

# The Senior Scoop

MAY 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...

April showers are bringing May flowers and with it will be a fun month at the center! Check out all of the programs planned on page 2! We have several outings planned with limited space available, so make sure you call me ASAP to reserve your spot.

I want to let everyone know that I will be out of my office May 24th through 30th. The center will remain open

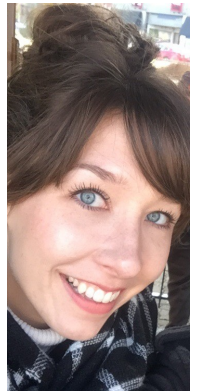
thanks to our wonderful volunteers who agreed to take over while I am gone, but if you would like to get a hold of me during this time, please leave a phone or email message and I will return it once I get back!

Thank you to everyone who helped celebrate the center's 20th anniversary in April! I look forward to

what the future may hold for the senior center.

Here's to another 20 years!

See you at the center!



Office Phone: 316-744-1199  
Email: [mshriner@parkcityks.com](mailto: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. 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:

- **May 1st—Board Meeting 10:30 am**
- **May 3rd—Meeting and Catered Lunch 10:30 am**  
*Program: Master Gardener*
- **May 16th—Breakfast Out at Auntie C's 8 am**
- **May 18th—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  
10AM**

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

## Computer Lessons

**2nd & 3rd Wednesdays  
9:00 AM**

Instructed by computer professional Jim Jones. If you have questions ranging from easy to difficult, Jim is here to help. *Please call 744-1199 to reserve a spot!*

## 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.

## Line Dancing

**Wednesdays 2:30PM**

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

## Square Dance

**Thursdays 7PM**

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

## 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**

**Plus... a variety of other activities & services including Wii-Bowling, billiards, computers, walking group, dance aerobics, & Food, Fun, & Games. Call 316-744-1199 for more info.**

# Special Programs & Events...

**Thursday May 4<sup>th</sup> 12:00 PM**

Lunch with Chisholm Trail Elementary

Enjoy some intergenerational time by joining the Ambassador Students for lunch at the school! Meet at the center to get your Friendship Meal to go and travel by senior center van to the school. Reservations must be made for lunch by May 2<sup>nd</sup>. Please RSVP to 316-744-1199.

**Tuesday, May 9<sup>th</sup> 11:00 AM**

Eat Right for Healthy Aging & BP Clinic

Angel's Care Home Health will take your blood pressure and present information on the right diet you need to remain healthy as you age.

**Thursday, May 11<sup>th</sup> 2:00—4:00 PM**

Mother's Day Afternoon Tea & Program

Celebrate Mother's Day at the center by enjoying afternoon tea and treats, a fashion show presented by Christopher & Banks, and a program on self defense given by Fearless and Female founder Cindy Coughenour. Every guest gets a free Stabby Kitty (self defense device)! Tickets are \$5 per person and must be purchased by May 9<sup>th</sup>.

**Monday, May 8<sup>th</sup> 11:30 AM**

Museum of World Treasures Outing

Ride the senior center van first to lunch at The Monarch and then on to the Museum of World Treasures for a fun afternoon of dinosaurs, mummies, and history! Entrance to the museum is \$7.95 per person age 60 or over (price does not include lunch). Please call 316-744-1199 to sign up by May

**Thursday, May 18<sup>th</sup> 8:30 AM—3:30 PM**

Oklahoma Casino Trip

Join us for a trip to 7 Clans First Council Casino and Kaw Southwind Casino in Newkirk, Oklahoma! Meet at the senior center at 9:00 am to board the senior center van for a day of fun and gambling! Transportation is complementary, but all other purchases are the guest's responsibility. Space is limited- please call 316-744-1199 to sign up!

