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events in April.

Addressing Food Insecurity

By Laura Marsh, The Merc Co+op Marketing Director



Food insecurity is an increasing problem across our state; people don't have enough to eat and don't know where their next meal will come from. In Douglas County, 14% of our neighbors are food insecure. Nationally, one in eleven seniors are food insecure. Working at a grocery store, we see need increasing while access to resources decreases. Meanwhile costs from our national suppliers (and by extension, prices on the shelves) continue to rise.

If you are struggling with food insecurity, you're not alone. There are local and federal organizations and programs that can help, based on income, age, and/or disability.

The primary source for help with food costs in Kansas is the Food Assistance Program (also known as SNAP/EBT), administered by the Department of Children and Families. The application process can feel daunting. Locally there are a number of organizations who can assist individuals with SNAP applications and questions about eligibility. One new resource is the Community Health Worker from the United Way of Kaw Valley. She is available by appointment at the Senior Resource Center. You can schedule a visit by calling SRC at 785-842-0543. Other options are to contact the K-State Extension Office's MasterFood volunteers at 785-843-7058. Or, contact Mirror Inc. at 785-260-6688.

If you do qualify for SNAP, Double Up Food Bucks extends those dollars

further at the Lawrence Farmers Market and grocery stores (like locally-owned Checkers) by matching up to \$25 on fresh fruit and vegetable purchases. At The Merc Co+op, those receiving Food Assistance or participating in qualifying benefits programs receive a 10% discount on food purchases every day when they join the co-op.

There are several other assistance and meal programs available, some just for seniors: CHAMPSS, the Senior Voucher Program, Supplemental Security Income, the Emergency Food Assistance Program, and meal delivery through Lawrence Meals on Wheels or Midland Care. Service organizations like the Senior Resource Center or Catholic Charities are wonderful partners if you need help exploring these options.

At the co-op, we're proud to partner with many other service organizations in town like Just Food, the primary food bank in Douglas County. Anyone can stop at Just Food once/week after signing up, no questions asked. Just Food also offers cooking classes, and they have a pantry of kitchen tools for community members as well.

There are free meals available nearly every day of the week here in Lawrence through organizations like Ecumenical Campus Ministries and Lawrence Food Not Bombs, L.I.N.K., the Salvation Army, Sunrise

(continued on
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Introducing Friends of Senior Resource Center!



Rides

Kind, knowledgeable support in times of crisis



Welcome smiles



Fun



Education



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
- 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 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.

Volunteer Appreciation Month

By Megan Poindexter, SRC Department Manager



It comes around once a year, and I know you are as excited as I am! That's right ... It's Volunteer Appreciation Month!

This annual tradition may not be celebrated by everyone across our community, but I guarantee that everyone in our community feels the impact of the volunteers being celebrated.

The volunteers that SRC most enjoys celebrating are the older adults in our community who generously share their time and talents with organizations and causes they are passionate about.

Recently I visited the AARP Tax Aide site, fearlessly led by Sarah Merriam (also a volunteer). It is a shining example of a program made possible by the power of volunteers, and the majority of those volunteers are over 65. These smart, savvy, selfless individuals help people of all ages complete one of our most daunting tasks... filing taxes!

Here at SRC, we have a not-so-secret weapon in the pursuit of the best possible Medicare plans for all beneficiaries. If you haven't heard about our team of SHICK (Senior Health Insurance Counseling for Kansas) volunteer Medicare counselors, you are missing out! Be sure to turn to page 5 of this newsletter to learn more. And, you may not be surprised to learn that this team of amazing folks are also mostly over 65!

There is another group of senior volunteers here at SRC that may not be as obvious to the casual observer. They are the many, many informal volunteers who make all SRC's activities and groups successful! In my mind, each regular attendee of

one of these groups is a special volunteer who also happens to be enjoying whatever activity they attend. Why?

Because each regular of any of the groups is an ambassador to SRC! They invite other people to join in the fun, and welcome new individuals who attend those activities, helping new guests feel warm and welcome.

Volunteerism is critical to the success of our community as a whole, and to our individual ability to enjoy our best possible quality of life. The older adults—often retirees—who dedicate hours of volunteer time each month (week!?) are a powerhouse toward this effort.

If you are a senior volunteer, please join us anytime between 4 p.m. and 6 p.m. on Wednesday, April 29, for our annual Senior Volunteer Appreciation Reception here at 745 Vermont Street. Please RSVP by April 27 by calling us at 785-842-0543. This casual, open-house style reception gives us a chance to say THANK YOU, as well as creates a time for you to be in fellowship with other Douglas County volunteers!

And, on behalf of our whole community, people of all ages and all needs, the Senior Resource Center staff extends our unlimited gratitude for your gifts of time and talent!

To find volunteer opportunities throughout Douglas County, visit the Roger Hill Volunteer Center's website at www.uwkawvalley.org/roger-hill-volunteer-center or call 785-273-4804.

GOING ON A CRUISE?

Planning to take a cruise or travel outside the country? Medicare and Medicare Advantage Plans only pay for medical services in the U.S. Look into travel health insurance to make sure you're covered outside the U.S. or on the high seas!

www.DgCoKS.gov/SRC
785-727-7872
Medicare@DgCoKS.gov



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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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For advertising, contact SRC at srccontact@DgCoKS.gov or 785-727-7880.

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Volunteer Medicare Counselors Serve More Seniors than Ever in 2025!

By Nancy Wiebe and Lori Phillips, SRC Medicare Program Specialists



The Senior Resource Center loves our SHICK Medicare volunteers who enable us to deliver quality Medicare counseling and year-round guidance to area seniors. Our new front-desk kiosk sign-in system allowed us to easily track their volunteer time for the first time, starting in the spring of 2025. In less than a year, their volunteer time was more than 2,500 hours!

In 2025, these hard-working volunteers completed 2,067 Medicare consultations and served 1,953 unique individuals. This is an SRC record!

Additionally, the attendance at SRC's monthly Welcome to Medicare educational presentations rose from 82 in 2021 to 319 in 2025. It's easy to see that these volunteers make a big community impact!

