluce@DgCoKs.gov).

### SENIOR RESOURCE CENTER ACTIVITIES

#### **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, 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 balancing, 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. This class is currently full, but contact Kim at 785-856-0203 to be added to the waitlist.

#### **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, Feb. 11, 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. February's movie will be *Carousel*. Popcorn is provided and audience participation is encouraged! Questions? Call 785-856-0203.

#### **Welcome to Medicare**

**Wednesday, Feb. 11, 4 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.

#### **Fiber Friends**

**Second & Fourth Thursdays, Feb. 12 & 26, 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 and unwind with a group of friends 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.



#### 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, Feb. 19, 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. February's game will be Ransom Notes. Ransom Notes is a fun game for making hilariously terrible sentences. Using word magnets, teams will try to create awesomely horrendous phrases that attract the interest of the judge. 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 and Fourth Thursdays, Feb. 12 & 26, 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.

#### 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!

#### \*NEW\* Aerobic Dance with Huiling Zhong

**Fridays, 11:30 a.m.—12:15 p.m.**

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

Get moving with fun, lively music from different countries and styles—switched up every few weeks to keep things fresh! This free 45-minute class blends a gentle warm-up, energizing aerobic and anaerobic dance moves, and a soothing cool-down stretch to protect muscles and joints from injury. This class will condition and strengthen your body. Simple actions, upbeat music, and a relaxed vibe mean you just have fun—no experience needed!

#### 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.

### 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.

#### **\*NEW\* First Southern Baptist Caregiver Support Group**

**Third Monday, 3:30 p.m.**

**First Southern Baptist, 4300 W. 6th St., Lawrence**

This support group, affiliated with the Alzheimer's Association, provides a safe, confidential, supportive environment and a chance for participants to develop informal mutual support and social relationships. For more information, contact Michele Dillon at 785-235-1367 or [mdillon@jhawkaaa.org](mailto:mdillon@jhawkaaa.org).

#### **First United Methodist Church Caregivers Support Group**

**Second Tuesday, 10—11 a.m.**

**First United Methodist Church, 946 Vermont St., Lawrence**

This group provides caregiving tips and skills, as well as selfcare strategies for caregivers of those suffering from chronic illness in a collaborative environment. For more info, call John Koonce at 479-644-5733. This group is affiliated with the Alzheimer's Association.

#### **Lawrence Parkinson's Support Group**

**Third Tuesday, 2—3 p.m.**

**First Presbyterian Church, 2415 Clinton Pkwy., Lawrence**

This support group for individuals with Parkinson's Disease and their care partners meets monthly to provide education and support to enhance quality of life. They will share experiences, host guest speakers and discuss research updates. For more information, contact Linda Upstill at 785-841-0770 or LuAnn Wilcox at 785-760-0634.

#### **LMH 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).

#### **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. 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).

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

**First and Third Wednesdays, 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. Sessions will be led by counselor Marcia Epstein.

#### **\*NEW\* Myasthenia Gravis Support Group**

**Wednesday, Feb. 26, 5:30 p.m.**

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

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

#### **\*NEW\* GriefShare**

**Thursdays, 1 p.m.**

**Douglas County Visiting Nurses, 200 Maine St., Lawrence**

In this 13-week grief recovery support group, you'll hear insights from grief recovery experts, meet others who understand what you're going through, and learn practical tips for navigating your grief. Each week includes a 30-minute video, a group discussion, and exercises in a personal workbook. For more information, contact Esther Dean-Sima at 785-843-3738, or register at [www.griefshare.org/findagroup](http://www.griefshare.org/findagroup).

#### **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

Registration for the Spring session is open. Spring session dates are March 22—May 16.

