

# USDA Commodities Wednesday, May 22 10:00A.M.

A 2019 commodities card is required.
Everyone must recertify.
Proof of income for everyone in the household.
Must be a Finney County Resident.

Finney County Committee on Aging, Inc. 907 North Tenth Street Garden City, Kansas 67846 Change Service Requested

NON-PROFIT BULK RATE U.S. POSTAGE PAID PERMIT NO. 34 GARDEN CITY, KS.



#### May/June 2019



# **Finney County Committee on Aging, Inc.**

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

Youth is a gift of nature, but age is a work of art.



May

**1st** -10:30 a.m. **BINGO**. Cost for each card \$1.00.

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3rd-6:00 p.m. Association Covered Dish

6th-Shimmer & Shine Day

7th -10:30 A.M. Men's Coffee

10th 2:30 A.M. Mother's Day Party

15th -1:30 P.M. FCCA Meeting

16th-11:30 A.M. Lunch & Learn

17th-1:00 P.M. MY TURN, Fun and Games

24th - 12:45 P.M. Movie & Popcorn

Jun

4th- Shimmer & Shine Day 10:30 A.M. Men's Coffee

 $\bf 6th$  -10: 30 A.M.  $\bf BINGO$  . Cost for each card

\$1.00. NO Limit on Cards

7th -6:00 P.M. Association Covered Dish

14th-5:30 P.M. Father's Day Classic Car Show/Cookout

18th 10:30 A.M. Men's Coffee

19th 1:30 P.M. FCCA Meeting

20th-11:30 A.M. Lunch & Learn



21st

Monday, May 27, the Senior Center and Transit will be closed in observance of Memorial Day.



#### **COMMITTEES AND MEETING**

May 8-10:00 A.M. Meals on Wheels Committee

May 10-10:00 A.M. Craft Shop Check In

May14 – 10:00 A.M. Craft Shop Committee

May 14-1:00 P.M. Nutrition Meeting

May 15-1:30 P.M. FCCA Meeting

May 24 10:00 A.M. Craft Shop Check In

June 11–10:00 A.M. Craft Shop Committee

June 11 1:00 P.M. Nutrition Meeting

June 12-10:00 A.M. Meals on Wheels Committee

June 14-10:00 A.M. Craft Shop Check In

June 19-1:30 P.M. FCCA Meeting

#### **S&S Day (Shimmer and Shine Day)**

Each month we will draw a name out of the hat (names of those that come to activities and lunches). We will honor that person with a special day. They will help make the menu up with their favorite foods. We will decorate the showcase with their pictures, hobbies and accomplishments. Please invite your family and friends to come by on your "S&S Day". If we draw out your name and you choose not to participate that is OK.

Thank You, Vic McCart and Don Ploger for being our Shimmer & Shine Seniors in March and April.

May's Shimmer and Shine Senior is Susan Scott. We will honor Susan at 11:45A.M. on Monday, May 6th before lunch. Our June 4th's Shimmer and Shine Senior will be announced.

#### What's New

MY TURN, fun and games, Join the staff for a games and snacks at 1:00 P.M. on May 17 and June 21.



A Wedding Dress show is scheduled for June 28. We are asking to use your dresses for this event. We would like to have dressed from every decade. Please call Patti or Della at 272-3620, if you have a dress that you would like in this show.

**Learn Wood Carving with Daryl Hopkins** Classes are every Tuesday and Thursday Morning at 9:30 A.M.





#### **Senior Citizens Association**

Please join us on the first Friday of every month at 6:00 P.M. for the covered dish meeting. Bring something tasty to eat and enjoy.

## **Entertainment by:**

May 3-Manual Teeazas June 7 –Old Time Country

# Our monthly board meetings are held the third Wednesday

**Finney County** 

**Committee on Aging** 

of each month at 1:30 P.M. in

the

Senior Center Meeting

Room.

**May 15** 

June 19

Meetings are open to the public.































