



April 2024

Clearwater Senior Center

921 Janet Ave

Activities held at the Clearwater Senior Center are available to those 55 & older.

No membership fee is required to participate in most activities.

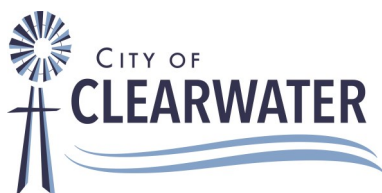
For more information on events or programs, please contact the Center coordinator at 620-584-2332.

Mission Statement

To provide services and programs for people 55 & older that promotes their well-being, supports their independence and encourages their involvement in community life.

Staff

Amber Ives
Coordinator
620-584-2332



Senior **SCOOP**

Heartfelt 

THANKS

TO OUR VOLUNTEERS!

What is a Volunteer and can I do it?

Volunteering is the act of rendering selfless service to a cause, oftentimes for free and without coercion. It is about giving time to a good cause, specifically to help an organization, your community or an individual you are not related to. People who engage in this type of activity are known as volunteers. A volunteer is a person who wilfully donates his/her time and energy to help promote a good cause or help an organization work more effectively.

*I am utterly grateful for all your incredible generosity and hard work as volunteers! You are the heartbeat of the Center, keeping it running smoothly every single day!
THANK YOU!!*



We've got a stellar squad of volunteers at the Center! Keep your eyes peeled for the star volunteer of the month in every newsletter from May 2024 onwards. Catch glimpses of our amazing volunteers on our Facebook page starting April 22.



MONTHLY EVENTS

MONDAYS

GAMES – COME AND PLAN ANY GAME OF YOUR CHOICE.

BRIDGE – A CARD GAME WITH STRATEGY. DON'T KNOW HOW TO PLAN, THEY WILL TEACH YOU!

MOVIE MONDAY – JOIN US FOR A MOVIE WITH FRIENDS. POPCORN IS ALWAYS SERVED.

BOOK CLUB – GRAB A BOOK AND COME DISCUSS WITH FRIENDS.

BRING A CRAFT – THAT'S JUST IT. BRING WHAT EVER YOU ARE WORKING ON AND HAVE COMPANY TO CHAT WITH!

LADIES BIBLE STUDY – GATHER WITH OTHER LADIES AND GET IN TO THE BIBLE TOGETHER.

TUESDAYS

MEN'S COFFEE – THAT'S JUST IT. COFFEE WITH OTHER MEN.

EXERCISE – WE DANCE, SING AND MOVE OUR BODY WHILE BUILDING OUR STRENGTH, COORDINATION AND BALANCE.

CALORIE BURN – NEED MORE OF A WORKOUT? THIS IS IT. COME SWEAT WITH US.

BUNCO/CHICKEN FOOT – DICE OR DOMINOS, WE HAVE A GREAT TIME PLAYING BOTH.

GAMES

WEDNESDAYS

WALK IT OUT – GET UP AND MOVING. COME WALK (WEATHER PERMITTING).

WEIGHT CHECK – WORKING ON A GOAL THIS YEAR? WE WILL SUPPORT YOU.

THURSDAYS

COFFEE & COCOA – GRAB A CUP OF JOE OR A DIFFERENT HOT DRINK WITH COMPANY.

BIBLE STUDY – GET IN THE WORD WITH PASTOR KELLEY.

AFTERNOON BREAK – SNACK BREAK! SWEET OR SALTY, YOU WILL HAVE SOMETHING TO SNACK ON EVERY THURSDAY WHILE PLAYING **GAMES**.

FRIDAYS

BLOOD PRESSURE CHECK – KEEP AN EYE ON YOUR HEALTH WITH GETTING YOUR BLOOD PRESSURE CHECKED.

EXERCISE/CALORIE BURN

LINE DANCING – NO EXPERIENCE NECESSARY! COME LEARN SOME LINE DANCES WITH US.

Clearwater Center Hours

Monday – Thursday 9:00 AM – 4:00 PM

Friday 9:00 AM – 1:00 PM

*activity will be in the back room

**sign up required

APRIL

Meals on Wheels/Friendship Meals Served

Monday – Friday 11:30 AM

Sign up today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 AM Games 1:00 PM Bridge* 2:00 PM Blank Slate 2:30 PM Ladies Study	2 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Chicken Foot 3:45 PM Movie Outing**	3 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	4 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	5 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Singo Bingo with Kids 12:00 PM Games 1:00 PM Line Dancing 6:00 PM Art Walk	6
7	8 10:00 AM Games 1:00 PM Bridge* 2:00 PM Solar Eclipse Watch Party & History 2:30 PM Ladies Study NCAA Basketball Final Game	9 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn 1:30 PM Singo Bingo	10 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	11 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:00 PM Parkinsons Awareness 1:30 PM Games 1:30 PM Birthday Party HAPPY BIRTHDAY!	12 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	13
14	15 10:00 AM Games 1:00 PM Bridge* 2:00 PM Blank Slate 2:30 PM Ladies Study	16 8:30 AM Men's Coffee 9:00 AM Exercise 11:30 AM Munchin' on the Greens Luncheon 2:00 PM BINGO	17 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games* 3:00 PM – 6:00 PM Commodities	18 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games 9:00 AM – 4:00 PM Commodities	19 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 9:00 AM – 1:00 PM Commodities	20 City Wide Clean Up & Shred It Day
21 Volunteer Appreciation Week	22 10:00 AM Games 11:00 AM Medication Take Back with Chief Ives 1:00 PM Bridge* 1:00 PM Book Club 2:30 PM Ladies Study	23 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Spring Craft	24 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	25 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:00 PM "Breaking" News: Eggs are Good for You 1:30 PM Afternoon Break 1:30 PM Games	26 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	27 10:00 AM Mother's Day Brunch Tea Party
28	29 10:00 AM Games 1:00 PM Bridge* 1:30 PM Bring a Project 2:30 PM Ladies Study	30 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Movie & Popcorn	May 1 Hermes Foot Care 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games*	2 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Games 1:30 PM Afternoon Break	3 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	4

