

## Inside This Issue

**World Cup is Comin' to Town**  
Page 3

**Medicare: How Medicare Pays for Durable Medical Equipment**  
Page 5

**Legalese: How Will Medicaid Cuts Affect Longterm Care?**  
Page 7

**American Lung Cancer Screening Initiative**  
Page 8

**Expert Urology Care, Close to Home at LMH Health**  
Page 10

**Leisure and Learning Activities**  
Page 11-23

## Caregiver Relief with Respite Care

By SRC Staff Writers

Modern medicine is making extended lifespans a growing reality. This reality is expanding the pool of adults who need help. In Kansas, this is more pronounced since the legislature has not expanded Medicaid, thus fewer people are eligible for assistance for nursing home or facility care. Adding to it is the population growth of those individuals who are in the older aging category. As a result, more people are serving as family caregivers for loved ones in the home.

This phenomenon has been called “the unexpected career of caregiving.” The demands of caregiving are many, and the risk of burnout or illness over time from the physical, mental and emotional toll is real. Which is why respite care can be a lifesaver for both the giver of care and the recipient.

Caring for a loved one is a big job, regardless of the reason. We see this for parents of young children. However, whether caring long-term for an adult with a chronic condition or short-term for someone recuperating from an illness or injury, the logistical planning and stress can be the same.

Family caregivers often report being stressed and overwhelmed. Most people who take on these duties have busy lives already, many are working full-time, and some are also raising children. In many situations, the additional care needs start out small with an occasional task here and there. But before they know it, they are immersed in responding to their loved ones for everything from

daily living tasks to getting them to and from appointments. They must also learn to recognize and adapt to the physical, psychological, social, and emotional changes their loved one is experiencing.

Research has shown that when a caregiver takes a break to refresh, recharge, or even just take care of their own errands, the quality of their caregiving increases. This is where respite care can come in. Respite care is short term relief for primary family caregivers that is arranged for just a couple of hours to several days or weeks. The purpose is to provide a temporary alternative caregiver.

Family caregivers are apt to push themselves to their limits and beyond because they feel obligated to be faithful spouses, children, or siblings. They might ignore their own needs, leading them to their own health crisis. They may be reluctant to ask for help because they feel it would be admitting they somehow failed the loved one in their care. They may not have other family members available to pitch in, or they may not be able to afford professional help. Doing it alone may put them at risk for trouble, especially if the caregiver has health issues of their own.

It can feel uncomfortable, even scary, for a caregiver to hand their responsibilities to someone else for a while. It can also be difficult to know how to find a respite provider they can trust.

Conducting your own background check (continued on page 23)



See page 11 for  
events in March.

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- 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.

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

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

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

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

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

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

## World Cup is Comin' to Town

By Megan Poindexter, SRC Department Manager



The murmurs about the 2026 FIFA World Cup started a couple years ago as the event started to take shape. It sounded like maybe—maybe—Lawrence might be chosen to be part of the world-wide phenomenon. When Arrowhead Stadium was confirmed as a site for games, the frenzy began to really build!

As it has gotten closer, the curiosity and excitement has grown, especially for community leaders who were looked to for explanation and planning. But at the same time, the question continued, “what does this actually mean” for Lawrence and Douglas County?

I'm a soccer (aka football, futbol, or calcio) fan. I was fortunate to have come of age at the same time soccer became mainstream in the USA. (Just to brag, but I was the only girl on the freshman soccer team when I was in high school and helped to launch my school's first girl's soccer team when I was a junior!) I am all in for the KC Current, and I can even explain “off-side” (but it will require visual aids)!

But what I can't tell you—yet—is what the World Cup will mean for our community. It seems outrageous that there will be THAT big of an impact on our day to day when the games start, just two months from now. I've been able to attend multiple community presentations from the Lawrence Chamber and Explore Lawrence to explain the possibilities. After what I've read and heard, the only answer I can give is this: It really might have that big of an impact!

Soccer fans, world-wide, are passionate. They travel for their team. They have traditions and cheers and chants. They spend a lot of money. The description given of fans from

multiple different countries coming to the Kansas City area for each game means the possibility of a global community coming to our own backyard. What an opportunity to share the warmth and welcoming nature of our midwestern sensibilities!

At the moment I am writing this story for our newsletter, we don't yet know if any country will “home base” out of Lawrence. If that happens, wow! What an amazing experience it could be!

What it certainly means, even if no teams homebase here in our home, is that there will be an influx people who are looking for places to eat, sleep, and shop. If you have tried to reserve a hotel room (or any type of accommodation, like a rental house or similar) during the span of the World Cup schedule, you are most likely either out of luck, or you will have to spend big bucks. Reports are that this is true all the way to Wichita.

And, if nothing else, this will be a new adventure for our community to have, without leaving home. We will all get a chance to show kindness, patience, tolerance, and cultural awareness to any and all guests we encounter. Will there be inconveniences? Most likely! But, it is a short time for a once-in-a-lifetime experience. I hope we all have a great time!

And, regardless of who wins, I hope all the teams have fun!



## MEDICARE CLAIM CHECK-UP

Not certain if Medicare is paying your claims correctly? Schedule a 15-minute telephone appointment to make sure.

