

Guidelines for the Winter 2026 Issue

ARTIST/AUTHOR QUALIFICATIONS

Contributors must either live or work in Lexington, *and* be at least 60 years of age.

SUBMISSION CATEGORIES

Written Work: *All work should be for an adult (not children's) audience and must be submitted in Word or Text file format.*

Prose: up to 1950 words; can be fiction, non-fiction, a short essay, commentary, an interview, a review or play excerpt. One submission per person.

Poetry: up to 3 poems will be considered as one submission.

Artistic Work: *Submit high-quality photographs in high-resolution jpeg format, with the long edge approximately 2400 pixels.*

Front cover art: vertical composition must accommodate logo in upper left corner

Back cover art: will be reduced to 3" wide with logo above and text below.

Artistic Work: up to 4 pieces of art including illustrations, paintings, photographs, crafts, etc. Visual "essays" of up to 4 related pieces with optional text are especially encouraged.

Black & White Work: submit samples for use on prose pages.

TO SUBMIT

- Download the Application Form from www.friendsofthecoa.org.
- Complete the form and email with all submission files to:

EMAIL: LifeTimes@friendsofthecoa.org

DEADLINE FOR SUBMISSION: Friday, September 26, 2025

PUBLICATION DATE: Winter 2026

About this Journal

LEXINGTON *LifeTimes* has been published twice-annually since Winter 2018 by the Friends of the Lexington Council on Aging to showcase the creative talents of seniors (aged 60+) who live or work in Lexington. The publication is overseen by a volunteer editorial board which sets the criteria for submission, and selects entries for inclusion.

The Journal is primarily distributed online as a pdf file. It is formatted so it can be printed at home on standard letter-size paper (8.5" x 11"). A limited number of copies will be printed by the Friends of the Lexington Council on Aging and made available for free. The Journal will also circulate as part of Cary Memorial Library's collection. Current and past issues are online at www.friendsofthecoa.org

For further information, send inquiries to LifeTimes@friendsofthecoa.org