



USDA Commodities

Wednesday, 10:00 A.M.

July 28th

August TBA

A 2021 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 Voice Committee.

Wednesday, July 28, 11:30 AM.

We will plan activities for September (National Senior Center Month) and October

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.



July/August 2021

Finney County Committee on Aging, Inc.

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

ACTIVITIES AT A GLANCE



July



August



1st- 10:30 A.M. **BINGO.** Cost for each card \$1.00. NO Limit on Cards

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

2nd- 6:00 P.M. **Association Supper Covered Dish Supper**

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

12th- 12:45 P.M. **Silver Brushes****

13th- 12:15 P.M. **Watermelon**

16th- 11:30 A.M. **Music by Al Miller**

16th- 12:45 P.M. **Silver Brushes****

21st- 1:30 P.M. **FCCA Meeting**

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

28th- 10:00 A.M. **Commodities**

19th- 12:30 P.M. **Tropical Party**

11:30 A.M. Senior Voice Committee

20th- 11:30 A.M. **Music by Al Miller**

30th- 12:15 P.M. **Ice Cream Cones**

25th- 12:15 P.M. **Banana Splits**

31st- 11:30 A.M. **Jeopardy**



In Observance of Independence Day

The Senior Center and Transit will be closed

Monday

July 5



Rise and Shine Breakfast

We will not be having Rise and Shine breakfasts over the summer. We plan to resume them in September.

Silver Brushes

Silver Brushes is a painting group that meets once a month. We are trying different types of painting and different objects to paint on. Join us for a fun filled activity. There is **limited seating**, so get signed up with Della.

12:45 P.M. Monday, July 12th

12:45 P.M. Monday, August 16th

Free will donation appreciated.

Senior Citizens Association



Please join us on the first Friday of every month at 6:00 P.M. for the Association supper and meeting.

July 2nd-Covered Dish

Bring something tasty to share.
Entertainment by
Last Resort

August 6th- Covered Dish

Bring something tasty to share.
Entertainment by
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.

July 21st at 1:30

August 18th at 1:30

Meetings are open
to the public.



Where can you get a great **FREE** workout?

Answer-At the Senior Center of course!!

Give us a try.

Intermediate Strength Training

Working with light weights and resistance bands

July-9:00 A.M. Monday and Wednesday

August-4:00 P.M. Monday and Wednesday



Cardio Drumming

This is a great cardio workout and lots of fun!

5:15 P.M. Tuesdays and Thursdays



Beginners Strength Training

- ◆ Strength training is just what older bodies need to fight the loss of muscle mass and strength.
- ◆ Strength and balance training are shown to help decrease the amount of falls and resulting injuries by 55%.
- ◆ Strengthening of the abdominal and low back muscle core often helps relieve lower back pain.

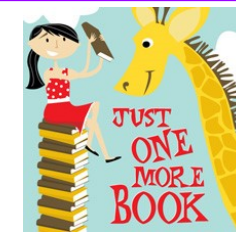
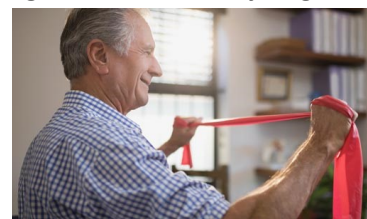
Join Patti for 9 weeks of basic strength training using light weights and resistance bands.

Starting August 10

Every Tuesday and Thursday

9:00 A.M.

Register with Della by August 6th.



We are striving to make the library at the Senior Center more user friendly. We invite all of you to get a book or 2, there is a basket to put them in when you are finished and we will re-shelve them for you. We also have some audio books and DVDs and the current daily newspaper.

If you have books that need a new home, we would be happy to add them our library. We are in real need of westerns.

In our world full of electronics it still feels good to hold a book in your hands.



The Older Kansans Employment Program (OKEP)

Every Tuesday at 10:00 A.M.


The Older Kansans Employment Program (OKEP) is funded by the Kansas Legislature through the Kansas Department of Commerce to assist individuals who are age 55 and older in obtaining gainful employment. SWKAAA is the contracted provider for these and other employment services.





