

Senior Showcase

August 6, 2019

Shari Campbell, Executive Director

COOL OFF AT THE SENIOR CENTER

We have some warmer/hot days in the forecast again. Remember if you are getting too hot at home, come by the Senior Center to cool off and enjoy some iced tea with us. We are here from 8am-5pm, Monday through Friday. After several delays, we do have our new 70" TV mounted and our cable TV was hooked up on Monday. We can also stream shows through the internet. So you will be able to watch some TV while you are here, too. If you want, we will be hosting more popcorn and movies since we have a new and better set-up for that. Many thanks to Phil and Black Hills Energy for their generous donation that allowed us to purchase and install the new TV. If there is enough interest, we might be planning to host some evening football or basketball games in the fall. Let me know if you are interested in any particular games. If any of you gardeners out there have extra produce, we are always happy to take your extras and give them to our seniors. Thanks to Sister Rosarita for the delicious cucumbers and bell peppers this week.

ACTIVITIES: Our next trip is Wednesday, August 7 to Stouth Museum in Montezuma. After that we go back to the Boot Hill Casino in Dodge City on August 13. Both of those trips are full, but you may always call to see if we have any cancellations. We are calling those with reserved seats two days ahead of trip to make sure the bus is full. We do keep a short waiting list in case we get any cancellations. You may also call us to confirm that your name is on the list for your trip. We are planning a morning trip to Lee Richardson Zoo on Thursday, August 31, leaving at 10:30 and returning to the Center before noon. I am working out some details for future trips. I will have information on future trips soon.

SENIOR CENTER WEEKLY ACTIVITIES:

Wednesday, August 7; Line dancing 8:30am; Pinochle 12:30pm; Gentle Exercise 12:30; Enhance Fitness 1:00pm; Dance with the Ortiz Band 7:30pm (\$5 donation per person)

Thursday, August 8: Learn Wood Carving Class 9:30am; Strength Training 9:30am; Art Class 10:00am; Skip Bo 1:00pm; Bridge 1:15pm; Cardio Exercise 4:00pm

Friday, August 9: Line Dancing 8:30am; Nurse 10:30; Enhance Fitness 1:00pm; Fun & Games 1:00pm; Bridge 1:15pm;

Saturday August 10: The pool room is open from 1 to 4pm.

Sunday, August 11: Duplicate bridge, 2pm.

Monday, August 12: Shimmer & Shine; Double Pinochle 12:30pm; Gentle Exercise 12:30pm; Enhance Fitness 1:00pm; Zumba 6:00pm w/Tessie; Duplicate Bridge 7:00pm.

Tuesday, August 13: Learn Wood Carving Class 9:30am; Strength Training 9:30am; Boot Hill Casino Trip 9:30am; Trivia

Tuesday 11:45am; Pitch 12:30pm; Bridge 1:15pm; Exercise 4:00pm; PIYO/Yoga 6:00pm w/Tessie.

Wednesday, August 14: Line dancing 8:30am; Completely Unraveled 9:30am; Pinochle 12:30pm; Gentle Exercise 12:30; Enhance Fitness 1:00pm; Foot Clinic 1:00pm – by appointment only; Dance with the Moonshiners 7:30pm (\$5 donation per person)

LUNCH MENU:

Wednesday, August 7: Bacon Cheeseburger on a Bun, Potato Salad, Baked Beans & pudding

Thursday, August 8: Chicken Fajitas with onion & peppers, Spanish Rice, Refried Beans & fruit

Friday, August 9: Homemade Meatloaf, Baked Potato with sour cream, Cauliflower with cheese sauce & fresh grapes

Monday, August 12: Spaghetti with meat sauce, Broccoli, Garlic Bread & Chocolate Ice Cream

Tuesday, August 13: Open Faced Hot Roast Beef Sandwich, Mashed potatoes/gravy, Carrots & Fruit

Wednesday, August 14: Ham/asparagus roll-up, Scalloped potatoes, Mixed vegetables & Pudding