

# The Senior Scoop

OCTOBER 2017

Activities at the Park City Senior Center are available to anyone 55 years and older. No membership fee is required to participate in activities. The operation of the building is supported and funded by the City of Park City and Monies from Sedgwick County Mill Levy. For information on events, programs, activities or needed services, contact the Park City Senior Center Director at 316-744-1199.

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\*Front Insert: Calendar

\*Back Insert: Fun & Games

## From the Director's Desk...

Happy Fall Y'all! I hope everyone dresses up in their best costumes for Halloween this year at the center! By doing so you will get a prize!

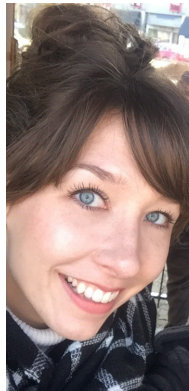
Did you know October is National Breast Cancer Awareness Month? 1 in 8 women will be diagnosed with breast cancer in their lifetime so it is very impor-

tant to be aware of the signs and symptoms as well as how to increase the chance of early detection. The National Breast Cancer Foundation recommends a breast self-exam at least once a month and a mammogram every one or two years for women over the age of 40.

Medicare Part B and most health insurance pro-

grams do cover one mammogram every 12 months for women 40+. If you would like more information please contact your primary care physician.

See you at the center!



Office Phone: 316-744-1199  
Email: mshriner@parkcityks.com

## Chisholm Trail Seniors

The Chisholm Trail Seniors, Inc. is a club for seniors 55+. They, along with their governing board, work to improve the well-being of Park City seniors and the community they live in. \$5 annual dues are required for membership to this group. For more information please contact President Larry Cross at 316-260-4282. Each month the club hosts several activities at the Park City Senior Center:

- **Oct. 2nd—Board Meeting 10:30 am**
- **Oct. 4th—Meeting and Catered Lunch 10:30 am**  
*Program: Songs with Mike & Michelle Roesch*
- **Oct. 17th—Breakfast Out @ Cracker Barrel 8 am**
- **Oct. 19th—Card Bingo 1 pm**

**Need a Ride?!** The Park City Senior Center offers a volunteer transportation program. Please call 316-744-1199 to schedule a ride with one of our volunteers. Rides must be scheduled at least 3 days in advance. *Volunteer drivers & coordinators needed!*

# Ongoing Programs...

## Well-REP

**Tuesdays & Thursdays  
9:45 AM**

WSU Exercise Science Students instruct this chair exercise class incorporating strength, flexibility, and balance training.

## Line Dancing

**Wednesdays 2:30PM**

Group line dancing for an easy, fun, & healthy time!

## Senior Dances

**1st, 3rd, 5th Saturdays  
7PM**

Country & Western dance with The Wildwood Band. For more information please call Aggie Dry at 316-755-1060.

## Video Exercise

**Mondays, Wednesdays,  
Fridays 9:30AM**

Group exercise to a video workout series. All are welcome.

## Square Dance

**Thursdays 7PM**

Advanced square dance group. Please call Tammy Gough at 316-371-3991 for more info!

## Open Jam Sessions

**1<sup>st</sup> & 3<sup>rd</sup> Mondays 2:30 PM**

Bring your music and instruments to jam with fellow musicians. For more information call Doug Everingham at 316-644-4756.

**Plus... a variety of other programs including Wii-Bowling, billiards, walking group, dance aerobics, & Food, Fun, & Games.**

## Foot/Nail Care

**2nd Wednesday** with Michelle Steinke—Call 946-0722  
**Every 9 weeks** with Hermes Healthcare—Call 260-4110

## Card Groups

**Pitch—Mondays 6PM**  
**Bridge—Tuesdays 1PM**  
**Pinochle—Fridays & Saturdays 1PM**

# Special Programs & Events...

**Tuesday, Oct. 10<sup>th</sup> 11:00 AM**

Strong Bones and Muscles for Healthy Aging & BP Clinic

Presented by Angel's Care Home Health. Learn the best ways to maintain strong bones and muscles throughout the aging process and have your blood pressure taken.

