

# The Senior Scoop

JUNE 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!

Summer is upon us and so is another busy month here at the senior center!

I hope everyone can make it to our Father's Day Bluegrass & BBQ event on June 14th. And when I say everyone, I mean EVERYONE! Come to enjoy some great music, tasty food, fun company, and yard games to celebrate all the fathers

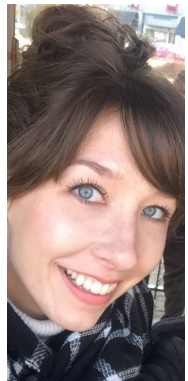
out there!

Just a little PSA... according to a recent article in the publication "Governing" loneliness may be just as detrimental to your health as smoking and obesity. In fact, a recent study from Brigham Young University determined that weak social connections can shorten a person's life by 15 years! Not to mention the decrease in quality of life...

If you or someone you know is lonely, please know the senior center is here for you. I invite you to give it a try.

See you at the center!

—Madison



**Madison Shriner, Director**  
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:

- **June 4th—Board Meeting 10:30 am**
- **June 6th—Meeting and Catered Lunch 10:30 am**  
*Program: Music by Mike & Michelle Roesch*
- **June 19th—Breakfast Out @ Cracker Barrel 8 am**
- **June 21st—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



### Don Crowell

- Born in Wichita and currently calls it home.
- His favorite thing at the senior center is playing pinochle and the friendly people he has met here.

# Special Programs & Events...

## Fridays beginning June 8<sup>th</sup> 10:00 am—Noon

### Dining with Diabetes

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The Dining with Diabetes program can help! Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health. Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

The class is a series of four sessions (Fridays in June) with a registration fee of \$35 per person required by June 8<sup>th</sup>. Space is limited. Open to the public. To register please call 316-744-1199.

## Thursday, June 14<sup>th</sup> 5:00—7:30 pm

### Father's Day Bluegrass & BBQ

Celebrate Father's Day at the Park City Senior Center! We will have BBQ from Smokin Diner food truck and shaved ice from Daylight Donuts available for purchase while professional bluegrass/blues band Reach for the Sky entertains! Yard games will also be out to play! No reservations necessary- just show up with the whole family!

## Thursday, June 28<sup>th</sup> 5:30 pm

Dinner & a Show at Mosley Street Melodrama- Join us for a fun evening out at Moseley Street Melodrama for a BBQ dinner and to see the show 'Grungy Ole Opry.' Tickets are \$26 per person and includes dinner. Space is limited—Please call 316-744-1199 to reserve your ticket by June 26<sup>th</sup>.

## Tuesday, June 12<sup>th</sup> 11:00 am

### Strategies for an Effective Doctor's Visit & BP Clinic

Presented by Angel's Care Home Health. Get your blood pressure taken and get tips on how to make doctor's visits the most effective.

## Thursday, June 14<sup>th</sup> 11:00 am

### KU Medication Safety Program

The older we get, the more health concerns we have, the more doctors we see, and the more medicines we need. More medicines can mean more mistakes and more interactions. Are you taking your medicines safely? Are you 65 or older? Do you take a few different medicines, vitamins, or supplements? Join us for a FREE educational program about ways that you can avoid medicine mishaps and stay medicine safe! Brought to you by The Poison Control Center at The University of Kansas Health System.

## Wednesday, June 20<sup>th</sup> 11:00 am

### Hope & Purpose in Aging

Join Gerontologist Nathan Engels as he discusses the benefits and healing power of movement. Nathan received his BA in Exercise Science and MA in Aging Studies from WSU. He is a Health and Wellness coach in the Wichita area specializing in Dementia and Alzheimer's prevention. His passion is helping older adults reestablish hope and find purpose throughout the aging process.