FRIENDSHIP MEALS

July 2021

Mon	Tue	Wed	Thu	Fri	Sat
5 CLOSED 	6 Meatloaf Baked Potato Sour Cream Broccoli Pudding	7 Ham Salad on Bun with American Cheese AuGratin Potatoes Baked Beans Fruit	8 Spaghetti Meat Sauce Breadstick Peas Oreo Cookie	9 Ham & Beans Corn Muffin Broccoli and Cheese Fruit	
12 Goulash Cauliflower & Cheese Sauce Garlic Bread Stick Cherry Tomatoes Fruit	13 BBQ Shredded Pork on Bun Scalloped Potatoes Green Beans Fruit	14 Chicken Tenders Mashed Potatoes Gravy Broccoli Pudding	15 Swiss Cheeseburger Bacon and Grilled Onions on a Bun Chips Oreo Cookie with Vanilla Ice Cream	16 Salmon Patty Seasoned Roasted Baby Red Potatoes Creamed Peas Fruit	
19 Salisbury Steak Mashed Potatoes Gravy Carrots Fruit	20 Baked Ham with Cheddar Mashed Potatoes Broccoli Ice Cream	21 Swedish Meatball Egg Noodles Mixed Vegetables Oreo Cookie	22 Teriyaki Glazed Pork Loin Mashed Potatoes Gravy Green Beans with Onions & Peppers Fruit	23 Beef Stew Biscuit Cole Slaw Fruit	
26 Chicken Fried Steak Mashed Potatoes Gravy Corn Fruit	27 Bacon Cheddar Cheese Hamburger on Bun AuGratin Potatoes Peas Ice Cream	28 Roasted Turkey Breast Mashed Potatoes Gravy Green Beans Fruit	29 Sloppy Joe on Bun Scalloped Potatoes Sliced Carrots Fresh Orange	30 Baked Chicken Legs Baked Potato Sour Cream Broccoli Fruit	

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

PLEASE HAVE YOUR MENU RETURNED BEFORE 9:00AM FRIDAY THE 30TH TO EAT ON MONDAY

Menu is subject to change.

Suggested \$3.50 for 60 and over \$5.75 mandatory for under 60



Ice Cream Flavors

M	O	T	T	O	W	R	A	R	A	B	N	D	I
A	A	Y	R	R	V	T	S	T	N	C	A	L	Y
P	G	G	I	E	A	K	T	A	A	O	T	I	E
L	P	C	P	I	N	G	R	O	N	O	I	A	K
E	S	N	L	R	I	C	A	T	A	K	L	T	O
W	E	R	E	F	L	H	W	U	B	I	O	R	P
A	S	O	T	U	L	O	B	N	I	E	P	E	Y
L	E	C	O	D	A	C	E	O	N	D	O	G	E
N	E	K	R	G	A	O	R	C	A	O	E	I	K
U	R	Y	N	E	N	L	R	O	C	U	N	T	O
T	Y	R	A	A	N	A	Y	C	E	G	I	D	H
I	N	O	D	N	O	T	O	A	P	H	C	E	I
T	N	A	O	S	A	E	T	N	E	E	R	G	R
A	T	D	C	O	T	T	O	N	C	A	N	D	Y

- TRIPLE TORNADO
- REESES
- NEOPOLITAN
- CHOCOLATE
- STRAWBERRY
- COTTON CANDY
- COCONUT
- ROCKY ROAD
- COOKIE DOUGH
- TIGER TAIL
- GREEN TEA
- HOKEY POKEY
- MAPLE WALNUT
- FUDGE
- PECAN
- BANANA
- VANILLA



PUZZLE FUN

Crossword Puzzles for Kids
States & Capitals

- ACROSS:**
- 1. West Virginia
 - 8. South Dakota
 - 10. Oklahoma
 - 11. Virginia
 - 12. Oregon
 - 15. Wisconsin
 - 17. Utah
 - 19. New Hampshire
 - 21. Ohio
 - 22. Vermont
 - 23. New York
 - 24. Pennsylvania
- DOWN:**
- 2. North Carolina
 - 3. New Mexico
 - 4. South Carolina
 - 5. Texas
 - 6. Nevada
 - 7. Wyoming
 - 9. Rhode Island
 - 13. Nebraska
 - 14. North Dakota
 - 16. Tennessee
 - 18. New Jersey
 - 20. Washington





Shari Campbell Executive Director
Moving on with Shari'

"Hello Summer."