SHICK volunteer Medicare counselors are screened, thoroughly trained, and supervised by SRC's professional staff to help you save money and get the best coverage possible for your budget. They save local seniors hundreds of thousands of dollars annually at no cost and without bias, since we do not sell anything.

If you like to solve problems and help people, SRC would love to talk with you about volunteering for Senior Health Insurance Counseling for Kansas (SHICK). This is a great time to apply so you can complete screening, training, and shadowing to begin helping others during the Medicare Open Enrollment Period starting in October.

Please tell our 26 volunteers how much you appreciate them when you see them:

- | | |
|-------------------|-------------------|
| Alana Lewis | Linda McCoy |
| Allyson Leland | Linda Rhodes |
| Becky Potter | Marcy Mauler |
| Bonnie Neis | Maxine Younes |
| Dian Stogsdill | Meredith Porter |
| Evan Jorn | Michelle Kelleher |
| Gail Bessey | Rebecca Jordan |
| Janet Hierl | Rick Schaffer |
| Jean Appelhanz | Sally Brandt |
| JoAnn Hageman | Sheila Reynolds |
| Judith Calhoun | Susanne Clement |
| Julia Meyer | Susie Jones |
| Katherine Claflin | Tahseen Rawls |

Remember, if you are just starting Medicare or have had Medicare for years, we are here to help you year-round. Visit www.DgCoKS.gov/SRC or call 785-727-7882 for help.

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Pictured below, SRC's SHICK volunteers at the 2025 holiday celebration.





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Pesto Chicken Stuffed Peppers

- 6 large bell peppers (any color)
- 2 cups shredded rotisserie chicken
- 2 cups cooked brown rice
- 1.5 cups prepared pesto
- 1.5 cups shredded Romano cheese (divided)
- Salt, to taste
- Black pepper, to taste

Stir together the chicken, rice, pesto, 1 cup cheese, salt and pepper. Slice peppers in half. Remove seeds and membrane. Place on a baking sheet cut-side up. Fill each pepper with the mix. Sprinkle the remaining cheese over the tops. Bake in preheated oven at 450 for until the cheese is melted.

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-William H (Listener)

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Sharing the Gift of Sight Through Sound

BEWARE OF FRAUDULENT PHONE CALLS "FROM" SRC STAFF

SRC has received reports of fraudulent phone calls from people claiming to be SRC staff.

BEWARE! SRC very rarely will call you unless you ask us to! SRC staff will return calls:

- If we have a missed call from you,
- To schedule Medicare counseling appointments,
- To schedule rides on Senior Wheels, or
- If you have left a staff person a message.

Like any unsolicited phone calls, you don't need to stay on the line or answer their questions!

YOU CAN HANG UP!

A legitimate caller will leave you a message or try again. You can call SRC at 785-842-0543 to confirm we called.

DO NOT dial to an unknown phone number. Look up the legitimate phone number of whoever claims to be calling, and contact them directly to verify.

Fraudulent callers might claim to be from:

- Your bank
- Your credit card company
- The Police or Sheriff's department, or the District Attorney's office
- The IRS or Department of Revenue
- Medicare

NEVER give out:

- Your social security number
- Your bank account number
- Your credit card number
- Your Medicare number
- Other personally identifying information
- Access to your personal home computer

Health Care for Older Immigrants

By Peyton Weatherbie and Molly Wood, Elder Law Attorneys



Q : How did the 2025 federal budget law change health care eligibility for older immigrants?

A : About one in seven older adults in the United States is an immigrant. Immigrants come to the U.S. through many lawful pathways, including family-based immigration, employment, education, and humanitarian protections such as refugee status, asylum, or Temporary Protected Status. For these Kansans, the elimination of Medicare, Medicaid, and ACA tax credits removes nearly all realistic paths to affordable health care at a time when medical needs increase and options in the state are already limited. This is particularly true in rural Kansas, where access to employer-sponsored and private health plans are limited and providers are already scarce.

Historically, eligibility for federally funded health programs has been complicated for immigrants. Some lawfully present immigrants were required to wait several years before qualifying for Medicare or Medicaid, while others were exempt from waiting periods. Even so, many immigrants with legal status were eligible for Medicare, Medicaid, and tax credits under the Affordable Care Act (ACA).

In July 2025 Congress passed the federal budget reconciliation bill known as H.R.1. The law significantly narrowed which immigrants may qualify for Medicare, Medicaid, and ACA tax credits. Lawfully present immigrants who have had access to these health programs for decades are now losing eligibility.

Under H.R.1, eligibility for Medicare, Medicaid, and ACA tax credits is now limited to only four groups:

- U.S. citizens;
- Lawful permanent residents (green card holders);
- Certain Cuban and Haitian entrants; and
- Individuals living in the U.S. under the Compact of Free Association (COFA).

All other lawfully present immigrants are excluded. This includes refugees, people granted asylum or withholding of removal, survivors of trafficking or domestic violence, individuals granted humanitarian parole, and people with Temporary Protected Status.

For Medicare, individuals who become newly eligible on or after July 4, 2025 must fall within one of the four eligible categories. Current Medicare enrollees who are not in those categories will have their coverage terminated on January 4, 2027. For Medicaid, eligibility for older adults who do not meet the new criteria will end in most states on October 1, 2026.

ACA tax credits are also restricted. Beginning January 1, 2026, lawfully present immigrants who are ineligible for Medicaid and have incomes below 100% of the federal poverty level will no longer qualify for tax credits. By January 1, 2027, tax credit eligibility will be limited entirely to the four permitted groups.

These changes place hundreds of thousands of older immigrants at risk of becoming uninsured, particularly those with low incomes. Some individuals who currently rely on both Medicare and Medicaid will lose both forms of coverage within a short time.

Emergency Medicaid remains available, but only for life-threatening conditions. Some states use state funds to provide coverage regardless of immigration status, but budget pressures are forcing many of those programs to scale back. Community health clinics may offer limited care, but they face funding cuts and increased demand.