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

785-727-7872

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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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# How Medicare Pays for Durable Medical Equipment

By Nancy Wiebe, Health Resources Coordinator



I am always concerned when people report that they have paid out of pocket for their Durable Medical Equipment (DME). I am not always surprised. Figuring out where to buy your DME aids (e.g. walkers, C-Pap machines, and wheelchairs) and have them paid for by Medicare can be difficult. That's why it's important to do research before you buy anything.

Medicare pays for DME equipment that helps you complete your daily activities. Make sure your doctors and DME suppliers are enrolled in Medicare. It's also important to ask a supplier if they participate in Medicare before you get DME. If they do not participate in Medicare and submit the claims to Medicare, go elsewhere. Medicare will not reimburse you for anything you buy on your own.

To be covered by Medicare Part B, DME must be:

- Prescribed by your primary care provider (PCP).
- Durable, meaning it can withstand repeated use
- Serving a medical purpose
- Proper for use in the home, although you can also use it outside the home
- Likely to last for three years or more
- And most importantly, they must come from a Medicare-approved supplier.

If suppliers are participating in Medicare, they must accept assignment (which means, they can charge you only the coinsurance and Part B deductible for the Medicare-approved amount). If suppliers aren't participating and don't accept assignment, you may have to pay for the full cost of the DME.

The best ways to find a participating supplier are one of the following:

- Go to the Medicare supplier directory: [www.medicare.gov/medical-equipment-suppliers](http://www.medicare.gov/medical-equipment-suppliers)
- Call 1-800-Medicare (800-633-4227) to ask for local suppliers
- Call our SRC Medicare Helpline: 785-727-7872 and we can assist you.

**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?

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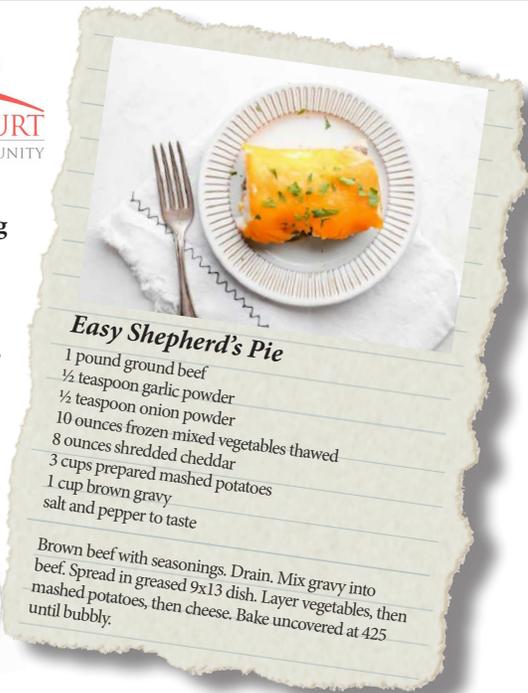


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- Brown beef with seasonings. Drain. Mix gravy into beef. Spread in greased 9x13 dish. Layer vegetables, then mashed potatoes, then cheese. Bake uncovered at 425 until bubbly.



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**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

## LAWRENCE AARP TAX-AIDE

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North Bldg.(gym)  
Appointment Line  
785-691-9737

**TAXES ALSO PREPARED AT THE FOLLOWING LOCATIONS:**

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- Jefferson Co. Service Organization  
785-863-2637
- Ottawa Westminister Presbyterian Church  
785-242-3080

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

## How Will Medicaid Cuts Affect Longterm Care?

By Peyton Weatherbie and Molly Wood, Elder Law Attorneys



**Q** : Medicaid cuts have been in the news lately, most notably for health insurance subsidies for younger people. But will those cuts include restrictions for long-term care services to the elderly?

**A** : In Kansas, there's serious potential for Medicaid cuts affecting folks who meet a nursing home level of care, but who could stay at home with limited assistance. Here's some background:

For decades, Medicaid has assisted with the cost of institutional nursing facility care for frail elderly and disabled Kansans. The financial eligibility criteria are restrictive because it is a welfare program, but many people with modest income and assets become impoverished by the high cost of facility care. Medicaid assistance for residents of nursing homes is an entitlement, that is, if you reside in a nursing home and meet the financial eligibility criteria, Medicaid must assist with the cost. State-wide, about one-half the people residing in nursing homes receive Medicaid assistance. This coverage is essential to our fellow citizens who cannot live independently, especially in rural areas where in-home assistance is less widely available. However, most of us would gladly avoid institutionalization if we had another choice.

Thirty years ago, Kansas sought and received permission from the federal government to use Medicaid dollars to help folks who need assistance but could stay at home. A person who meets a nursing home level of care—as determined by a CARE assessment conducted by the Kansas Medicaid authority—may apply for Medicaid assistance under the Home- and Community-Based Services (HCBS) waiver program. HCBS can be received through a home health agency or in an assisted living facility that participates in the Medicaid program. There is also a similar program called the Program of All-Inclusive Care for the Elderly (PACE) for folks who want to receive coordinated care at home and are eligible for Medicaid assistance. In our area, the PACE program is accessed through Midland Care Connections ([www.Kansaspace.org](http://www.Kansaspace.org)).

Although financial eligibility is complex, and accessing adequate services can be tricky, the HCBS Frail Elderly waiver program keeps thousands of Kansans in their homes or in less “institutional” assisted living facilities rather than nursing homes. But the choice of whether Medicaid will assist us to live at home or in a nursing home is under threat. Because the HCBS Frail Elderly program is a “waiver” from federal rules, Kansas is permitted to limit it the number of Kansans who can participate. The legislature is considering putting frail, elderly applicants for HCBS assistance on a waiting list to save money.