We are still being cautious and using our common sense as it relates to the COVID-19 pandemic. We do have a lot of activities and daily meals for eat-in or for takeout. Just give us a call a couple of days in advance to reserve your meal(s).

I promise you fun times and a caring staff at the Senior Center and at Transit, too.

There is a lot to look forward to in July and August: Independence Day is a biggie. Not to be overlooked: July 1 is International Joke Day and August 16 is Tell a Joke Day. Here is my joke, celebrating both of those days:

If April showers bring May flowers, what do May flowers bring? Pilgrims

Knock, Knock. Who's there? Orange. Orange Who? Orange you glad I'm done telling jokes.

We still hope to get the wheels on our Senior Center bus going round and round again this summer – I am looking for a driver who would like to take us on 2-3 day trips each month. As soon as I have a driver, we will head on out to our first 2021 adventure. Preference on reservations will be given to those who are fully vaccinated from COVID-19

Opportunity awaits you at the Finney County Senior Center; come join us and bring a friend along, too. If you haven't been to the Center recently, you may not have seen our Christmas Tree. This month our tree is red, white & blue; celebrating Independence Day. Each month the tree is decorated for that specific month. It's a lot of fun and brightens the place up. I will be posting this newsletter and the July menu on our website at <http://www.finneycountyseniorcenter.org>

www.finneycountyseniorcenter.org

We are also pretty active on Facebook: Senior Center of Finney County. Check us out online for the latest news and any changes to the calendar.



Della Pierce
Office Manager

Hello from Della's Delightful Details: I now have the Farmers Market coupons in. You have to meet income guidelines for everyone in the household, be at least 60 years of age and be a Finney County resident. Come in and see me to get your coupons.

We will be having commodities again in July. I just found out the middle of **June** that they raised the income level to be eligible for the commodities. Everyone needs a **2021** commodities card to receive commodities. You will need to call in on Monday the 26th or Tuesday the 27th by 4:00 p. m. before I pass them out on Wednesday July 28th to get your name on the list, and please talk to me. If I'm not in, leave a message and I will get back with you. We will have commodities every month until the end of the year.



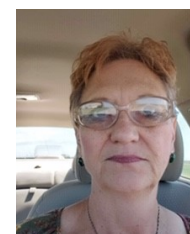
Making Seniors Happy
Patti Thummel Activities Director/Meals on Wheels Director

We offer a wide range of health, education, recreation, nutritional, volunteer and other social interaction opportunities for our seniors that enhance dignity, support independence, and encourage community involvement. We can provide a social environment beneficial to the development of a social support system reducing loneliness and depression.

How can you help? Invite your 55 years old or older friends or neighbors to join you for a day out at our Senior Center. If you see someone new coming into the center invite them to sit at your table for lunch or invite them to a favorite activity. It's pretty lonely and intimidating to be the "new person". Help us to roll out the welcome mat and show them some good ole southwest Kansas hospitality.



Thank you so much July & August volunteers-Finney County United Way, Home Town Realtors, Knights of St. Mary, St. Dominic Altar Society, RSVP, Garden City Board of Realtors, Finney County Employees, RSVP, American State Bank and Presbyterian Church.



Kitchen Korner

Leslie McCue—Nutrition Site Mgr.

We are steadily increasing in numbers for our Friendship Meals both in the center and the to-go meals. Our count has increased to about 52 on an average day. It is nice to see our friends back in the center once again not only for meals but other activities as well.

Anyone interested in our meal plan either for pick-up or to come in and eat at the center, please come talk to me or call at 620-272-3620 and I will be glad to explain how it works. There are menus listed in the newsletter.

I would also like to thank those who have given donations to the program. It sure helps with the costs to either donate food items needed or a cash donation we use for to-go trays or other items.

Give me a call to order a meal and try one out. There is a suggested donation of only \$3.50 for a good, healthy meal for anyone that is 60 years old or older. Anyone under 60 the meal will cost a mandatory \$5.75 per meal. I don't think there is any other place that a full meal costs any less.



Rhonda Everett
Finney County Transit Director
Finney County Committee on Aging,
Inc.
1008 N 11th Street



Finney County Transit has not charged fares since March 2020. Fares will resume July 1, 2021. Punch cards and Monthly passes will be available to purchase June 21, 2021. Kids ride Free until August 9th, 2021. 10 and under must be with someone 16+. Call 24 hours in advance when you reserve a spot on Mini Bus. You can sign up for our Mini Bus services by visiting us at the Transit Center to pick up an application or visiting us online at www.FinneyCountyTransit.org.