##### Senior Strength Training

**Mon/Wed/Fri, Mar. 23—May 15, 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: 227233, \$96.**

##### Aerobic Dance and Tone

**Mon/Wed/Fri, Mar. 23—May 15, 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: 227201, \$96.**

##### LaBlast

**Tuesday/Thursday, Mar. 24—May 14, 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: 227302, \$76.**

##### Tai Chi for Health

**Tuesday/Thursday, Mar. 24—May 14, 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: 227503, \$76.**

#### RECREATION INSTRUCTION

##### Baroque Recorder—A Lifelong Instrument

**Mondays, Feb. 2—Mar. 27**

**11 a.m. (Advanced Class)**

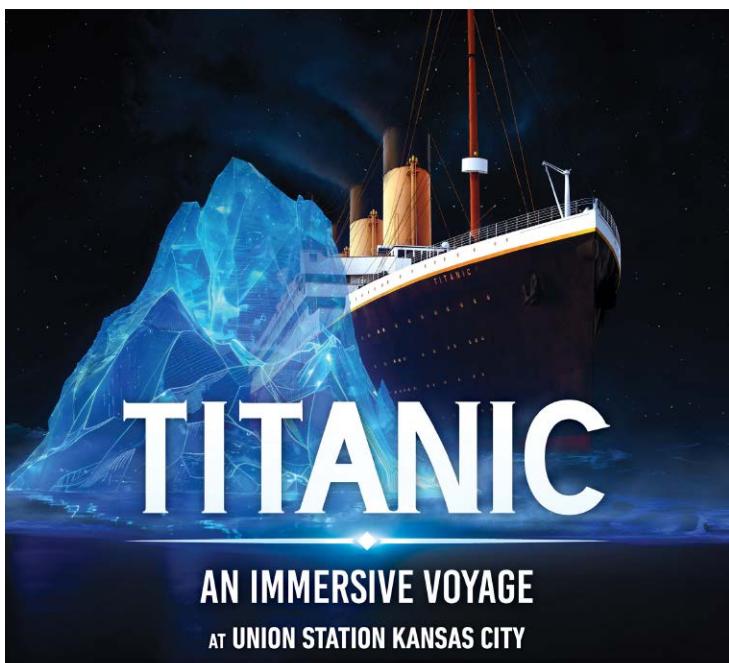
**12:30 p.m. (Beginning/Intermediate Class)**

**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.**

##### Lifelong Travel

Registration for our spring trips is now open! We invite you to join us for unforgettable experiences—from Elvis and Elton at the New Theatre, to the Titanic exhibit at Union Station, to a fascinating deep dive into Kansas history. These destinations and more await on the Lifelong Travel calendar. Brochures and registration are available at all Lawrence recreation centers or online at [www.lprd.org](http://www.lprd.org).



## Leisure and Learning Activities

### 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.

#### \*NEW\* Indoor Walking

**Monday—Friday, 8—9 a.m.**

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

#### \*NEW\* Lunch Bunch

**Wednesday, Feb. 25, 11 a.m.**

**Meet at BC Community Center, 712 Chapel St., Baldwin**

Join the Active Adults for good food and good company in a relaxed lunch outing to Black Bear Diner in Olathe. Choose your own meal, pay your own way and leave the driving to BCRC!

#### Coffee and Donuts

**Third Friday each month, 9—10 a.m.**

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

#### \*NEW\* Dinner @ Lidia's

**Friday, Feb. 6, 5:30 p.m.**

**Meet at BC Community Center, 712 Chapel St., Baldwin**

Join the Active Adults for a Friday night dinner in the city! Set in a charming former railroad house, Lidia's offers the warmth of an Italian farmhouse paired with the culinary magic of Emmy Award-winning TV host and restauranteur Lidia Bastianich.

#### Pitch and Snacks

**1st and 3rd Fridays, 6 p.m.**

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

### EUDORA PARKS & RECREATION

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

#### Pickleball

**Monday/Wednesday/Friday, 9—11 a.m.**

**Wednesdays 5—8 p.m.**

Call Eudora Rec Center for more details and cost to play. Equipment provided.

#### Missfits

**Monday/Wednesday/Friday, 11 a.m.—12 p.m.**

Engage in low-impact exercises to improve strength, flexibility and balance in this self-run women's fitness class for ladies 50 and up. The routines are adaptable to various fitness levels and may include walking, stretching, or light resistance training. A fitness center membership is required.

