



August 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.

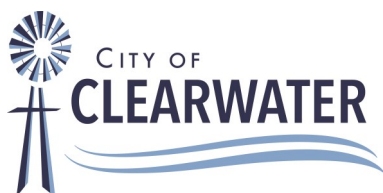
For more information on
events or programs,
please contact the
Center coordinator at
620-584-2332.

Mission Statement

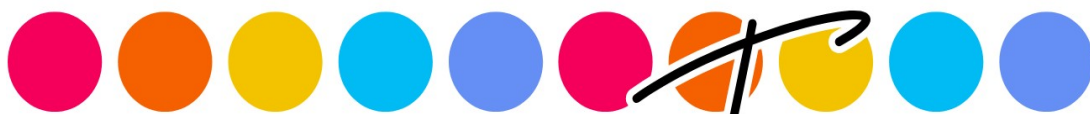
To provide services and
programs for people 55 &
older that promotes their
well-being, supports their
independence and
encourages their
involvement in
community life.

Staff

Amber Ives
Coordinator
620-584-2332



Senior SCOOP



SUMMER Fun! at The Center



Wind Surge Baseball with a great view!



Biscuits & Gravy

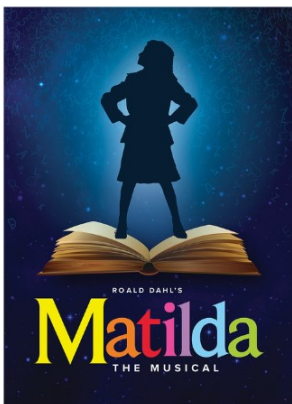
Saturday, August 3

7:30 AM – 10:30 AM

\$5/adult \$3/child (3–10)

Clearwater Senior Center

921 E. Janet (gray & brick building)



Saturday, August 3rd

12:45 PM departure

Dinner after the show

Catch Brielle as Alice on stage!



★HAPPY★
BIRTHDAY!

COME CELEBRATE AUGUST BIRTHDAYS THURSDAY 8/8 AT 1:30 PM

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

Meals on Wheels/Friendship Meals Served

Monday – Friday 11:30 AM

Sign up today!

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange is an educational opportunity. Aqua is a special event. Black Bold are added graphics in the newsletter.			9:00 AM Coffee & Cocoa 1:30 PM Afternoon Break 1:30 PM Games 6:00 PM Senior Swim	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks 1:00 PM Line Dancing	7:30 AM Biscuits & Gravy Day! 12:45 PM Matilda Musical
4	10:00 AM Games 1:00 PM Bridge* 2:00 PM The Chosen Series 6:00 PM Senior Swim City Street Sweeping Starts If possible, please do not park on the streets today.	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM HAPp Kick-Off 6:00 PM Senior Swim	10:30 AM Weight Check 1:00 PM Games 3:00 PM Brain Freeze Break 6:00 PM Senior Swim	9:00 AM Coffee & Cocoa 1:30 PM Games 1:30 PM Birthday Party 6:00 PM Senior Swim Party ★HAPPY★ BIRTHDAY!	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks 1:00 PM Line Dancing	10
11	10:00 AM Games 1:00 PM Bridge* 2:00 PM The Chosen Series	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn What is SNAP? 12:30 PM HAPp Office Hours 1:45 PM Blank Slate	10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Games	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 11:00 AM Common Ground Mobile Market 1:30 PM Afternoon Break 1:30 PM Games 3:00 PM First Day of School Ice Cream Social	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks 1:00 PM Line Dancing	17
18	10:00 AM Games 11:30 AM Brunch & Bingo Senior Moments 1:00 PM Bridge* 1:00 PM Book Club 2:00 PM The Chosen Series	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Nutrition with Sara	10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Games 3:00 – 5:30 PM Food Drop	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:00 PM Fresh Herbs-Don't Miss Out on Summer Flavor 1:30 PM Afternoon Break 1:30 PM Games 9:00 – 5:00 Food Drop	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks 1:00 PM Line Dancing 9:00 – 5:00 Food Drop	24
25	10:00 AM Games 1:00 PM Bridge* 2:00 PM The Chosen Series 3:00 PM Fall Fest Planning	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 12:30 PM HAPp Office Hours 1:00 PM Movie Day	10:00 AM Car Wash Wednesday 10:30 AM Walk It Out 10:30 AM Weight Check 1:00 PM Games	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks 1:00 PM Line Dancing 10:45 AM Lunch Bunch	31

