



USDA Commodities

Wednesday, 10:00 A.M.

March 24

April 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's Voice Committee.

Wednesday, April 7, 11:30 AM.

We will plan activities for
May & June

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.



March/April 2021 Finney County Committee on Aging, Inc.

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566

ACTIVITIES AT A GLANCE

March

1st- 11:30 A.M. Make Peanut Butter

4th- 10:30 A.M. BINGO. Cost for each card
\$1.00. NO Limit on Cards

5th- 6:00 P.M. Association Supper

8th- 12:45 P.M. Silver Brushes

12th-12:30 P.M. Bubble Blowing Contest

17th-12:30 P.M. Green Floats

1:30 P.M. FCCA Meeting

19th- 11:30 A.M. Music by Al Miller

24th-10:00 A.M. Commodities

26th- Senior Center Goof Off Day/Wear your Pajamas

8:30 A.M. Waffle Bar Breakfast

10:00 A.M. Games with Staff

2:45 P.M. Movie, Popcorn & Orange Julius

April

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

12:30 P.M. Fill Easter Eggs

2nd- Easter Egg Hunt

6:00 P.M. Association Supper Covered Dish

7th- 11:30 A.M.. Senior Voice Committee

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

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

20th 9:30 A.M. Volunteer Appreciation

21st- 8:30 A.M. Burrito Breakfast

1:30 P.M. FCCA Meeting

30th- 11:30 A.M. Lets Sing Some Tunes

12:30 P.M. Sundae Bar



Daylight Saving
Time Begins
March 14th



March 17th
St Patrick's Day
Everyone Wear Green!

Muffin to do

but

Appreciate You!

National Volunteer Week

April 18-24

We invite all our Volunteers
to have Muffins and Coffee
with us
Tuesday, April 20
At 9:30 A.M.

Come in and HUNT Easter Eggs
Friday, April 2nd.
Each person gets to find 2 eggs.



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, March 8th
 12:45 P.M. Monday April 12th

Free will donation



Senior Citizens Association

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

March 5th-Covered Dish
 Bring something tasty to share.
 Entertainment by
 Keith Downer

April 2nd- Covered Dish
 Bring something tasty to share.
 Entertainment by
 Ortiz Band

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 17th at 1:30

April 21st at 1:30

Meetings are open to the public.





Oh Drummit



Join us for our **NEW** exercise class of
Cardio Drumming
STARTING, March 16th at 5:15 P.M.
Every Tuesday and Thursday
Limit 10
Call Della to reserve your spot.





Need to schedule a tax appointment? PLEASE call 620-275-5566.





Join us for
Waffle Bar Breakfast
8:30-9:30 A.M.
Friday, March 26
 Please sign up with Della




Join us for a
Breakfast Burrito
8:30-9:30 A.M.
Wednesday, April 21
 Please sign up with Della





Friendship Meals

March 2021

Mon	Tue	Wed	Thu	Fri	Sat
Salisbury Steak Mashed Potatoes Gravy Carrots Fruit	Homemade Chicken Noodle Soup, Crackers Swiss Cheeseburger on Bun Cherry Tomatoes Ranch Dressing Pudding	Swedish Meatball Egg Noodles Mixed Vegetables Ice Cream	General Tso's Chicken Fried Rice Egg Roll Oriental Vegetables Fruit	Tortilla Crusted Tilapia Filet Baked Potato Sour Cream Broccoli Fruit	
Chicken Fried Steak Mashed Potatoes Gravy Corn Oreo Cookie	Connie's Homemade Chili /Crackers Cornbread Muffin Baby Carrots/Ranch Dressing Pudding	Roasted Turkey Breast Mashed Potatoes Gravy Green Beans Ice Cream	Sloppy Joe on Bun Au Gratin Potatoes Sliced Carrots Fresh Orange	Tuna Casserole Broccoli Cornbread Muffin Fresh Apple	
BBQ Shredded Pork on Bun Scalloped Potatoes Peas Grandma's Cookie	Chicken Fajita with Grilled Peppers and Onions , Tortilla Salsa & Sour Cream Spanish Rice Refried Beans Fruit	Homemade Vegetable Soup Ham, Bacon & Cheddar Cheese Sandwich Celery Sticks with Peanut Butter Orange Sherbet	Chicken /Noodles Mashed Potatoes Green Beans Fruit	Fish Sticks Au Gratin Potatoes Broccoli Fruit	
Chili Cheese Hot Dog on a bun Assorted Chips Corn Fruit	Meatloaf Baked Potato Sour Cream Broccoli Pudding	Tater Tot Casserole Green Beans with Red Peppers and Bacon Ice Cream	Spaghetti Meat Sauce Breadstick Peas Oreo Cookie	Beer Battered Cod Filet Scalloped Potatoes Green Beans Fresh Apple	
Goulash Cauliflower & Cheese Sauce Garlic Bread Stick Fruit	Ham & Pinto Beans Corn Muffin Cherry Tomatoes Brownie Vanilla Ice Cream	Chicken Tenders Mashed Potatoes Gravy Broccoli Cookie			