# 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.

May 2017 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 22 - SERVING DAYS - 1 HOLIDAY

Mon	Tue	Wed	Thu	Fri
1 Ham & Swiss broccoli pasta 1c Cooked carrots 1/2c Tomato salad 1/2c Wheat roll Pears 1/2c Milk	2 Chicken chef salad 1c Salad dressing 1oz Banana in orange juice 1/2c Bread pudding 1/2c Roll Milk	<del>3 Crispy fish with tartar sauce Corn tomato casserole 1/2c Spinach 1/2c Strawberries 1/2c Cheddar dill bread Milk</del>	4 Beef noodle casserole 1c Mixed green salad 1/2c Salad dressing 1oz Pineapple 1/2c Garlic bread Milk	5 BBQ Chicken Parslied potatoes 1/2c Green beans 1/2c Mandarin oranges 1/2c Bread Milk
8 Chili 1c Combination salad 1/2c Salad dressing 1oz Apple slices 1/2c Crackers-2 Cinnamon roll Milk	9 Italian baked chicken Italian pasta salad 1/2c Green beans 1/2c Pears 1/2c Garlic bread Milk	10 Ham salad 1/2c sandwich Cream of celery soup 1/2c Mixed green salad 1/2c Salad dressing 1oz Strawberries 1/2c Milk (Bun) Cracker-1	11 Meatloaf 3oz Mashed potatoes 1/2c/Gravy Peas 1/2c Apricots 1/2c Applesauce cake Roll Milk	12 Egg & sausage bake 1c Sliced tomatoes 1/2c Sunshine salad 1/2c Plums 1/2c Bran muffin Milk
13 Pork roast 3oz with Gravy Cabbage au gratin 1/2c Mixed vegetables 1/2c Blushing pears 1/2c Wheat roll Milk	16 Tuna pasta salad 1c Broccoli raisin salad 1/2c Plums 1/2c Bread stick Brownie Milk	17 Hot turkey sandwich casserole 1c Beets 1/2c Peaches 1/2c Fruit crisp Milk	18 Hamburger 4oz on a Bun With set up Oven brown potatoes 1/2c Carrot pineapple salad 1/2c Apricots 1/2c Milk	19 Chicken & rice cass. 1c German mixed veg. 1/2c Strawberries 1/2c Garlic bread Gelatin 1/2c Milk
22 Glazed Chicken Cooked cabbage blend 1/2c BLT pasta salad 1/2c Mandarin oranges 1/2c Wheat roll Milk	23 Ham & beans 1c Potatoes & onions 1/2c Parslied carrots 1/2c Plums 1/2c Cornbread Milk	24 Liver & onions OR Beef cutlet with Onion gravy Mashed potatoes 1/2c/Gravy Green beans 1/2c Apricots 1/2c Bread Milk	25 Salmon patties 3oz Creamed peas 1/2c Cauliflower bean salad 1/2c Peaches 1/2c Wheat roll Milk	26 Chicken & cheese casserole 1c Broccoli 1/2c Carrot raisin salad 1/2c Pears 1/2c Garlic bread Milk
29 HOLIDAY	30 Soft tacos-2 Salsa Mexican rice 1/2c Peas 1/2c Apple slices 1/2c No bake cookie Milk	31 Swedish steak 3oz Garlic mashed potatoes 1/2c Mixed green salad 1/2c Salad dressing 1oz Peaches 1/2c Wheat bread Milk	Birth Day - May 11 Choice Days - May 24 Circled Days - meals that freeze Memorial Day Holiday - May 29	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

- The Park City Senior Center will be CLOSED Monday, May 29th for Memorial Day



### Happy Birthday to all the May 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.

Deatta Pfanenstiel  
Jonathan Jones  
Virginia Woodward  
Billy Dunn  
Sandy Carter  
Beth Rodriguiz  
Clifford Cross  
Beatrice Valverde  
Betty Correia  
Margaret Wellman  
Paula Hughes  
Lesley Davis  
Eileen Dietz

Eileen Dietz  
Shirley Grunder  
Barbara Ledbetter  
Deanna Schremmer  
Pamela Beard  
Mary Walker  
Edith Johnson  
J Kaye Stevens  
Shirley Bastow  
Berenice Hobert  
Judy Benjamin  
David Shriner  
Phyllis Wolfe

Martha Hupman  
Mary Senesac  
George Flood  
Vera Whitfield  
Anita Hood  
Ralph Shoemaker  
Beverly Beemer  
Donna Brady  
Curtis Northrop  
Margaret Bare  
Beverly Bergen  
Betty Mitchem  
Bertha Mohr  
Martin Walter  
Jeff Schwab  
Kevin Denning  
Jeannine Reading  
Roberta Warner

## Park City Senior Center

6100 N. Hydraulic

Park City, KS 67219