#### Cards with Friends

**Monday/Thursday, 1—3 p.m.**

Enjoy your favorite games and learn new ones.

#### Fit & Strong

**Tuesday/Thursday, 11 a.m.—12:30 p.m.**

Embrace a healthier lifestyle with this specially tailored course for adults seeking physical activity despite mobility challenges. Fit & Strong offers a supportive environment that ensures everyone can participate, and it's free!

#### Friday Fun Fellowship

**Second Fridays, 1—3 p.m.**

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

#### Sundays with Sacha—Yoga & Pilates

**Sundays, 6—7 p.m.**

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

#### SilverSneakers & Renew Active

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



### LAWRENCE PUBLIC LIBRARY RETROACTIVE

#### RetroActive

Lawrence Public Library is thrilled to be able to continue their popular retiree program, newly renamed RetroActive, thanks to a grant from the Capitol Federal Foundation. For registration and information on all programs, visit [www.LPLKS.org/retirement](http://www.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, Feb. 16, 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, Feb. 17, 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, Feb. 5, 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, Feb. 12, 5–6 p.m.

Wine Around the World returns for another “intoxicating” season with Steve Wilson of City Wine Market. Steve selects 2 wines to showcase each month in this very popular series. Check the library calendar for featured wines. Wine purchases are optional.

#### Dessert and A Movie—on Zoom

##### Thursday, Feb. 19, 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 Public Library.

#### Coffee Break—on Zoom

##### Fridays, Feb. 6–20, 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, Feb. 27, 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 eAudibook**, too!

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



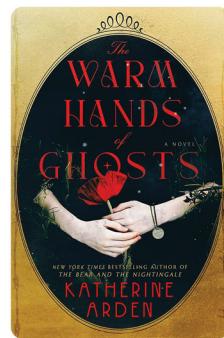
707 Vermont | Lawrence, KS 66044



#### FICTION / ROMANCE

**When Grumpy Met Sunshine**  
by Charlotte Stein

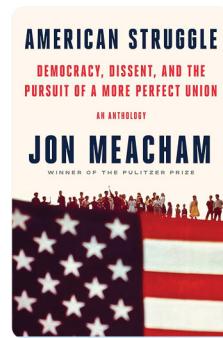
Get ready for the FIFA World Cup with this fake relationship romance between a soccer player and ghost writer that is chock-full of witty banter!



#### FICTION / GENERAL

**The Warm Hands of Ghosts**  
by Katherine Arden

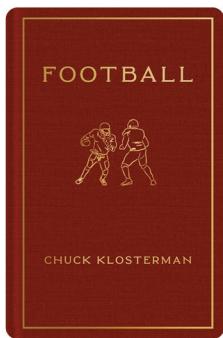
A combat nurse searches for her believed to be dead brother, despite signs that suggest otherwise, in this haunting historical fiction with a twist!



#### NONFICTION / POLITICAL SCIENCE

**American Struggle**  
by Jon Meacham

An anthology of American voices from 1619 to today, and how debate, dissent, and conflict shaped U.S. democracy and a more perfect union.



#### NONFICTION / SPORTS

**Football**  
by Chuck Klosterman

A hilarious, insightful take arguing football is the force that shapes American life most, for fans, and for those about to become them.

## COMMUNITY EVENTS

### \*NEW\* Art is Ageless® Call for Entries

Feb. 1—Mar. 6

#### Lawrence Presbyterian Manor, 1429 Kasold Dr., Lawrence

Lawrence Presbyterian Manor is seeking artists for the annual Art is Ageless® juried exhibit. Entries of artistic works will be accepted from any area artist who is 65 years or older to compete for an opportunity to be featured in the 2027 Art is Ageless calendar. Entries are due by March 6. The Art is Ageless® program encourages area seniors to express their creativity through its annual art competition. For more information, contact Stacey Bertz at 785-841-4262.

### \*NEW\* Santa Fe Trail Antique Motorcycle Show

Sunday, Feb. 1, 9 a.m.—2 p.m.