In Kansas, the changes under H.R.1 will most heavily affect older immigrants who are lawfully present but do not hold permanent resident status. Many of these individuals have lived in Kansas for years, worked in agriculture, meatpacking, manufacturing, and service industries, and contributed to their local communities.

Access to affordable health care is essential, particularly as people age. H.R.1 sharply restricts coverage options for many older immigrants at the moment they need care most. The likely consequences include worsening health, rising medical debt, and difficult choices between medical care and basic necessities.

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.

Once Upon a Time, We Were Happy Kids in Nature

By Shannon Gorres, MDiv, MA



Once upon a time, we were happy children playing in nature. We would dig in dirt, throw rocks, build forts in the woods, and experiment with berries to see if they could be used as paint. Many of us who didn't grow up in the country played ball in a grass-filled park with big sky overhead.

Then came the Tube, which started as fun and slow entertainment. Then came the internet, but it got faster, and our brains became addicted to the screen. It's not only gotten faster but more intense.

We've gotten frustrated, overwhelmed, and bombarded by ads, scams, and enticements. Oh, what an evolution in the past 70 years!

Do you ever wonder:

- How can I get back to those days of joyful freedom?
- That feeling of relaxation and peace?
- That feeling of making a great joke as the clouds float by?

You can, if you prioritize getting outside several times a week to contemplate nature. This can be tricky, but if you turn the phone off, and put on a 20-minute timer (and not do any work like weeding), you can slow down your mind and relax your body.

Still, many people struggle to stay present with the sights, sounds, and smells of plants around them. We're so used to shifting our attention quickly, that keeping our attention on the healing beauty around us can be challenging. We get pulled back into our anxious worries or ongoing issues, such as potential cuts to Medicare, Social Security, or retirement funds that depend on a volatile market.

We can motivate ourselves with the amazing health benefits that intentional time in nature, especially with a trained guide, offers:

- alleviation of anxiety, depression, and PTSD symptoms
- regulation of blood pressure, lower cortisol, and less stress
- increased immunity
- higher scores on Quality of Life measurements
- decreased reports of Chronic Widespread Pain (www.DoseofNature.org.uk)

These benefits were researched on a specific process called "Forest Therapy." "Forest" is a similitude for "place of ecodiversity." So in the woods or prairie, we follow a specific sequence to help our minds and bodies shift to the parasympathetic nervous system, which helps us de-stress. We begin with a 15-minute guided meditation and then explore with specific invitations. We share through Listening Circles. We end with medicinal tea. We walk less than 1/2 mile

and sit often. It's an amazing way to feel alive and help our minds stay fit.

You can do Forest Therapy on your own using books such as: *Your Guide to Forest Bathing: Experience the Healing Power of Nature* by M. Amos Clifford, and *Healing Trees: a Pocket Guide to Forest Bathing* by Ben Page. You can learn about the 54 senses to practice in the book *The Nature Process*. You can encourage parents to take their children outside more with the research shown in *Last Child in the Woods*.

Some people find it easier to go with a group for sociability, professional support, and safety. After one of my group sessions, people shared:

"At the end, I felt like everything in the world is going to be okay, and I just don't feel like that regularly."

"I think I can forgive myself."

"I'm peaceful and relaxed."

"We are so lucky to be alive."

Indeed, even with all that's changed, we are so lucky to be alive.

Shannon provides individual nature therapy at Hidden Valley (Bob Billings and Kasold) and indoors for people wanting support for anxiety, anger, or existential questions. She also provides private group sessions for families or friends. Read more at www.DivineNatureTherapy.com.





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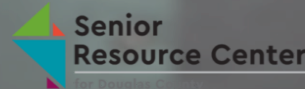
All Helping Hammer staff are fully vaccinated.

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.

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 Schedule a free consultation



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The Importance of Social Capital

By Gayle Sigurdson, Lawrence Parks, Recreation and Culture, Lifelong Rec Supervisor



The City of Lawrence and the Lawrence Arts Center recently hosted a community screening of the documentary *Join or Die*. The film examines Robert Putnam's theory of social capital, that participation in clubs, organizations, shared activities, volunteer groups, and social circles strengthens not only individual well-being but entire communities.

Putnam's theory was first explored in the book *Bowling Alone*. It described the change of American society from solidaristic to individualistic. This was reflected in the declining membership of civic organizations, labor unions, and fraternal organizations. This was illustrated by bowling; although the number of people who bowled had increased in the previous 20 years, the number of people who bowled in leagues had decreased. If people bowled alone, they did not participate in the social interaction and civic discussions that might occur in a league environment. His research showed that a decline in civic engagement resulted in a decrease in public trust in government and a less successful democracy.

Join or Die is a more provocative title than *Bowling Alone*. It suggests that declining social capital is not just about fewer club memberships or neighborhood gatherings; it is about the erosion of the very bonds that sustain individual well-being. Numerous studies, including Harvard's 80-year Study of Adult Development, conclude that humans are wired for connection. The quality of our relationships is one of the strongest predictors of happiness, health, and longevity. A lack of social bonds results in a higher risk of stroke, heart disease, weakened immunity, and earlier onset of chronic conditions such as diabetes. If we accept that social connection is as important as diet, exercise, and sleep, what is the next step?

The next step is intentionality. Just as we plan meals, schedule workouts, and prioritize rest, we must also actively cultivate relationships and community. Start with deepening or changing established relationships. As grandchildren mature, share interests as peers, outside of traditional family roles. A study of octogenarian couples found that good relationships were not smooth all the time, but what they shared meant they could really count on each other when the going got tough. Casual bonds can grow to have a stronger sense of belonging. Shared activities indicate shared interests. Build on that interest by focusing on the core motivation behind it. Consider what motivates you – socialization, public service, philosophical debate, creativity – and use that to connect with like-minded people around you.