Why does this matter?

If you are eligible for nursing home care, by definition, you are unable to reside at home without assistance. But if the choice is a nursing home or waiting indefinitely on a list for services you need now, do you have a choice? Nursing homes are restrictive for those who have modest care need. Nursing homes are also expensive for those who could stay at home with limited assistance, which casts doubt on whether a waiting list would save money. According to the United Health Foundation health rankings report, Kansas already has a troubling ranking (47th, Missouri is 49th) for institutionalizing people with low care needs—people who could stay at home or in assisted living with modest help ([www.americashealthrankings.org](http://www.americashealthrankings.org)).

Wouldn't an HCBS waiting list for the frail elderly worsen this problem?

It's easy to shrug one's shoulders and think of premature institutionalization as someone else's problem, but most of us will need personal care assistance at home or in a nursing home at the end of our lives. Most of us would like to have choices, if possible. Is that our individual problem or our problem as a community?



*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.*

## American Lung Cancer Screening Initiative

By Kim Luce, SRC Program Specialist



Earlier this year at a LAPA (Lawrence Area Partners in Aging) meeting, I saw a fantastic presentation about a wonderful organization. A young man named Thomas, who is a third-year student at KU, talked to our group about lung cancer. He volunteers for a nonprofit called the American Lung Cancer Screening Initiative (ALCSI). This group has chapters at universities all over the country, and their mission is to spread awareness about the importance of lung cancer screening for high-risk individuals.

The most interesting part of Thomas' presentation was the data he shared about lung cancer and its prevalence in the United States. While lung cancer is the second most common cancer in the U.S., it is the leading cause of cancer-related death, accounting for approximately 125,000 deaths each year. Every year, lung cancer causes more deaths than breast, colorectal, and cervical cancers combined. The reason? Unlike these three other cancers, modern medicine does not prescribe regularly scheduled screening of the lungs, so most lung cancers are diagnosed at a late stage. A low-dose CT scan is the only recommended way to screen for lung cancer, and this test is not as widely accessible as the standard screenings (mammograms, colonoscopies and pap smears) for other cancers.

While Lawrence is lucky to have low-dose CT scans to screen for lung cancer at LMH, insurance only pays for this screening for very high-risk individuals. A person's risk is affected by the number of packs of cigarettes they smoke a day and the number of years they have smoked them, so to qualify for screening, you have to:

- Be between the ages of 50 and 80, and
- Have a history of smoking at least one pack a day for 20 years (or the equivalent), and

- Be currently smoking or have quit within the past 15 years.

People who currently smoke or used to smoke should talk to their doctor about their risk of lung cancer and about getting screened. As you might imagine, smoking cessation is the number one way to prevent lung cancer, and there are lots of different services and programs to assist you if you or someone you know is ready to quit!

Thomas also shared with us that about 12% of people who are diagnosed with lung cancer have never smoked. Risk factors besides cigarettes include radon, asbestos, and air pollution, among others. Thankfully, we don't have to worry too much about air pollution in our area, but radon is incredibly common in the Midwest. Radon is an odorless and tasteless gas created when uranium in the soil undergoes radioactive decay. Almost two-thirds of buildings tested in Kansas from 2016-2019 had moderate to high levels of radon, and about 15% of the lung cancer cases in Kansas during that period were considered radon-induced. Radon is the primary cause of lung cancer that is unrelated to smoking, so it's smart to test your home for radon if you haven't already. Radon tests are available at most hardware stores for about \$10.

There is so much more information that Thomas shared with our group, and most of it can be found on the ALCSI website at [www.alcsi.org](http://www.alcsi.org). It has details about screening, calculating your personal risk, smoking cessation, and lung cancer screening studies—as well as links to plenty of other resources. ALCSI's work is so appreciated, because increasing the number of lung cancers diagnosed at an early stage is key to saving lives!

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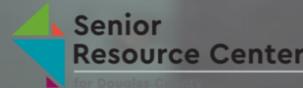
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# Need Help Paying For Medicare?

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[Medicare@DgCoKS.gov](mailto:Medicare@DgCoKS.gov)  
 Schedule a free consultation



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## Expert Urology Care, Close to Home at LMH Health

By Autumn Bishop, LMH Health



For many people, talking about urologic concerns can be difficult or embarrassing. The team at LMH Health Lawrence Urology Specialists gets that.

“It takes a fair amount of courage to come into the urology office. We deal with some of the most personal and intimate problems that people have,” said Dr. Jon Heeb. “But you need to know that these are common problems, and they’re nothing to be ashamed of.”

The team at Lawrence Urology Specialists evaluates and treats urologic concerns in patients across their entire lifespan, from birth through every stage of life.

### What do urologists do?

Urology is a medical specialty that diagnoses and treats problems of the male and female urinary tract and the male reproductive organs. The providers at Lawrence Urology Specialists treat conditions including:

- Bladder disease and dysfunction, including prolapse, overactive bladder, urinary incontinence and recurrent urinary tract infections
- Erectile dysfunction
- Kidney stones
- Pelvic pain
- Prostate enlargement and cancer
- Testicular cancer
- Urinary tract cancer, including bladder and kidney cancer

The pelvic floor is an area that nurse practitioner Kathy Ramirez focuses on, but it’s one that you might not associate with urology. She works alongside a pelvic floor therapist to provide comprehensive care for women facing issues.