#### Douglas County Fairgrounds, 2120 Harper St., Lawrence

Join the Santa Fe Trail Chapter of the Antique Motorcycle Club of America (AMCA) for one of the largest Antique motorcycle gatherings in the Midwest! The 16th Annual Santa Fe Trail Antique Motorcycle Show and Swap meet with have a theme of "Bikes From The '40s." This show brings rare and expensive antique motorcycles together in a lively and fun inside event! Come show your beautiful machine, buy motorcycle-related merchandise, or just be a spectator. The show is open to all makes and models of motorcycles that are 35 years of age or older. Publicly-judged classes include American, Asian, European, British, Special Interest, and Modified. Club leadership will also present various awards. Hot breakfast and lunch will be available at very reasonable prices as well.

### Restoring Our Landscapes Community Group

Sunday, Feb. 1, 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](mailto:twinters@lplks.org).

### Table of Contents

Sunday, Feb. 1, 1:30—3:30 p.m.

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

Join the RetroActive retirees from LPL for this make-a-new-friend event that's a little like 'Speed Dating' but without the dating! Here's how it works: attendees gather around six tables, each focused on a particular topic. Each person gets one minute or less to talk about what they like or dislike about that table's subject. The goal is to connect with a new friend who shares your interests and perhaps meet up afterwards. At the very least, we guarantee you'll have a fun afternoon and share a few laughs. You won't want to miss it! Registration required at [www.lplks.org/](http://www.lplks.org/).

### 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\* Chaotic Craft Night

First Sunday, Feb. 1, 4—10 p.m.

#### Gaslight Gardens, 317 North 2nd St., Lawrence

Introducing Chaotic Craft Night at Gaslight Gardens—on the first Sunday of every month! Do you have an unfinished project haunting you from across the room? A craft you swore you'd finish "someday"? Well, that someday is now, and everyone's doing it together. Bring your supplies, bring your emotional support project, and come parallel-play with other art goblins in the coziest dive bar in Lawrence. Make stuff. Get weird. Have a drink while being productive.

### The Gothic Cowboy Review

Sunday, Feb. 1, 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!

### 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.

### \*NEW\* Masters CrossFit Program

M/T/W/F, 1:30—2:30 p.m.

#### Kaw Valley CrossFit, 1204 E. 24th St. A103, Lawrence

The Master program at Kaw Valley CrossFit offers anyone 65 years or older the opportunity to improve the functionality of their daily lives! Focused workouts in small groups with experienced and knowledgeable coaches happen four times weekly. Athletes will gain strength, stability, coordination, and balance as they improve their ability to squat, hinge, push, pull—fundamental movements to everyday life. Join a diverse supportive fitness community that is here to not just hold you accountable, but to share laughs and workouts alike. Senior memberships are \$85 per month. Call 785-727-2844 or email [info@KawValleyCrossFit.com](mailto:info@KawValleyCrossFit.com) for more info.



### \*NEW\* Lawrence Civic Choir Registration

Monday, Feb. 2, 6–9 p.m.

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

You are invited to join the 51st annual spring chorus! This spring they will perform two special concerts in addition to their annual spring concert. The concerts will feature challenging yet accessible pieces that will satisfy your desire to perform fine choral music. The Lawrence Civic Choir welcomes area singers who love to perform serious, four-part choral music under professional direction. There are no formal auditions, but singers must be able to read music and sing tunefully. Tuition is \$60, but financial assistance is available. Please email [info@lawrencecivicchoir.com](mailto:info@lawrencecivicchoir.com) with questions.

### 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.

### \*NEW\* In the Spotlight: Lawrence's George "Nash" Walker

Tuesday—Saturday, 10 a.m.–4 p.m.

#### Watkins Museum, 1047 Massachusetts St., Lawrence

Featuring the research and personal collection of author Daniel Atkinson, *In the Spotlight: Lawrence's George "Nash" Walker* follows the career of George "Nash" Walker from Lawrence to the lights of Broadway. Walker and his partner, Bert Williams, performed a highly successful vaudeville act on Broadway and overseas, blazing a trail of opportunity for future Black actors and actresses.

