



USDA Commodities

**Wednesday,
March 25
10:00 A.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 April 8,
12:45 P.M. We will plan activities for May and June and fill Easter Eggs for the Easter Egg Hunt.**

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.



Finney County Committee on Aging, Inc.

March/April 2020

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

GROWING OLD IS MANDATORY; GROWING UP IS OPTIONAL.



March

- 5th- 10:30 A.M. **BINGO**. Cost for each card \$1.00. NO Limit on Cards
- 6th- 6:00 P.M. **Association Covered Dish Supper**
- 9th-11:45 A.M. **Birthday Celebration**
- 10th- 9:30 A.M. **Trip to Boot Hill Casino, Dodge City****
- 11th -1:00 P.M. **Foot Clinic***
- 13th-12:30 **Chocolate Chip Cookie Bake off Judging**
followed by **Cookies and Milk**
- 17th – **Shimmer & Shine Day**
10:00 A.M. **Foot Clinic***
- 18th- 1:30 P.M. **FCCA Meeting**
- 19th- 11:30 A.M. **Lunch & Learn****
- 20th- 8:30 A.M. **Rise & Shine Breakfast**
11:30 **Music by Al Miller**
- 25th-10:00 A.M. **Commodities**
- 27th– **Senior Center Goof off Day**



MARCH 8th



April



- 1st– 11:30 A.M. **April Fools Party** (this is not a free lunch)
- 2nd - 10:30 A.M. **BINGO**. Cost for each card \$1.00. NO Limit on Cards
- 3rd
6:00 P.M. **Association Covered Dish Supper**
- 8th– 12:45 P.M.. **Senior's Voice Committee & Fill Easter Eggs**
- 9th- 9:30 A.M. **Trip to Boot Hill Casino, Dodge City****
- 10th– 1:00 P.M. **Easter Egg Hunt**
- 13th-11:45 A.M. **Birthday Celebration**
- 14th- 6:00-8:00 P.M. **Paint and Canvas**
- 15th- 1:00 P.M. **Foot Clinic ***
1:30 P.M. **FCCA Meeting**
- 16th- 11:30 A.M. **Lunch & Learn**
- 17th-11:30 **Music by Al Miller**
- 21st– **Shimmer & Shine Day**
10:00 A.M. **Foot Clinic ***
- 22nd- 8:30 A.M. **Rise & Shine Breakfast 88**
- 24th 9:00 A.M. **Volunteer Appreciation**



3rd



APRIL 12th

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.

Our March 17th Shimmer and Shine Senior will be, Robert De La Rosa.



Monthly Birthday Celebrations

HealthWatch/Mays Home Health Will be presenting a Birthday Cake on the 2nd Monday of each month, at 11:45 A.M. Please let us know if you are having a birthday in March or April.



Garden City
ARTS

PAINT & CANVAS

April 14, 6:00-8:00 P.M.

Limited Spots Available

\$8.00 a person

Reserve your spot with Della



Chocolate Chip Cookie Bake Off

Bring in 2 dozen of your famous Homemade Chocolate Chip Cookies on Friday, March 6 by 12:00 P.M.

Judging will be at 12:30 P.M. Milk and Cookies will follow.



Join the staff and **GOOF OFF**

Friday, March 27

Wear your Pajamas

Play Games

Movie and Popcorn

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:

March 6— Wisemen
April 3-Willis Pracht

Rise
and
Shine



Join us for
BREAKFAST
8:30-9:30 A.M.
Friday, March 20
Sponsored by Square Deal
Handi Services LLC
Wednesday, April 22

Please sign up with Della

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.

March 18 at 1:30

April 15 at 1:30

Meetings are open
to the public.



March 17th St Patrick's Day, Wear something **GREEN**

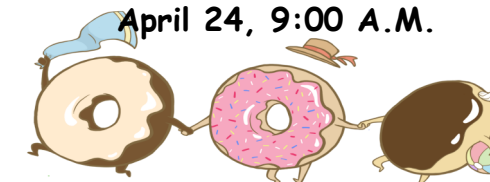


April 1st, 11:30 A.M. April Fools Party. (this is not a free lunch)

DONUT know what we would do without you!

If you volunteer at the Senior Center, Meals on Wheels or Friendship meals please join us.

VOLUNTEER APPRECIATION
April 24, 9:00 A.M.



