

# Friendship International

JANUARY 17, 2025



## MAKING THE MOST OF THE SNOW

What did you do during the most recent winter storm? Did you stay inside the whole time, or did you venture out to enjoy the snow? I love sledding with my kids, but I also enjoy a simple walk around the neighborhood—especially *while* it's snowing.

I also like to stay inside sometimes, making a warm lunch or hot chocolate for the kids when they come in from the cold. I always scoop up their wet snow clothes right away and pop them in the dryer for a quick cycle. That way, when they're ready to head back outside, their gear is dry and ready to go.

In certain parts of the United States, snow skiing is a very popular winter sport. While there's not much snow skiing around here (the closest spots are a few hours away in Indiana), skiing requires expensive equipment and resort fees. The good news? Sledding is much more affordable, and Lexington has plenty of free sledding hills!

If you don't have a sled yet, try to get one before the next snowstorm. Many stores sell out quickly during snowy weather, making it tricky to find one last minute. After stores restock, grab a sled ahead of time or order one online so you're prepared before snow hits.

Next, make sure your snow gear is ready! You and your family likely already have good coats, hats, and boots. Waterproof snow pants and gloves are worth the investment—they make a big difference when playing in the snow. Check sales or consignment stores for great deals, and don't forget to grab a pair for yourself so you can enjoy the snow too! If you can't find snow gear, layer up! The top layer may get wet and cold, but multiple layers underneath can help you stay dry longer. Be sure to head inside and warm up before anyone gets too uncomfortable.

**[Click here for a list of the "Best Sledding Hills in Lexington," created by LexFun4Kids!](#)**



## UPCOMING DATES

January 17	First Friendship Meeting of the Spring Semester - Games Program
January 20	<i>Martin Luther King Jr Day (No school for Fayette County)</i>
January 24	Kentucky History & Daniel Boone
January 31	International Music Day at FI

## BEST PLACES TO GET SOUP IN LEXINGTON

It's soup season! Soup is a warm and filling option when the weather is cold. In the middle of summer, hot soup might not sound very appealing. But during cold times like this, it sounds positively delightful! Most soups are hard to mess up (you do not need to be a wonderful cook to make a good soup), and the combinations are endless. If there are some vegetables that you do not normally like the taste of, a good soup is the perfect place for it to "hide." You'll get the benefits of the healthy food, but the taste and texture usually blends right in with the rest of the soup. Click the link to the right to find a list of places in Lexington to warm-up with a delicious cup or bowl of soup.



[Top 24 Spots for Soup](#)

## INTERNATIONAL MUSIC DAY

We have four open spots for internationals to share a musical piece with us on Friday morning, January 31st. If you would like to participate, please text Carol Sue Ray at 770-500-6458 or email her at [casuray@aol.com](mailto:casuray@aol.com) and let her know what you would like to present.

## FREE DISCOVERY SATURDAY + MUSEUMS

### Where:

362 N. Martin Luther King Blvd.

**When:** Saturday,  
January 18th 10am  
to 2pm

Head over to the Living Arts and Science Center (LASC) on Saturday, January 18th for this month's Discovery Saturday! Discovery Saturdays are FREE events that take place on the 3rd Saturday of each month. Welcome to people of all ages to come and engage in the arts and sciences! Click here for more info.

Lexington is not a big city, but there is still a lot of culture to explore! Are you familiar with all the museum options in Lexington? For a list and description of 13 different museums in Lexington, click the button below!

[CLICK HERE FOR 13 LEXINGTON MUSEUMS](#)



SNOWY OWL CRAFT (GOOD FOR KIDS)



ITALIAN SAUSAGE AND WHITE BEAN SOUP