### 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.

### \*NEW\* A Gathering for Prayers of Peace

Wednesday, Feb. 4, 12–1 p.m.

#### Trinity Episcopal Church, 1027 Vermont St., Lawrence

Join others in the Chapel of the Holy Trinity as they pray for peace in our city, our nation, and our world. There will be a guided meditation, silent prayer, and sharing about what gives everyone hope.



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

### COMMUNITY EVENTS

#### 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.

#### 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.

#### 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!

#### \*NEW\* Sewing Circles with Kristin Morland

**Saturday, Feb. 7, 10–11:30 a.m.**

**Lawrence Arts Center, 940 New Hampshire, Lawrence**

Join Kristin in the gallery for casual artist chats and sewing circles. Engage in conversation and create in community! Participation is free; some materials will be provided. Kristin is a Kansas-based artist whose primary medium is hand-sewn sequins and beads. For the past 25 years, she has blended her love of both painting and weaving processes into her sequin works.

#### 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).

#### 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\* Puzzle-Palooza V

**Saturday, Feb. 7, 1:30–3:30 p.m.**

**Eudora Community Center, 1630 Elm St., Eudora**

Get ready for the fifth puzzle showdown with Eudora Parks & Rec! Teams of up to four will collaborate and race to piece together a jigsaw puzzle (size TBD) in this exciting and friendly competition. \$20 per team, ages 10 and up!

#### \*NEW\* Book Fair for Grownups

**Saturday, Feb. 7, 3–5 p.m.**

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

Join the Friends of the Baldwin City Library for an afternoon of literary finds and bookish fun!

#### 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.

#### Lawrence Bird Alliance Lake Perry Field Trip

**Thursday, Feb. 12, 8 a.m.**

**I-70 Business Park, 1035 N. 3rd St., Lawrence**

The group will leave from the I-70 Business Park (former outlet mall) and go to Lake Perry, arriving at the parking lot west of the ranger station between 8:30 and 8:45. They will visit several areas around the lake to see sparrows, waterfowl, songbirds, woodpeckers, and hopefully eagles. The trip should conclude by 11 a.m. Plan to coordinate your own transportation. Contact Roger Boyd at [rboydbird69@gmail.com](mailto:rboydbird69@gmail.com) or 785-424-0595 for more information. Additional field trip on February 28.

#### \*NEW\* Kidney Smart® Class

**Thursday, Feb. 12, 10–11:30 a.m.**

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

In a Kidney Smart® class, you'll learn about available kidney diet resources, available treatment options, including transplant, kidney disease causes and prevention, managing a healthy lifestyle, and the importance of employment and insurance coverage. Need registration assistance or have questions about accommodations? Call 1-855-343-4951 or email [info@kidneysmart.org](mailto:info@kidneysmart.org).

### COMMUNITY EVENTS

#### \*NEW\* Connect Jazz Duo Concert

**Thursday, Feb. 12, 1–2:30 p.m.**

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

The Lawrence Music Club invites you to experience the Connect Jazz Duo featuring Vince Gnojek, saxophone and Will Treaster, piano. The Lawrence Music Club was organized in 1892 and joined the National Federation of Music Clubs in 1910.

Will and Vince will bring their blend of smooth jazz to the Lawrence Library Auditorium and then stick around for a meet and greet after the concert! Registration at [www.lplks.org](http://www.lplks.org) requested.

#### Happy Time Squares

**Second Friday, Feb. 13, 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! February's dance will be called "We Have Heart." Contact Mary Bahnmaier at [mkfpage@hotmail.com](mailto:mkfpage@hotmail.com) for more information.

#### \*NEW\* 17th Annual Kaw Valley Seed Fair

**Saturday, Feb. 14, 8 a.m.–2:30 p.m.**

**Douglas County Fairgrounds, 2120 Harper St., Lawrence**

For the love of seeds! The 17th Annual Seed Fair will be in building 21 at the fairgrounds. This is a great place to meet people devoted to sustainability and biodiversity in our Kaw Valley region. Please bring your saved seeds or packaged seeds to share at our exchange tables. There are typically envelopes available but bringing your own is a great idea. Sharing is exactly what makes this event a great success every year.