FCT will continue to take extra precautions to clean and disinfect commonly touched surfaces in the vehicles, spraying the vehicles every night with disinfectant. All riders must wear a face covering while in the transit center, waiting to board the bus, and riding the buses. Hand sanitizer is also available in the center and on all buses.

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

Many of you are familiar with Abby as a Dispatch/Driver over the last three years with Finney County Transit. We want to Congratulate Abby Powell on being promoted to our Assistant Director of Transportation.

***Thank you to The Church of The Nazarene for providing Free Bread and Popcorn to our passengers and the public. Stop in at the Transit Center and grab a few loaves of bread.

Senior Center Activity Calendar

August 2021

	Mon	Tue	Wed	Thu	Fri	Sat
1 * By APPOINTMENT ONLY ** Need to Register with Della	2	3	4	5	6	7
	8	9	10	11	12	13
	15	16	17	18	19	20
	22	23	24	25	26	27
	29	30	31			

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

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*By APPOINTMENT ONLY</p> <p>** Need to Register with Della</p>				<p>8:30 Tops 1</p> <p>10:30 BINGO</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>10:30 Nurse mask required 2</p> <p>1:00 Rook</p> <p>1:00 Bridge</p> <p>6:00 Association Covered Dish Supper . Bring something tasty to share. Entertainment by Last Resort</p> 	3
<p>4</p>  <p><i>Happy 4th of July</i></p>	<p>5</p> <p>Senior Center & Transit Closed</p> 	<p>6</p> <p>10:00 Older Kansans Employment Program</p> <p>12:30 Pitch</p> <p>7:00 Duplicate Bridge</p> 	<p>7</p> <p>9:30 Completely Unraveled</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>1:00 Rook</p> <p>7:30 Dance–Sound of Country</p> 	<p>8</p> <p>8:30 Tops</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>9</p> <p>10:30 Nurse mask required</p> <p>1:00 Rook</p> <p>1:00 Bridge</p> 	10
<p>11</p> <p>9:00 Strength Training</p> <p>12:30 Double Pinochle</p> <p>12:45 Silver Brushes **</p> <p>1:00 Rook</p> 	<p>12</p> <p>10:00 Older Kansans Employment Program</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>13</p> <p>9:00 Strength Training</p> <p>9:30 Completely Unraveled</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>1:00 Rook</p> <p>7:30 Dance–Craig Stevens</p> 	<p>14</p> <p>8:30 Tops</p> <p>11:45 Throw Back Thursday</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>15</p> <p>10:30 Nurse mask required</p> <p>11:30 Music by Al Miller</p> <p>1:00 Rook</p> <p>1:00 Bridge</p> <p>1:00 Legal Aide*</p> 	17	
<p>18</p> <p>9:00 Strength Training</p> <p>12:30 Double Pinochle</p> <p>1:00 Bridge</p> <p>1:00 Rook</p> 	<p>19</p> <p>10:00 Older Kansans Employment Program</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>20</p> <p>9:00 Strength Training</p> <p>9:30 Completely Unraveled</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>1:00 Rook</p> <p>1:30 FCCA Meeting</p> <p>7:30 Dance–Ortiz Band</p> 	<p>21</p> <p>8:30 Tops</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>22</p> <p>10:30 Nurse mask required</p> <p>1:00 Rook</p> <p>1:00 Bridge</p> 	24	
<p>25</p> <p>9:00 Strength Training</p> <p>12:30 Double Pinochle</p> <p>1:00 Rook</p> 	<p>26</p> <p>10:00 Older Kansans Employment Program</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>27</p> <p>9:00 Strength Training</p> <p>9:30 Completely Unraveled</p> <p>10:00 Commodities</p> <p>11:30 Senior Voice Committee</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>1:00 Rook</p> <p>7:30 Dance–Moonshiners</p>  <p><i>Calling All Seniors!</i></p>	<p>28</p> <p>8:30 Tops</p> <p>11:45 Throw Back Thursday</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>29</p> <p>10:30 Nurse mask required</p> <p>12:15 Ice Cream Cones</p> <p>1:00 Rook</p> <p>1:00 Bridge</p> 	31	
						9:00 Quilts of Valor