**Thursday, Oct. 12<sup>th</sup> 11:00 AM**

Scams & Elder Abuse Awareness

Presented by Celia Easley with Central Plains Area Agency on Aging. Attend this presentation to learn about the different scams to be aware of and avoid. Also presented are the signs of elder abuse and how to prevent it.

**Tuesday, Oct. 24<sup>th</sup> 11:00 AM**

Essential Oils 101

Wondering about essential oils and what they may be able to do for you? Come to the center for this informative session on essential oils and their uses. Oils available for purchase.

**Wednesday, October 25<sup>th</sup> 8:45 AM—5:00 PM**

Autumn Day Trip to Dexter, KS

Celebrate the autumn season with a road trip! We will first stop in Dexter, KS to tour Henry's Candy Factory and then have a tasty lunch at Sassy Lady Café in Burden, KS. On the way back we will stop at Meadowlark Farm & Pumpkin Patch for a hayrack ride and pumpkin picking or just to enjoy the fall weather. Expenses on the trip include lunch \$6-10 per person, hayrack rides \$3, and pumpkins \$.40 per lb. Space is limited! Call 316-744-1199 to reserve your spot!

**Thursday, November 2<sup>nd</sup> 9:30 AM**

Breakfast & Holiday Table Decorating Demo at Urban Interiors

Hop on the senior center van to visit Urban Interiors home decorating store in Downtown Wichita for a free holiday table decorating demonstration. They will also be serving a light breakfast for those who attend! Please call 316-744-1199 to reserve your place.

**Friday, Oct. 6<sup>th</sup> 9:30 AM—1:00 PM**

Holiday Galleria Outing

Ride in the senior center van to Century II to kick off the holiday season by attending the Holiday Galleria for a little shopping, socializing, and enjoyment! \$12 per person paid the day of. Please reserve your spot by calling 316-744-1199.

**Monday, Oct. 16<sup>th</sup> 9:30 AM—10:30 AM**

Dillon's Flu & Pneumonia Shot Clinic

Come to the senior center to receive your flu or pneumonia shot for the upcoming flu season. Medicare Part B covers these vaccines. Please be sure to bring your Medicare card with you. High dose flu vaccine will be available as well.

**Thursday, Oct. 26<sup>th</sup> 11:00 AM**

Time Hop Trivia Bingo: 1950's

Presented by Sedgwick Plaza. Have fun playing bingo for prizes while also testing your knowledge on 1950's trivia!

**Celebrate Halloween on Tuesday, Oct. 31st by wearing a costume to the center for a prize!!!**



# Friendship Meals/Meals on Wheels

A hot nutritious meal is offered Monday—Friday at Noon from Aging Projects, Inc. Anyone 60 and over automatically qualifies for the meal program at the congregate site for

a suggested \$3 donation per meal. (Under 60 years \$6.75 per meal) Reservations can be made by contacting the site manager at 316-744-0751. Meals on Wheels also

available for the home-bound in Park City, Bel Aire, & Valley Center. **Reservations must be made by Thursday the week before.**

Volunteer Drivers

Needed! Call 316-

744-0751 for more

information.

