

USDA Commodities
Wednesday,
November 20
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.



We are forming a Senior's
Voice Committee. Join us for
the First Meeting at 10:30 A.M.
Wednesday, November 13. We will
plan the Christmas Party and
Decorations for Christmas.



We Will Decorate the Senior Center at 9:00 A.M. December 3. If you like to decorate trees or hang decorations please join us.



You are Invited to a Christmas Party 1:00 P.M. Friday, December 20.

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.



November/December



Finney County Committee on Aging, Inc.

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

November

1st-6:00 P.M. Association Covered Dish

5th-9:30 A.M. Trip to Boot Hill Casino, Dodge City

6th-Shimmer & Shine Day

 $1\!:\!00$ P.M.-2:30 P.M. Holcomb High School lpads

Smart Phones and Tablets Assistance

7th- 10:30 A.M. BINGO. Cost for each card

\$1.00. NO Limit on Cards

13th-10:30 Senior's Voice Committee

1:00 P.M. Foot Clinic

16th-11:00 A.M.- 3:00 P.M. Association Fall Fest

18th-2:00 P.M. FCCA Meeting

20th-10:00 A.M. Commodities

21st-11:30 A.M. Lunch & Learn





Monday, November 11, the Senior Center and Transit will be closed in observance of Veteran's Day.



Wednesday, November 27, the Senior Center and Transit will close at 1:00. We will be closed all day Thursday, November 28 and Friday, November 29. Have a wonderful Thanksgiving!

December

2nd-5:30 P.M. Christmas Craft Class

3rd-Shimmer & Shine Day

9:00 A.M. Let's Decorate the Senior Center

5th -10:30 A.M. **BINGO**. Cost for each card \$1.00. NO Limit on Cards

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

10th-9:30 A.M. Trip to Boot Hill Casino, Dodge City

11th-1:00 P.M. Foot Clinic

6:30 P.M. Christmas Light Tour

17th-6:30 P.M. Christmas Light Tour

18th-1:30 P.M. FCCA Meeting

19th-11:30 A.M. Lunch & Learn

6:30 P.M. Christmas Light Tour

20th-1:00 P.M. Christmas Party

23rd-6:30 P.M. Christmas Light Tour



Tuesday, December 24, the Senior Center and Transit will close at 1:00. We will be closed all day Wednesday, December 25.

Tuesday, December 31, the Senior Center and Transit will close at 1:00. We will be closed all day Wednesday, January 1.

Happy Holidays to you all!

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.

Stanley Smith and Karen Dyer Thank You, for being our Shimmer & Shine Seniors in September and October.

November's Shimmer and Shine Senior is Rose Martinez. We will honor Rose at 11:45 A.M. on Wednesday, November 6th before lunch. Our December Shimmer and Shine Senior will be announced.



Great Food, Great Entertainment and Great Prizes! Questions? Call Sue Knight at 620-290-3064

Holiday Craft

5:30 P.M.

Monday

December 2

Cost \$10.00

Limit 12, Register with Della





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:

November 1- Al Miller December 6- E.S. Sign Choir



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.

November 18 (Was changed to Monday Afternoon at 2:00).

December 18 at 1:30

Meetings are open to the public.



Caregivers of Garden City, LLC Address is: 310 E. Walnut Suite 206

Phone: 620-322-9500 Fax: 620-260-2112

A Senior's Guide To Put the FA-LA-LA Back In The Holidays

Reminisce In A Positive Way - Reflect on things that have changed and appreciate the things and people who haven't. Memories are to be treasured but it's always fun to make new ones.

Control Spending - Avoid going into debt or overspending. Gifts aren't necessary but if you must, homemade baked goods, crafts and your time make the perfect present for busy family members.

Get In The Spirit With Holiday Traditions - Recall favorite holiday traditions and strive to repeat the ones that bring you joy. Singing carols, reading the Christmas story from the Bible, watching holiday movies, or making cookies and candies can lift your

Connect With Those Who Matter Most – Giving is always better than receiving, even if it's just kindness and compassion that you're giving. Call a friend or reach out to those you haven't communicated with recently.

Entertain And Be Entertained - Accept invitations, attend holiday functions at your senior center, schools, churches, libraries, etc. Consider hosting a small group for cookies and coffee. A small get-together can boost everyone's spirits.

Communication Is Key – The holidays are to be enjoyed not dreaded. If you are feeling lonely or depressed seek help; talk to your doctor, clergy or a trusted friend.