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Glazed Chicken 3oz Scalloped Potatoes 4oz Pineapple 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz	Turkey & Broccoli Pie 8oz Diced Carrots 4oz Sliced Apples 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	Baked Potato w/ <i>Margarine</i> Tropical Fruit 4oz <i>Whole Grain</i> Cinnamon Roll Crackers 2pkgs Milk 8oz	Chicken & Cheese Cass. 8oz Combo Salad 1C <i>Dressing Packet</i> Mixed Fruit 4oz <i>Whole Grain</i> Breadstick Milk 8oz	BBQ Pork 3oz (on) <i>Whole Grain</i> Bun Cauli-Brocc-Raisin Salad 4oz Apricots 4oz Milk 8oz
8	9	10	11	12
Sloppy Joe 4oz (on) <i>Whole Grain</i> Bun Corn Relish Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Chicken & Rice Casserole 8oz Mixed Vegetables 4oz Peaches 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	Ham & Beans 8oz Potatoes & Onions 4oz Mixed Fruit 4oz WG Cornbread Muffin w/ <i>Margarine</i> Milk 8oz	Turkey Hash 8oz Peas & Carrots 4oz Blushing Pears 4oz <i>Whole Grain</i> Garlic Toast <i>Chef's Choice Birthday Cake</i> Milk 8oz	Tuna Pasta Salad 8oz Tomato Salad 4oz Applesauce 4oz Crackers 2pkgs Milk 8oz (All Cold)
15	16	17	18	19
Swiss Steak 3oz Green Beans 4oz Tropical Fruit 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	Pork Tips 4oz (over) Rice 4oz Creamed Peas 4oz Apricots 4oz Milk 8oz	Italian Chicken 3oz Au Gratin Potatoes 4oz Pears 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz	Calico Beef & Beans 8oz Mixed Vegetables 4oz Pineapple 4oz WG Cornbread Muffin w/ <i>Margarine</i> Milk 8oz	Chicken Salad 4oz (on) Croissant Copper Pennies Salad 4oz Mixed Fruit 4oz Milk 8oz (All Cold)
22	23	24	25	26
Chicken Cacciatore 3oz Parslied Carrots 4oz Mixed Fruit 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz	Scalloped Potatoes & Ham 8oz Corn 4oz Flavored Applesauce 4oz Garlic Cheddar Biscuit w/ <i>Margarine</i> Milk 8oz	Salsibury Steak 3oz Mashed Potatoes 4oz Creamy Mushroom Caps 2oz Peaches 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	Mac & Cheese with Chicken 8oz Combo Salad 1C <i>Dressing Packet</i> Tropical Fruit 4oz <i>Whole Grain</i> Garlic Toast Milk 8oz	Shrimp Pasta Salad 8oz Cucumber & Onion Salad 4oz Blushing Pears 4oz Crackers 2pkgs Milk 8oz (All Cold)
29	30	DAILY MEAL PATTERN		
BBQ Chicken 3oz (on) <i>Whole Grain</i> Bun Coleslaw 4oz Cinnamon Apples 4oz <i>Whole Grain</i> Potato Chips Milk 8oz	Creamy Turkey & Veg Cass 8oz Green Beans 4oz Pineapple 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz	Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C		



Ladies Day Out

KAREN KINGSBURY'S

someone like you

APRIL 2

we will leave at 3:45 pm
please sign up for this event by April 1

SINGO
MUSIC BINGO
WITH KIDS
APRIL 5 AT 10:00 AM
WE WILL SKIP CALORIE BURN THIS DAY ONLY



Local Event -
Get out and enjoy!

Clearwater Art Walk
Friday, 5 April 2024
6-9 PM
Downtown



Final Game Watch Party Monday, April 8

Stay tuned for the time announcement.
We'll be ordering pizza, serving salad and
dessert.

Tea, water, and coffee will be available; feel
free to bring your own drinks if you prefer
something else.

Don't forget to wear your favorite team's shirt!