#### \*NEW\* Darwin Day: Valentine's Edition

**Saturday, Feb. 14, 1:30–2:30 p.m.**

**Natural History Museum, 1345 Jayhawk Blvd., Lawrence**

Join the KU Natural History Museum for a unique museum mashup: celebrate Valentine's Day at the same time as Charles Darwin's birthday! Learn about Darwin's life, colleagues & contemporaries, and their scientific discoveries. And explore the wild world of animal courtship, mating, and reproduction. This is a family-friendly, drop-in event, complete with birthday cake!

#### Lawrence Barn Dance Association Contra Dance

**Saturday, Feb. 14, 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. February's band is Coreopsis and calling will be done by Jill Allen. Pay what you can: \$8—\$15.

#### \*NEW\* LCO presents "Shall We Dance?"

**Saturday, Feb. 14, 7:30 p.m.**

**Lied Center of Kansas, 1600 Stewart Dr., Lawrence**

This Valentine's Day the Lawrence Community Orchestra invites you to celebrate the love of music and dance with a special concert entitled, "Shall We Dance?" Featuring dances written for the string orchestra, this interactive concert will include collaborations with local dancers and dance instructors. Audience members can take dance lessons prior to the concert so they may join the LCO in dance during the concert. The concert will be preceded by dance lessons at 6 p.m. Tickets are \$25 for the concert only; \$40 for the concert and dance lesson. Dance lesson tickets must be purchased in advance. Concert tickets are available at the door. Tickets available at [www.lawrenceorchestra.org](http://www.lawrenceorchestra.org).

#### \*NEW\* A Nosh, a Nibble and a Story: Haimish Tales

**Sunday, Feb. 15, 3 p.m.**

**Jewish Community Congregation, 917 Highland, Lawrence**

Join master storyteller Laura Packer for an afternoon celebrating Jewish food, stories, and folklore. Laura will share tales that explore the origins (true or exaggerated) of some of our favorite foods, the cleverness of our bakers and cooks, the ways food helps us remember who we are, and how food is interwoven into Jewish life even now. Laura will also lead a storytelling workshop. Come with hungry ears and a smiling mouth. Snacks will be provided. Register at [www.jcc.shulcloud.com](http://www.jcc.shulcloud.com).

#### \*NEW\* 2026 Mardi Gras Parade

**Tuesday, Feb. 17, 12 p.m.**

**Lucia, 1016 Massachusetts St., Lawrence**

Please join the Lawrence Mardi Gras Parade for their annual stroll down Massachusetts street! It's fun, it's loud, and it's the best Tuesday of the year, EVERY year. They start at noon in front of Lucia, work their way down to the soul of Mardi Gras in Lawrence (TerreBonne Cafe), then go all the way down to Free State for a few songs and a beer. Then it's back to TerreBonne for more music, cajun and creole vittles, libations, and revelry. If you play an instrument, bring it; if you don't, just bring your energy!

#### Community Resource Clinic

**Tuesday, Feb. 17, 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).

#### 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 EVENTS

#### \*NEW\* Friends of the Art Museum Annual Reception

**Thursday, Feb. 19, 5:30—7 p.m.**

**Spencer Museum of Art, 1301 Mississippi St., Lawrence**

Join the Friends of the Art Museum to celebrate a new season of exhibitions featuring contemporary Japanese and Japanese American artists. Want to party with us? Email [fam@ku.edu](mailto:fam@ku.edu) or call 785.964.4710 to learn more about Friends of the Art Museum and become a member. Friends memberships are only \$5 to \$50 annually.

#### \*NEW\* Understanding Addiction

**Friday, Feb. 20, 9 a.m.—5 p.m.**

**Douglas County CASA, Inc., 725 North 2nd St., Lawrence**

Join Douglas County CASA and DCCCA for this free one-day, interactive experience to learn about others' beliefs and attitudes surrounding addiction. Come explore the impact and stigma of substance use. Contact CASA at [admin@dccasaks.org](mailto:admin@dccasaks.org) or 785-832-5172 for more information and how to register.

