

The Senior Scoop

OCTOBER 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.

INSIDE THIS ISSUE:

Ongoing Programs 2

Special Programs & Events 2

Friendship Meals/ MOW 3

Important Information 3

Birthdays 4

*Front Insert: Calendar

*Back Insert: Fun & Games

From the Director's Desk...

Hello all!

I would like to share a poem about the senior center penned by one of our members, Alene McDaniel:

*To the Senior Center I go
It's so much fun, don't you know
There is lots of dancing
And I feel like prancing*

*There is exercise and walking
And oh so much talking
Videos and a movie
Now isn't that groovy*

*Sometimes there's a game of pool
Or painting class so cool
Card games galore
Couldn't want much more*

*The director's so smart
And has lots of heart
She keeps us on our toes
With all that she knows*

*She listens to our woes
And with patience bestows
Advice like a mother
We wouldn't have any other*

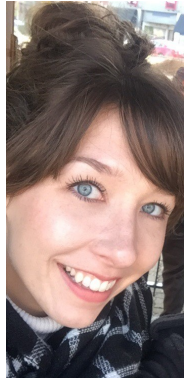
*Friends we come to meet
And visit while we eat*

*It's fun and exciting
Friendly and inviting*

We have so many talented members at the center! I am delighted it has inspired so much creativity.

I hope everyone has a wonderful start to Fall! See you at the center!

—Madison



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:

Madison Shriner, Director
Office Phone: 316-744-1199
Email: mshriner@parkcityks.com

- **October 1st—Board Meeting 1:00 pm**
- **October 3rd—Meeting and Catered Lunch 10:30 am**
Program: Music by LV Smith
- **October 16th—Breakfast Out @ Cracker Barrel 8 am**
- **October 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
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.

MEMBER SPOTLIGHT!



Vicki Flores

- Hometown is Las Vegas, NV
- Currently lives in Park City, KS
- Her favorite thing at the center is trying new things
- One interesting fact about Vicki is that she enjoyed sports betting before moving to Kansas.

Special Programs & Events...

Tuesday, October 9th 10:30 am

Protect Against Breast Cancer & BP Clinic

Presented by Angel's Care Home Health. Get your blood pressure taken and learn how to protect yourself against breast cancer.

Monday, October 15th 1:30—3:30 pm

Hearing Group

Irma Cohens, board certified hearing specialist from Hearing Group, will be providing hearing screenings, hearing aid demonstrations, and hearing aid cleans & checks at the Park City Senior Center. Please call to schedule a quick 20-30 min appointment at 316-744-1199.

Wednesday, October 17th 9:00 am—4:30 pm

Ziplining Adventure

Let's cross something off your bucket list! We are going to Wildwood Outdoor Adventure Park in Manhattan, Kansas to zoom over the Flint Hills on two ziplines! Price is \$25 per person. A moderate amount of walking is involved. Before ziplining we will be stopping at The Little Apple Brewing Company for lunch (approx. \$10-15 per person). Please see Madison to reserve your spot with payment and for more information by October 15th!

Thursday, October 25th 9:00—10:00 am

Dillons 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. Please call 316-744-1199 to make sure and reserve your vaccination.

Thursday, October 11th 1:00 pm

Miniature Golf Outing

Enjoy an afternoon outside before winter arrives! Meet at the senior center to then be driven to All Star Adventures for 18 holes of miniature golf. Price is \$7 per person. Please call 316-744-1199 to reserve your spot on the bus!

Tuesday, October 16th 10:30 am

Dynamic Aging Seminar

Presented by Chris Quint, health and wellness specialist. This fun, interactive talk will address common barriers for movement. Information covered will be valuable in analyzing your current movement practices and will help you develop strategies to move safely and more often as well as avoid falls.

Wednesday, October 24th 8:30 am—2:30 pm

Bethel Life Enrichment Outing

Join us on an outing to Bethel College for their Life Enrichment Series! This class will provide presentations on the following topics: *Vietnam and Laos: Legacies of the American War and Peace Building for the Future*, *Photographing Kansas Nature and Landscapes*, and *Accordion Music Performance*. The class is free for first-timers and \$2 for returning seniors. We will have lunch on campus for \$6 per person. Please reserve your spot on our van by calling Madison at 316-744-1199.

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.