Douglas County is awash in opportunities. Parks and Recreation, cultural organizations, the Senior Resource Center, public libraries, and more all offer a variety of programs where people who share interests are already gathered. Volunteer opportunities abound. If you enjoy live performances, consider ushering, backstage support, or joining the performers on stage. Help foster children through CASA or pets through the Humane Society. Master Gardeners both learn and teach. Building social capital starts by showing up. It becomes strong when it is meaningful, and we invest in each other.



Dial M FOR Murder

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SENIOR RESOURCE CENTER ACTIVITIES

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

Ping Pong

Daily, 8:30 a.m.—4:15 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Aerobic Dance with Mary Burg

Mondays, 10:30—11 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

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 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 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. The cost is \$30 for an 8-week session, and you provide your own yoga mat. This class is currently full, but to be added to the waiting list, contact Kim at kluce@DgCoKs.gov.

Death Café

Second Monday, Apr. 13, 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. Death Café is co-sponsored by SRC and Visiting Nurses.

Tuesday Artists

Tuesdays, 9—11 a.m., come and go as you're able

Senior Resource Center, 745 Vermont St., Lawrence

Stop by every Tuesday and join a gathering of fellow senior artists. Bring your own art project and supplies and enjoy sharing your techniques and creations with fellow artisans while you work on your own current projects. For information, call 785-842-0543.

Experienced Tai Chi Group

Tuesdays & Thursdays, 9—10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Students of former LMH Physical Therapist Adrineh Mehdikhani meet together to continue their Tai Chi practice, using a video of their former instructor. They complete the series of 73 postures and movements that flow in a slow and graceful manner, welcoming anyone who is comfortable practicing the discipline without live instruction. Contact Kim at kluce@DgCoKs.gov with questions.

KLWN Radio for Grownups with SRC

Every other Tuesday, Apr. 7 & 21, 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, Apr. 7 & 21, 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.

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!

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!

New Horizons Band

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

***NEW DAY/TIME* Drums Alive Golden Beats with JAAA**

Wednesdays, starting Apr. 22, 1:30—2:30 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Experience the transformative power of Drums Alive with the Jayhawk Area Agency on Aging! This 8-week 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 register!

Welcome to Medicare

Wednesday, Apr. 8, 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. 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.

AARP Smart Driver Course

Thursday, Apr. 30, 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 lwoydziaak@DgCoKs.gov or 785-727-7875 to register. \$20 for AARP members, \$25 for non-members. Next class at SRC: July 2.

Fiber Friends

Second & Fourth Thursdays, Apr. 9 & 23, 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.

SENIOR RESOURCE CENTER ACTIVITIES

Time to Tap

Thursdays, Apr. 2—30, 11:30 a.m.—12:15 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

Barb Brydenthal teaches a free tap dance class, for beginners and hoofers alike, with a focus on learning some routines to Jazz and Broadway melodies. This 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 with questions.

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, Apr. 16, 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 April the group will be playing Catch Phrase, a fun electronic party game where teams compete to guess words or phrases before a hidden timer buzzes. 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, Apr. 9 & 23, 2—3 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

This writing group is facilitated by Iris Craver, a certified journaling and poetry therapist, who has led expressive writing groups in the community for years. She believes that the more we write, the more creative we become in all aspects of our lives. Bring your notebook and your creativity and do some writing in a relaxed atmosphere with a community of fellow writers. Email kluce@DgCoKs.gov with questions.

*(continued on
page 14)*

Our Community is better thanks to

**SENIOR
VOLUNTEERS**

You make a big impact!

Join Us

Wed. April 29

4 – 6 p.m.

Senior Resource Center for
Douglas County
745 Vermont Street

RSVP to srcontact@dgcocks.gov or by calling 785-842-0543

Senior Volunteers from
organizations across Douglas
County are invited to an

**OPEN HOUSE
RECEPTION**

THANK YOU for all you do!

SENIOR RESOURCE CENTER ACTIVITIES

Fundamentals of Estate Planning

Thursday, Apr. 23, 2 p.m.

Senior Resource Center, 745 Vermont St., Lawrence

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

Tai Chi with Haskell Springer

Fridays, 9–10 a.m.

Senior Resource Center, 745 Vermont St., Lawrence

Instructor Haskell Springer leads this popular class in Yang style Tai Chi for those who have had Tai Chi experience. Contact Kim at 785-856-0203 to ask about space availability!

Aerobic Dance with Huijing 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!

Friday Yoga Foundations (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, 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 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.

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.

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 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.

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.

LAWRENCE PARKS, RECREATION, AND CULTURE

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

FITNESS CLASSES

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

Shallow Shakers

Mon/Wed/Fri, Apr. 13—May 15, 7:15—8 a.m.

Lawrence Indoor Aquatics Center, 4706 Overland Dr., Lawrence

Water provides support while offering constant resistance. This class is a total-body workout using aerobic activities to improve cardiovascular conditioning and balance work to increase muscle tone and overall fitness. Class begins with a water-walking warm-up, then moves into cardiovascular conditioning and balance work, finishing with stretches. **Class Code: 212420, \$75.**

Jivin' Joints

Mon/Wed/Fri, Apr. 13—May 15, 8:45 a.m. and 9:45 a.m.

Lawrence Indoor Aquatics Center, 4706 Overland Dr., Lawrence

This is a group recreational water-based exercise program. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination, and reduce pain and stiffness. **Class Code: 212430, \$75.**

RECREATION INSTRUCTION

Line Dancing

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence

Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. No partner is necessary.

Workshop: Friday, Apr. 10, 5:45—8 p.m.,

Class Code: 214141, \$20

Class: Sundays, Apr. 12—May 17, 4:30—5:30 p.m.,

Class Code: 214152, \$40

Intermediate Workshop: Sunday, Apr. 19, 3:15—4:15 p.m.,

Class Code: 214156, \$12

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.

Unexpected El Dorado

Tuesday, Apr. 14, 8 a.m.—5:30 p.m.

Don't pass by El Dorado. The permanent collection of the Courtts 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, call 785-594-3670 or visit the office at 712 Chapel Street, Baldwin City. **All events held at 712 Chapel Street unless otherwise indicated.**

Indoor Walking

Monday—Friday, 8—9 a.m.