#### \*NEW\* "Cats of Mirikitani" and "Memories of Mirikitani"

**Friday, Feb. 20, 7—9:30 p.m.**

**Liberty Hall, 644 Massachusetts St., Lawrence**

Enjoy a free screening of "The Cats of Mirikitani" (2006) and the U.S. premiere of "Memories of Mirikitani" (2016). These documentaries examine the life and work of artist Jimmy Tsutomu Mirikitani. Following the screening is a panel discussion with directors Linda Hattendorf and Masahiro Yoshikawa. Seating is first come, first served.

#### \*NEW\* An Artist's Life with Stan Herd

**Saturday, Feb. 21, 2—3:30 p.m.**

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

Join LPL to hear Kansas artist Stan Herd talk about his life and work. This event is part of the Grassland Heritage Foundation's Prairie Presentations series. As a Kansas native, Stan shares a deep connection to the tallgrass prairie and is known for incorporating natural elements into his landscape-scale works of art across the United States as well as beyond our borders. Questions? Email Jake at [jvail@plks.org](mailto:jvail@plks.org).

#### \*NEW\* Sip & Shop

**Sunday, Feb. 22, 11 a.m.—2 p.m.**

**KU Memorial Union, 1301 Jayhawk Blvd., Lawrence**

Support local makers and experience the vibrant Lawrence community! Enjoy a diverse selection of baked goods, handcrafted items, kid-friendly activities, and inspiring art. Connect with talented local makers and experience the heart of our community.

#### Chess at the Library

**Sunday, Feb. 22, 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@plks.org](mailto:lscott@plks.org)

#### \*NEW\* Endurez! Medieval Love Songs

**Sunday, Feb. 22, 3 p.m.**

**Trinity Episcopal Church, 1011 Vermont St., Lawrence**

Blue Earth Camerata out of Manhattan makes its Lawrence debut with 13th and 14th century songs of love and lovers behaving badly. Enjoy a variety of vocal and instrumental music by medieval composers. Admission is free, but suggested donations of \$10 are appreciated. A reception will follow the concert.

#### AAL Public Telescope Observing

**Sunday, Feb. 22, 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.

## 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)



### COMMUNITY EVENTS

#### \*NEW\* Early Bird Karaoke

Wednesday, Feb. 25, 6–9 p.m.

**Lucia, 1016 Massachusetts, Lawrence**

The Trans Lawrence Coalition presents Early Bird Karaoke at Lucia on Mass! Check it out every 4th Wednesday, a little earlier than usual for all ages. This is a free event, but you're welcome to order one of Lucia's burgers for dinner to support the host!

#### Harvesters Rural Mobile Food Distribution

Fourth Thursday, Feb. 26, 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.

#### 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\* A Night on Broadway

Saturday, Feb. 28, 7:30 p.m.

**Maceli's, 1031 New Hampshire St., Lawrence**

Lawrence Opera Theatre invites you to an unforgettable evening of music, glamour, and community at their annual fundraising gala! Step into the spotlight and enjoy show-stopping Broadway favorites, opera classics, live performances by incredible vocalists, and an atmosphere filled with elegance and excitement. The night will also feature a curated silent auction showcasing unique experiences and local treasures, all in support of LOT's mission to make opera and musical theatre accessible to artists and audiences alike. Visit [www.lawrenceopera.org](http://www.lawrenceopera.org) for tickets (\$25) and more information.



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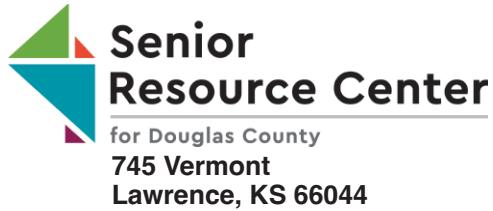
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- Space Heater Safety
- Rechargeable Battery Tips
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