“Many women have urinary incontinence or have pelvic organ prolapse, which is a condition caused by weakened pelvic muscles that can lead to a shift in the vagina, uterus, bladder or rectum. Sometimes they have both issues,” she said. “It is much more common than women realize and doesn’t always require a surgery for successful treatment.”

Pelvic floor therapy is also an important service for men, but it’s one that LMH Health hasn’t previously offered. In February 2026, LMH expanded access to support treatments addressing symptoms such as scrotal, testicular and penile pain, as well as urinary frequency and urgency.

“Therapy is something that we can recommend both before and after prolapse or prostate surgery,” Dr. Heeb said. “It helps patients prepare for these procedures and reduce the risk that they’ll recur.”

### Providing relief

While your urology concern might be treated without surgery, sometimes surgery is the best option. The good news is that the team performs minimally invasive robotic surgery for a number of conditions, including kidney tumors and obstructions, and pelvic organ prolapse.

“All of our surgeons perform minimally-invasive procedures using the da Vinci Surgical System,” Dr. Heeb explained. “Minimally-invasive options provide clear advantages, including smaller incisions, less bleeding, reduced pain, and shorter hospital stays. Patients sometimes go home the same day.”

With the arrival of Dr. Ryan Didde in 2025, Lawrence Urology Specialists continues to expand its capabilities. Dr. Didde performs robotic prostatectomy, a surgical option that wasn’t previously available in Lawrence.

### Collaboration and combined knowledge

You may only interact with one provider, but your care is a team effort. APRN Kait O’Day and Dr. Douglas Klingler join Ramirez, Dr. Heeb and Dr. Didde to collaborate and provide patients the best care possible. Dr. Heeb and Ramirez have worked together for more than 25 years, and Dr. Klingler joined the team nearly two decades ago. Their familiarity contributes to an environment where patients feel seen and understood. “We get to know our patients, understand their problems, and provide evidence-based care,” Dr. Didde said. “You don’t have to go out of town to get great urology care. It’s right here in your own backyard.”



## 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!

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

**Mondays through Mar. 23, 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. Call 785-856-0203 to see if there's space left in the class!

### **CarFit**

**Monday, Mar. 9, 10 a.m.—12 p.m.**

**Central Bank Parking Lot, 8th & Kentucky, Lawrence**

This free educational program provides a quick, comprehensive review of how well you and your car work together. An Occupational Therapist will meet with you and your car! For more info or to register, contact Larry at [lwoydzia@DgCoKs.gov](mailto:lwoydzia@DgCoKs.gov) or 785-727-7875.

### **Aerobic Dance with Mary Burg**

**Mondays, 10:30—11 a.m.**

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

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

### **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.

### **\*NEW\* Community Resource Navigation**

**Mondays, 2:30—4:30 p.m.**

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

Feeling overwhelmed by applications or unsure where to start with local resources? The United Way of Kaw Valley offers free, one-on-one navigation. Whether you're applying for assistance, exploring housing options, completing applications (Medicaid, LIEAP, etc.), scheduling appointments, or searching for community resources for yourself or your family, you don't have to navigate it alone. Call 785-856-0203 to secure an appointment or just drop in for assistance. UWKV's Community Resource Navigation program is sponsored by Blue Cross and Blue Shield of Kansas.

### **Mindful Monday Chair Yoga (Registration required)**

**Mondays, 3—4 p.m.**

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

This senior yoga class, taught by Kim McDanel, is designed to strengthen muscles and increase flexibility and can be altered to accommodate all fitness levels. Most poses will be done in a chair. 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, Mar. 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.

## **SENIOR RESOURCE CENTER ACTIVITIES**

### **KLWN Radio for Grownups with SRC**

**Every other Tuesday, Mar. 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, Mar. 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.

### **\*NEW\* Steps to Safety with NFPA**

**Tuesdays, Mar. 17, 24 & 31, 11 a.m.—12 p.m.**

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

Join Mindy Andrasevits from the National Fire Protection Association and Laura Smith from Food Connect for Steps to Safety™ Prevent Fire and Falls at Home. This program pairs fire and EMS professionals with community partners to educate older adults about home fire and fall safety. Steps to Safety™ is centered around 16 key safety messages—eight fire prevention and eight fall prevention—developed by experts from national and local safety organizations. The approach is one that promotes independence, collaboration, engagement, and empowerment. Call 785-856-0203 for more information or to register.

### **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).

### **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!

### **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, Mar. 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. March's movie will be *Cinderella* from 1965. Popcorn is provided and audience participation is encouraged! Questions? Call 785-856-0203.

### **AARP Smart Driver Course**

**Thursday, Mar. 5, 9 a.m.—1 p.m.**

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

This hands-on course will help you refresh your driving skills, save money, and brush up on proven driving techniques to help keep you and your loved ones safe on the road. Contact Larry at [lwoydzia@DgCoKs.gov](mailto:lwoydzia@DgCoKs.gov) or 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class at SRC: April 30.

## **SENIOR RESOURCE CENTER ACTIVITIES**

### **Fiber Friends**

**Second & Fourth Thursdays, Mar. 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, 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, call 785-856-0203.

