

CAPITAL CITY ACTIVITY CENTER/MEALS ON WHEELS GREATER FRANKFORT NEWS

MONDAY

8:30 a.m.-3:30 p.m.: Billiards
10:30 a.m.: Diabetes Foot Care. Why is it important that diabetics take good care of their feet? And what does good care entail? Join Debbie Bell, with Franklin County Health Department, as she answers these and other questions.
10:30 a.m.: Smoking Cessation. Although the first steps can be hard, finding your path to a tobacco-free life is easier with the right help. The American Lung Association's Freedom From Smoking program is a proven way to quit smoking — and stay quit — even if you've tried before and went back to smoking. To register, contact Jennifer Robinson at 502-564-7647 ext. 208 or by email at JenniferS.Robinson@ky.gov.
10:30 a.m.: Exercise with Karen. Join Karen for 45 minutes of exercise designed to increase strength, range of motion and flexibility. For people of all ages.
2 p.m.: Tai Chi for Arthritis. This slow gentle movement and physical postures exercise routine is good for strengthening balance and muscle tone.

TUESDAY

8:30 a.m.-3:30 p.m.: Billiards
10 a.m.: Knitting and Crochet. These ladies will help you with any current projects or teach you how to knit or crochet.
10 a.m.: Game Day. Get a partner or two and play board or

card games.
10:30 a.m.: Drums Alive. Join Sherry as she leads participants through this music-filled lively exercise session.
1:30 p.m.: Beginning Glitterbugs. Sylvia will lead beginners to learn simple dances and moves.
2:30 p.m.: Glitterbugs. This group learns and performs a variety of dances. You don't need a partner; just a love of music and dancing.
2 p.m.: Telephone Bingo. Secure two Bingo cards by calling 849-474-2189 at 2 p.m. Cheryl will tell you what to do.

WEDNESDAY

8:30 a.m.-3:30 p.m.: Billiards
10:30 a.m.: George Hunter, Mental Magic. George will return with his mind games and storytelling.
10:30 a.m.: Exercise with Karen. Join Karen for 45 minutes of exercise designed to increase strength, range of motion and flexibility. For people of all ages.
11 a.m.: Birthdays with Shawn. Join us as we celebrate April birthdays with Shawn from Humana.
12:45 p.m.: Environmental Education: Natie Birds and Pollinators. Abigail will continue to talk about native pollinators and plants that attract birds, bees and butterflies. And be prepared to play Bird Bingo.
1 p.m.: Tai Chi for Arthritis. This slow gentle movement and physical postures exercise routine is good for strengthening balance and muscle tone.

THURSDAY

8:30 a.m.-3:30 p.m.: Billiards
10 a.m.: Bingo with Ed. Ed will call the winning numbers for all the winners.
10:15 a.m.: Chair Yoga with Sallie. Sallie will lead participants through a routine designed to enhance upper body strength, as well as strengthen legs and balance and designed to be completed in a chair.
Noon-3 p.m.: Woodcarvers. This group gathers to chat and carve. They are willing to teach any newcomers.

FRIDAY

8-10 a.m.: Free Food Friday. "Shopping" out front in the circle has returned. Volunteers will be available to check you in and tell you how many items you can shop for based on the donations we have received from our God's Pantry partners.
10 a.m.: Annual Stick Horse Derby. This is your opportunity to pick a stick horse to ride, win a race maybe or win the derby and have lots of fun. If you don't want to ride, feel free to bet on your favorite horses.
8:30 a.m.-3:30 p.m.: Billiards
1 p.m.: Tai Chi for Arthritis. This slow gentle movement and physical postures exercise routine is good for strengthening balance and muscle tone.

GRAND: Iris DeMent's music is a unique deeply passionate and personal blend of folk, country and gospel

Continued from B1

DeMent's music is a unique deeply passionate and personal blend of folk, country and gospel. Merle Haggard, after hearing DeMent at Merlefest, called her the "best singer I've ever heard." Prine sang four duets with DeMent on his album "In Spite of Ourselves," along with the title track.
On her transcendent new record, "Workin' On A World," DeMent faces the modern world — as it is right now with its climate catastrophe, pandemic illness and epidemic of violence and social injustice — and not only asks us how we can keep working toward a better world, but implores us to love each other, despite our very dif-

ferent ways of seeing. Her songs are her way of healing listeners' broken inner and outer spaces.
DeMent has released seven albums. In 2017, she was awarded the Lifetime Achievement Trailblazer Award by the Americana Music Association.
DeMent will perform in a trio at the Grand at 7:30 p.m. Saturday, May 17, playing piano and guitar with Liz Draper playing upright sax and vox, and Ana Egge playing mandolin, guitar and vox.
The performance is sponsored by Richard and Anna Marie Rosen.
At press time, there are very few better seats avail-

able. Ticket prices range from \$20-\$40. To purchase tickets, contact the Grand ticket office at 502-352-7469 or purchase them online at thegrandky.com.
The historic Grand Theatre reopened as a performance venue in the fall of 2009 after a \$5 million restoration spearheaded by the non-profit organization Save the Grand Theatre Inc. The Grand opened in 1911 as a vaudeville house and later became a movie theater before it closed in 1966. With its resurrection, the Grand is a 428-seat performing and visual arts theater featuring state-of-the-art facilities. The Grand also hosts social, educational and civic events.

Classifieds

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MAY 9th & 10th 8am-5pm

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restored, wheelbarrow, propane

tank: new, outside chairs, table,


lamps, hand tool, office chairs,

caps, records 33 1/3 + 45RPM

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