# Friendship Meals

Mon         Tue         Wed         Thu         Fri         Stricken Spaghetti         Frid Jumbo         Skrimp           Pork 1 on a bun         2         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         4         4         3         3         4				•	\		
BBQ Shredded   Chicken Spaghetti Fried Jumbo   Same   Bun   Peas   Shrimp   Shricken Kiev   Bku Gratin Pota   Shrimp   Shricken Kiev   Bku Gratin Pota   Shrimp   Shricken Kiev   Shrimp   Shrind Rashed Potatoes   Shrimp   Shrind Rashed Ham with   Swiss Cheeseburger   Tuna Casserole   The Shrind Rashed Potatoes   Anshed Potatoes   Anshed Potatoes   Seasoned Red Po-   Seasoned Red Po-   Shrind Rashed Potatoes   Seasoned Red Po-   Shrind Rashed Potatoes   Shrind Rashed Beans   Strawberry Cauliflower/Cheese   Strawberry Cauliflower/Cheese   Shrind Rashed Beans   Strawberry Cauliflower/Cheese   Strawberry Cauliflower/Cheese   Strawberry Cauliflower/Cheese   Strawberry Cauliflower/Cheese   Strawberry Cauliflower   Strawberry Caulif	TWOW TWOOD IN		Tue	Wed	Thu	Fri	Sat
Bun         Peas         Shrimp           Homemade Meat-         Spaghetti with         Rosemany Pork         Corn Muffin         Mac & Cheese           Homemade Meat-         Spaghetti with         Rosemany Pork         Chicken Kiew         BRQ Riblet on a Peas           Homemade Meat-         7 Meat Sauce         8 Au Gratin Pota-         9         Bun 10           Mashed Potatool         7 Meat Sauce         8 Au Gratin Pota-         9         Bun 10           Mashed Potatool         Garlic Bread         Broccoli         Cauliflower/Cheese         Peas           Beef and Noodles         Roasted Turkey         Baked Ham with         Swiss Cheeseburger         Trun Casserole           13         Breast         Mashed Potatooes         Mushrooms on a Green Beans         Green Beans           Salad         Gravy         Corn         Seasoned Red Po-         Green Beans           Salad         Gravy         Corn         Seasoned Red Po-         Chicken /Noodles           Salad         Gravy         Corn         Assorted Chips         Assorted Chips           Salad         Lettuce and tomato         toes/Gravy         Assorted Chips         Gravy           California Vegeta-         Pudding         Fruit         Strawberry Ice         Corn	A MEAL PUT AN X			BBQ Shredded	Chicken Spaghetti	Fried Jumbo	Saturday Sack 4
Bun         Peas         Shrimp           Homemade Meat-         Spaghetti with         Rosemary Pork         Corn Muffin         Mac & Cheese           Homemade Meat-         Spaghetti with         Rosemary Pork         Chicken Kiew         BBQ Riblet on a Beas           Mashed Potato         7 Meat Sauce         8 Au Gratin Pota-         9         Bun 10           Mashed Potato         Corn         toes Green Beans         Wild Rice         Scalloped Potatoes           Broccoli         Sauce         Beas         Baked Ham with         Swiss Cheeseburger         Tun Corn Muffin           Broccoli         Broccoli         Sauce         Aushed Potatoes         Mushrooms on a Green Beans         Green Beans           Cauliflower Pasta         Mashed Potatoes         Mushrooms on a Green Beans         Corn         Corn         Aushrooms on a Green Beans           Salad         Gravy         Corn         Corn         Corn         Corn         Aushrooms on a Green Beans           Zo         Turkey, Ham Bacon         Terryaki Pork Loin         Sloppy Joe on a Green Beans         Australe Potatoes         Australe Beans           Zo         Dotato Salad         Broccoli         Gravy         Gravy         Corn           Scalloped Potatoes         Broad Potatoese Ham-	OVER THAT DAY.			Pork 1 on a	2	ĸ	Lunch