EASTER EGG HUNT

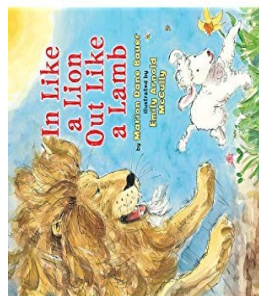
Bring your Grand Kids or Great-Grand Kids to hunt Easter Eggs

Friday, April 10 at 1:00



Friendship Meals

March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Fried Steak Mashed Potatoes/Gravy Corn Fruit	3 Baked Ham with Pineapple Slice Candied Sweet Potatoes Green Beans Strawberry Ice Cream	4 Chicken Tenders Mashed Potatoes Gravy Broccoli Pudding	5 Spaghetti with Meat Sauce Breadstick Peas Fruit	6 Potato Crusted Cod Filet Garlic Mashed Potatoes Green Beans Cookie	7 Saturday Sack Lunch Delivered with Friday's Meal
8	9 Goulash Corn Garlic Bread Fruit	10 Chicken Fried Chicken on a bun with Cheddar Cheese & Bacon Scalloped Potatoes Peas Fruit	11 Tater Tot Casserole Broccoli Corn Muffin Fruit	12 Meatloaf Baked Potato Sour Cream Brussel Sprouts Pudding	13 Garlic Shrimp Over White Rice Sliced Carrots Bread Stick Grandma's Cookie	14 Saturday Sack Lunch Delivered with Friday's Meal
15	16 Swedish Meatballs White Rice Lima Beans Orange Sherbet	17 Roasted Turkey Breast Mashed Potatoes/Gravy Corn Chocolate Pudding	18 Cheeses Stuffed Manicotti with Meat Sauce Winter Blend Veg. Bread Stick Oreo Cookie	19 Chicken, Rice and Broccoli Casserole Carrots Garlic Toast Pudding	20 Fried Fish Filet on Bun with Cheese Slice and Tarter Sauce Macaroni and Cheese Peas Fruit	21 Saturday Sack Lunch Delivered with Friday's Meal
22	23 Chicken Spaghetti Winter Blend Vegetables Corn Muffin Fruit	24 Sloppy Joe on Bun Assorted Chips Broccoli Fruit	25 Truck Drivers Casserole Peas Orange Sherbet	26 Swiss Cheeseburger with grilled Onions on a Bun Seasoned Red Potatoes Baked Beans Fruit	27 Fried Shrimp Au Gratin Potatoes Green Beans Oreo Cookies	28 Saturday Sack Lunch Delivered with Friday's Meal
29	30 BBQ Riblet on a Bun Scalloped Potatoes Peas and Carrots Grandma Cookies	31 Meatballs in Mushroom Gravy Buttered Egg Noodles Green Beans Fruit				



GOOD TIMES

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

Lunch and Learn will be on
March 19 –Anita McGraw -Post Hospital Care and Independent Living
April 16-Rehab- Nicole Navarro

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
Tuesday March 10th, 9:30 A.M.– 4:00 P.M.
Boot Hill Casino, Dodge City

Thursday April 9th, 9:30 A.M.– 4:00 P.M. Boot Hill Casino, Dodge City

Moving On with Shari



STOP BY AND SEE WHATS GOING ON AT TRANSIT & THE SENIOR CENTER!!

2020 – I can't believe that 2 months have already passed us by. We started some new activities and have seen some very positive menu changes so far this year. There is a lot to look forward to in March and April: chocolate chip cookies, volunteer appreciation week, St. Patrick's Day and Easter, to name a few celebrations we are hosting. We are adding Birthday celebrations each month, beginning in March. We are always looking for ideas for new activities and trips. Call me or stop by and help us figure out our next BEST THING. Where do you want to go? What is there to see and do as the weather becomes more reliable? Come along and explore our local museum and see the bison with us – see what our transit system is all about. I promise you fun times and a caring staff.

Opportunity awaits, come join us, bring a friend along, too.
Shari Campbell



Hello from Della's Delightful Details. It is now getting closer to spring time and warmer weather. The older I get the more I dislike the cold weather. Daylight saving time begins on March 8th so make sure you turn your clocks ahead one hour.

We will have commodities again on Mar. 25, 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 as soon as you can and get your card. Come in early on the 25th and get your name on the list as I start passing the commodities out at 10:00 a.m. (weather permitting) 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. If you are not interested in cards we have a lot of different 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, she is always open for suggestions. The senior center is a nice place to get together and associate with other people.