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

Tuesday/Thursday, 9:30—10:15 a.m.

45-minute classes designed to stimulate your body and mind. With low-impact exercises designed to improve strength, flexibility, mobility, and balance. \$45 per month or \$7 drop-in fee.

Hand & Foot

Tuesday/Thursdays, 1 p.m.

Lunch Bunch

Tuesday, Apr. 14, 11 a.m.

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

Join the Lunch Bunch for a trip to the new Olive Garden in Lawrence. Choose your own meal and pay your own way!

NEW CHICAGO The Musical at the Lied Center

Tuesday, Apr. 28, 6:15 p.m.

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

CHICAGO is a universal tale of fame and fortune with one show-stopping song after another and the most astonishing dancing you've ever seen.

Coffee and Donuts

3rd Fridays, 9—10 a.m.

Pitch and Snacks

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

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

NEW First Serve: Beginner Pickleball

Saturday, Apr. 11, 9—11 a.m.

techniques, and fun of pickleball in a supportive, informal setting led by passionate volunteers! FREE!

NEW Wamego Tulip Festival

Sunday, Apr. 12, 8:30 a.m.—5 p.m.

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

Each spring, the City of Wamego comes alive with thousands of visitors, vibrant tulip displays, and more than 200 arts and craft vendors. Brilliant tulips from Holland create a stunning backdrop for this April festival held in Wamego City Park.

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, contact Lorel Lewis at retirement@LPLKS.org or call 785-843-3833, ext.131.

Stitch & B*tch

Monday, Apr. 20, 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, Apr. 21, 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, Apr. 2, 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, Apr. 9, 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, Apr. 16, 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, Apr. 3—17, 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, Apr. 24, 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.

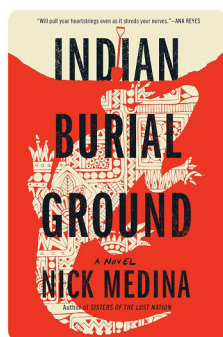
Book Squad logo: WE'LL HELP YOU FIND YOUR NEXT GREAT READ. Need a great book? Call or come to the library! We can show you how easy it is to download an eBook or eAudiobook, too!

785-843-3833

lplks.org/booksquad



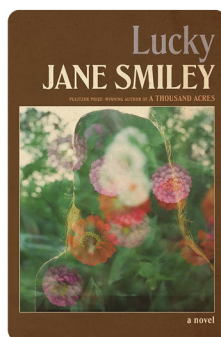
707 Vermont | Lawrence, KS 66044



FICTION / HORROR

Indian Burial Ground by Nick Medina

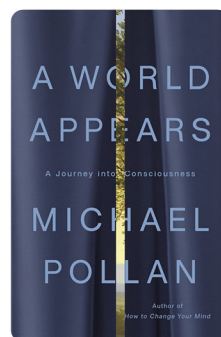
Noemi is looking for a second chance, but when her boyfriend dies suddenly, a past filled with secrets reveals a mythological horror.



FICTION / GENERAL

Lucky by Jane Smiley

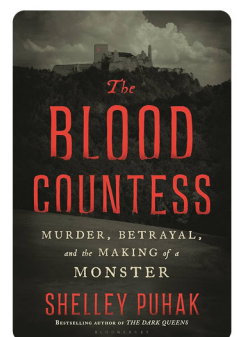
Jodie rises from St. Louis to international stardom in music, chasing love, luck, and her own path in a life of grit and glamour.



NONFICTION / PSYCHOLOGY

A World Appears by Michael Pollan

Michael Pollan explores consciousness—how it arises, who has it, and what it reveals about our minds, selves, and humanity.



NONFICTION / TRUE CRIME

Blood Countess by Shelley Puhak

Explores the legend of Elizabeth Bathory, the “Blood Countess,” accused of murdering hundreds of children in 16th-century Hungary.

COMMUNITY EVENTS

***NEW* KU Language Tables**

Various Days, Times & Locations

Do you speak a second language that you rarely get to use or practice? Join one of KU's language tables! These tables are a casual opportunity to utilize another language with students and community members of various proficiency levels. For Slavic languages, German, Persian, and Turkish table meeting info, visit www.crees.ku.edu/languagegetables. Language practice tables also exist for Portuguese and Spanish (www.spanport.ku.edu/language-practice-tables) as well as Italian and French (www.frenchitalian.ku.edu)!

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.

Declaration 1776: The Big Bang of Modern Democracy

Tuesday—Sunday through Sept. 7, 12—4 p.m.

Dole Institute of Politics, 2350 Petefish Dr., Lawrence

"Declaration 1776: The Big Bang of Modern Democracy" uses primary sources to illustrate how Americans and people across the world have been inspired by the Declaration of Independence in their pursuit of equality and self-determination. Accompanying the exhibit are selections from the Dole Archives pertaining to America's Bicentennial in 1976, and a display from Humanities Kansas showcasing what was happening on the land that would become the state of Kansas 250 years ago.

Masters CrossFit Program

M/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 for more info.

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.

Sunrise Project Community Meals

First 3 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 or text/call 785-865-1618, at least 24 hours in advance.

Veterans Morning Coffee Group

Tuesday & Thursday, 9 a.m.—12 p.m.

Lawrence American Legion, 3408 W. 6th St., Lawrence

Join other veterans at the Lawrence American Legion for free coffee and community. This great opportunity to meet with fellow Lawrence Veterans and enjoy good conversation happens every Tuesday and Thursday morning. Membership is not required but encouraged.

Game Time at Baldwin City Public Library

Thursdays, 11 a.m.—1 p.m.

Baldwin City Public 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! Learn in a fun, stress-free environment. Instead of playing games on your computer or phone, come play Bridge with BCPL!

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! Outside the store starting in April!

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! \$80 for 4 one-hour sessions. Call coach Ann Anderson at 785-749-3200 for more info.

***NEW* Irvine's Easter Wine Hunt**

Saturday, Apr. 4, 10 a.m.