Homemade Meat- Spaghetti with loasemary Pork Chicken Kiev Beas Peas Homemade Meat- 7 Meat Sauce Rate Beans Gravy Corn Garlic Bread Gravy Garlic Bread Baked Ham with Sauce Beans Cauliflower/Cheese Band Noodles Roasted Turkey, Ham Bacon Teriyaki Port California Vegeta Potatocs Gravy Garlic Bread Bacon Cheddar Chicken Fried Homemade Mashed Potatocs Bacon Cheddar Chicken Fried Homemade Meat- California Vegeta Beans Bacon Cheddar Chicken Fried Homemade Meat- Scalloped Potatoces Bacon Cheddar Gravy Bacon Cheddar Chicken Fried Homemade Meat- Scalloped Potatoces Bacon Cheddar Gravy Baked Potatoces Bacon Cheddar Gravy Baked Potatoces Bacon Cheddar Chicken Fried Homemade Meat- Scalloped Potatoces Bacon Cheddar Gravy Chicken Fried Baked Potatoces Potato Salad Gravy Cheese Ham- Scalloped Potatoces Baked Beans Gravy Cheese Ham- Fruit Chicken Fried Chicken Fried Baked Potatoces Potato Salad Mashed Potatoces Cauliflower/Cheese Fruit Chicken Fried Cauliflower/Cheese Fruit Chicken Fried Cauliflower/Cheese Fruit California Chicken Fried Cauliflower/Cheese Fruit California Chicken Fried Cauliflower/Cheese Fruit California Chicken Fried Cauliflower/Cheese Cauliflower/Cheese Gravy Gravy California Chicken Fried Chicken Chicken Chicken Chicken Chicken Chicken Chicken Chicken	IF YOU WANT MORE			Bun	Peas	Shrimp	<b>Delivered with</b>
Homemade Meat- Spaghetti with Rosemary Pork Chicken Kiev BBQ Riblet on a loaf 6  Mashed Potato/ Corn Corn Garlic Bread Broccoli Garlic Bread Garlic Bread Broccoli Breast Mashed Potatoes Garlic Bread And Gravy Buncomina Vegeta Intreey, Ham Bacon Teriyaki Pork Loin Collifornia Vegeta Intree and tomato Garlic Bread Bacon Cheddar Gravy Saloped Potatoes Garlic Bread Collifornia Vegeta Intreey Bacon Cheddar Gravy Buncomina Vegeta Intree and tomato Garlic Bread Bacon Cheddar Gravy Assorted Chips Gravy Goalifornia Vegeta Intruce and tomato Gessen Garlic Bread Bacon Cheddar Chicken Fried Homemade Meat-California Vegeta Broccoli Gravy Gorn Garlic Bread Bacon Cheddar Chicken Fried Homemade Meat-California Vegeta Bacon Cheddar Chicken Fried Homemade Meat-California Vegeta Bacon Cheddar Chicken Fried Gravy Green Beans Green Beans Gravy Gravy Gravy Fruit Baked Beans Gravy Gravy Gravy Gravy Green Beans Gravy Gravy Gravy Gravy Green Beans Gravy Gravy Gravy Gravy Green Beans Gravy Gravy Gravy Gravy Gravy Green Beans Gravy Gravy Gravy Gravy Gravy Gravy Gravy Green Beans Gravy	THEN 1 MEAL PUT			Assorted Chips	Corn Muffin	Mac & Cheese	Friday's Meal
Homemade Meat-         Spaghetti with         Rosemany Pork         Chicken Kiev         BBQ Riblet on a           loaf 6         7 Meat Sauce         8 Au Gratin Pota-         9         Bun 10           Mashed Potato/         Corn         toes Green Beans         Wild Rice         Scalloped Potatoes           Gravy         Garlic Bread         Broccoli         Sauce         Peas           Beef and Noodles         Roasted Turkey         Baked Ham with         Swiss Cheeseburger         Tuna Casserole           13         14         15 Pineapple Slice         16 with grilled         17 Corn Muffin           Broccoli         Breast         Mashed Potatoes/         Aushrooms on a Green Beans         Green Beans           Gauliflower Pasta         Mashed Potatoes/         Corn         Seasoned Red Po.         24           Goulash         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a Gricken /Noodles         24           Goulash         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a Gricken /Noodles         Corn           20         21 on Croissant         22 Mashed Pota         Strawberry Ice         Corn           Sallic midel         Pruit         Strawberry Ice         Corn           Sallioped Potatoes         Baked	THE AMOUNT OF					Peas	