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN				
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			1	2
BBQ Chicken 3oz (on) <i>Whole Grain</i> Bun Coleslaw 4oz Flavored Applesauce 4oz Milk 8oz	Fish (3oz) Sandwich (on) <i>Whole Grain</i> Bun <i>Cheese Slice & Tarter Sauce</i> Tomato & Zucchini Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Cranberry Meatballs 4oz Baked Potato w/ Margarine Peach Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	Calico Beef & Beans 8oz Mixed Vegetables 4oz Pineapple 4oz wG Cornbread Muffin w/ Margarine Milk 8oz	Greek Veggie Pasta Salad 8oz Sweet Pea & Radish Salad 4oz Apricots 4oz Crackers 2pk Milk 8oz (All Cold)
5	6	7	8	9
BBQ Chicken 3oz (on) <i>Whole Grain</i> Bun Coleslaw 4oz Flavored Applesauce 4oz Milk 8oz	Fish (3oz) Sandwich (on) <i>Whole Grain</i> Bun <i>Cheese Slice & Tarter Sauce</i> Tomato & Zucchini Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Cranberry Meatballs 4oz Baked Potato w/ Margarine Peach Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	Pork & Noodles 8oz Steamed Broccoli 4oz Whole Banana 1ea <i>Whole Grain</i> Garlic Breadstick <i>Chef's Choice Birthday Cake</i> Milk 8oz	Turkey Salad (4oz) on WG Sliders (2ea = 2oz meat each) Black-Eyed Pea Salad 4oz Pineapple 4oz Milk 8oz (All Cold)
12	13	14	15	16
Swiss Steak 3oz Mixed Vegetables 4oz Pears 4oz Wheat Bread w/ Margarine Milk 8oz	Breaded Chicken Patty 3oz (on) <i>Whole Grain</i> Bun <i>Lettuce / Tomato / Mayo</i> Calico Salad 4oz Apricots 4oz Milk 8oz	BBQ Pork Riblet 3oz Cream Corn 4oz Cinnamon Apples 4oz Wheat Roll w/ Margarine Milk 8oz	Cheeseburger 3oz (on) <i>Whole Grain</i> Bun <i>Lettuce / Tomato / Mustard & Ketchup</i> Baked Beans 4oz Mixed Fruit 4oz Milk 8oz	Egg Salad 4oz (on) Croissant Cauli-Brocc-Raisin Salad 4oz Pineapple 4oz Milk 8oz (All Cold)
19	20	21	22	23
Italian Chicken Breast 3oz Cream Peas & Potatoes 4oz Peaches 4oz Whole Grain Roll w/ Margarine Milk 8oz	Beef Cutlet 3oz w/ Spanish Sauce (over) Rice 4oz Easy Broccoli Salad 4oz Tropical Fruit 4oz Milk 8oz	Scalloped Potatoes & Turkey 8oz Mixed Vegetables 4oz Pineapple 4oz Whole Grain Breadstick Milk 8oz	Taco Burger (3oz) (on) <i>Whole Grain</i> Bun <i>Lettuce (2oz) Cheese (1ea) Tomato (1ea)</i> Fiesta Coleslaw 4oz Sliced Apples 4oz Milk 8oz	Shrimp Pasta Salad 8oz Garbanzo Cucumber Salad 4oz Fresh Orange 1ea Crackers 2pk Milk 8oz (All Cold)
26	27	28	29	30
Chicken Cacciatore 3oz Parslied Carrots 4oz Mixed Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	BBQ Pork 3oz (on) <i>Whole Grain</i> Bun Red Potato Salad 4oz Apricots 4oz Milk 8oz	Goulash 8oz Green Beans 4oz Pears 4oz <i>Whole Grain</i> Breadstick Milk 8oz	Veg. Breakfast Cass. 8oz Country Hashbrowns 4oz Orange Juice 4oz Buttermilk Biscuit w/ Margarine Milk 8oz	Beef Hot Dog (3oz) on WG Bun <i>Mustard & Ketchup</i> Baked Beans 4oz Apple Crisp 4oz Potato Chips 1oz Milk 8oz

