

The Senior Scoop

MAY 2018

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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From the Director's Desk...

Hello all!

May is Older Americans Month and I want to share with you its significance from the Administration of Community Living:

"Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emo-

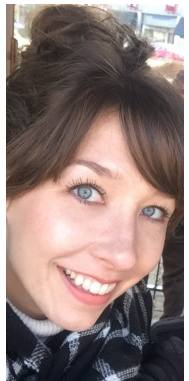
tional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We

hope you will join in and Engage at Every Age!"

Mark your calendars for our Father's Day Celebration June 14th 5-7:30 pm with live bluegrass/blues music, BBQ, & shaved ice!

Never stop being engaged in life! See you at the center!
—Madison



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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:

- **April 30th—Board Meeting 10:30 am**
- **May 2nd—Meeting and Catered Lunch 10:30 am**
- **Program: Loren Corliss—WWII Vet**
- **May 15th—Breakfast Out @ Cracker Barrel 8 am**
- **May 10th—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!

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 programs including Wii-Bowling, billiards, dominos, painting class, dance aerobics, TOPS, and Food, Fun, & Games.

NEW MEMBER SPOTLIGHT



**Cassandra
McBeth**

- From Oklahoma City
- Lives in Park City
- Traveled to Bamberg, Germany in the 1980's for the birth of her grandson.
- At the center she like to enjoy the company of others and their laughter.

Special Programs & Events...

Thursday, May 3rd 8:30 am

Big Kansas Road Trip

Join us for an exciting trip to Barber and Comanche Counties for the Kansas Sampler's Big Kansas Road Trip! Highlights will include the Carry Nation Home in Medicine Lodge, a ride on the Gypsum Hills Scenic Byway (maybe see a bison or two!), and a famous carousel in Wilmore! We will be stopping for lunch and dinner. Please expect to bring \$50-\$60 for trip expenses (entrance fees, food, etc.). We will arrive back at the senior center around 8 pm. Some light walking will be involved so please wear comfortable shoes. Call 316-744-1199 to reserve your spot!

Tuesday, May 8th 11:00 am

Enjoy Fitness at Any Age & BP Clinic

Presented by Angel's Care Home Health. Get your blood pressure taken and get tips on how to enjoy fitness and integrate exercise routines into your life!

Tuesday, May 22nd Time TBA

Movie Matinee: Book Club

Take the senior center van out to a matinee of the film "Book Club" starring Diane Keaton and Jane Fonda. Tickets are \$8 per person. Time will be announced closer to the date. Please call 316-744-1199 to reserve your spot!

Tuesday, May 24th 1:00 pm

Picnic at Mustard Seed Farm

Enjoy a beautiful day out on Rob and Angel Dillard's farm to see all of their animals and have a picnic lunch of hamburgers and hotdogs. Transportation and lunch is provided! Space is limited though so please call 316-744-1199 to RSVP.

Wednesday, May 30th 11:00 am

Medicare Basics

Getting ready to turn 65 or just want to learn more about Medicare? Director Madison Shriner will go over all of the basics of Medicare so you can make well informed decisions when enrolling. From the initial enrollment period to supplemental plans, we will cover it all!

Thursday, May 17th 2:00 pm

Mother's Day Afternoon Tea

Celebrate Mother's Day at the senior center with an afternoon tea party!

Enjoy sandwiches, salads, and sweets catered by Colette's Catering while sipping your tea and being entertained with a piano performance. We will also be joined by Sara Jane Richter from Oklahoma Panhandle State University for a presentation on 'Dressing for Success: Victorian Style':

Victorian women in the United States and Britain took upward of 4 hours to dress themselves per day, and they usually had a maid to help them dress. Layer upon layer of prim and proper clothing was worn, from bare necessities to gloves, hair pins, umbrellas, shoes, and brooches. There were outfits to be worn in the morning after rising, at mid-morning, at early afternoon, and in the evening. This presentation explores why these women endured such restrictive and sometimes deadly clothing, as well as the elements, purpose, and the proper way to put it all on.

This presentation is a Kansas Humanities program in partnership with the Park City Senior Center. Admission to this event is \$5 per person and must be purchased in advance. Please call 316-744-1199 to RSVP.

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 316-744-075. Meals on Wheels also

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

Volunteer Drivers

Needed! Call 316-

744-0751 for more information.

May 2018

AGING PROJECTS, INC.