Spring time starts on March 19. Hope everyone has a Happy St. Patrick's Day and a wonderful Easter.

Making Seniors Happy

Patti Thummel Activities Director/Meals on Wheels Director



As I was going through and posting the pictures from the last couple of months I'm reminded again of how much fun we've been having around here. I'm going to ask you all a big favor, please invite a friend, neighbor or family member to some of our fun activities. Lets put a smile on their faces, just like the ones I see on all of yours in these pictures. As always if there is ever an activity you would like to try or a place you would like to visit please let staff know.



The following groups will be delivering Meals on Wheels in March and April .Thank You!!

RSVP
Finney County Staff
Church of the Brethren
First United Methodist Church

Presbyterian Church
The Ranch House
Western State Bank
Route 7- Duane Riley



Greetings from the Kitchen Korner. The numbers of meals that are being served is steadily increasing. There are several new items on the menu for the upcoming months. Stop in and check some of them out.

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 are 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. Don't forget, for the New Year I challenged everyone to bring a friend with them to eat. We would love to see some new faces at the center.

Leslie McCue,



Rhonda Everett
Finney County Transit Director
Finney County Committee on Aging, Inc.
1008 N 11th Street
Garden City, KS 67846
620.272.3626



March 19, 2020 is Transit Driver Appreciation Day and we would like to say thank you to all our drivers for all that they do day in and day out. We would also like to send a warm welcome to the newest driver, Harold "BUD" Mathews. Welcome aboard.

Finney County Transit is accepting applications for a Part-Time Dispatcher, applications are available at the Transit Center located at 1008 N. 11th Street.

Reminder: Our Youth Go Free During School Breaks' Spring Break: March 16th - 20th, 2020.

You will be able to find us at Lee Richardson Zoo on April 22, 2020 for their annual Earth Day Event. This event's purpose is to enrich the next generation about the importance of environmental protection while giving them easy, affordable and interesting ways to adopt ecofriendly habits.

Hop on board one of our four fixed routes to Hunt out one of our 51 destinations or call 24hrs in advanced to schedule a ride with one of our paratransit buses. If you need any assistance with the paratransit application process, one of our friendly dispatchers will be happy to help, Call: 620-272-3626.








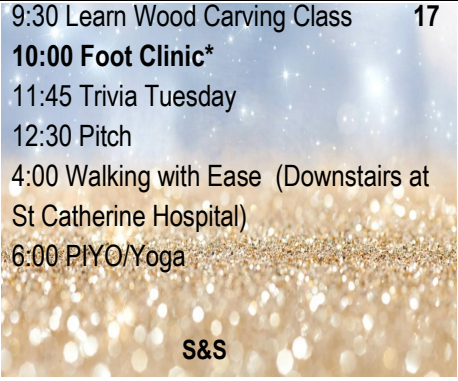







"TRANSIT SHENANIGANS" March 2nd-17th keep your eyes peeled for this Lucky Leprechaun. March 30th-April 10th be on the hunt for Easter Eggs. These can be found on FCT Buses, City Link bus stops, the Senior Center the Transit Center. If found, they will be labeled with a prize and can be deemed at The Transit Center dispatch office. Possible Prize's: Treats, Coupons, Tokens or a \$10.00 Punch Card.



