



January 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**

Welcome to 2024!

Are you an active adult looking to stay on top of your A-game? Then Clearwater Senior Center is your go-to destination! Our aim is to partner up with other community agencies and businesses to give our 55+ adults access to a wide range of opportunities that can keep them healthy, active, and independent. Whether it's nutrition programs, social and recreational activities, or off-campus outings, we have it all!

And guess what? Those who join our senior center programs experience a boost in their psychological well-being, including social and health benefits, and reduced levels of depression. Plus, we have a network of friendly faces always ready to lend a helping hand! Our food commodities project is a hit too, serving over 40 families with delicious goodies from the Kansas Food Bank. We even give out Kansas Farmers Market Coupons to seniors who qualify.

So, spread the word to your family and friends! We're all about building a happy, healthy community at Clearwater Senior Center.

Join us this new year!



Monthly Events

These events happen monthly and are not highlighted in the SCOOP or Calendar.

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.

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

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!

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Games	3 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games*	4 9:00 AM Coffee & Cocoa 1:30 PM Afternoon Break 1:30 PM Games	5 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games	6
7	8 10:00 AM Games 1:00 PM Bridge* 1:00 PM Candy Card Bingo 2:00 PM Blank Slate 5:00 PM Wait's Night Out	9 8:30 AM Men's Coffee 9:00 AM Exercise 12:00 PM Lunch & Learn Potluck 1:00 PM Chicken Foot 2:00 PM Games	10 9:00 AM Chronic Illness** 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi Information Meeting 2:00 PM Games*	11 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Games 1:30 PM Birthday Party Cake & Ice Cream	12 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 10:30 AM Walmart Run	13
14	15 	16 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Bingo	17 9:00 AM Chronic Illness** 10:00 AM Walk It Out 10:30 AM Weight Check 11:00 AM LUNCH BUNCH	18 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	19 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games	20 5:00 PM Winer Music Night & Dinner \$10 Tickets available at the Center
21	22 10:00 AM Games 1:00 PM Bridge* 1:00 PM Book Club 2:00 PM Movie Monday	23 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Chicken Foot 2:00 PM Games	24 9:00 AM Chronic Illness** 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 1:30 PM Afternoon Break 1:30 PM Games	26 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games	27
28	29 10:00 AM Games 1:00 PM Bridge* 1:30 PM Bring a Project	30 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Games	31 9:00 AM Chronic Illness** 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	February 1 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	2 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games	3