loaf 6         7 Meat Sauce         8 Au Gratin Pota         9         Bun 10           Mashed Potato/         Corn         toes Green Beans         Wild Rice         Scalloped Potatoes           Gravy         Garlic Bread         Broccoli         Sauce         Peas           Beef and Noodles         Roasted Turkey         Baked Ham with         Swiss Cheeseburger         Tura Casserole           13         14         Is Pineapple Slice         Iwith grilled         17 Corn Muffin           Broccoli         Mashed Potatoes         Mushrooms on a         Green Beans           Gauliflower Pasta         Mashed Potatoes         Mushrooms on a         Green Beans           Goulash         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a         Chicken /Noodles           20         California Vegeta         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a         Chicken /Noodles           20         California Vegeta         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a         Chicken /Noodles           20         California Vegeta         Potato Salad         Peas         Broccoli         Corn           21         Broked Sausage         Broccoli         Broked Potatoo         Corn <td< th=""><th>MEALS BY THE MEAL</th><th></th><th>Spaghetti with</th><th>Rosemary Pork</th><th>Chicken Kiev</th><th>BBQ Riblet on a</th><th>Saturday Sack</th></td<>	MEALS BY THE MEAL		Spaghetti with	Rosemary Pork	Chicken Kiev	BBQ Riblet on a	Saturday Sack
Mashed Potato/         Corn         toes Green Beans         Wild Rice         Scalloped Potatoes           Gray         Garlic Bread         Broccoli         Cauliflower/Cheese         Peas           Beef and Noodles         Roasted Turkey         Baked Ham with         Swiss Cheeseburger         Tuna Casserole           13         14         15 Pineapple Slice         16 with grilled         17 Corn Muffin           Broccoli         Breast         Mashed Potatoes/         and Gravy         Eruit           Salad         Gravy         Corn         Seasoned Red Po-         Fruit           Salad         Gravy         Corn         Seasoned Red Po-         Assorted Chips           Coulish         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a Green Beans         Chicken /Noodles           Salad         21 on Croissant , and Gravy         Assorted Chips         Mashed Potatoes         Assorted Chips           Bles         Potato Salad         Fruit         Strawberry Ice         Corn         Corn           Salifoped Potatoes         Broccoli         Homemade Meat-         Assorted Chips         Homemade Meat-           Scalloped Potatoes         Broccoli         Gravy         Inat         31           Scalloped Potatoes	YOU DO	loaf <b>6</b>	<b>7</b> Meat Sauce	8 Au Gratin Pota-	6	Bun 10	7
Gravy         Garlic Bread         Broccoli         Cauliflower/Cheese         Peas           Beef and Noodles         Roasted Turkey         Baked Ham with Swiss Cheeseburger         Tuna Casserole           13         14         15 Pineapple Slice         16 with grilled         17 Corn Muffin           Broccoli         Breast         Mashed Potatoes/         and Gravy         Eruit           Cauliflower Pasta         Mashed Potatoes/         and Gravy         Eruit           Salad         Gravy         Corn         Seasoned Red Po-           Goulash         Turkey, Ham Bacon         Teriyaki Pork Loin         Sloppy Joe on a         Chicken /Noodles           20         21 on Croissant         22 Mashed Pota         Assorted Chips         Mashed Potatoes/           Bles         Potato Salad         Peas         Broccoli         Gravy           Smoked Sausage         Bacon Cheddar         Chicken Fried         Homemade Meat-           Smoked Sausage         Bacon Cheese Ham-         Steak         Baked Potatoe           Scalloped Potatoes         Bridger on Bun         Steak         Sour Cream           Green Beans         Fruit         Gravy         Gravy		Mashed Potato/	Corn	toes Green Beans	Wild Rice	Scalloped Potatoes	Lunch
