



Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

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.

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.
- 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

June

- 4th- Shimmer & Shine Day
10:30 A.M. Men's Coffee
- 6th -10:30 A.M. 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
- May 14 - 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.

Covered Dish Supper



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 Teezas
June 7 -Old Time Country

Finney County Committee on Aging

Our monthly board meetings are held the **third Wednesday** of each month at **1:30 P.M.** in

the
Senior Center Meeting
Room.

May 15

June 19

Meetings are open
to the public.



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.



FUN TIMES



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



Friendship Meals May 2019



Mon	Tue	Wed	Thu	Fri	Sat
		BBQ Shredded Pork 1 on a Bun Assorted Chips	Chicken Spaghetti 2 Peas Corn Muffin	Fried Jumbo Shrimp Mac & Cheese Peas	Saturday Sack 4 Lunch Delivered with Friday's Meal
Homemade Meat-loaf 6 Mashed Potato/Gravy	Spaghetti with 7 Meat Sauce Corn Garlic Bread	Rosemary Pork 8 Au Gratin Potatoes Green Beans Broccoli	Chicken Kiev 9 Wild Rice Cauliflower/Cheese Sauce	BBQ Riblet on a Bun 10 Scalloped Potatoes Peas	Saturday Sack 11 Lunch Delivered with Friday's Meal
Beef and Noodles 13 Broccoli Cauliflower Pasta Salad	Roasted Turkey 14 Breast Mashed Potatoes/Gravy	Baked Ham with 15 Pineapple Slice Mashed Potatoes and Gravy Corn	Swiss Cheeseburger 16 with grilled Mushrooms on a Bun Seasoned Red Po-	Tuna Casserole 17 Corn Muffin Green Beans Fruit	Saturday Sack 18 Lunch Delivered with Friday's Meal
Goulash 20 California Vegetables Garlic Bread	Turkey, Ham Bacon 21 on Croissant, lettuce and tomato Potato Salad Pudding	Teriyaki Pork Loin 22 Mashed Potatoes/Gravy Peas Fruit	Sloppy Joe on a Bun 23 Assorted Chips Broccoli Strawberry Ice	Chicken /Noodles 24 Mashed Potatoes/Gravy Corn	Saturday Sack 25 Lunch Delivered with Friday's Meal
	Smoked Sausage 28 Scalloped Potatoes Green Beans Fruit	Bacon Cheddar 29 Cheese Ham-burger on Bun Potato Salad Baked Beans	Chicken Fried 30 Steak Mashed Potatoes/Gravy	Homemade Meat-loaf 31 Baked Potato Sour Cream Cauliflower/Cheese	

IF YOU DON'T WANT A MEAL PUT AN X OVER THAT DAY. IF YOU WANT MORE THEN 1 MEAL PUT THE AMOUNT OF MEALS BY THE MEAL YOU DO

Nutrition Council
May 14th
@1:00 pm

Menu is subject to change.

YOU ARE INVITED



Mothers Day Party
Friday, May 10
at 2:00 P.M.



Father's Day Classic Car Show and Cookout
Friday, June 14
At 5:30 P.M.



Wedding Dress Show
Friday, June 28
at 2:00 P.M.

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 presentation for the free meal, no carryout meals available. Please call the Senior Center each month to re-serve your Spot.



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!!



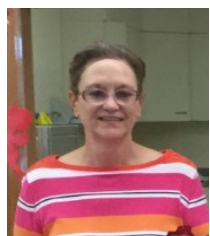
Della's Delightful Details

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 22nd 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



Physical 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.



Senior Center Activity Calendar

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			8:30 Line Dancing 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	1:00-4:00 Billiards
2:00 Duplicate Bridge	12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge S&S DAY	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	8:30 Line Dancing 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 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 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	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 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	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	8:30 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	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/Tessie	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	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	8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance- Craig Stevens	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/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	
2:00 Duplicate Bridge						* By APPOINTMENT ONLY

Senior Center Activity Calendar

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					* BY APPOINTMENT ONLY	1:00-4:00 Billiards
2:00 Duplicate Bridge	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 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	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	8:30 Line Dancing 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/Tessie	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	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	8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 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 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	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	8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance-Joe & Carl	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/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge 2:00 Bridal Dress Show	9:00 Quilts of Valor 1:00-4:00 Billiards
2:00 Duplicate Bridge	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				