Friendship Meals

CHI/	Mon	Tue	Nove	November 2019 Wed Thu Fri BBQ Riblet on a Bun 1 Scalloped Potatoes Peas Fruit	Pri BRQ Riblet on a Bun 1 Scalloped Potatoes Peas Fruit	Sat
Beef and Noodles Broccoli Garlic Bread Stick Fruit	4	Baked Ham with 5 Pineapple Slice Yams Cauliflower Angel Food Cake	Chili Cheese Hot 6 Dog on a bun Assorted Chips Green Beans Fruit	Swiss Cheeseburger 7 with grilled Onions on a Bun Seasoned Red Potatoes Carrots Chocolate Ice Cream	Tuna Casserole 8 Corn Muffin Peas Fruit	
Veteran's Day II Senior Center Transit	nter	Turkey, Ham, Bacon 12 on Croissant with Lettuce & Tomato Potato Salad Green Beans Fruit	Tater Tot 13 Casserole Lima Beans Pasta Salad Fruit	Sloppy Joe on Bun 14 Assorted Chips Broccoli Strawberry Ice Cream	Chicken /Noodles 15 Mashed Potatoes Sliced Carrots Fruit	
Chicken Fried 18 Steak Mashed Potatoes/Gravy Corn Fruit	18 Gravy	Spaghetti with 19 Meat Sauce Breadstick Peas Fruit	Bacon Cheddar 20 Cheese Hamburger on Bun Potato Salad Baked Beans Pudding	Chicken Tenders 21 Mashed Potatoes Gravy Mixed Vegetables Cookie	Meatloaf Baked Potato Sour Cream Cauliflower Fruit	
Goulash Corn Garlic Bread Fruit	25	Open Faced 26 Roast Beef Sandwich Mashed Potatoes/Gravy Carrots Orange Sherbet	Roasted Turkey 27 Breast Stuffing Mashed Potatoes/Gravy Green Beans Cookie	·	Senior Center/Transit CLOSED for Thanksgiving Holiday	

































monthly Lunch & Learn programs.





Up Coming Bus Trips

November 21 - Horizon Health-Senior Focus December 19- Dr. Clifford with Fry Eye **Associates**

Lunch and Learn will be on

THANK YOU!

St. Catherine Hospital for partnering with us to bring the

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 reserve your spot.



Needs to Register with Della Tuesday, November 5, 9:30 A.M.-4:00 P.M. Boot Hill

Casino, Dodge City Tuesday, December 10, 9:30 A.M.-4:00 P.M. Boot Hill

Casino, Dodge City

Wednesday, December 11, 6:30 P.M. Christmas Light Tour

Tuesday, December 17, 6:30 P.M. Christmas Light Tour

Thursday, December 19, 6:30 P.M. Christmas Light Tour

Monday, December 23, 6:30 P.M. Christmas Light Tour







The Senior Center Craft Shop will be open during the Association Fall Fest Saturday November 16. 11:00-3:00.

They will have a Clearance Sale!! A great time to Christmas Shop.

Moving On with Shari



COME SEE US

Hello seniors. We are seeing fall in the colors of the trees and I felt a touch of winter this week. We are slowing down our out of town trips for a couple of months; but still going to Boot Hill Casino. We have added 4 evening trips throughout December to see the Christmas lights around town. You are always welcome to join us for a meal, an activity or an exercise class. We always have room for one more. Holiday Greetings to You and Yours.

Opportunity awaits, come see us!

Della's Delightful Details



Hello from Della's Delightful Details. We will have commodities again on Nov. 20, 2019. If you think you may qualify for commodities, you will need to meet income guidelines for everyone in your household. You need to get a 2019 Commodities card. Please come in before the 20th and get your card. Please come in early on

the 20th and get your name on the list. I start passing the commodities out at 10:00 a.m.

Our center is available to rent for your parties. Come in or call (620-272-3620) to see if our center will work for you.

With the holidays right around the corner be sure and watch the dates and times of closures.

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

WOW... it's hard to believe the holidays are upon us. We invite you to join us in the many activities we offer. If we add anything throughout the month we will be sure to announce it at lunch time and put up flyers. We are asking for a committee to form to help with the planning of the Senior Center Christmas Party and decorating. If you are interested please let one of us in the front offices know.

We love when you share your time, stories and wit, but we don't like when you share your germs. Please stay home if you have a fever, headache, congestion, coughing, sore throat, body aches, nausea or diarrhea. We will be here with open arms when you're feeling better.



The following groups will be delivering Meals on Wheels in November & December. Thank You!!

St Catherine Hospital Presbyterian Church Knights of St. Dominic St Dominic Altar Society RSVP Meals on Wheels Subs. Knights of St. Mary Route 7- Duane Riley

I have 2 open weeks in 2020. If you know of a church, organization or business that would like to get involved in a great community service by delivering meals please call Patti at 620-272-3620.