The CHOSEN

Come watch The Chosen Series
Mondays at 2:00 PM
All ages welcome!



Kick-Off - Tuesdays, August 6 at 1:00 PM

Nutrition Education Tuesday, August 20 at 1:00 PM

NEW CLASS!

Class size is limited - get signed up TODAY!

Don't qualify for the hypertension portion? Come to the Monthly Education Nutrition Workshops!

Hypertension Awareness and Prevention Program (HAPp)

Participating adults with hypertension will learn ways to lower & manage their blood pressure.

Program runs from August until November.

LOOK!



Kick - Off Meeting

August 6th, 1:00 pm - 2:30 pm
Clearwater Senior Center
921 E. Janet Ave
Clearwater, KS 67026

A 4-month self-monitoring blood pressure program that provides:

- A FREE blood pressure monitor.
- FREE biweekly meetings with a trained HAPp Coach.
- Nutrition education workshops.
- Stress management & healthy lifestyle strategies.

Become an advocate for your health.

For questions, please contact:

Tara Sharon | 316.660.7428 | HealthEducation@sedgwick.gov
Sara Sawyer, MPH, RD, LD | 316.660.0118 | sarasawyer@ksu.edu

To register for the FREE program scan the QR code or visit:

<https://tinyurl.com/yruk3ff9>



Eligibility:

- ✓ Age 18 or older
- ✓ Hypertension diagnosis or Rx
- ✓ Interest in & readiness for the program
- ⊗ Significant cardiac event- last 6 months
- ⊗ Atrial fibrillation or other arrhythmias
- ⊗ Diagnosis of lymphedema or risk of developing lymphedema

FREE TREAT

FOR SENIORS!

BRAIN FREEZE

WEDNESDAY, AUGUST 7 @ 3 PM

MEET US AT THE CENTER!



SENIOR *Swim*

**Thursday, August 8
6:00 PM**

\$2 per swimmer

**Senior
Swim
Party!**

**Snacks
Laughs
Fun!**

**Join
Us!**



LUNCH & LEARN **AUGUST 13 12:00 PM**

THE CENTER WILL BE PROVIDING FRIED CHICKEN.
PLEASE BRING A SIDE DISH OR DESSERT TO SHARE WITH OTHERS.

**WHAT IS SNAP? WITH AMY
K-STATE EXTENSION & RESEARCH**

*Bible Study with Pastor Kelley starts back up
August 15th at 10:00 AM*



Farmers Mobile Market at the Center

Thursday, August 15
11:00 AM - 11:45 AM



Common Ground Producers and Growers, Inc.

"All Are Fed. No One Is Hungry!"



First Day of School Ice Cream Social
Thursday, August 15 at 3:00 PM
All Ages Welcome! Invite your families!



Book Club Discussion Monday, August 19 at 1:00 PM
The Magnificent Lives of Marjorie Post by Allison Pataki

Fresh Conversations Series **Thursday August 22 1:00 PM**

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!