Beef and NoodlesRoasted TurkeyBaked Ham with Bacor LoinSwiss Cheeseburger Tuna Casserole131415 Pineapple Slice16 with grilled17 Corn MuffinBroccoliBreastMashed Potatoes/ And GravyMushrooms on a Green BeansGreen BeansCauliflower PastaMashed Potatoes/ AsaladCornSeasoned Red Po- Seasoned Red Po-FruitSaladCornSloppy Joe on a Green BeansChicken /Noodles2021 on Croissant, 22 Mashed Pota- California Vegeta- Potato SaladLettuce and tomato PeasAssorted ChipsMashed Potatoes/ GravyBlesPotato SaladPeasBroccoliGravyGarlic BreadPuddingFruitStrawberry IceCornSmoked Sausage Green BeansBacon Cheddar Scalloped PotatoesChicken Fried Baked PotatoesHomemade Meat- Baked PotatoesCallipped Potatoes Green BeansBrotato Salad Brotato Salad BrentMashed Potatoes/ GravySour Cream Graviflower/Cheese		Gravy	Garlic Bread	Broccoli	Cauliflower/Cheese	Peas	<b>Delivered with</b>
Beef and NoodlesRoasted TurkeyBaked Ham with 15 Pineapple SliceSwiss Cheeseburger 16 with grilled 17 Corn MuffinBroccoliBreastMashed Potatoes/ and GravyIn Sineapple Slice And Gravy16 with grilled Mashed Potatoes17 Corn MuffinCauliflower PastaMashed Potatoes/ GravyBunFruitSaladGravyCornSeasoned Red Po- Seasoned Red Po- Turkey, Ham BaconTeriyaki Pork Loin Teriyaki Pork LoinSloppy Joe on a Seasoned Red Po- Assorted ChipsChicken /Noodles2021 on Croissant, California Vegeta- Iettuce and tomato Potato SaladPeas Potato SaladAssorted Chips PruitMashed Potatoes/ Strawberry IceCorn28Smoked Sausage Scalloped PotatoesBacon Cheddar Scalloped PotatoesChicken Fried Baked BeansHomemade Meat- Baked Beans28Scalloped PotatoesPotato Salad Baked BeansAreaked Potatoes/ Bared BeansSonr Cream Gravy					Sauce		Friday's Meal
131415 Pineapple Slice16 with grilled17 Corn MuffinBroccoliBreastMashed Potatoes/ And GravyAnd GravyBunFruitGaulishGravyCornSeasoned Red Po- SaladCornSeasoned Red Po- Seasoned Red Po-Chicken /Noodles2021 on Croissant, California Vegeta- bles22 Mashed Potato Potato Salad23 BunChicken /Noodles2021 on Croissant, Deas22 Mashed Pota- Potato Salad23 BunAssorted ChipsMashed Potatoes/ Broccoli30Smoked SausageBacon CheddarChicken FriedHomemade Meat- Baked PotatoesStrawberry IceCorn30Scalloped PotatoesBurger on BunSteakBaked Potatoe4GravySteakSour Cream5FruitBaked BeansGravy6FruitBaked BeansGravy		Beef and Noodles	Roasted Turkey	Baked Ham with	Swiss Cheeseburger	Tuna Casserole	Saturday Sack
BroccoliBreastMashed Potatoes/ Anashed Potatoes/Anashed Potatoes/ and GravyMushrooms on a BunFruitGoulashTurkey, Ham BaconTeriyaki Pork LoinSloppy Joe on a SaladChicken /Noodles2021 on Croissant, California Vegeta-22 Mashed Pota- Iettuce and tomato22 Mashed Pota- Potato Salad23 Bun Assorted Chips24blesPotato SaladPeasBroccoliGravyGarlic BreadPuddingFruitStrawberry IceCornSmoked SausageBacon CheddarChicken FriedHomemade Meat- Interes Ham-30Ioaf 31Scalloped PotatoesBurger on BunSteakBaked Potatoes/ Interes Baked BeansBaked BeansCauliflower/CheeseFruitBaked BeansGravyCauliflower/Cheese		13	14	15 Pineapple Slice	16 with grilled	17 Corn Muffin	18
Cauliflower PastaMashed Potatoes/ Garayand GravyBunFruitSaladGravyCornSeasoned Red Po- Seasoned Red Po-Turkey, Ham BaconTeriyaki Pork LoinSloppy Joe on a 23 BunChicken /Noodles2021 on Croissant, California Vegeta- Bles21 on Croissant, Iettuce and tomato Potato Salad Potato SaladTeriyaki Pork Loin Posas Potato SaladAssorted Chips Proccoli Strawberry IceMashed Potatoes/ CornGravySmoked Sausage Scalloped PotatoesBacon Cheddar Potato SaladChicken Fried SteakHomemade Meat- Baked PotatoesAssert Potato SteakScalloped Potatoes Green BeansBaked BeansGravyCauliflower/CheeseFruitBaked BeansGravyCauliflower/Cheese	Nutrition Council	Broccoli	Breast	<b>Mashed Potatoes</b>	Mushrooms on a	Green Beans	Lunch