### **Time to Tap**

**Thursdays, Mar. 5—Apr. 30, 11:30 a.m.—12:15 p.m.**

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

Barb Brydenthal 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 9-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@DgCoKs.gov](mailto:kluce@DgCoKs.gov) with questions.

### **Welcome to Medicare**

**Thursday, Mar. 12, 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 [bit.ly/SRC\\_W2M\\_Signup](http://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, Mar. 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. In March the group will be playing Nerts. Nerts is a fast-paced team game of solitaire that is loads of fun and easy to learn and play. A little competition is good for us as we age! Games Theory is a joint venture between the Endacott Society and the SRC. Treats provided!

### **The Write Time**

**Second and Fourth Thursdays, Mar. 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 warm-up, energizing aerobic and anaerobic dance moves, and a cool-down stretch to protect muscles and joints from injury. 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!

### **Friday Yoga Foundation (Registration required)**

**Fridays, 1:30—2:30 p.m.**

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

Instructor Kim McDaneld will use yoga poses and stretching to help you gain strength, joint mobility, and balance. Bring awareness back into the body using movement along with meditation. This class will use a chair for support, but students will need to be able to get down to the floor and back up without assistance. 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.

## **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.

### **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 self-care 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).

### **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.

### **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.

### **Lifeline 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**

#### **Discover your Inner Fox, Fish, Fungus**

**Tuesday, Mar. 31, 2—3:30 p.m.**

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

The KU Natural History Museum is home to four floors of public exhibits, including the historic Panorama, live snakes and insects, vertebrate and invertebrate fossils, flora, and fauna of the Great Plains. We will go behind the scenes to learn more about the collections and research divisions housed in historic Dyche Hall. Then don your student hat for a new adult experience at the museum. The education piece of our visit will focus on the sixth-floor exhibits, where we explore evolutionary relationships through shared characteristics. Discover what humans have in common with other living things and how we are related. This trip will require climbing some stairs. **Class Code: 727191, \$24.**

### **LIFELONG TRAVEL**

Registration for our spring trips is now open! Brochures and registration are available at all Lawrence recreation centers or online at [www.lprd.org](http://www.lprd.org).

#### **Unexpected El Dorado**

**Tuesday, Apr. 14, 8 a.m.—5:30 p.m.**

Don't pass by El Dorado. The permanent collection of the Coutts Museum of Art features over 2,000 captivating works, celebrating a diverse range of artistic talent. From the iconic sculptures of Frederic Remington to the bold prints of Birger Sandzén and the Prairie Printmakers, this is a distinctive destination. Our second stop explores the pivotal role of El Dorado in the surge of Kansas oil production during World War II. The Kansas Oil Museum will take us through those early boomtown days to the innovations that transformed the industry. Includes lunch. **Class Code: 727190, \$96.**

#### **Kansas Museum of History & Brown v. Board of Education**

**Thursday, May 28, 9 a.m.—4 p.m.**

It's finally here! New exhibits, new artifacts, same incredible history. Our guided tour of the new gallery spaces will pose the questions What is Kansas? What was Kansas? Why Kansas? After lunch, we will tour the Brown v. Board of Education National Historical Park. This landmark U.S. Supreme Court decision remains one of the most significant rulings ever delivered, shaping the world we live in today. Our guide will lead us through the unsteady path that moved the country toward equality. Includes lunch. **Class Code: 727186, \$94.**

## **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.

### **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.

### **Full Body Fusion**

**Monday/Wednesday, 7—7:45 p.m.**

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

Fast-paced, circuit-style class focusing on full-body strength and cardio. \$45 per month or \$7 drop-in fee.

### **Strength & Conditioning**

**Tuesday/Thursday, 5:30—6:15 a.m.**

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

An early morning option for building strength and overall fitness. \$45 per month or \$7 drop-in fee.

### **Everyday Strong**

**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**

### **Lunch Bunch**

**Wednesday, Mar. 25, 10:30 a.m.**

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

Join the Lunch Bunch for Five Guys Burgers, followed by shopping at Legends Outlets in Kansas City. Choose your own meal and pay your own way!

### **Coffee and Donuts**

**3rd Fridays, 9—10 a.m.**

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

### **Pitch and Snacks**

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

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

## **EUDORA PARKS & RECREATION**

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

### **Pickleball**

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

**Wednesdays 5—8 p.m.**

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

### **Missfits**

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

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

### **Cards with Friends**

**Monday/Thursday, 1—3 p.m.**

Enjoy your favorite games and learn new ones.

### **Fit & Strong**

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

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

### **Friday Fun Fellowship**

**Second Fridays, 1—3 p.m.**

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

### **Sundays with Sacha—Yoga & Pilates**

**Sundays, 6—7 p.m.**

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

### **SilverSneakers & Renew Active**

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



LAWRENCE PUBLIC LIBRARY RETROACTIVE

**RetroActive**

Lawrence Public Library is thrilled to be able to continue their popular retiree program, newly renamed RetroActive, thanks to a grant from the Capitol Federal Foundation. For registration and information on all programs, visit [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, Mar. 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, Mar. 24, 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, Mar. 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, Mar. 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, Mar. 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, Mar. 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, Mar. 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!**

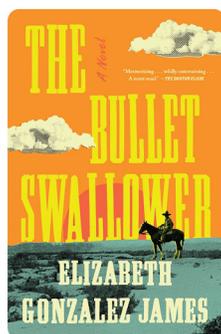
**Dates and Times TBA**

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).