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.

Nutrition meeting is
March 9th @
1:00pm

Orders must be
turned in by 9:00 am
the day prior to eat
the following day

Menu is
subject to change.

3.50 suggested donation for those 60 and older and 5.75 charge per meal is mandatory for those under 60.



Senior Center
Goof Off Day
Friday, March 26
Join us for-
Breakfast
Games with Staff
Movie, Popcorn and
Orange Julius
Seniors and Staff are encouraged
to join the fun.

We have a new card game
CANASTA
Every Friday afternoon
at 1:00 P.M.





Moving On with Shari : Shari Campbell Executive Director

2021 – I can't believe that 2 months have already passed us by. We are still somewhat limited by the COVID-19 pandemic. We do have many 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). The menu for March is in this newsletter and the April menu will be available around March 20th. Don't forget that all bus rides are free through June 30, 2021. Catch a ride on City Link. I promise you fun times and a caring staff at the

Center and at Transit, too.

There is a lot to look forward to in March and April: volunteer appreciation week, St. Patrick's Day and Easter, to name a few special events and activities we are hosting. We hope to get the wheels on our Senior Center bus going round and round again this spring - let us know your ideas for local and regional trips. As soon as it is safe (weather & COVID), we will head on out to our first 2021 adventure. How does an outing to the zoo, the buffaloes and the local museum sound? Just to get us going.

Opportunity awaits you at the Finney County Senior Center; come join us and bring a friend along, too. I will be posting this newsletter and the March menu on our website, <http://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



Hello from Della's Delightful Details: Boy does time fly. Here it is March already and speaking of time don't forget to set your clocks ahead on March 14th one hour.

We will be having commodities again on March 24th. I don't know if we will be going back to every other month or not after March to pass out the commodities, will find out later. Everyone needs a **2021** commodities card to receive commodities. You will need to call in on Monday 22nd or Tuesday 23rd by 4:00 p m 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 still have a lot of activities going on. Would like to see everyone come back in and enjoy all the fun that we are having. Until next time.



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

IT'S Here, IT'S HERE!! Our new Cardio Drumming program is here.

Cardio drumming takes a simple movement - **drumming** - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. **What is cardio drumming?** It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Call Della and reserve your spot. We are calling it, Oh Drummit

I would like to take this time to say **THANK YOU** to Blue Cross and Blue Shield of Kansas Foundation for funding Cardio Drumming. We were able to purchase 12 exercise balls, 12 ball stands, drum sticks and a speaker.

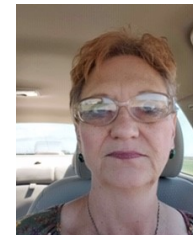
We are seeing new faces here at the center. Please take the time to say hello and make them feel at home. Invite them to some activities, show them around or invite them to set at your table. Be sure to invite them back tomorrow. You know what they say, **"The more the merrier."**

Delivering Meals on Wheels in March and April –THANK YOU!!

RSVP
Church of the Brethren
Coldwell and Banker



Church of the Nazarene
First United Methodist Church
Route #7 Duane Riley



Kitchen Korner

Leslie McCue—Nutrition Site Mgr.

We have started the new year on a good note. New members are coming in and signing up for meals. If you have a friend or neighbor that could benefit from our services, please invite them to share a warm, nutritional meal with us or if you, yourself, have not joined us, feel free to come have a noon meal yourself.

The central kitchen prepares a variety of foods to accommodate our clients. You can choose what best fits your budget and liking in taste. Each month there are menus posted for the month so you can plan on the days that you would like to eat with us or you can pick up a box to take home.

