

The Senior Scoop

DECEMBER 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!

Happy holidays everyone!!! I hope this holiday season finds everyone happy and healthy.

Though this is the 'most wonderful time of the year,' the holidays can also bring some unwanted feelings—stress and depression. According to the Mayo Clinic, the following are ten tips on how to minimize those unwanted feelings:

I. Acknowledge your

feelings

2. Reach out if you feel lonely or isolated

3. Be realistic—the holidays don't have to be perfect

4. Set aside differences

5. Stick to a budget (maybe donate this year instead of gifts)

6. Plan ahead

7. Learn to say no

8. Don't abandon healthy habits

9. Take a breather—

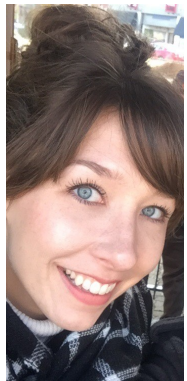
make time for yourself

10. Seek professional help if you need it

I hope these tips help you fully enjoy this time of year!

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

- **December 3rd—Board Meeting 1:00 pm**
- **December 5th—Meeting and Catered Lunch 10:30 am**
Program: Lewis Street Singers
- **December 18th—Breakfast Out @ Cracker Barrel 8 am**

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!

Special Programs & Events...

Tuesday, December 11th 10:30 am

Taking Control of Chronic Disease & BP Clinic

Presented by Angel's Care Home Health. Get your blood pressure taken and learn how to best manage chronic pain and disease.

Thursday, December 13th 5:30 PM

A Patsy Cline Christmas and Supper at Prairie Rose

Join us for a night of Christmas country fun! We will be going by way of the senior center van to the Prairie Rose Chuckwagon Supper for their Patsy Cline holiday show and dinner. Horse-drawn wagon rides & cowboy movies provided before the main event. \$35 per person. Reservations must be made by Tuesday, December 11th by calling 316-744-1199.

Thursday, December 20th 5:30 PM

Christmas Lights Tour

Join us in viewing the beautiful Christmas lights around the Wichita area for two hours in a fun Spot's party bus. Holiday music and snacks included! \$12 per person. Reservations must be made by Monday, December 17th by calling 316-744-1199 (sorry no refunds after this date).

Wednesday, December 12th

10:30—noon

Hearing Group Appointments

Irma Cohens, board certified hearing specialist, will be providing hearing screenings, hearing aid demos, and hearing aid cleans & checks at our center. Please call to schedule your 20-30 min appointment at 316-744-1199.

Monday, December 17th 2:30—4:00 PM

Holiday Cookie Exchange Party

Join us for a fun holiday gathering! Bring 2 dozen of your favorite holiday cookies to 'exchange' with other partygoers. Refreshments, to-go containers, holiday music, and games provided! Please RSVP to Madison at 316-744-1199 and turn in your cookie recipe (for sharing) by Dec. 14th.



Rita Depler

- Hometown is Sedgwick but now calls Park City home
- Her favorite thing about the center are all the nice people
- Loves animals and crocheting
- Mother of Jill Depler— our meals coordinator!

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 homebound in Park City, Bel Aire, & Valley Center. **Reservations must be**

Volunteer Drivers

Needed! Call 316-

744-0751 for more

information.

December 2018 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 19 - SERVING DAYS - 2 HOLIDAYS