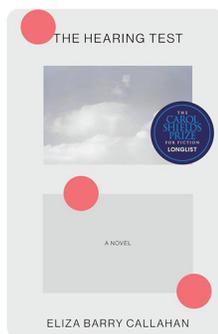
Need a great book? Call or come to the library! We can show you how easy it is to **download an eBook or eAudiobook**, too!

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

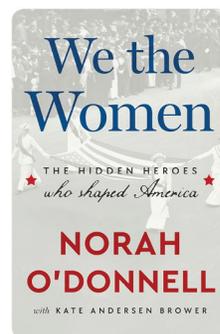
LAWRENCE PUBLIC LIBRARY  
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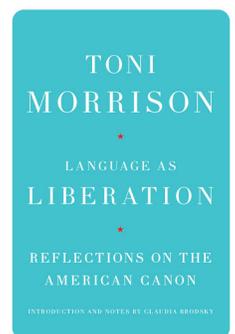
**FICTION / WESTERN**  
**The Bullet Swallower**  
 by Elizabeth Gonzales James  
 Cormac McCarthy meets Gabriel García Márquez! A Mexican bandit journeys to rob a train only to find a mysterious figure with a debt to collect.



**FICTION / GENERAL**  
**The Hearing Test**  
 by Eliza Barry Callahan  
 An artist with sudden deafness chronicles her first year navigating NYC, solitude, and quirky encounters with humor and insight.



**NONFICTION / POLITICAL SCIENCE**  
**We The Women**  
 by Norah O'Donnell  
 A vivid history of unsung American women from 1776 to today whose fight for freedom helped shape a more perfect union.



**NONFICTION / AMERICAN LIT**  
**Language As Liberation**  
 by Toni Morrison  
 Toni Morrison's lectures reexamine the American canon, revealing how race shapes literature, art, and life beyond the page.

## COMMUNITY EVENTS

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### **\*NEW\*** 24th Annual Train Show and Swap Meet

**Sunday, Mar. 1, 9 a.m.—3 p.m.**

**Crown Toyota, 3400 S. Iowa St., Lawrence**

The greatest train show in the area is coming to Lawrence. The Lawrence Model Railroad Club's 24th Annual Train Show and Swap Meet will have booths, vendors and the Barbwire BBQ food truck. Come see the famous "Santa Fe All the Way"!

### **Restoring Our Landscapes**

**Sunday, Mar. 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).

### **\*NEW\*** CREES Spring Festival

**Sunday, Mar. 1, 1—4 p.m.**

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

The KU Center for Russian, East European, and Eurasian Studies (CREES) invites you to its annual Spring Festival! The event will feature live performances, including Ukrainian folk dance troupe Mavka, a craft station, free bliny (East European crepes), door prizes, and more! This event is sponsored by Summit's Steps Minerals, who will have a display of mineral specimens from Eastern Europe and Eurasia at the festival.

### **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.

### **Chaotic Craft Night**

**First Sunday, Mar. 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"? A half-knit scarf from 2021? Well, that someday is now, and everyone's doing it together. Join Gaslight Gardens for a night of pure, glorious chaos — 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, Mar. 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!

### **\*NEW\*** Latin American Art Music Festival

**Sunday—Tuesday, Mar. 1—3, 7:30 p.m.**

**Murphy Hall, 1530 Naismith Dr., Lawrence**

The KU Latin American Art Music Festival celebrates the rich and diverse musical traditions of Latin America, reflecting the vibrant cultures and histories of Mexico, Central America, South America, and the Caribbean. While Latin American popular music has achieved global acclaim, its art music remains underrepresented and less widely known. This festival endeavors to broaden scholarly and public engagement of the exceptional creativity of Latin American composers and share their work with a broader audience.

### **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.

### **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\*** Pearl Jams at BCL

**Mondays, 6:30—8 p.m.**

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

Join other knitters and crocheters at the BCL to work on your project while you sit and chat!

### 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.

### 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.

### Upright University

Tuesdays/Thursdays, Mar. 3—Apr. 9

Level 101—3:30 p.m.

Level 201—9 a.m. & 2:30 p.m.

Level 301—10 a.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 or to register.

### Tuesday Concert Series

Tuesday, Mar. 3, 7—8:30 p.m.

Lawrence Arts Center, 940 New Hampshire, Lawrence

It's the opening show in this year's Tuesday Concert Series! This FREE (tip jar) series of acoustic performers will begin with Bob Dylan Night. A whole bunch of Lawrence's finest acoustic musicians will perform their favorite Dylan songs as a benefit for Americana Music Academy. Details at [www.TuesdayConcert.com](http://www.TuesdayConcert.com). Tuesday Concerts are a Lawrence Old Guard Production.



## SUBSCRIBE TO Better Senior Living

Name \_\_\_\_\_  
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Phone (\_\_\_\_) \_\_\_\_\_  
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**DELIVERY PREFERENCE**  
Subscribe online at [www.DgCoKS.gov/SRC](http://www.DgCoKS.gov/SRC)

Electronic Version: FREE via email  
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**Print subscriptions can be purchased by calling**  
785-842-0543 or mailing a check to Friends of SRC.

**Mail this form with your payment to:**  
Friends of Senior Resource Center  
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

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### **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@sunriseprojects.org](mailto:melissa@sunriseprojects.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.