Takeout meals are served between 11:00am-11:15am and can be picked up inside the center at the foodservice window. Our inside meal is served at 12:00. There is a suggested donation for anyone 60 years of age or older of \$3.50 and a mandatory cost of \$5.75 for someone that is younger than 60. We also require someone to order by 9:00am the day prior to eating a meal. You may call the center at 620-272-3620 and let us know. This insures we have plenty of food for everyone.

On a final note, I would like to thank those whom have donated items for the Friendship Meals or donated moneys to help with expenses.



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



Finney County Transit is taking extra precautions to clean and disinfect commonly touched surfaces in the vehicles, also 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 while riding the buses. Hand sanitizer is also available in the center and on all buses.

Transportation Security Administration (TSA) has issued a Security Directive that applies to the passengers of all Finney County Transit bus services. Starting on February 2, 2021, TSA will require individuals to wear a mask at TSA airport screening checkpoints and throughout the commercial and public transportation systems. This requirement will remain effective until May 11, 2021.

For more information visit finneycountytransit.org or the attached links.

Transportation Security Administration (TSA)

security directive:

https://www.tsa.gov/sites/default/files/sd-1582_84-21-01.pdf

Center for Disease Control and Prevention (CDC)

official order:

https://www.cdc.gov/quarantine/pdf/Mask-Order-CDC_GMTF_01-29-21-p.pdf

mask travel guidance:

<https://www.cdc.gov/quarantine/masks/mask-travel-guidance.html>

2021 Para-Transit Cards were mailed out at the end of January. If you did not receive yours in the mail please call the transit center at (620) 272-3626.

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

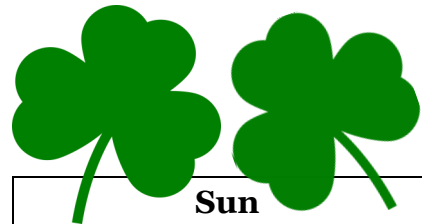
We want to give a warm welcome to the new bus driver, Mike Ibarra. Make sure you say hello and welcome him!

Senior Center Activity Calendar

April 2021

	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>9:30 Learn Wood Carving Class</p> <p>10:00 Art Class</p> <p>10:30 BINGO</p> <p>12:30 Help Fill Easter Eggs</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>10:30 Nurse mask required 2</p> <p>1:00 Canasta</p> <p>6:00 Association Cover Dish</p> <p>Supper - Entertainment by Ortiz Band</p>  <p>Hunt Easter Eggs –Come in and find yourself 2 Easter Eggs</p>	3
<p>4</p> 	<p>12:30 Double Pinochle</p> <p>4:00 Strength Training</p> 	<p>5</p> <p>9:30 Learn Wood Carving Class</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>6</p> <p>9:30 Completely Unraveled</p> <p>11:30 Senior Voice Committee</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>4:00 Strength Training</p> <p>7:30 Dance–DJ Larry</p> 	<p>7</p> <p>8:30 Tops</p> <p>9:30 Learn Wood Carving Class</p> <p>10:00 Art Class</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>8</p> <p>10:30 Nurse mask required 9</p> <p>1:00 Canasta</p> 	10
11	<p>12:30 Double Pinochle</p> <p>12:45 Silver Brushes</p> <p>4:00 Strength Training</p> 	<p>12</p> <p>9:30 Learn Wood Carving Class</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>13</p> <p>9:30 Completely Unraveled</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>4:00 Strength Training</p> <p>7:30 Dance–MoonShiners</p> 	<p>14</p> <p>8:30 Tops</p> <p>9:30 Learn Wood Carving Class</p> <p>10:00 Art Class</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>15</p> <p>10:30 Nurse mask required 16</p> <p>11:30 Music by Al Miller</p> <p>1:00 Canasta</p> <p>1:00 Legal Aide*</p>	17
18	<p>12:30 Double Pinochle</p> <p>4:00 Strength Training</p> 	<p>19</p> <p>9:30 Learn Wood Carving Class</p> <p>9:30 Volunteer Appreciation</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>20</p> <p>8:30 Burrito Breakfast **</p> <p>9:30 Learn Wood Carving Class</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>1:30 FCCA Meeting</p> <p>4:00 Strength Training</p> <p>7:30 Dance–Ortiz Band</p> 	<p>21</p> <p>8:30 Tops</p> <p>9:30 Learn Wood Carving Class</p> <p>10:00 Art Class</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p>	<p>22</p> <p>10:30 Nurse mask required 23</p> <p>1:00 Canasta</p> 	24
		 <p>National Volunteer Week</p> 				
25	<p>12:30 Double Pinochle</p> <p>4:00 Strength Training</p> 	<p>26</p> <p>9:30 Learn Wood Carving Class</p> <p>12:30 Pitch</p> <p>5:15 Oh Drummit Exercise</p> <p>7:00 Duplicate Bridge</p> 	<p>27</p> <p>9:30 Completely Unraveled</p> <p>11:50 Poker Hand</p> <p>12:30 Pinochle</p> <p>4:00 Strength Training</p> <p>7:30 Dance–Craig Stevens</p>	<p>28</p> <p>8:30 Tops</p> <p>9:30 Learn Wood Carving Class</p> <p>10:00 Art Class</p> <p>1:00 SkipBo</p> <p>5:15 Oh Drummit Exercise</p> 	<p>29</p> <p>10:30 Nurse mask 30</p> <p>11:30 Lets Sing some Tunes for Karaoke Week</p> <p>12:30 Sundae Bar</p> <p>1:00 Canasta</p> 	

