

Friendship International



SEPTEMBER 19, 2025

FALL AT ONE OF LEXINGTON'S MOST BELOVED LANDMARKS

Did you know that Lexington is called the "Horse Capital of the World"? One of the best ways to experience this is with a visit to Keeneland, a world-famous Thoroughbred racing facility right here in Lexington.

Keeneland hosts two racing meets each year, in April and October. The upcoming Fall Meet is October 3-25, 2025. Racing begins on a Friday and then continues in the afternoons Wednesday through Sunday (no races on Mondays or Tuesdays). Meets at Keeneland draw large crowds, especially on weekends with nice weather. Many like to dress up and enjoy an afternoon of horse racing, food, and fun.

Another way to experience Keeneland is to get breakfast at the Track Kitchen. Open early each morning, it serves hearty, homestyle favorites like eggs, bacon or sausage, biscuits and gravy, and breakfast sandwiches. On Saturdays during the Fall Meet, you can also head to Sunrise Trackside from 8-10 AM, where you can enjoy coffee and light breakfast options while you watch the horses train on the track.

Even when the meets aren't running, Keeneland's grounds are open all year and free to visit. If you arrive early on most mornings, you can see the horses during their training workouts on the track. Tours and special experiences are also offered, for a unique behind-the-scenes look at one of Kentucky's most beloved landmarks.



UPCOMING DATES

September 19	Exercise with Julie (<i>come ready for some light, fun movement</i>)
September 26	Table Talk: What is a typical day in your home country?
October 3	NO FRIENDSHIP (Fall Break for Fayette County Schools)
October 10	"What Are These Holidays?" program

Get Out And Walk



Walking outside is one of the simplest and best things we can do for our health! Below are some favorite walking paths that you can find in [Lexington parks](#) with easy parking and access. Always plan your walks when it's light out and walk with a partner if you can. These are relatively safe areas that we would feel comfortable in, but we would always encourage you to be smart and cautious!

[Shillito Park](#) – 300 W. Reynolds Road, multiple parking options, some bathrooms. Total loop is 2.4 miles

[The UK Arboretum](#) – 500 Alumni Drive, bathrooms next to the parking lot. Total loop is 2 miles

[Click here for a listing of trails in Lexington.](#) Look for the ones labeled “Walking Trail” and the trails will be paved and easy to follow.

Berea Spoonbread Festival

September 19-21

Berea is about a 45 minute drive south on Interstate 75 from Lexington.

This three-day event features craft and food vendors, live entertainment, hot air balloon glow, car show, 5K run, carnival rides, and more.

The Balloon Glow takes place Friday night, 8:00 PM – 10:00 PM on the front lawn of Berea Community School.

[Click here for more info.](#)



THIS FALL TREES CRAFT COULD BE SIMPLE FOR KIDS AND FANCIER FOR ADULTS



KICK OFF THE START OF FALL WITH A POT OF THIS EASY CLASSIC CHILI