SaladGravyCornSeasoned Red Po-GoulashTurkey, Ham BaconTeriyaki Pork LoinSloppy Joe on aChicken / Noodles2021 on Croissant,22 Mashed Pota-23 Bun24California Vegeta- bleslettuce and tomato potato SaladPeasBroccoli Strawberry IceGravyGarlic BreadPuddingFruitStrawberry IceCornSmoked SausageBacon CheddarChicken FriedHomemade Meat-2829 Cheese Ham-30Ioaf 31Scalloped PotatoesBurger on BunSteakBaked PotatoGreen BeansPotato SaladMashed Potatoes/ GravySour CreamFruitBaked BeansGravyCauliflower/Cheese	746 5 64	Cauliflower Pasta	Mashed Potatoes/	and Gravy	Bun	Fruit	<b>Delivered with</b>
GoulashTurkey, Ham BaconTeriyaki Pork LoinSloppy Joe on aChicken /Noodles2021 on Croissant, California Vegeta- lettuce and tomato22 Mashed Pota- toes/Gravy23 Bun24California Vegeta- bleslettuce and tomato Potato SaladpeasBroccoli Strawberry IceGravyGarlic BreadPuddingFruitStrawberry IceCornSmoked SausageBacon CheddarChicken FriedHomemade Meat-2829 Cheese Ham-30Ioaf 31Scalloped Potatoesburger on BunSteakBaked PotatoGreen BeansPotato SaladMashed Potatoes/ GravySour CreamFruitBaked BeansGravyCauliflower/Cheese	(@1:00 pm	Salad	Gravy	Corn	Seasoned Red Po-		Friday's Meal
2021 on Croissant,22 Mashed Pota-23 Bun24California Vegeta- bleslettuce and tomato Potato Saladtoes/GravyAssorted ChipsMashed Potatoes/ GravyGarlic BreadPuddingFruitStrawberry IceCornSmoked SausageBacon CheddarChicken FriedHomemade Meat-2829 Cheese Ham-30loaf 31Scalloped Potatoesburger on BunSteakBaked PotatoGreen BeansPotato SaladMashed Potatoes/ GravySour CreamFruitBaked BeansGravyCauliflower/Cheese		Goulash	Turkey, Ham Bacon	Teriyaki Pork Loin	Sloppy Joe on a	Chicken /Noodles	Saturday Sack
California Vegeta-lettuce and tomatotoes/GravyAssorted ChipsMashed Potatoes/blesPotato SaladPeasBroccoliGravyGarlic BreadPuddingFruitStrawberry IceCornSmoked SausageBacon CheddarChicken FriedHomemade Meat-Smoked SausageBacon CheddarChicken FriedHomemade Meat-Scalloped Potatoes29 Cheese Ham-SteakBaked PotatoScalloped PotatoesBurger on BunSteakBaked PotatoGreen BeansPotato SaladMashed Potatoes/Sour CreamFruitBaked BeansGravyCauliflower/Cheese		20	21 on Croissant,	22 Mashed Pota-	<b>23</b> Bun	24	25
bles Garlic Bread Pudding Fruit Strawberry Ice Corn Smoked Sausage Bacon Cheddar Chicken Fried Homemade Meat- 28 Calloped Potatoes Burger on Bun Steak Green Beans Potato Salad Gravy Corn Chicken Fried Homemade Meat- Baked Potatoes Baked Potatoe Cauliflower/Cheese		California Vegeta-	lettuce and tomato	toes/Gravy	Assorted Chips	Mashed Potatoes/	Lunch
Garlic BreadPuddingFruitStrawberry IceCornSmoked SausageBacon CheddarChicken FriedHomemade Meat-2829 Cheese Ham-30loaf 31Scalloped Potatoesburger on BunSteakBaked PotatoGreen BeansPotato SaladMashed Potatoes/Sour CreamFruitBaked BeansGravyCauliflower/Cheese		bles	Potato Salad	Peas	Broccoli	Gravy	Delivered with
Smoked Sausage Bacon Cheddar Chicken Fried  28 29 Cheese Ham- 30 Scalloped Potatoes burger on Bun Steak Green Beans Potato Salad Mashed Potatoes/ Fruit Baked Beans Gravy		Garlic Bread	Pudding	Fruit	Strawberry Ice	Corn	Friday's Meal
Scalloped Potatoes burger on Bun Steak Green Beans Potato Salad Gravy Gravy			Smoked Sausage	Bacon Cheddar	Chicken Fried	Homemade Meat-	
Scalloped Potatoes   burger on Bun   Steak   Green Beans   Potato Salad   Gravy   Fruit   Baked Beans   Gravy	Menu is		28	29 Cheese Ham-	30	loaf <b>31</b>	
Green Beans Potato Salad Mashed Potatoes/ Fruit Baked Beans Gravy	subject to change.		Scalloped Potatoes	burger on Bun	Steak	Baked Potato	
Fruit Baked Beans Gravy			Green Beans	Potato Salad	Mashed Potatoes/	Sour Cream	
		MEMORIAL DAY	Fruit	Baked Beans	Gravy	Cauliflower/Cheese	