MEALS ON WHEELS/FRIENDSHIP MEALS

22 - SERVING DAYS - 1 HOLIDAY

Mon	Tue	Wed	Thu	Fri
Birthday Day - May 10 Choice Days - May 17, 22 Circled Days - meals that freeze well Memorial Day - May 28 Older Americans- May 3	1 Tuna pasta salad 8oz Broccoli raisin salad 4oz Plums 4oz Bread stick Vanilla pudding 4oz Milk	② Hot turkey casserole Mixed vegetables 4oz Spiced peaches 4oz Gingersnap cookie Milk	③ Pork roast w/gravy Cabbage au gratin 4oz Peas 4oz Pears 4oz Roll Applesauce cake Milk	4 Chicken & rice cass. 8oz- German mixed veg. 4oz Strawberries 4oz Garlic bread Gelatin 4oz Milk
7 Glazed chicken BLT pasta salad 4oz Green beans 4oz Mandarin oranges 4oz Wheat roll Milk	8 Baked fish Creamed peas 4oz Cauliflower bean salad 4oz Strawberries 4oz Cheddar dill bread Milk	9 Chicken & cheese casse- role 8oz Broccoli 4oz Carrot raisin salad 4oz Pears 4oz Garlic bread Milk	10 Swedish steak Garlic mashed potatoes 4oz Mixed green salad 4oz w/ dressing Peaches 4oz Milk Roll Cook's choice cake	① Ham & beans 8oz Potatoes w/onions 4oz Parslied carrots 4oz Cherries or Blueberries 4oz Cornbread Milk
④ Meatloaf Potatoes au gratin 4oz Herbed green beans 4oz Mixed fruit 4oz Bread Milk	15 Ham chowder 8oz w/ crackers-2 Black eye pea salad 4oz Peaches 4oz Peanut butter cookie Milk	16 Spaghetti w/meat sauce Combination salad 4oz w/ dressing Pears 4oz Garlic bread Milk	17 Chicken or fish sandwich Set up or tartar sauce Cole slaw 4oz Apricots 4oz Bread pudding (Bun) Milk	18 Creamed chicken over Mashed potatoes 4oz Pickled beets 4oz Pineapple 4oz Biscuit Milk
21 Taco burger on a Bun Taco sauce Refried beans 4oz Cuke & onion salad 4oz Apple slices 4oz Milk	② Liver & onions OR Beef cutlet w/onion gravy Mashed pot 4oz w/gravy Green beans 4oz Glazed blueberries 4oz Wheat bread Milk	③ Swedish hamballs Sweet potatoes 4oz Broccoli 4oz Peaches 4oz Roll Milk	24 Salmon loaf w/creamy cucumber sauce Combination salad 4oz w/ dressing Peas 4oz Milk Pineapple 4oz Wheat roll	25 Baked chicken Savory carrots 4oz Black eye pea salad 4oz Pears 4oz Peanut butter muffin Milk
28 HOLIDAY	② Pork & noodle cass. 8oz Hominy 4oz Mandarin oranges 4oz Bread Fruit crisp Milk	30 Taco salad 8oz w/salsa Mexican rice 4oz Strawberries 4oz Cinnamon roll Milk	31 Italian baked chicken Italian pasta 4oz Lima beans 4oz Mixed fruit 4oz Garlic bread Milk	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 center will be **CLOSED Monday, May 28th for Memorial Day**
- Card Bingo this month only has been changed to **Thursday, May 10th instead of May 17th.**
- Our beginner's painting class will continue every **Wednesday morning (except the 1st Wednesday) 9:30 to noon. Please call for more information.**



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	Shirley	Grunder	George	Flood
Virginia	Woodward	Mary	Walker	Vera	Whitfield
Billy	Dunn	Loreeta	Cruz	Anita	Hood
Sandy	Carter	Robert	Wagher	Ralph	Shoemaker
Marguerite	Crane	Edith	Johnson	Donna	Brady
Betty	Correia	J Kaye	Stevens	Irene	McColm
Rudolph	Perez	Shirley	Bastow	Curtis	Northrop
Paula	Hughes	Donna	Whiteturkey	Betty	Mitchem
Lesley	Davis	Josh	Wyatt	Bertha	Mohr
Eileen	Dietz	Martha	Hupman	Martin	Walter
				Jeff	Schwab
				Kevin	Denning
				Jeanine	Reading
				Roberta	Warner
				Sharon	Eisler

Park City Senior Center

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