**Solar Eclipse
Watch & Education
Gathering
Monday, April 8
2:00 PM**

watch glasses and fun snacks
will be provided

LUNCH & LEARN

APRIL 9 Potluck
12:00 PM



THE CENTER WILL BE PROVIDING HAM.
PLEASE BRING A SIDE DISH OR DESSERT TO SHARE

SPEAKER: ALZHEIMERS ASSOCIATION

Singo Bingo to follow lunch



**COME CELEBRATE APRIL BIRTHDAYS
THURSDAY 4/11 AT 1:30 PM**

April is Parkinson's Awareness Month

April 11, World Parkinson's Disease Day

SPREAD THE WORD
EDUCATE YOURSELF
SUPPORT THE CURE



COME
LEARN A
LITTLE MORE ABOUT
PARKINSON'S

APRIL 11
1:00 PM



MUNCHING ON THE GREENS

TUESDAY
APRIL 16 11:30 AM

**THE CENTER WILL
PROVIDE A GREEN SALAD
WITH ALL THE TOPPINGS.
PLEASE SIGN UP FOR A
VEGGIE OR FRUIT SALAD.**



MONDAY, APRIL 22 AT 11:00 AM

NATIONAL PRESCRIPTION DRUG **TAKE BACK** DAY

**CHIEF IVES WILL BE HERE TO
PROPERLY DISPOSE OF ALL OLD
MEDICATIONS FOR YOU.**



K-STATE
Research and Extension



FRESH
CONVERSATIONS

Fresh Conversations targets behaviors known to reduce chronic disease burden and promote healthy aging. It promotes healthier food and beverage choices across food groups. Each lesson will include a tasting activity featuring the recipe in that month's Fresh Conversations newsletter. Join us as we build community around food, nutrition, and more!

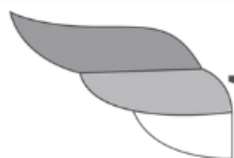
Classes will be held the 4th Thursday at 1:00PM.

Each session will last approximately 30 minutes.

- April - "Breaking" News: Eggs are Good for You
- May - Cancer: Preventable, Not inevitable
- June - Are Healthy Bones Important?
- July - Summer Check-Up
- August - Fresh Herbs: Don't Miss Out on Summer Flavor
- September - How Much is Too Much?

Thursday
April 25
1:00 PM

Even if the topic does not pertain to you, you are still welcome each week. We will have a great time learning together!



HERMES HEALTHCARE PA

Wednesday, May 1

Call 316-260-4110 to schedule your appointment today.

City of Clearwater

Curbside Clean-Up

April 20, 2024

**Items Must Be at Curb
by 7:00 AM**



ITEMS NOT ALLOWED

Car batteries, oil filters, fluorescent light bulbs, propane tanks, any asbestos materials, explosives, paint (will take empty & dried up paint cans with the lid off), no hazardous liquids (such as fertilizers, pesticides, herbicides, solvents, diesel fuel, gas, oil, transmission fluid, antifreeze, etc.) and no tires.

Please remember that the clean up is to help keep our community clean. It is not a way to circumvent the resident from getting an open top for his/her home remodel or construction job. If you need an open top for your project please call 316-838-4920 to get an open top from Waste Connections.

FOR MORE INFORMATION VISIT WWW.CLEARWATERKS.ORG

YOU'RE INVITED!



FREE COMMUNITY SHRED EVENT

**APRIL 20, 2024
2PM—5PM**



Mize's Parking Lot 449 N 4th Clearwater, KS 67026

April Food Commodities

Wednesday, April 17
3:00 PM - 6:00 PM

Thursday, April 18
9:00 AM - 4:00 PM

Friday, April 19
9:00 AM - 1:00 PM

We are trying something new this month.
Please drive under the drive through our front,
stay in your car and we will deliver the box to
you.

THANK YOU.

Nachos or Tacos You decide!

Monday, May 6
11:30 AM - 12:30 PM

at The Center
by donation only

Come and Go Lunch
& All Ages Welcome!

Tacos or Nachos, Drink & Dessert



Flowers

Find and circle all of the flowers that are hidden in the grid.
The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.

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

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS

CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS

GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID

PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW

Clearwater Senior Center
921 E Janet
Clearwater, KS 67026
620.584.2332
seniorcenter@clearwaterks.org
<https://www.facebook.com/ClearwaterSenior>



find us on
Facebook

Reminder! **CHECK-IN** every time you visit the Center;
your presence is valuable to us!

Additionally, save 855-657-1386 in your phone -
this number belongs to the Center Messaging Service.



PLEASE JOIN US FOR A
Mother's Day
TEA PARTY & BRUNCH
LOCATED AT THE CENTER 921 E JANET
SATURDAY, APRIL 27 10:00 AM

ALL AGES WELCOME TO A DELIGHTFUL MIX OF TEA, BRUNCH, GAMES, CRAFTS, AND A SPRINKLE OF MAGIC!

TICKETS ARE \$15 EACH OR \$85 FOR A TABLE OF 7.

PURCHASE TICKETS AT THE CENTER (921 E JANET) OR

ADVENA ASSISTED LIVING (440 N 4TH)

DEADLINE FOR TICKETS, MONDAY, APRIL 22 AT 4:00 PM



BROUGHT TO YOU BY IRIS BLOSSOMS, ADVENA ASSISTED LIVING & THE CENTER