Irvine's Just Beyond Paradise, 13561 246th St., Lawrence

Enjoy the 5th Annual Easter Wine Hunt at Irvine's Just Beyond Paradise. Search their grounds for hidden eggs with wine case discounts, pizza discounts, and other treats. Hunt down the golden wine bottles for special discounts, and a few lucky hunters will score a 90% off bottle discount. This year they're bringing back the traditional Scottish Breakfast! Bangers (sausage), back bacon, fried egg, tattie scones, black pudding, tomato, beans, mushrooms, and toast. Breakfast tea, juice, or coffee available. The wine hunt starts at noon!

***NEW* Dueling Piano Show**

Saturday, Apr. 4, 8:30 p.m.

D-Dub's Bar, 10 W. 9th St., Eudora

Enjoy a dueling piano show with no cover charge!

***NEW* Concerts at the Campanile**

Sundays, 5–6 p.m.

WWII Memorial Campanile, Memorial Drive, Lawrence

Dr. Elizabeth Berghout, KU Carillanist, and guest carillanists perform on the 53 bronze bells housed in the historic World War II Memorial Campanile. A few benches are available for seating on the Hill; listeners may choose to bring additional blankets or lawn chairs. The sound of the carillon is best at least 200 feet from the tower.

The Gothic Cowboy Review

Sunday, Apr. 5, 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* Community Resource Navigation**

Mondays, 2–4 p.m.

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

New at Baldwin City Public Library! Every Monday, a United Way Kaw Valley Community Resource Navigator will help individuals connect to services in the community. Whether you're applying for assistance, exploring housing options, completing applications, scheduling appointments, or searching for community resources for yourself or your family, you don't have to navigate resources alone. Sponsored by Blue Cross and Blue Shield of Kansas and UWKV donors.

Pearl Jams at Baldwin City Public Library

Mondays, 6:30–8 p.m.

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

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

(continued on page 20)




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DONATE TODAY to Support Local Seniors

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

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

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COMMUNITY EVENTS

NEW From Darkness to Light:

Photographs Along the Underground Railroad

Tuesday—Saturday, Apr. 7—May 23, 10 a.m.—4 p.m.

Watkins Museum, 1047 Massachusetts St., Lawrence

Photographer Jeanine Michna-Bales has spent more than a decade meticulously researching “fugitive” enslaved people and the ways they escaped to freedom. While the unnumbered routes of the Underground Railroad encompassed countless square miles, the path Michna-Bales documented encompasses roughly 2,000 miles and is based off of actual sites, cities, and places that freedom-seekers passed through during their journey. This exhibit encourages visitors to learn more, ask questions, and open a dialogue on the subject, and in the end, provide a better understanding of our origins.

Tuesday Concert Series

Tuesday, Apr. 7 & 21, 7—8:30 p.m.

Lawrence Arts Center, 940 New Hampshire, Lawrence

Tuesday Concert turns 20 this year! This FREE (tip jar) series of acoustic performers runs for 6 weeks every spring. Gypsy jazz group Mire Pral will play on April 7, and Bob Walkenhorst from the Rainmakers will play on April 21. Details at www.TuesdayConcert.com. Tuesday Concerts are a Lawrence Old Guard Production.

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 Lawrence Suffragists at Oak Hill Cemetery

Wednesday & Thursday, Apr. 8 & 9, 5:30—7:30 p.m.

Oak Hill Cemetery, 1605 Oak Hill Ave., Lawrence

The Oak Hill Cemetery Committee of the Watkins Museum of History cordially invite you to attend a two-part walking tour of 23 Lawrence suffragists’ gravesites at Oak Hill Cemetery. Learn how local suffragists struggled for voting rights from 1867 through 1912. Jeanne Klein, LWV Co-President, will lead these two tours and provide handouts. The registration fee of \$12-\$15 supports future projects at Oak Hill Cemetery. Advance registration is required through www.watkinsmuseum.org.

NEW Douglas County Amateur Radio Club Meeting

Wednesday, Apr. 8, 6—9 p.m.

Wayne & Larry’s, 933 S. Iowa St., Lawrence

Join DCARC for the club’s general monthly meeting! They are an amateur radio group based in Lawrence, and they have members that have interests in all parts of the hobby. Whether you’re just getting started or you’ve been involved in amateur radio for a long time, they have members that are happy to help you learn! The social hour starts at 6, followed by a business meeting at 7, and a presentation after the business meeting. Presenters have lots of experience in their area and will be able to answer any questions you might have about the topic!

Lawrence Bird Alliance Field Trip

Thursday, Apr. 9, 8—11 a.m.

Lawrence Nature Park, 1681 E. 1100 Rd., Lawrence

This will be a nice woodland walk in early spring. The usual woodland species should include four-plus species of woodpecker, chickadee, titmouse, both species of nuthatch, both species of kinglet, perhaps several early warblers and late winter sparrows. If time allows the group will also go north to Martin Park. Contact Roger Boyd at rboydbird69@gmail.com or 785-424-0595 for more information.

NEW 2nd Annual Haskell Wetlands Day

Friday, Apr. 10, 10 a.m.—4 p.m.

Haskell University, 155 Indian Ave., Lawrence

You’re invited to the 2nd Annual Haskell Wetlands Day in Historical Tecumseh Hall. Come and connect with local organizations and institutions that help protect and conserve the Wakarusa River Valley and beyond through science, artwork, writing, and more. At 11 a.m. and 1 p.m. there will be a showing of “LandBack to the Future,” a hyperlocal mini documentary produced by RVCC Research Fellow Brendan McInerney, about the ongoing fight to save the Wakarusa Wetlands. From 2:30 to 4 p.m., join a Haskell land tour with the Haskell Greenhouse.

Happy Time Squares

Second Friday, Apr. 10, 7—9:30 p.m.

First United Methodist Church, 867 Hwy 40, Lawrence

Join the Happy Times Squares for food, fun, fellowship, and square dancing! The April dance will be called “Singing in the Rain.” Contact Mary Bahnmaier at mkfpage@hotmail.com for more information.

