



USDA Commodities

**Wednesday,
January 29
10:00A.M.**

**A 2020 commodities card
is required.**

Everyone must recertify.

**Proof of income for everyone
in the household.**

Must be a Finney County Resident.



**Please join us.
Senior's Voice Committee.
Wednesday February 5,
10:30 A.M. We will plan
activities for March and
April.**

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

NON-PROFIT
BULK RATE
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GARDEN CITY, KS.



Finney County Committee on Aging, Inc.

January/February 2020

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

I will never give in to old age until I become old.....And I'm not old yet!



- | January | February |
|--|--|
| 3rd- 6:00 P.M. Association Covered Dish Supper | 5th- 10:30 A.M. Senior's Voice Committee |
| 8th- 9:30 A.M. Trip to Boot Hill Casino, Dodge City** | 6th - 10:30 A.M. BINGO. Cost for each card |
| 1:00 P.M. Foot Clinic | \$1.00. NO Limit on Cards |
| 9th- 10:30 A.M. BINGO. Cost for each card | 7th- 6:00 P.M. Association Covered Dish Supper |
| \$1.00. NO Limit on Cards | 11th- Shimmer & Shine Day |
| 15th- 8:30 A.M. Rise & Shine Breakfast | 12th- 1:00 P.M. Foot Clinic |
| 1:30 P.M. FCCA Meeting | 13th- 9:30 A.M. Trip to Boot Hill Casino, Dodge City** |
| 16th- 11:30 A.M. Lunch & Learn | 14th- 11:30 A.M. Valentine's Party and Lunch (this is not a free lunch) |
| 21st- Shimmer & Shine Day | 19th- 1:30 P.M. FCCA Meeting |
| 23rd- 4:30 P.M. Sequoyah 9 Theater Dr. Dolittle (tentative) ** | 20th- 11:30 A.M. Lunch & Learn |
| 29th-10:00 A.M. Commodities | 21st- 12:45 P.M. Movie & Popcorn |
| 31st-11:30 A.M. SAD to Fun Party and Lunch (this is not a free lunch) | 25th 11:30 A.M. Mardi Gras Party and Lunch (this is not a free lunch) |
| | 27th- 9:00 A.M. Little Jerusalem Badland State Park Oakley/Scott City ** (Weather Permitting) |



Welcome 2020
**Tuesday December 31, the
Senior Center and Transit
Center will close at 1:00. We
will be closed all day
Wednesday, January 1.
Have a wonderful New Year.**

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.

Rose Martinez. Thank You, for being our Shimmer & Shine Senior in November.

January's Shimmer and Shine Senior is Darrel Combs. We will honor Darrel at 11:45 A.M. on Wednesday, January 21st before lunch. Our February 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 supper and meeting. Bring something tasty to eat and enjoy.

Entertainment by:

January 3rd- Ken Degenhardt
February 7th-Modern Show



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.

January 15 at 1:30

February 19 at 1:30

Meetings are open to the public.

What's New

Walk with Ease

This is a program/guide to walking for better health, improved fitness and less pain.

Each Class includes:

Walking

Health education

Stretching and Strengthening

Motivational Tips

This is a Kansas Arthritis program.

We will begin on January 21 at 4:00 P.M

We will meet three times a week for six weeks

Classes will be held at St. Catherine Hospital in the basement.

Rise and Shine



Join us for
BREAKFAST
Wednesday
January 15

8:30-9:30 A.M.

Please sign up with Della

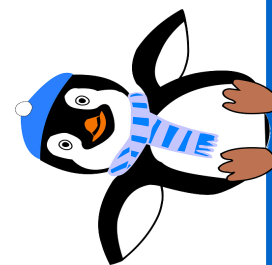
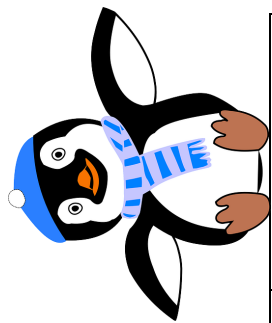



January 31 at 11:30 - When the long winter days are making you sad come and party and have fun at our SAD to Fun Party (this is not a free lunch).