JANUARY 2024

This menu served in:
Butler, Harvey, Sedgwick Co.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Chicken & Pasta Salad 8oz Black-Eyed Pea Salad 4oz Mixed Fruit 4oz Wheat Bread w/ Margarine Milk 8oz (All Cold)	Spaghetti w/ Meat Sauce 8oz Green Beans 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz	Turkey Stew 8oz Mixed Vegetables 4oz Tropical Fruit 4oz Cornbread Muffin w/ Margarine Milk 8oz	Sweet Potato Shepard's Pie 8oz Combination Salad 1C Dressing Packet Sliced Apples 4oz Wheat Roll w/ Margarine Milk 8oz
8	9	10	11	12
Ham & Swiss Brocc Pasta 8oz Corn 4oz Blushing Pears 4oz Wheat Bread w/ Margarine Milk 8oz	Chili 8oz Baked Potato w/ Margarine Tropical Fruit 4oz Whole Grain Cinnamon Roll Crackers 2pk Milk 8oz	Tuna Noodle Cass 8oz Mixed Vegetables 4oz Apricots 4oz Garlic Cheddar Biscuit Milk 8oz	Swedish Steak 3oz Parslied Carrots 4oz Pineapple 4oz Wheat Roll w/ Margarine Chef's Choice Birthday Cake Milk 8oz	Breaded Chicken Patty 3oz (on) Whole Grain Bun Cheese / Pickles / Mayo Coleslaw 4oz Peaches 4oz Milk 8oz
15	16	17	18	19
	Glazed Chicken 3oz Peas & Carrots 4oz Pears 4oz Wheat Roll w/ Margarine Milk 8oz	Ham & Beans 8oz Potatoes w/ Onions 4oz Mixed Fruit 4oz Cornbread Muffin w/ Margarine Milk 8oz	Taco Burger (3oz) (on) Whole Grain Bun Lettuce (2oz) Cheese (2oz) Tomato (1ea) Baked Beans 4oz Peaches 4oz Milk 8oz	Broccoli & Cheese Soup 8oz Combination Salad 1C Dressing Packet Sliced Apples 4oz Garlic Cheddar Biscuit Milk 8oz
22	23	24	25	26
New England Stew 8oz Mixed Vegetables 4oz Applesauce 4oz Cornbread Muffin w/ Margarine Milk 8oz	Beef Stroganoff 8oz Diced Carrots 4oz Pineapple 4oz Wheat Bread w/ Margarine Milk 8oz	Southwest Chicken Bake 8oz Tomato Salad 4oz Pears 4oz Whole Grain Breadstick Milk 8oz	Creamy Shrimp Linguine 8oz Combination Salad 1C Dressing Packet Apricots 4oz Whole Grain Garlic Toast Milk 8oz	Salsibury Steak 3oz Mashed Potatoes 4oz Tropical Fruit 4oz Wheat Roll w/ Margarine Milk 8oz
29	30	31	DAILY MEAL PATTERN	
Chicken Cacciatore 3oz Peas & Carrots Cinnamon Apples 4oz Wheat Roll w/ Margarine Milk 8oz	Homestyle Chicken & Noodles 8oz Mashed Potatoes 4oz Ambrosia Fruit Salad 4oz Garlic Cheddar Biscuit Milk 8oz	Tatertot Casserole 8oz Green Beans 4oz Mixed Fruit 4oz Wheat Bread w/ Margarine 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	



Get ready to put on your walking shoes
and join us for a stroll around the area
with your best buds!
Every Wednesday at 10 AM
(weather permitting)



Got a goal for this year? Let's make it
happen! Meet me, Amber, every
Wednesday and let's crush it! Whether it's
a weight goal or something else entirely,
I'm here to help you stay on track!
Wednesdays 10:30 AM



Formerly known as Coffee Talk
We have Coffee, Cappuccino, Hot Cocoa,
Apple Cider, Tea and more!
Thursdays at 10:00 AM



SENIOR READERS BOOK CLUB
READING WITH MY GNOMIES
JANUARY 22 AT 1:00 PM

WE WILL BE DISCUSSING
REDEEMING LOVE
BY FRANCINE RIVERS
& PICKING UP OUR NEXT BOOK

**MOVIE
MONDAY**



MONDAY, JANUARY 22
2:00 PM



January 9
12:00 PM

Potluck

LUNCH & LEARN

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

SPEAKER: TARA SHARON WITH SG CO. HEALTH DEPARTMENT

Lunch **BUNCH**

January 17

Leaving at 11:00 AM

The Hill Bar & Grill

Please Sign Up by Friday, January 12

Walt's Night Out

MONDAY

JANUARY 8

5:00 PM - 6:30 PM

POP IN AND GIVE SHANNON AND HER SQUAD A BIG THANK YOU!



Sedgwick County Health Department

SELF-MANAGEMENT EDUCATION

Living with Chronic Conditions

"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."