### **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. Instead of playing games on your computer or phone, come play Bridge with BCL!

### **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!

### **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\* After Hours at the Library**

**Friday, Mar. 6, 7—9:30 p.m.**

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

Join Co-Hosts Curtis Marsh & Deja Brooks for the library's annual fundraiser! Welcome the World Cup with LPL and celebrate the stories, cultures, and connections your library brings to life every day. Enjoy live music, global cuisine, an international scavenger hunt, and a special fund-a-need supporting your library. Check out [www.lplafterhours.com](http://www.lplafterhours.com) for tickets and information.

### **\*NEW\* Zoso - Led Zeppelin Tribute Band**

**Saturday, Mar. 7, 8 p.m.**

**Granada, 1020 Massachusetts St., Lawrence**

Get ready to be transported back to the iconic era of rock 'n' roll as Zoso brings the magic of Led Zeppelin to life on stage. From the electrifying guitar solos to the powerhouse vocals, every note will have you feeling like you're witnessing the real deal. Tickets are \$35 and can be purchased through [www.thegranada.com](http://www.thegranada.com).

### **\*NEW\* Caring for our Community Cats**

**Sunday, Mar. 8, 1—2 p.m.**

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

What is the difference between a feral cat and a community cat? What services are available to support our community of human and feline persuasions? Join representatives from the Lawrence Humane Society as they discuss their Trap, Neuter, Vaccinate, Return (TNVR) and Crisis Pet Retention programs, and other efforts that would make cat-loving artist Jimmy Mirikitani happy.

### **\*NEW\* Art is Ageless® Exhibit**

**Monday, Mar. 9—Wednesday, Mar. 25, 9 a.m.—4:30 p.m.**

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

The Art is Ageless® program encourages area seniors to express their creativity through its annual art competition. 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 at 5 p.m., and all entries will be displayed in the exhibit, which is open to the public. For more information, contact Stacey Bertz at 785-841-4262.

## COMMUNITY EVENTS

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**\*NEW\*** **The Age of the Borderlands: Andrew C. Isenberg**  
**Tuesday, Mar. 10, 7–8 p.m.**

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

Join other history lovers at the Watkins as Dr. Isenberg, Hall Distinguished Professor of American History at the University of Kansas, discusses his book, an engaging and stunning corrective to the “inevitability” of manifest destiny.

### **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.

### **\*NEW\*** **Before You Check Out Series**

**Thursday, Mar. 12, 10 a.m.—1 p.m.**

**Wednesday, Mar. 25, 10:30—11:30 a.m.**

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

Lawrence Public Library’s popular series on end-of-life planning is back, in partnership with the Senior Resource Center! On March 12, there will be a Drop-In Kansas Legal Services Outreach Clinic, where attorneys from KLS will help you get important estate planning documents completed and notarized. On March 25, LPL will present “Who Will Tell Your Story?” with former *Lawrence Journal-World* reporter Cathy Hamilton. She will lead you through the basics of writing an obituary, planning a meaningful eulogy, and creating legacy letters for loved ones.

### **\*NEW\*** **Kidney Smart® Class**

**Thursday, Mar. 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).

### **\*NEW\*** **Lift Every Voice**

**Thursday, Mar. 12, 7:30 p.m.**

**Murphy Hall, 1530 Naismith Dr., Lawrence**

In 2020, inspired by The New York Times 1619 Project, the KU School of Music Voice Department presented a concert of African American Art Song called “Lift Every Voice.” This event celebrated the rich legacy of vocal music composed by underrepresented composers of color, and it has become an annual tradition in the School of Music. Admission is free and everyone is welcome to attend.

### **Happy Time Squares**

**Second Friday, Mar. 13, 7—9:30 p.m.**

**First United Methodist Church, 867 Hwy 40, Lawrence**

Join the Happy Time Squares for food, fun, fellowship, and square dancing! The March dance will be called “Kites A’flying.” Contact Mary Bahnmaier at [mkfpage@hotmail.com](mailto:mkfpage@hotmail.com) for more information.

### **Lawrence Barn Dance Association Contra Dance**

**Saturday, Mar. 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. March’s band is Bodarc and calling will be done by Josh Tucker. Pay what you can: \$8—\$15.

### **\*NEW\*** **39th Annual Lawrence St. Patrick’s Day Parade**

**Tuesday, Mar. 17, 1 p.m.**

**Downtown Lawrence, 900 Massachusetts St., Lawrence**

Join the community for the 39th Annual Lawrence St. Patrick’s Day Parade! Come rain or shine to watch for your favorite floats parading down Mass Street and through North Lawrence. The parade is family-friendly and free and open to the public.

### **Community Resource Clinic**

**Tuesday, Mar. 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@lpks.org](mailto:gboyle@lpks.org).

### **\*NEW\*** **Eudora Area Historical Society Program**

**Thursday, Mar. 19, 7 p.m.**

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

Join the EAHS for a presentation entitled “Civil War Flag Restoration,” by Tom Schmdit. The Eudora Area Historical Society preserves and maintains the history of the city and township of Eudora and the surrounding communities.