Mon	Tue	Wed	Thu	Fri
<p>3) Tuna noodle casserole with peas 8 oz Broccoli 4 oz Mixed fruit 4 oz Garlic bread Milk</p>	<p>4 Turkey stew 8 oz Mixed greens salad 4 oz Salad dressing 1 oz Mandarin oranges 4 oz Vanilla pudding 4 oz Crackers-2 Milk</p>	<p>5) Liver & onions or Beef cutlet 4 oz Roll Mashed potatoes 4 oz Gravy 2 oz Milk Mixed vegetables 4 oz Glazed blueberries 4 oz</p>	<p>6 Ham chowder 8 oz Crackers-2 Three bean salad 4 oz Pineapple 4 oz Wacky cake Milk</p>	<p>7) Chicken & noodles 8 oz over Mashed potatoes 4 oz Carrots /peas 4 oz Apple slices 4 oz Grape juice 4 oz Peanut butter muffin Milk</p>
<p>10) New England stew 8 oz Pickled beets 4 oz Banana Peanut butter 2 T. Orange juice 4 oz Cornbread Milk</p>	<p>11) Salmon bake 3 oz with Creamy cucumber sauce 2oz Cauliflower rice 4 oz Peas 4 oz Pears 4 oz Roll Milk</p>	<p>12 Turkey chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Strawberries 4 oz Cinnamon roll Milk</p>	<p>13) Cranberry meatballs Baked potato Herbed green beans 4 oz Apricots 4 oz Applesauce cake Roll Milk</p>	<p>14 Creamed chicken 6oz over a Biscuit Mixed greens salad 4 oz Salad dressing 1 oz Mandarin oranges 4 oz Brownie Milk</p>
<p>17) Hot turkey sandwich 3 oz (mashed potatoes 4 oz and gravy 2 oz) (bread) Savory green beans 4 oz Cranberry sauce 4 oz No-bake cookie Milk</p>	<p>18 Sloppy joe 4 oz on a Bun Tater tots 9 each Broccoli/carrot salad 4 oz Pears 4 oz Milk</p>	<p>19) Baked chicken Scalloped potatoes 4 oz Spinach 4 oz Mandarin oranges 4 oz Wheat roll Milk</p>	<p>20) Ham 3 oz slice Sweet potatoes 4 oz Cauliflower w/cheese sc 4oz Ambrosia salad 6 oz Cherry pudding cake Roll Milk</p>	<p>21 Tuna pasta salad 6 oz Vegetable soup 4 oz Cracker -2 Strawberries 4 oz Oatmeal cookie Milk</p>
<p>24 HOLIDAY</p>	<p>25 HOLIDAY</p>	<p>26) Shepherd's pie 8 oz Hominy 4 oz Strawberries 4 oz Chocolate pudding 4 oz Roll Milk</p>	<p>27) Chicken & rice cass. 8 oz Broccoli 4 oz Blueberries 4 oz Biscuit Molasses drop cookie Milk</p>	<p>28 Chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Bread pudding 4 oz Milk</p>
<p>31) Chicken fried steak California mash 4 oz Cream gravy 2 oz Broccoli 4 oz Mixed fruit 4 oz Wheat roll Milk</p>		<p>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</p>	<p>Birthday Day - December 13 Choice Day - December 5 Circled Days - meals that freeze well Christmas Holiday - December 24 & 25</p>	

Important Information

- The senior center will be **CLOSED** December 24th & 25th for the Christmas holiday.
- **New Years Eve: Pitch will be scheduled 4:30—7:30 pm due to the holiday. Sorry for any inconvenience!**



Happy Birthday to all the December 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.

Linda	Ivy	Glen	Darge	Ada	McCoy	Becca	Foster
Shirley	Doffing	Stephanie	Parker	Judy	Grover	Judy	Traudt
Don	Kichman	Janis	Moore	Chrystal	Kerr	Fredrick	Firner
Rita	Smith	JoAnn	Boling	Harold	Gronniger	Vickey	Langley
Larry	Crouse	Dwight	Shinkle	Leslie	Shepherd	Lepoleon	Hall
Janice	Cross	Rita	Depler	Richard	Bennett	Carl	Payne
Alan	Bashford	Rita	Gillenwater	Carol	Ford	Carol	Young
Bonnie	McGowan	Mary	Souter	Claudine	Cook	Kathy	Wells
Lawrence	Frank	Jacqueline	Miller	Jay	Warner	Grace	Regier
Peggy	Barchus	Caroline	Helms	Linda	Hobler	David	Bryant
Norma	Drinen	Debra	Clements	Vicki	Bowman	Cheryl	Turley
Diane	Leddon	Jeffrey	Farias	Linda	Hobler	Jeanne	Keim
Pauline	Evans	Lee Ann	Dreiling	Vicki	Bowman	Melissa	Warnken
Beatrice	Moses	Charles	Nida	Judy	Peters	Delores	Newcomer
James	Brady	W	Ford	Sharon	Payne	Ken	Knickrehm
Theodora	Hommertzheim	W H	Ford	James	Sherman	Bob	Buckel
				Allen	Hahn	Connie	Mann
				Terry	Trimble		

Park City Senior Center

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