February 14 11:30-Valentine's Party. (this is not a free lunch)

February 25-11:30 Mardi Gras Fun....Party and Lunch (this is not a

Friendship Meals January 2020



| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|--|
| | | Senior Center/ Transit CLOSED for New Year's Day | BBQ Pulled Pork on a bun Au Gratin Potatoes Mixed Vegetables Fruit | Ham & Beans Corn Muffin Sliced Carrots Fruit | Saturday Sack 4 Lunch Delivered with Friday's Meal |
| Swedish Meatballs White Rice Lima Beans Orange Sherbet | Connie's Homemade Chili Crackers Cinnamon Roll Corn Fruit | Rosemary Pork Loin 8 Au Gratin Potatoes Broccoli Fruit | Teriyaki Chicken 9 Fried Rice Mixed Vegetables Pudding | BBQ Riblet on a Bun 10 Scalloped Potatoes Peas Fruit | Saturday Sack 11 Lunch Delivered with Friday's Meal |
| Beef and Noodles 13 Broccoli Garlic Bread Stick Fruit | Roasted Turkey 14 Breast Mashed Potatoes/Gravy Baby Carrots Angel Food Cake | Shepherd's Pie 15 Green Beans Pudding | Swiss Cheeseburger 16 with grilled Onions on a Bun Seasoned Red Potatoes Baked Beans Fruit | Tuna Casserole 17 Corn Muffin Peas Fruit | Saturday Sack 18 Lunch Delivered with Friday's Meal |
| Chicken Fajita on 20 Tortilla with Grilled Peppers and Onions Spanish Rice Green Beans Cookie | Roasted Beef 21 Mashed Potatoes/Gravy Green Beans with Bacon Fruit | Tater Tot 22 Casserole California Vegetables Celery /Peanut Butter Fruit | Sloppy Joe on Bun 23 Assorted Chips Broccoli Strawberry Ice Cream | Chicken /Noodles 24 Mashed Potatoes Sliced Carrots Fruit | Saturday Sack 25 Lunch Delivered with Friday's Meal |
| Chicken Fried 27 Steak Mashed Potatoes/Gravy Corn Fruit | Baked Ham with 28 Pineapple Slice Candied Sweet Potatoes Green Beans Fruit | Chicken Tenders 29 Mashed Potatoes Gravy Broccoli Cookie | Spaghetti with 30 Meat Sauce Breadstick Peas Fruit | Meatloaf 31 Baked Potato Sour Cream Cauliflower Fruit |  |

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 WANT.

Menu is subject to change.



FUN TIMES



THANK YOU!

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

Lunch and Learn will be on
January 16 –Life Save: Ashley Lawless: New Partnership with the University of Kansas Health System and new special pricing offered to Medicare Beneficiaries for membership

February 20-Justin Brown, FNP, Plaza Medical:
Cholesterol & High Blood Pressure

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.



Up Coming Bus Trips Need to Register with Della

Wednesday, January 8, 9:30 A.M.-4:00 P.M. Boot Hill Casino, Dodge City

Thursday, January 23, 4:00 P.M. Sequoyah 9 Theater, Dr. Dolittle (Tentative)

Thursday, February 13, 9:30 A.M.-4:00 P.M. Boot Hill Casino, Dodge City

Thursday, February 27, 9:00 A.M. Little Jerusalem Badland State Park, Oakley/ Scott City (weather permitting)

Moving On with Shari



COME SEE US

Happy New Years! The holidays passed by in a whirl of activities. We are excited about all the activities and events we are planning for you in 2020; casinos, movies, sightseeing trips, museums, new exercise classes, breakfast is served and Mardi Gras, to name a few. Please consider bringing a friend with you in January; we are always looking for new seniors to try us out. I promise you fun times and a caring staff. **Opportunity awaits, come see us!**

Della's Delightful Details



Hello from Della's Delightful Details. Hope everyone had a very Merry Christmas and is ready to have a wonderful and exciting New Year.

We will have commodities again on Jan. 29, 2020. If you think you may qualify for commodities, you will need to meet income guidelines for everyone in your household and be a Finney County resident. You need to get a 2020 Commodities card. Please come in right after the New Year and get your new card. Come in early on the 29nd and get your name on the list as I start passing the commodities out at 10:00 a.m. according to the number of people I have signed in.