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

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*By APPOINTMENT ONLY ** Need to Register with Della	11:30 Make Peanut Butter 12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training  National Peanut Butter Day	9:30 Learn Wood Carving Class 12:30 Pitch 7:00 Duplicate Bridge	9:30 Completely Unraveled 11:50 Poker Hand 12:30 Pinochle 4:00 Strength Training 7:30 Dance–DJ Larry 	8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class 10:30 BINGO 1:00 SkipBo 4:00 Strength Training 	10:30 Nurse mask required 1:00 Canasta 6:00 Association Covered Dish Supper . Bring something tasty to share. Entertainment by Keith Downe 	
7 12:30 Double Pinochle 12:45 Silver Brushes ** 1:00 Bridge 4:00 Strength Training 	8 	9 9:30 Learn Wood Carving Class 12:30 Pitch 7:00 Duplicate Bridge 	10 9:30 Completely Unraveled 11:50 Poker Hand 12:30 Pinochle 4:00 Strength Training 7:30 Dance–Moonshiners	11 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class 1:00 SkipBo 4:00 Strength Training 	12 10:30 Nurse mask required 1:00 Canasta 12:30 Bubble Blowing Contest 	13
14  Daylight Saving Time Begins	15 12:30 Double Pinochle 4:00 Strength Training 	16 9:30 Learn Wood Carving Class 12:30 Pitch 5:15 Oh Drummit Exercise 7:00 Duplicate Bridge 	17 9:30 Completely Unraveled 11:50 Poker Hand 12:30 Green Floats 12:30 Pinochle 1:30 FCCA Meeting 4:00 Strength Training 7:30 Dance–Ortiz Band St Patrick's Day 	18 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class 1:00 SkipBo 5:15 Oh Drummit Exercise  	19 10:30 Nurse mask required 1:00 Canasta 11:30 Music by Al Miller 1:00 Legal Aide* 	20
21 12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training 	22 9:30 Learn Wood Carving Class 12:30 Pitch 5:15 Oh Drummit Exercise 7:00 Duplicate Bridge 	23 9:30 Completely Unraveled 10:00 Commodities 11:50 Poker Hand 12:30 Pinochle 4:00 Strength Training 7:30 Dance–Craig Stevens 	24 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class 1:00 SkipBo 5:15 Oh Drummit Exercise	25 8:30 Waffle Bar Breakfast ** 10:00 Games with Staff 10:30 Nurse mask required 1:00 Canasta 12:45 Movie, Popcorn and Orange Julius   Wear your Pajama SC Goof off Day	26 9:00 Quilts of Valor	27
28 12:30 Double Pinochle 1:00 Bridge 4:00 Strength Training	29 9:30 Learn Wood Carving Class 12:30 Pitch 5:15 Oh Drummit Exercise 7:00 Duplicate Bridge 	30 9:30 Completely Unraveled 11:50 Poker Hand 12:30 Pinochle 4:00 Strength Training 7:30 Dance–TBA	31			