# YOU ARE INVITED







#### THANK YOU!

St. Catherine Hospital for partnering with us to bring the monthly Lunch & Learn programs. Lunch and Learn will be on

May 16 - Foundation & Community Outreach News with Paige Kraus

June 20 - Recognizing the Signs of Stroke with Whitney Weber

The meal is complimentary, but space is limited. You must be present for the the presentation for the free meal, no carryout meals available. Please call the Senior Center month each to reserve Spot. your

lunch & learn



Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life.

#### Taught by

#### Jennifer LaSalle

Family and Community Wellness Agent/4-H

We want to **thank** Jennifer for teaching this 8 week class at the Senior Center. Her last class will be over on May 18. Patti will pick this class up and offer it on Tuesdays and Thursday mornings, at 9:30 A.M. for those who have completed the class.



#### **Moving On with Shari**



#### COME SEE US

Hello seniors. I am approaching month five as the Executive Director of the Finney County Committee on Aging. It is still fun and I am still learning. How great is it to go to work where you get to have fun!!!

Some days it is hard to grasp how busy we are, how many lives we are touching, upwards of 200-250/day. Meals on Wheels delivers 80+ meals each day. We have several in-town routes and also deliver meals out

in the country and to Holcomb. Ten or more volunteers deliver those meals each day. We have volunteers covering the phones from 9-4 at the senior center. We have around 50-75 people at the center each days eating lunch, exercising, playing games, painting or sewing, to name a few things. Transit has over 100 riders each day, closer to 150 probably. The mini-busses that pick you up at home have 30-80 riders each day, creating 60-160 pick-ups and drop-offs. City Link has 4 routes that run hourly from 6am-7pm. Those busses hold up to 14 passengers. My point, we are touching many Finney County lives each day. You are why we are here: playing, watching, riding, talking, sewing, shooting pool, laughing, and helping!

I challenge each of you to come and see us or catch a ride on a bus, eat a meal here: get out of your daily routine. My personal challenge is learning to play bridge. Our bridge players are patiently working with me to learn and to play with them. I'm using brain cells that I forgot that I have.

#### Opportunity awaits, come see us!!



#### **Della's Delightful Details**

I'm sorry to report that we do not have the foot clinic at this time. We are trying to find someone else that would be willing to come in and provide that service for us. It was well received and a good thing to provide for our seniors.

We will have commodities again on May 22. If you think you qualify for commodities, you will need to get a 2019 Commodities card. Please come in before the 22<sup>nd</sup> and get your card. I start passing the commodities out at 10:00 a.m.

Once again we will have the Kansas Farmers Vouchers at the end of May or the first of June. You need to meet the set guide lines to receive the vouchers. Being in your proof of income for everyone in your household.

Now that graduation is here. How about looking at the Senior Center to have your party. Come in or call (620-272-3620) for details about renting the center. It is a nice place to host your party.



#### Kitchen Korner By Leslie

There are several new items on the menu so please stop in and check it out. This is due to taking into consideration the suggestions of the seniors that eat with us each day. We are trying to accommodate those persons that eat at the center as much as possible.

If you are interested in eating Friendship Meals at the center we ask that you notify us the day before eating to order meals. The hospital staff at St. Catherine prepares the food and they need the count one day prior to prepare for the following day.

You can do this by either stopping in and filling out a menu or calling the center at 620-272-3620 by 9:00 am the day before you plan to eat with us. This will help us determine the amount of meals that need to be ordered.

For anyone that is 60 or older the cost for a nutritional meal is a suggested donation of \$3.50 and those that are younger than 60 the cost would be a mandatory \$5.75 per meal to be paid prior to being served.

### Making Seniors Happy Patti Thummel Activities Director/Meals on Wheels Director

#### ysical Changes That Occur As We Age

As people age, there are some physical changes taking place. Skin changes to become thinner and less elastic and wrinkles appear in greater numbers. We may lose our hair or it can change to shades of gray or white. These are processes that everyone who lives a long life will go through naturally. Barring cosmetic changes, we can't control the aging of our looks much.

The good news is that we can control the aging of other body physical aspects such as posture and weight. Other physical changes we face as we age include the following:

- Body weight is usually less in late adulthood because we lose muscle tissue.
- Muscle mass, along with muscle strength, is reduced, causing loss of strength in the legs, other parts of the body. In late adulthood the most apparent loss of strength is usually in the legs.
- Bone loss, or loss of bone calcium, occurs. This will cause changes in the body that are
  visible. Bone loss is responsible for some weight loss and possibly a stooped posture. A decrease in
  bone density or osteoporosis may also result.
- Other body functions slow down due to a loss of organ reserve.