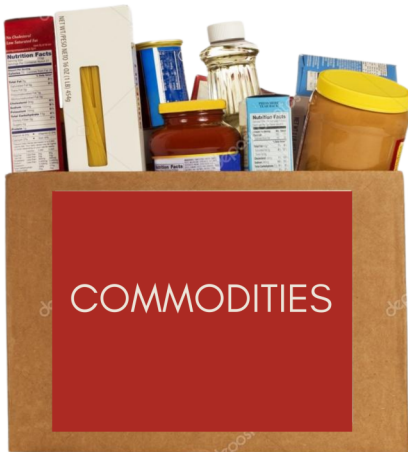
August Topic: Fresh Herbs: Don't Miss Out On Summer Flavor

BRUNCH & BINGO

& SENIOR
MOMENTS
TOO

COME ENJOY BREAKFAST FOODS, FRUITS, COFFEE
AND JUICES, BINGO, PRIZES AND A LITTLE
EDUCATION TOO.

MONDAY, AUGUST 19 AT 11:30 AM



August Food Pick Up

We have commodity boxes
available TODAY

(Wednesday, August 21).

Help move food out the door –
come and get a box if you qualify!

MONTHLY INCOME GUIDELINE

- 1 - \$1,632
- 2 - \$2,215
- 3 - \$2,798
- 4 - \$3,380
- 5 - \$3,963
- 6 - \$4,546
- 7 - \$5,129
- 8 - \$5,712

ADD \$583 FOR EACH ADDITIONAL
FAMILY MEMBER

DON'T QUALIFY BUT COULD
USE SOME EXTRA FOOD?
COME TALK TO AMBER.



Fall Fest Planning Monday, August 26 at 3:00 PM

If you're up for crafting and dazzling our float, helping whip up
chili, serving or hanging out at the vendor booth,
we need your awesome self on board!



Movie Day!

Tuesday, August 27 at 1:00 PM

CAR WASH WEDNESDAY!



AUGUST 28 AT 10-11 AM

\$2 PER CAR & WE WILL HAVE SOMEONE THERE TO WASH YOUR CAR FOR YOU!

LUNCH

**WE ARE LOADING UP AND HEADING OUT TO
THE PUMPHOUSE!**

**THE PUMPHOUSE HAS A WIDE VARIETY OF
FOOD FROM BURGERS, FISH, SALADS, PIZZA
AND MORE.**

**WE WILL LOAD UP AT 10:45 AM
FRIDAY, AUGUST 30.**

**WE WILL FOLLOW UP WITH A QUICK TRIP TO THE
NIFTY NUT HOUSE BEFORE HEADING BACK TO
THE CENTER!**

****Lunch Bunch is moving from Wednesdays to Fridays
on the months with 5 Fridays.**

Come to the Center, you will create some amazing FRIENDSHIPS

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional word related to friendship.

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

ACQUAINTANCE
AFFECTION
AFFINITY
ALLY
AMIGO
AMITY
BOYFRIEND
BUDDY
CHUM
CLOSENESS

COMPANION
COMRADE
CONFIDE
EMPATHY
FAVOR
FONDNESS
FRIENDLINESS
FUN
GIRLFRIEND
GOOD TIMES

HONESTY
KINSHIP
LEND
LOYALTY
PAL
ROOMMATE
SHARE
SUPPORTIVE
SYMPATHY
TRUST



Safe Driving May Save You Money by lowering your insurance premium*

Refresh your driving skills and knowledge of the rules of the road.

Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safer on the road.

This is a classroom only class, with no driving test involved.

A Class near you:

Saturday, September 7, 2024

Registration 10-10:30AM Class 10:30AM to about 3:45PM

Location:

Clearwater Senior Center 921 E. Janet, Clearwater

To save your seat, call:

620-584-2332

Bring cash or check payable AARP to register.

Class registration starts at 10AM

Must bring; cash, check, money order, Driver's license and AARP card (if member for discount)

We will break for lunch.

Fees due day of class:

AARP Member, with card, \$20.00 Non-member \$25.00

***Upon completion you may be eligible to receive an auto discount. Other restrictions may apply.**

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

<https://www.facebook.com/ClearwaterSenior>



find us on

Facebook



NationalInstituteOf
SeniorCenters

**September
2024**

National Senior Center Month

Powering Connections



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Join us at the Clearwater Senior Center to see
How will you connect this September?