Senior Center Activity Calendar








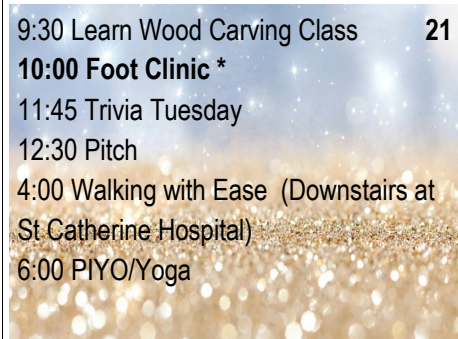



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2:00 Duplicate Bridge	2 12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge 	3 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	4 9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 4:00 Strength Training 7:30 Dance–Moonshiners	5 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 	6 9:00 Country Line Dance 10:30 Nurse 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 Association Covered Dish Supper 	7 1:00-4:00 Billiards
 8 2:00 Duplicate Bridge	9 12:30 Double Pinochle 11:45 Birthday Celebration 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge	10 9:30 Learn Wood Carving Class 9:30 Boot Hill Casino (Dodge City) ** 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga 	11 9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 1:00 Foot Clinic* 4:00 Strength Training 7:30 Dance–Craig Stevens 	12 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	13 9:00 Country Line Dance 10:30 Nurse 11:30 Balance Clinic 12:30 Chocolate Chip Cookie Bake off 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hosp.)	14 1:00-4:00 Billiards
15 2:00 Duplicate Bridge	16 12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge 	17 9:30 Learn Wood Carving Class 10:00 Foot Clinic* 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga 	18 9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 1:30 FCCA Meeting 4:00 Strength Training 7:30 Dance–Ortiz Band	19 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 	20 8:30 Rise and Shine Breakfast **9:00 Country Line Dance 10:30 Nurse 11:30 Music by Al Miller 1:00 Legal Aide* 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hosp.) 	21 1:00-4:00 Billiards
22 2:00 Duplicate Bridge	23 12:30 Double Pinochle 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge	24 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	25 9:00 Country Line Dance 9:30 Completely Unraveled 10:00 Commodities 12:30 Pinochle 4:00 Strength Training 7:30 Dance–Bob Walters 	26 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 	27 9:00 Country Line Dance 9:30 Play Games with Staff 10:30 Nurse 1:15 Bridge 1:30 Movie & Popcorn with Staff 4:00 Walking with Ease (Downstairs at St Catherine Hospital)	28 9:00 Quilts of Valor 1:00-4:00 Billiards
29 2:00 Duplicate Bridge	30 12:30 Double Pinochle 1:00 Enhance Fitness 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge 	31 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				* 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

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* 2:00 Duplicate Bridge			9:00 Country Line Dance 9:30 Completely Unraveled 11:30 April Fools Party 12:30 Pinochle 4:00 Strength Training 7:30 Dance-OK Cowboy	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	9:00 Country Line Dance 10:30 Nurse 1:00 Fill Easter Eggs 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 Association Covered Supper	1:00-4:00 Billiards
5 2:00 Duplicate Bridge	12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge	6  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	7 9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 12:45 Senior Voice Committee & fill Easter Eggs 4:00 Strength Training 7:30 Dance-Moonshiners	8  9:30 Learn Wood Carving Class 9:30 Boot Hill Casino (Dodge City) ** 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	9  9:00 Country Line Dance 10:30 Nurse 11:30 Balance Clinic 1:00 Bring your Grand Kids or Great -Grand Kids for Easter Egg Hunt 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital)	10 1:00-4:00 Billiards
12 2:00 Duplicate Bridge 	12:30 Double Pinochle 11:45 Birthday Celebration 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge	13 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 6:00-8:00 Paint and Canvas **	14 9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 1:00 Foot Clinic * 1:30 FCCA Meeting 4:00 Strength Training 7:30 Dance-Ortiz Band	15  9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn ** 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	16  9:00 Country Line Dance 10:30 Nurse 11:30 Music by Al Miller 1:15 Bridge 1:00 Legal Aid* 4:00 Walking with Ease (Downstairs at St Catherine Hospital)	17 1:00-4:00 Billiards
19 2:00 Duplicate Bridge	12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge	20  9:30 Learn Wood Carving Class 10:00 Foot Clinic * 11:45 Trivia Tuesday 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga	21  8:30 Rise and Shine Breakfast ** 9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 1:00 Enhance Fitness 4:00 Strength Training 7:30 Dance-DJ Larry Vogel	22  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	23 9:00 Country Line Dance 9:00 Volunteer Appreciation 10:30 Nurse 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital)	24 9:00 Quilts of Valor 1:00-4:00 Billiards
26 2:00 Duplicate Bridge	12:30 Double Pinochle 4:00 Strength Training 6:00 Zumba 7:00 Duplicate Bridge	27  9:30 Learn Wood Carving Class 9:30 Strength Training 12:30 Pitch 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 PIYO/Yoga	28  9:00 Country Line Dance 9:30 Completely Unraveled 12:30 Pinochle 4:00 Strength Training 7:30 Dance-Ortiz Band	29 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	30 9:00 Country Line Dance 10:30 Nurse 1:00 Fill Easter Eggs 1:15 Bridge 4:00 Walking with Ease (Downstairs at St Catherine Hospital) 6:00 Association Covered Supper	* By APPOINTMENT ONLY ** Need to Register with Della