November—December 2019

Finney County Happy Holidays From All Of Us





'Tis the season that warms the hearts of many

Behold, it is that time of year again and we would like to wish you all Happy Holidays from everyone at Finney County Transit. May this holiday season be filled with Love, Laughter and Joy.

FCT Holiday Closures are as followed:

- **♦ November 11 Veteran's Day**
- **November 27- Closes early at 1:00pm →**
- November 28 & 29 Thanksgiving
- December 24 & 25 Christmas
- ♦ December 31 Closes early at 1:00pm
- ♦ January 1, 2020 New Years

IN THIS SPECIAL HOLIDAY ISSUE

Holiday Closure!

New Dispatcher?

Free Rides On Election Day!

New Driver WANTED!

You might notice a familiar face is back in the dispatch office, well that's because Shawna is back after driving for 5 Years. When you're at the transit, make sure to say hi.

FCT will also be providing FREE rides on November 5, 2019 during our normal business hours, to help insure that everyone can head on down and VOTE on election day!

Never Forget That Your Voice Matters.

Lastly, FCT is still on the hunt for a New Driver. We are now taking applications at the transit office 1008 N 11th St. If you're needing more information, please contact us at **620-272-3626**.

Senior Center Activity Calendar

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1				* By APPOINTMENT ONLY ** Need to Register with Della	8:30 Line Dancing 1 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 6:00 Association Covered Dish	1:00-4:00 Billiards
2:00 Duplicate Bridge	3 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 9:30 Boot Hill Casino (Dodge City) ** 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie Election Day	8:30 Line Dancing 12:30 Pinochle 1:00-2:30 Holcomb High School ,Help with Smart Phones Ipads and Tablets 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance–Moonshiners	9:30 Learn Wood Carving Class 9:30 Strength Training 10:00 Art Class 10:30 Bingo 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards
2:00 Duplicate Bridge	Senior Center & Transit Closed	9:30 Strength Training 11:45 Trivia Tuesday	8:30 Line Dancing 9:30 Completely Unraveled 10:30 Senior's Voice Committee 12:30 Pinochle 1:00 Foot Clinic * 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-OK Cowboys	9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 10:30 Nurse 1:00 Legal Aide * 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge	11:00-3:00 Association Fall Fest 1:00-4:00 Billiards
2:00 Duplicate Bridge	17 12:30 Double Pinochle 1:00 Enhance Fitness 2:00 FCCA MEETING 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Strength Training 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 10:00 Commodities 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Ortiz Band	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 5:00 Stay Strong, Stay Heathy 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 22 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge	9:00 Quilts of Valor 1:00-4:00 Billiards
2:00 Duplicate Bridge	24 12:30 Double Pinochle 25 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Strength Training 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	9:30 Completely Unraveled 27 1:00 Senior Center & Transit Early Closure No Dance	HaThank	PPY Sgiving & Transit Closed	30

Senior Center Activity Calendar

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 5:30 Christmas Craft Class** 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:00 Let's Decorate the Senior Center 3 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie S & S Day	8:30 Line Dancing 4 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Craig Stevens	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 Fun and Games 1:00 Enhance Fitness 1:15 Bridge 6:00 Association Covered Dish Covered Dish Supper	1:00-4:00 Billiards
2:00 Duplicate Bridge	12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 9:30 Boot Hill Casino (Dodge City) ** 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 1:00 Foot Clinic * 1:00 Enhance Fitness 4:00 Strength Training 6:30 Christmas Light Tour 7:30 Dance-Moonshiners	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 Fun and Games 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards
2:00 Duplicate Bridge	12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 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 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie 6:30 Christmas Light Tour **	8:30 Line Dancing 12:30 Pinochle 1:00 Enhance Fitness 1:30 FCCA MEETING 4:00 Strength Training 7:30 Dance–Ortiz Band	9:30 Strength Training 19 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 6:30 Christmas Light Tour **	8:30 Line Dancing 10:30 Nurse 1:00 Legal Aide * 1:00 Christmas Party 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards
2:00 Duplicate Bridge	12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 6:30 Christmas Light Tour 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 1:00 Senior Center & Transit Early Closure	Senior Center & Transit Closed No Dance	9:30 Learn Wood Carving Class s 26 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	10:30 Nurse 27 1:00 Enhance Fitness 1:15 Bridge	9:00 Quilts of Valor 1:00-4:00 Billards
29 2:00 Duplicate Bridge	12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	9:30 Learn Wood Carving Class 31 9:30 Strength Training 11:45 Trivia Tuesday 1:00 Senior Center & Transit Early Closure New Years Eve				* By APPOINTMENT ONLY ** Need to Register with Della