We have quite a few exercise class going on and lots of different card games to take part in. We have a lot of different kinds of games that might interest you more. We have different trips that we plan on taking. If you have something in mind that you would like to do, please visit with Shari about it. The senior center is a nice place to associate with other people.

Making Seniors Happy

Patti Thummel Activities Director/Meals on Wheels Director



2020, let's make this the year to get up and move. As they say, "move it or lose it" this definitely is important as we age. We have many exercise opportunities here at the Senior Center. **Enhance fitness** is provided by the YMCA, they target strength, balance and stretching. **Strength Training** is working with light weights, targeting legs, glutes, and upper body, balance and stretching. Monday evening **Zumba** is a cardio workout. **PIYO/ Yoga** is on Tuesday and Wednesday it's a total body workout. I am happy to announce that we are pairing up with Live Well Finney Co and will bring in a new **Walk with Ease** program. This is a program/guide to walking for better health, improved fitness and less pain. This is a Kansas Arthritis program. We will begin on January 21, it will be held every Tuesday, Wednesday and Friday at 4:00 P.M. Classes will be in the basement at the hospital so we can take advantage of their walking area. With this and all our programs we want you to work at your own pace. All of these classes are offered to our seniors free of charge. We hope to see you at one or **ALL** of our exercise classes.



The following groups will be delivering Meals on Wheels in January & February Thank You!!

Church of the Nazarene
Southern Baptist Church
Route 7- Duane Riley

RSVP
Black Hills Energy

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.



Greetings from the Kitchen Korner. It has been a busy month in the kitchen. The holidays always bring unexpected surprises our way.

Please come in and join us for a good, healthy meal. The cost is minimal compared to a comparable meal elsewhere. It is a suggested donation of \$3.50 for 60 and over and for those that are younger than 60 it is a required cost of \$5.75.

Not only can you receive a great meal but there are many different activities that being offered at the center or someone could just come in for good conversation with others.

Stop by and check us out or call the Senior Center if there are any questions that you might have about the meal site. Just ask for Leslie and I will be glad to talk with you. For the upcoming year I would like to challenge everyone to bring a friend with them to eat.

Leslie McCue,
Nutrition Site Manager



Finney County Transit
1008 N 11th St.
Garden City, Kansas 67846
620-272-3626

HAPPY NEW YEAR HAVE A WONDERFUL 2020!

Finney County Transit is currently on the hunt for a **NEW** part-time dispatcher. We are currently taking applications at our transit office at **1008 N 11th St.** If you're needing more information, Please contact us at **620-272-3626.**

Finney County Transit just received two new buses towards the ending of 2019. Bus #38 is our newest City Link bus and will be rolling out in the new year 2020. Bus #39 is our newest Mini-Bus and it is already out servicing our people.

Effects of Aging and How to Counteract Them

As we age, our muscles begin to shrink and lose mass as well as elasticity and flexibility. Our bones become less dense and more fragile as they age, which increases the risk for fractures.

Whenever our joints lack flexibility, mobility, or strength we are more susceptible to pain and injury, but we can slow the effect that again has on our bodies simply by staying active. Staying active can even help prevent the degeneration of cartilage by keeping the joints well lubricated.

When starting a new exercise routine, it is always best to start light and see how our bodies tolerate the new exercise before progressing to something more difficult. Join me, Myranda Griebel for our new balance clinic on the 2nd Friday of each month. Call 260-2196 for more information.