NEW UDC Spring Concert

Friday & Saturday, Apr. 10 & 11, 7 p.m.

The University Theatre, 1530 Naismith Dr., Lawrence

Watch KU dancers from the University Dance Company get their groove on as their talents light up the stage this spring. Students will perform demanding choreography by guest artist Sam McReynolds in a work based on the ethos “People first, dancers second, always equal.” Senior tickets are just \$20.

NEW KU Powwow & Indigenous Cultures Festival

Saturday, Apr. 11, 10:30 a.m.—8 p.m.

Lied Center of Kansas, 1600 Stewart Dr., Lawrence

The KU Powwow & Indigenous Cultures Festival is a free, family-friendly community event held at the Lied Center of Kansas. The festival features Indigenous films, educational workshops, and hands-on children’s activities that celebrate Indigenous cultures, histories, and contemporary experiences. All are welcome to learn, engage, and celebrate the KU Powwow.

NEW Clinton Lake Historical Society Annual Meeting

Saturday, Apr. 11, 5:30 p.m.

Clinton Presbyterian Church, 590 N. 1200 Rd., Lawrence

Local history buffs unite! Join the CLHS for just \$10 per year. Their annual meeting includes a community potluck and a guest speaker, Jan Elder, who will talk about her local farm’s potential use by the Underground Railroad.

COMMUNITY EVENTS

Lawrence Barn Dance Association Contra Dance

Saturday, Apr. 11, 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. April's band is Lost Keys and calling will be done by Jim Hemphill. Pay what you can: \$8—\$15.

Onward Haskell:

The Making of an Indian Nations University

Monday, Apr. 13, 6–7 p.m.

Lawrence Public Library, 707 Vermont St., Lawrence

Join LPL for an engaging presentation on the origins and evolution of Haskell Indian Nations University, with Eric Anderson (Citizen Potawatomi Nation), Professor of Indigenous and American Indian Studies at Haskell. With an understanding that we cannot move forward without acknowledging the past, Eric will discuss the history of Haskell as well as focusing on the university's significance today. All who wish to learn more about Haskell Indian Nations University are invited to attend!

***NEW* Azad's KU World Percussion Ensembles Concert**

Monday, Apr. 13, 7 p.m.

Lawrence Arts Center, 940 New Hampshire St., Lawrence

Azad's 10th Annual KU World Percussion Ensembles Concert is a celebration of all things percussion at KU and a celebration of the amazing K.R. Azad. It is free and open to all KU students and to the public. This year's special guest is Dendê Macêdo, from Salvador, Brazil. The concert will include performances by KU Percussion Group, KU West African Drum Ensemble, KU Jazz Combo, KU Steel, KU Drum Set Studio, KU Frame Drum Ensemble, Rock Chalk Drummers, and the KU Marching Jayhawks Drumline.

***NEW* 4th Annual Caregiver Conference**

Tuesday, Apr. 14, 9 a.m.—2 p.m.

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

This free one-day conference will help caregivers navigate in-home services and educate them about how to best help the loved ones in their care. The day includes lunch and multiple options for breakout sessions. To register or for more information, contact Michele Dillon at mdillon@hawkaaa.com or 785-230-1713.

Before You Check Out Series

Wednesday, Apr. 15, 10:30—11:30 a.m.

Wednesday, Apr. 29, 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 April 15, the presentation is "Make a Clean Getaway!", which will focus on organizing the details—passwords, digital accounts, etc.—that will need to be handled when you're gone. On April 29, the final presentation of the series is called "The End." In this candid, informative program led by Rumsey Yost Funeral Home, you'll learn about burial options, cremation, and other meaningful final arrangements. Register at www.lplks.org/retirement or email llewis@lplks.org.

***NEW* KU Astronomy Public Night**

Thursday, Apr. 16, 7:30—9 p.m.

G174 Slawson Hall, 1420 Naismith Dr., Lawrence

Join KU astronomers at Slawson for an evening of observing the moon and planets like Jupiter, Saturn, Mars, and Venus through our telescopes. You can also watch a variety of shows in their planetarium and try astronomy themed crafts. Planetarium Shows start at 7:30, 8 and 8:30 p.m., and stargazing will be after the shows as conditions allow.

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Senior Resource Center
for Douglas County
785-727-7876

SENIOR WHEELS PASS
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Call 785-727-7876 to pay with credit card.
Or pay with cash or check directly to your driver.

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

Contact Us

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

kpeine@ksu.edu
785-843-7058

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

COMMUNITY EVENTS

NEW Our Local History Series

Saturday, Apr. 18, 12–2 p.m.

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

In this installment of the “Our Local History” series, Linda Balingier will talk about underground railroad quilts!

NEW Lawrence Earth Day Fair

Saturday, Apr. 18, 1–4 p.m.

South Park, 1141 Massachusetts St., Lawrence

The City of Lawrence and the Watkins Museum invite you to the fourth annual Lawrence Earth Day Fair! This free event will happen in South Park and feature lots of earth-friendly activities for people of all ages. Celebrate our planet’s amazing natural resources and learn how we can protect them!

Upright University

Tuesdays/Thursdays, Apr. 21 – May 28

Level 1—9 a.m. or 2:30 p.m.

Level 2—10 a.m. or 3:30 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence

Join LMH Health Therapy Services for this supportive, engaging and challenging class designed to help you improve balance and coordination, build strength and flexibility, gain confidence in daily activities, and reduce your risk for falls. Upright U! is a group exercise program led by a PT and/or PT assistant focusing on movement with simple and effective strength and balance activities. The cost is \$85, and scholarships may be available upon request. Contact Brett Romme at 785-505-5840 for more information or to register.

NEW 21st Annual LAPA Senior Resource Fair

Wednesday, Apr. 22, 10 a.m.—1 p.m.

Sports Pavilion Lawrence, 100 Rock Chalk Ln., Lawrence

Lawrence Area Partners in Aging is presenting the 21st Senior Resource Fair this year! There will be exhibits, prizes, freebies galore, and tons of community organizations and businesses that serve aging adults. Come and see what your community can offer you! Entry is free!