#### The Importance of Exercise for the Elderly

Reducing the effects of physical changes due to aging is the major reason behind the importance of exercise for the elderly. Exercise is an important tool for improving a large part of the process. Research indicates that many factors can be improved with regular exercise. Benefits of regular exercise include:

- Increased exercise and activities promote well-being and a sense of feeling younger. Feeling younger and more self-confident has been shown to promote good psychological health.
- Exercise is often a social activity, which many experts believe contributes to a healthy state of mind and reduced depression. Exercising is a great way to spend time with friends either at the gym or on a walk at the park.
- The National Institutes of Health has research that indicates exercising helps people in late adulthood avoid disabilities that may be caused by chronic disease and other illnesses.
- Other studies show that exercise during late adulthood will help decrease the risk of diabetes and increase body function abilities.

Check out the many exercise opportunities we have at the Senior Center. Find one or two that will work for you and join us, We make exercising fun!

#### Meals on Wheels

Many thanks to our volunteers in March and April. They were RSVP, Black Hills Energy, Garden Valley Retirement Village staff. Trinity Lutheran Church, Western State Bank, First United Methodist Church and Duane Riley.

If you, or if you know of a group that would like to deliver meals I have 2 open weeks this fall. Give me a call at 272-3620.

620-272-3620

# **Senior Center Activity Calendar**

# May 2019

	Semoi Center A	ctivity culcilus	ш		May 2019	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			8:30 Line Dancing 1 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 1:15 Bridge 7:30 Dance-Bob Walters  May Day	8:30 Tops 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class 10:30 Bingo 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 Enhance Fitness 1:00 Qwirkle 1:15 Bridge 6:00 Association Covered Dish	4 1:00-4:00 Billiards
2:00 Duplicate Bridge	12:30 Double Pinochle 6 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:30 Men's Coffee 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	7 8:30 Line Dancing 8 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie 7:30 Dance–Moonshiners	8:30 Tops 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge 2:00 Mother's Day Party	1:00-4:00 Billiards
2:00 Duplicate Bridge  Happy Mother's Dayl	12 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	14 8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:30 FCCA MEETING 1:00 Enhance Fitness 7:30 Dance-Ortiz Band	8:30 Tops 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 17 10:30 Nurse 1:00 MY TURN, Fun and Games 1:00 Legal Aide * 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards
2:00 Duplicate Bridge	19 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Strength Training 9:30 Learn Wood Carving Class 10:30 Men's Coffee 1:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	9:30 Line Dancing 9:30 Completely Unraveled 10:00 Commodities 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance-Joe & Carl	9	8:30 Line Dancing 10:30 Nurse 12:45 Movie & Popcorn 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	9:00 Quilts of Valor 1:00-4:00 Billiards
2:00 Duplicate Bridge	27  MEMORIAL DAY	9:30 Strength Training 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	28 8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance- Craig Stevens	•	8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	
2:00 Duplicate Bridge	31					* By APPOINTMENT ONLY

~		r Center Activity Cale	1		June 2019	~
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					* BY APPOINTMENT ONLY	1:00-4:00 Billiards
2:00 Duplicate Bridge	2 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 9:30 Strength Training 10:30 Men's Coffee 1:45 Trivia Tuesday 12:30 Pitch 11:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie  S&S Day	8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance-Moonshiners	8:30 Tops 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 10:30 Bingo 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 7 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge 6:00 Association Covered Dish	1:00-4:00 Billiards
2:00 Duplicate Bridge	9 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance–Blue Notes	8:30 Tops 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessic	8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge 5:30 Father's Day Classic Car Show and Cookout.	1:00-4:00 Billiards
2:00 Duplicate Bridge  HAPPY FATHER'S DAY	12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 9:30 Strength Training 10:30 Men's Coffee 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	18 8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:30 FCCA MEETING 1:00 Enhance Fitness 7:30 Dance–Ortiz Band	9:30 Tops 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 MY TURN, Fun and Games 1:00 Legal Aide * 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billards
2:00 Duplicate Bridge	23 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch	9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness	9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs.	8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	9:00 Quilts of Valor
2:00 Duplicate Bridge	30	1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	7:30 Dance–Joe & Carl	1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	2:00 Bridal Dress Show	1:00-4:00 Billards