Senior Center Activity Calendar




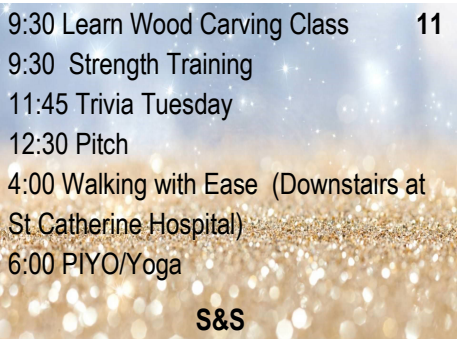






January 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|--|---|
| | | | 1 Senior Center & Transit Closed NO DANCE | 2 9:30 Learn Wood Carving Class 9:30 Strength Training 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga | 3 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 6:00 Association Covered Dish Supper | 4 1:00-4:00 Billiards |
| 5 2:00 Duplicate Bridge 2:00 Duplicate Bridge | 6 12:30 Double Pinochle 1:00 Enhance Fitness 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge | 7 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 | 8 9:30 Completely Unraveled 9:30 Boot Hill Casino (Dodge City) ** 12:30 Pinochle 1:00 Foot Clinic* 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Bob Walters | 9 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 6:00 PIYO/Yoga | 10 10:30 Nurse 11:30 Balance Clinic 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge | 11 1:00-4:00 Billiards |
| 12 2:00 Duplicate Bridge | 13 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge | 14 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 | 15 8:30 Rise and Shine Breakfast ** 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 1:30 FCCA Meeting 4:00 Strength Training 7:30 Dance-Ortiz Band | 16 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 | 17 10:30 Nurse 11:30 Music by Al Miller 1:00 Enhance Fitness 1:00 Legal Aide* 1:00 Fun and Games 1:15 Bridge | 18 1:00-4:00 Billiards |
| 19 2:00 Duplicate Bridge | 20 12:30 Double Pinochle 1:00 Enhance Fitness 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge | 21 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga | 22 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Moonshiners | 23 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 1:00 SkipBo 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 4:30 Sequoyah 9 Theater Dr. Dolittle (tentative)** 6:00 PIYO/Yoga | 24 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) | 25 9:00 Quilts of Valor 1:00-4:00 Billiards |
| 26 2:00 Duplicate Bridge | 27 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge | 28 9:30 Strength Training 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga | 29 9:30 Completely Unraveled 10:00 Commodities 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Craig Stevers | 30 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 1:00 SkipBo 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga | 31 10:30 Nurse 1:00 Enhance Fitness 1:00 Sad to Fun Party 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) | * By APPOINTMENT ONLY ** Need to Register with Della |

The Senior Center is available to rent for parties, birthday, reunions, etc.
If you have a special event coming and are looking for a non-drinking, non-smoking facility.
Call Della at 272-3620.

Senior Center Activity Calendar

February 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------|---|--|---|---|--|---|
| | | | | | | 1 1:00-4:00 Billiards |
| | | | | | * By APPOINTMENT ONLY ** Need to Register with Della | |
| 2 2:00 Duplicate Bridge | 3 12:30 Double Pinochle 1:00 Enhance Fitness 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge  | 4 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga | 5 9:30 Completely Unraveled 10:30 Senior Voice Committee 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-OK Cowboy  | 6 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 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga  | 7 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 Association Covered Dish Supper  | 8 1:00-4:00 Billiards |
| 9 2:00 Duplicate Bridge | 10 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge | 11 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga S&S  | 12 9:30 Completely Unraveled 12:30 Pinochle 1:00 Foot Clinic * 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Moonshiners  | 13 9:30 Strength Training 9:30 Boot Hill Casino (Dodge City) ** 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga w/Tessie  | 14 10:30 Nurse 11:30 Balance Clinic 1:00 Enhance Fitness 1:00 Valentine's Party 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) Happy Valentine's Day  | 15 1:00-4:00 Billiards |
| 16 2:00 Duplicate Bridge | 17 12:30 Double Pinochle 1:00 Enhance Fitness 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge | 18 9:30 Learn Wood Carving Class 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga  | 19 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 1:30 FCCA Meeting 4:00 Strength Training 7:30 Dance-Ortiz Band  | 20 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn ** 1:00 SkipBo 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga  | 21 10:30 Nurse 11:30 Music by Al Miller 12:45 Movie & Popcorn 1:00 Enhance Fitness 1:00 Legal Aid* 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital)  | 22 1:00-4:00 Billiards |
| 23 2:00 Duplicate Bridge | 24 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge  | 25 9:30 Learn Wood Carving Class 9:30 Strength Training 11:30 Mardi Gras Fun Party and Lunch (this is NOT a free lunch) 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga  | 26 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-Craig Stevens | 27 9:00 Little Jerusalem Badland State Park -Oakley/Scott City ** (Weather Permitting) 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga  | 28 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) | 29 9:00 Quilts of Valor 1:00-4:00 Billiards |