October 2017

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS

22 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
2 Cheeseburger soup 8 oz Crackers-2 German mixed veg. 4 oz Strawberries 4 oz Brownie Milk	3 Italian baked chicken 4 oz Mixed greens salad 4 oz Salad dressing 1 oz Corn 4 oz Pineapple 4 oz Wheat roll      Milk	4 Creamy chicken & veggie casserole 8 oz Breaded tomatoes 4 oz Apricots 4 oz Gelatin Wheat bread      Milk	5 Swedish steak 3 oz Cauliflower rice 4 oz Green peas 4 oz Applesauce 4 oz Lime gelatin w/pears 4 oz Roll      Milk	6 Tuna salad sandwich 4 oz Broccoli cheese soup 4 oz Cracker-1 Carrots 4 oz Peaches 4 oz Bun      Milk
9 Scalloped chicken 8 oz Broccoli 4 oz Stewed tomatoes 4 oz Pears 4 oz Roll Milk	10 Ham & beans 8 oz Potatoes w/onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk	11 Egg salad sandwich 4 oz Cream of celery soup 4 oz Cracker-1 Carrot sticks 4 oz Strawberries 4 oz Bread      Milk	12 Meatloaf 4 oz Mashed potatoes 4 oz Gravy 2 oz      Roll Green beans 4 oz Apricots 4 oz      Milk Pumpkin spice pound cake	13 Brunswick stew 8 oz Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Cheddar dill bread Milk
16 Turkey & dumplings 8 oz Carrots 4 oz Banana in Orange juice 4 oz Bread Milk	17 Salmon bake 4 oz w/ Creamy cucumber sc. 2 oz Cauliflower rice 4 oz Peas 4 oz Peaches 4 oz Pineapple bread      Milk	18 Chicken & cheese casse- role 8 oz Broccoli 4 oz Beets 4 oz Pears 4 oz Garlic bread      Milk	19 Hamburger on a Bun with set up Oven brown potatoes 4 oz Three bean salad 4 oz Apricots 4 oz      Milk Cranberry juice 4 oz	20 Swedish ham balls Baked sweet potato & ap- ples 4 oz Green beans 4 oz Mandarin oranges 4 oz Wheat roll      Milk
23 Oven fried chicken 4 oz Mashed potatoes 4 oz Gravy 2 oz Black-eyed pea & corn salad 4 oz      Peaches 4 oz Wheat roll      Milk	24 Ham & egg cass. 8 oz Tomato salad 4 oz Banana Bran muffin Milk	25 Mexican lasagna 8 oz Refried beans 4 oz Strawberries 4 oz Grape juice 4 oz Sugar cookie Milk	26 New England stew 8 oz Green beans 4 oz Pears 4 oz Blueberry cobbler 4 oz Biscuit Milk	27 Liver & onions OR Beef cutlet 3 oz Mashed potatoes 4 oz Gravy 2 oz      Milk Broccoli/raisin salad 4 oz Apricots 4 oz      Bread
30 Lean BBQ beef w/ homemade sauce 3 oz Sweet potato salad 4 oz Broccoli 4 oz Apricots 4 oz Bread      Milk	31 Harvest turkey soup 8 oz Black eyed pea & corn salad Apple slices 4 oz Cinnamon roll Crackers -2 Milk	Birthday Day - Oct 12 Choice Days - Oct 27 Circled Days - meals that freeze well		Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher

## Important Information

- **Medicare Open Enrollment** begins Oct. 15th and ends Dec. 7th. I will be taking appointments to counsel you on your Part D options in November. Look for more information to come in the November newsletter.



### Happy Birthday to all the October Birthdays!

Your name is added if you have visited in the past 12 months. If we have incorrect information about your birthday month or name please call 316-744-1199 to correct/update.

Pat	Frazier	Sharon	Hogan	Marilynn	Dopps
Dee	Stuart	Wava	Ruckle	Laurence	Thompson
Coila	Earnest	Wanda	Butterfield	Patsy	Hale
Theresa	Greer	Helen	Felzien	Allen	Rickards
Kenneth	Roper	Frances	Fitzpatrick	Charlie	Swindler
Hugh	Greer	Helen	Hansen	Betty	VonAchen
Kathleen	Marshall	Judith	Leslie	Carmen	Suter
James	Walton	Janis	Butterfield	Barbara	Whitehead
Mary	McNutt	Mary	Jessogne	Kenneth	Hoover
Aggie	Dry	Paul	Holder	Laura	Shriner
Gloria	Perez	Sondra	Jessogne	Susan	Bennett
Jeanette	Brenn	Peggy	Loop	Mary	Weston
Mary	Unruh	Bob	Jensen	Brenda	Freed
Betty	Trammell	John	McBride	Tamra	Farmer

## Park City Senior Center

6100 N. Hydraulic

Park City, KS 67219