-CDSMP Participant

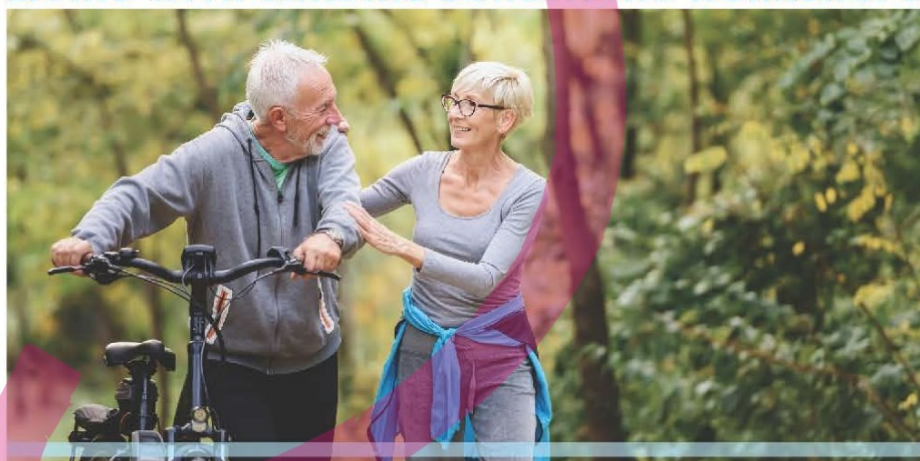
CLEARWATER WORKSHOP

Clearwater Senior Center
921 E Janet Ave
Clearwater, KS 67206

Wednesdays
9:00 AM - 11:30 AM

Call to Register TODAY!
620-584-2332

LIVING WITH CHRONIC CONDITIONS WORKSHOPS



If you are living with an ongoing health condition (such as arthritis, asthma, diabetes, high blood pressure, or depression) or you are a caregiver of someone who is, this is for you.

Living with Chronic Conditions Workshops are interactive learning opportunities that teach techniques to manage common symptoms.

FREE WORKSHOP SERIES LED BY TRAINED LEADERS TO HELP YOU:

- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends, and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better manage your health



Revised Sept. 2022



SelfManagementResource.com

GET READY TO TAP YOUR TOES AND SING ALONG TO THE SWEET SOUNDS OF **ADDIE HOUSE**, OUR HOME-GROWN MUSIC SUPERSTAR! JOIN US FOR A NIGHT OF CLASSIC COUNTRY TUNES AND FRESH, ORIGINAL MELODIES WRITTEN BY THE ONE AND ONLY ADDIE.



WINTER

MUSIC NIGHT & DINNERFUNDRAISER

SATURDAY, JANUARY 20
5:00 PM DOORS OPEN
MUSIC BEGINS AT 5:30 PM

**\$10 FOR PULLED PORK
MEAL & ENTERTAINMENT
TICKETS AVAILABLE AT
THE CENTER**

**TICKET INCLUDES: PULLED PORK SANDWICH, SIDES,
DESSERT, DRINK & ENTERTAINMENT**



BIRTHDAY CELEBRATION IS JANUARY 11 AT 1:30 PM
JOIN US FOR A BIRTHDAY CELEBRATION



TAI CHI FOR SENIORS

INFORMATION MEETING 1/10 AT 1:00 PM

CLASSES BEGIN 1/24 AT 1:00 PM



BRING A PROJECT AND SUPPORT project

MONDAY, JANUARY 29

1:30 PM

WORKING ON SOMETHING AT HOME? BRING IT AND WORK ON IT WITH FRIENDS

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



find us on
Facebook

COMING IN FEBRUARY

**LADIES BIBLE STUDY
 VALENTINES DINNER & DANCE
 VALENTINES PARTY
 LINE DANCING AND MORE!**

Happy New Year

Find and circle all of the words that are hidden in the grid.
 The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF DECEMBER	HOLIDAY	PARTY
BALLOONS	EVENTS	HORNS	PUNCH
BANNERS	FAMILY	KISS	RESOLUTIONS
BUFFET	FATHER TIME	MIDNIGHT	SINGING
CELEBRATE	FEAST	MUSIC	STREAMERS
CHAMPAGNE	FESTIVITIES	NEW YEARS DAY	THIRTY FIRST
CONFETTI	FIREWORKS	NEW YEARS EVE	TIARAS
DANCE	FIRST OF JANUARY	NOISEMAKERS	WINE
DAY ONE	FRIENDS	OCCASION	YEAR IN REVIEW