# 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.

June 2018

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 21 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
Birthday Day - June 14 Choice Days - June 21 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		1 Tuna salad sandwich Three bean salad 4oz Orange juice 4oz Banana Brownie Milk
4 Beef cutlet w/Spanish sauce over Rice 4oz Cooked cabbage 4oz Stewed apples 4oz Bread Milk	5 Egg salad sandwich Mixed green salad 4oz w/ dressing Strawberries 4oz Spiced cake Milk	<del>6 Mexican lasagna 8oz                      Refried beans 4oz                      Carrot raisin salad 4oz                      Blueberries 4oz                      Red gelatin 4oz                      Milk</del>	7 Oven fried chicken Potato salad 4oz Green beans 4oz Mixed fruit 4oz Wheat roll Milk	8 Ham & beans 8oz Potatoes w/onions 4oz Tomato slices 4oz Plums 4oz Cornbread Milk
11 Hot turkey sandwich Mixed vegetables 4oz Cranberry sauce 4oz Peach crisp Milk	12 Cheesy pot & egg bake 8oz Cuke & onion salad 4oz Strawberries 4oz Fruit swirl coffee cake Milk	13 Ham & Swiss broccoli pasta 8oz Cooked carrots 4oz Mandarin oranges 4oz Cheddar dill bread Milk	14 Meatloaf Au gratin potatoes 4oz Cauliflower bean salad 4oz Blushing pears 4oz Peanut butter cake w/PB frosting Roll Milk	15 Creamy chicken & veggie casserole 8oz Combination salad 4oz w/ dressing Pineapple 4oz Bread Milk
18 Cranberry meatballs Baked potato Green beans 4oz Peaches 4oz Bread Milk	19 Tuna noodle cass. w/peas 8oz Cuke & tomato salad 4oz Strawberries 4oz Sweet muffin Milk	20 Chicken fajita salad 8oz w/salad dressing Corn relish 4oz Hominy 4oz Mandarin oranges 4oz Bread pudding Milk	21 Liver & onions OR Salisbury steak Mashed pot 4oz w/gravy Mixed vegetables 4oz Apricots 4oz Wheat roll Milk	22 Chicken salad sandwich Mixed green salad 4oz w/ dressing Sliced tomatoes 4oz Cantaloupe 4oz Milk Molasses drop cookie
25 Baked chicken Parslied cauliflower 4oz Green lentil salad 4oz Glazed blueberries 4oz Wheat roll Milk	26 Cheeseburger casserole Carrot raisin salad 4oz Green beans 4oz Strawberries 4oz Sugar cookie Milk	27 Potato & ham omelet 8oz Tomato salad 4oz Honey dew 4oz Cinnamon roll Milk	28 BBQ pork on a Bun Oven brown potatoes 4oz Cole slaw 4oz Mixed fruit 4oz Milk	29 Easy chicken & broccoli pie 8oz Pickled beets 4oz Mandarin oranges 4oz Peanut butter muffin Milk

## Important Information

- **Madison will be out of her office June 8th—June 11th. The center will still be open normal business hours.**
- **Creative Writing Class in July!**—Mark your calendars! The senior center will be hosting a beginner's Creative Writing class instructed by Becca Yenser, a second year MFA candidate in Fiction at WSU. This is a FREE class in partnership with WSU and will be 5 classes: Fridays July 6th—August 3rd 10—11:30 am. Syllabus & more info to come. For questions and to register please call Madison at 316-744-1199.



### Happy Birthday to all the June 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.

Shirley	Padding	Darrel	Stoner	Pat	Parks
Judy	Wherritt	Judy	Klingenberg	Hilda	Schmotzer
Marvin	Harms	Margie	Gress	Joseph	Morgan
Marsha	Bartlett	Clairene	Leslie	Pauline	Chavez
Lorie	Wendler	Doyle	Fredrickson	Ann	Roper
Jane	Tiemeyer	Mary	Vega	Euria	Riddle
Jean	Snyder	Frank	Morrell	Jerrye	Akers
Cynthia	Bell	Judy	Ferguson	Wayne	Splitt
Sharon	Harris	Helen	Rich	Marjorie	Crease
Doug	Young	Betsy	Latta	Francis	Grotz
Billie	Callaway	T Lee	Maynard	Sandra	Knoll
Harold	Bryant	Damon	Ware	Nancy	Brannon
Wendy	Crow	Jeanenne	Cullop	Wilbur	Ayers
Sandra	Dunham	Norbert	Pacacha	Marilyn	Cook
Kathleen	Munninghoff	Carolyn	Swenson	Carol	Decker
Chuck	Bowman	Roberta	Stafford	Patsy	McElroy
Connie	Helm			Harold	Spencer
				Delcie	Malcolm
				Sandy	Callahan
				Linda	Morrow
				Zelma	Smith

## Park City Senior Center

6100 N. Hydraulic

Park City, KS 67219