### **Lawrence Bird Alliance Loess Bluffs Field Trip**

**Saturday, Mar. 21, 8 a.m.**

**Leave from Baker Wetlands, 1365 N. 1250 Rd., Lawrence**

The group will leave from the Baker Wetlands and will carpool to Loess Bluffs National Wildlife Refuge northwest of St. Joseph, Missouri. The main targets this trip will be Trumpeter Swans and Bald Eagles. Over 20 species of waterfowl and a few grebes might be present. Around the refuge other species will be seen such as blackbirds, sparrows and possibly wrens. Contact Roger Boyd at [rboymbird69@gmail.com](mailto:rboymbird69@gmail.com) or 785-424-0595 for more information. Additional field trips on March 26 and 28.

## COMMUNITY EVENTS

### **\*NEW\*** Big Idea Garden Show

**Saturday, Mar. 21, 9 a.m.—3 p.m.**

**Douglas County Fairgrounds, 2110 Harper, Lawrence**

The Master Gardeners will celebrate the second day of spring by promoting Big Ideas at their ever-popular biennial Garden Show. This inspirational event features educational booths, speakers, a hotline, garden art, a workshop, a garage sale, a raffle, and kids' corner art activities, as well as vendors and food trucks.

### **Yoga at the Library**

**Sunday, Mar. 22, 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.

### **Tech Time at BCL**

**Monday, Mar. 23, 2—3 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.

### **Early Bird Karaoke**

**Wednesday, Mar. 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, Mar. 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.

### **Senior Sessions at the Spencer**

**Thursday, Mar. 26, 10:15—11 a.m.**

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

Learn about the art and legacy of three remarkable Japanese women printmakers from the Yoshida family—Fujio, Chizuko, and Ayomi. Spanning three generations, their innovative approaches to woodblock printing reveal shifting ideas of artistic identity, family collaboration, and women's empowerment in modern and contemporary Japan. Senior Sessions are designed with accommodations for older adults and open to all.

### **A Matter of Balance**

**Thursdays, Mar. 26—May 7, 1—3 p.m.**

**LMH Health, 325 Maine, D South, Lawrence**

Do you have concerns about falling? A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program is for anyone concerned about falls and anyone interested in improving balance, flexibility and strength. This LMH program is free, but registration is required. For more information and to register, visit [www.lmh.org](http://www.lmh.org) or call 785-505-3081.

### **\*NEW\*** Ukrainian Pysanky Workshop

**Friday, Mar. 27, 2—5 p.m.**

**Ecumenical Campus Ministries, 1204 Oread Ave., Lawrence**

Learn about the ancient Ukrainian art of pysanky and make your own at this workshop! Join CREES, the Center for Russian, East European, & Eurasian Studies, for this community event. Space is limited and registration is required. Email [crees@ku.edu](mailto:crees@ku.edu) to get registered. Learn more about pysanky at [crees.ku.edu/pysanky](http://crees.ku.edu/pysanky).

### **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.

### **QuarterMania**

**Friday, Mar. 27, 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\*** 2026 Kitchen Sale

**Saturday, Mar. 28, 10 a.m.—2 p.m.**

**DGCO Extension Office, 2120 Harper St., Lawrence**

The Kitchen Sale is an opportunity for community members to declutter their kitchen of their lightly used and cleaned kitchen supplies! These donations will be sold at \$10 and under to the members of the community. Proceeds go toward the Extension Master Food Volunteers and their outreach efforts in Douglas County. Donations are accepted March 2-20 and can be dropped off from 9 a.m. to 4 p.m. at the Douglas County Extension office. No early donations, please.

### **\*NEW\*** Our Local History Series

**Saturday, Mar. 28, 12:30—1:30 p.m.**

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

In this installment of the "Our Local History Series," there will be a reading of the play *Petticoats in Kansas*.

## COMMUNITY EVENTS

### Chess at the Library

Sunday, Mar. 29, 1—3 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

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

### AAL Public Telescope Observing

Sunday, Mar. 29, 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.

### 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).

## Caregiver Relief with Respite Care

(continued from page 1)

and a thorough interview for respite care providers can be daunting. Professional respite providers of in-home care or an adult day program, or even a respite stay at a long-term care facility, can mean the benefit is worth the cost. For respite care to be successful, the person being cared for needs to be assured of quality of care, and the caregiver needs to be able to have the peace of mind that their loved one is in good hands until they return.

Respite care is not typically available on an emergency basis. Caregivers are encouraged to plan well in advance.

**STEPS TO SAFETY™**

With Mindy Andrasevits & Laura Smith

**16 Key Prevention Tips**

**NFPA Steps to Safety™**

Fire Safety Tips	Fall Prevention Tips
Cooking With Care	Avoid Tripping Hazards
Space Heater Safety	Use Handrails
Rechargeable Battery Tips	Improve Lighting
Smoke Alarms & Escape Plans	Stay Active & Steady

**3-Part Series of Classes**  
**March 17, 24th & 31st**

11AM • Senior Resource Center • 745 Vermont St., Lawrence, KS 66044

The advertisement features a background of a bright blue sky with white clouds and a large yellow sun in the upper right corner. At the bottom right, there is an illustration of three elderly women smiling and holding coffee cups. The text is presented in various colors and fonts, with key information in bold. The overall design is clean and informative, aimed at attracting seniors to safety classes.



**YOUR DOCTOR  
SHOULDN'T  
NEED A CHART  
TO KNOW YOU.**

**Doctors who truly know you.**

Our board-certified primary care doctors not only know their patients, they know the whole family. From babies to seniors and everyone in between. It's what you can expect from your community healthcare system. Doctors who are here with you.