Early Bird Karaoke

Wednesday, Apr. 22, 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, Apr. 23, 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, Apr. 23, 10:15–11 a.m.

Spencer Museum of Art, 1301 Mississippi St., Lawrence

Learn about the Spencer’s vast Mary Lou Vansant Hughes Collection of Haitian art. Graduate intern Brittney Wilson will discuss a selection of works from the collection that exemplify the folk-art scene that emerged in Haiti in the mid-20th century. Senior Sessions are designed with accommodations for older adults and open to all.

NEW Randal Jelks: My America

Thursday, Apr. 23, 7 p.m.

Hall Center, 900 Sunnyside Ave., Lawrence

Dr. Randal Jelks is an award-winning author, documentary film producer, and professor. In this talk he draws from “My America: Langston Hughes on Democracy,” which traces Langston Hughes’ journey from being a child captivated by Kansas City to an adult cosmopolitan witness in Paris, New York, Mexico City, and Madrid. Dr. Jelks examines how Hughes’ experiences in a world on the brink of upheaval shaped his thinking on art, democracy, and activism.

NEW KC Metaphysical Lawrence Spring Fair 2026

Friday, Apr. 24, 2–9 p.m.

Saturday, Apr. 25, 10 a.m.—8 p.m.

Sunday, Apr. 26, 11 a.m.—6 p.m.

Psychics, crystals, intuitive artists, jewelry, books, tarot, reiki, gifts, metaphysical tools, herbs, mediums, frequency and other holistic wellness sessions, an aura camera, astrologers, an animal communicator, clothing, and all kinds of cool products! There will be fantastic and informative lectures every hour and door prizes every hour. Admission is \$9.00 per day.

NEW Be Well Capstone Event

Saturday, Apr. 25, 9 a.m.—1 p.m.

Collins Gym, Baker University, 524 6th St., Baldwin City

The Baldwin City Chamber of Commerce and its Be Well partners are pleased to announce the launch of 2026 Be Well Baldwin City! The Be Well Capstone Event is the culmination of a month-long, community-wide celebration of health and wellness with engaging opportunities, practical health education, fun events, and wellness challenges featuring local businesses who support our health all year long.

NEW An Ode to Eastern Redcedar

Wednesday—Saturday, Various Hours, Apr. 25—May 23

Lumberyard Arts Center, 718 High St., Baldwin City

Join the KU Field Station and partners, including the KU Department of Visual Art, the Kansas Forest Service, and the Lumberyard Arts Center, to celebrate the Rice Woodland Trail! This juried exhibition will feature works crafted from eastern redcedar by local artists. The gallery hours are 1-5 p.m. Wednesday through Friday, and 10 a.m. to 12 p.m. on Saturday.

COMMUNITY EVENTS

Puzzle-Palooza VI

Saturday, Apr. 25, 1:30—3:30 p.m.

Eudora Community Center, 1630 Elm St., Eudora

Get ready for the sixth 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!

Chess at the Library

Sunday, Apr. 26, 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

Tech Time at BCL

Monday, Apr. 27, 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.

NEW Jewels in Your Garden

Monday, Apr. 27, 7 p.m.

Baker Wetlands, 1365 N. 1250 Rd., Lawrence

Join the Lawrence Bird Alliance for this educational presentation. Hummingbirds are fascinating and a favorite among birdwatchers, and this presentation is loaded with beautiful photographs and anecdotes about these tiny birds. It will provide an overview of the ecology, types, and characteristics of hummingbirds. The presentation will also include a discussion of favorite flowers and plants for hummingbirds and a "How To" discussion on hummingbird feeders. The event is free and open to all.

NEW KU Wind Symphony & Symphonic Band Concert

Monday, Apr. 27, 7:30 p.m.

Lied Center of Kansas, 1600 Stewart Dr., Lawrence

This combined concert of the KU Wind Symphony and the KU Symphonic band is just \$8 for seniors. Call the Lied Center at 785-864-2787 for more information.

NEW Union 100th Birthday Party

Thursday, Apr. 30, 11 a.m.

Kansas Union, 1321 Jayhawk Blvd., Lawrence

On the same date that the cornerstone was laid 100 years ago, the Kansas Union is celebrating a century of history. Since its opening, the Union has been the heart of campus life, welcoming generations of students, faculty, and visitors to study, gather, and connect. In honor of this milestone, the celebration includes festive party favors, and a special birthday treat to mark 100 years of memories. Learn more about the events at www.union.ku.edu/Union100.

Addressing Food Insecurity

(continued from page 1)

Project, and Jubilee Café. For a schedule of meals, the Lawrence Times has a current list.

Both the Lawrence Public Library and Douglas County K-State Extension have put together community resource guides with contact information on all of these available programs. Check out their websites for those guides.

Access and lack of access to nutritious foods impacts our health, physically and psychologically. Food insecurity can impact almost anyone. Internalized stigma and judgement from others are significant barriers to seeking help — but it's important to remember that the root causes of food insecurity in the US are not an individual problem. Everyone needs help sometimes, and we are fortunate to have so many passionate local people available through these agencies that would love to assist you. Everyone deserves access to good, nutritious food.

21st Annual

LAWRENCE AREA PARTNERS IN AGING

Senior Resource Fair

**Wednesday, April 22, 2026
10 a.m. - 1 p.m.**

Sports Pavilion at Rock Chalk Park
100 Rock Chalk Lane, Lawrence, KS 66049


Why attend?

- **FREE! No cost to attend!**
- **Freebies, handouts, and brochures**
- **Gift card drawings, courtesy of Lawrence Area Partners In Aging**
- **FREE Health Screenings**
- **Exhibits featuring a wide range of Businesses and organizations**
- **Plus, much much, more!**



Stop by anytime between 10 a.m. - 1 p.m. to visit booths and displays from local businesses and organizations that serve seniors in Douglas County.

For more information or questions please email LawrenceAreaPartnersInAging@gmail.com



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SHOULDN'T
NEED A CHART
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