October 2018

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 23 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
① Cheeseburger soup 8 oz Crackers-2 German mixed veg. 4 oz Strawberries 4 oz Brownie Milk	2 Italian baked chicken 4 oz Mixed greens salad 4 oz Salad dressing 1 oz Corn 4 oz Mandarin oranges 4 oz Wheat roll Milk	③ Creamy chicken & veggie casserole 8 oz Broccoli 4 oz Apricots 4 oz Grape juice 4 oz Wheat bread Milk	④ Swedish steak 3 oz over Cauliflower rice 4 oz Green peas 4 oz Applesauce 4 oz Red gelatin 4 oz Roll Milk	5 Tuna salad sandwich 4 oz Cole slaw 4 oz Glazed blueberries 4 oz Peanut butter cookie Bun Milk
⑧ Scalloped chicken 8 oz Broccoli 4 oz Cranberry sauce 4 oz Pears 4 oz Roll Milk	⑨ Ham & beans 8 oz Potatoes w/onions 4 oz Parslied carrots 4 oz Blueberries 4 oz Cornbread Milk	10 Egg salad sandwich 4 oz Cream of celery soup 4 oz Cracker-1 3-Bean salad 4 oz Strawberries 4 oz Bread Milk	11 Meatloaf 4 oz Mashed potatoes 4 oz Gravy 2 oz Roll Lentil salad 4 oz Apricots 4 oz Milk Pumpkin spice pound cake	12 Brunswick stew 8 oz Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Sweet potato quick bread Milk
⑮ Turkey & noodles 4 oz over Mashed potatoes 4 oz Carrots 4 oz Banana in Orange juice 4 oz Gingersnap cookie Bread Milk	16 Salmon bake 4 oz w/ Creamy cucumber sc. 2 oz Cauliflower rice 4 oz Combo salad 4 oz/Dressing Peaches 4 oz Pineapple bread Milk	⑰ Chicken & cheese casse- role 8 oz Broccoli 4 oz Beets 4 oz Pears 4 oz Garlic bread Milk	18 Pulled pork on a Bun Oven brown potatoes 4 oz Cole slaw 4 oz Apricots 4 oz Grape juice 4 oz Milk	19 Taco salad 8 oz (lettuce, tomato, cheese) Salsa Refried beans 4 oz Blueberries 4 oz (chips) Milk
22 Oven fried chicken 4 oz Mashed potatoes 4 oz Gravy 2 oz Black-eyed pea salad 4 oz Peaches 4 oz Wheat roll Milk	23 Ham & egg cass. 8oz Combination salad 4 oz Salad dressing 1 oz Banana Bran muffin Milk	⑳ Mexican lasagna 8 oz Refried beans 4 oz Strawberries 4 oz Grape juice 4 oz Sugar cookie Milk	㉕ New England stew 8 oz Green beans 4 oz Pears 4 oz Blueberry cobbler 4 oz Biscuit Milk	26 Liver & onions OR Beef cutlet 3 oz Mashed potatoes 4 oz Gravy 2 oz Milk Broccoli/raisin salad 4 oz Apricots 4 oz Bread
29 Lean BBQ beef w/ homemade sauce 3 oz Sweet potato salad 4 oz Broccoli 4 oz Apricots 4 oz Bun Milk	⑳ Tuna noodle casserole w/ peas 8oz Pickled beets 4oz Mixed fruit 4oz Orange juice 4oz Wheat bread Milk	31 Harvest turkey soup 8 oz Crackers-2 Tomato salad 4 oz Apples slices 4 oz Peanut butter cookie Milk	Birthday Day - October 11 Choice Day - October 26 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

- **Be sure to wear your costume on Halloween! Anyone sporting a costume at the center will get a treat (and maybe some tricks)!**
- **CALLING ALL ARTISTS!** The Park City Senior Center will be holding its first Autumn Art & Craft Show on Saturday, Nov. 10th! If you are interested in showing and/or selling your work, please contact the center!



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.

Theresa Greer
 Hugh Greer
 Faye Jeck
 Kathleen Marshall
 Mary McNutt
 Aggie Dry
 Gloria Perez
 Jeanette Brenn
 Mary Unruh
 Eva Gallardo
 Sharon Hogan
 Wava Ruckle
 Lois Herring
 Helen Felzien
 Doretha Horn

Frances Fitzpatrick
 Helen Hansen
 Judith Leslie
 Janis Butterfield
 Richard Bottineau
 Mary Jessogne
 Kathy Stucky
 Paul Holder
 Sondra Jessogne
 Peggy Loop
 Betty Racer
 Carol Cathey
 Marilyn Dopps
 Patricia Frazier
 Lois Kelley

Don Johnson
 Jeanene Wise
 Linda Cline
 Suzann Sweeney
 Klyda Fall
 Patsy Hale
 Shelly Mapes
 John Jeck
 Tracy Lassiter
 Allen Rickards
 Glen Davis
 Betty VonAchen
 Carmen Suter
 Barbara Whitehead
 Joyce Powell
 Kenneth Hoover
 Laura Shriner
 Susan Bennett
 Mary Weston
 Brenda Freed
 Tamra Farmer

Park City Senior Center

6100 N. Hydraulic

Park City, KS 67219

