



July 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.

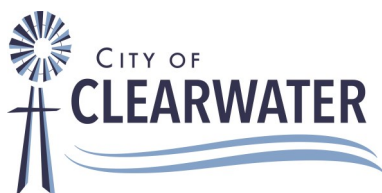
For more information on events or programs, please contact the Center coordinator at 620-584-2332.

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

It's getting  outside
Come *Chill* at the
Center with friends!

Below are 10 tips to help you stay safe
(and cool) in the hot weather

- 1 Avoid Heat Stroke**
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹

- 2 Stay Hydrated**
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²

- 3 Drink Plenty of Water**
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³

- 4 Manage Caffeine Intake**
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴

- 5 Exercise Smart**
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).

- 6 Plan Your Exercise Time**
If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.

- 7 Keep Cool Inside**
Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵

- 8 Stay Cool**
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.

- 9 Apply Sunblock**
When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶

- 10 Cool Down**
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷


FAMILY FUN NIGHT

MONDAY, JULY 8TH
5:30 – 8:00 PM
CLEARWATER SENIOR CENTER 921 E JANET

PULLED PORK DINNER ONLY \$10
(\$5 FOR 10 YEARS AND YOUNGER)

COBBLER DESSERT WITH HOMEMADE ICE CREAM
MUSIC WITH "DEAR FRIENDS" STARTING AT 6:00 PM

INSIDE/OUTSIDE GAMES
12+ BASKETS TO RAFFLE OFF (SOMETHING FOR EVERYONE)

SO MUCH FUN FOR ALL AGES

**Pick up your meal ticket at the Senior Center by
July 5 at 1:00 PM**

Raffle Tickets available now until Monday, July 8th, 7:30 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



JULY

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 The Chosen Series	2 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn	3 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games 5:30 PM Wind Surge Baseball Game & Fireworks	4 	5 9:00 AM Exercise 10:00 AM Calorie Burn 11:00 AM Walmart Run 1:00 PM Line Dancing	6
7	8 10:00 AM Games 1:00 PM Bridge* 2:00 PM The Chosen Series 7:00 PM Senior Swim 5:30 PM FAMILY FUN NIGHT	9 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn HAPP with Tara 1:45 PM Blank Slate 7:00 PM Senior Swim	10 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games 7:00 PM Senior Swim	11 9:00 AM Coffee & Cocoa 1:30 PM Games 1:30 PM Birthday Party 7:00 PM Senior Swim 	12 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks and Tips with Pamela, RN 1:00 PM Line Dancing	13
14	15 10:00 AM Games 1:00 PM Bridge* 1:00 PM Singo-Bingo 2:00 PM The Chosen Series 7:00 PM Senior Swim	16 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:30 PM Movie & Popcorn 7:00 PM Senior Swim	17 10:00 AM Walk It Out 10:30 AM Casino Trip 10:30 AM Weight Check 2:00 PM Games 7:00 PM Senior Swim 3:00 PM – 6:00 PM Food Pick-Up	18 9:00 AM Coffee & Cocoa 1:30 PM Afternoon Break 1:30 PM Games 7:00 PM Senior Swim 9:00 PM – 4:00 PM Food Pick-Up	19 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks with Pamela, RN 1:00 PM Line Dancing 9:00 PM – 1:00 PM Food Pick-Up	20 4:00 PM – 6:00 PM Open House at Fire Station
21 9:00 AM Firefly Farms Tomato Fest Market	22 10:00 AM Games 1:00 PM Bridge* 1:00 PM Book Club 2:00 PM The Chosen Series 3:30 PM More on Oils with Greta 6:00 PM Senior Swim	23 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bingo 6:00 PM Senior Swim	24 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Drum Safari at Library 6:00 PM Senior Swim	25 9:00 AM Coffee & Cocoa 11:00 AM Common Ground Mobile Market 1:00 PM Summer Check-Up with K-State Extension 1:30 PM Afternoon Break 1:30 PM Games 6:00 PM Senior Swim	26 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM Blood Pressure Checks with Pamela, RN 1:00 PM Line Dancing	27
28	29 10:00 AM Games 1:00 PM Bridge* 2:00 PM The Chosen Series 3:30 PM Olympic Games History, Trivia & Games 6:00 PM Senior Swim	30 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 6:00 PM Senior Swim	31 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games 6:00 PM Senior Swim	August 1 Red is an educational opportunity. Blue is a special event. Black Bold are added graphics in the newsletter.	2 	3 7:30 AM – 10:00 AM Biscuits & Gravy 12:45 PM Matilda At MTW

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Cacciatore 3oz Mixed Vegetables 4oz Apricots 4oz Wheat Roll w/ Margarine Milk 8oz	BBQ Pork 3oz (on) Whole Grain Bun Red Potato Salad 4oz Tropical Fruit 4oz Milk 8oz	Beef Hot Dog (3oz) on WG Bun <i>Mustard & Ketchup</i> Cauli-Brocc-Raisin Salad 4oz Apple Crisp 4oz Potato Chips 1oz Milk 8oz		Chicken Salad (4oz) on WG Sliders (2ea = 2oz meat each) Calico Salad 4oz Mixed Fruit 4oz Milk 8oz (All Cold)
8	6	10	11	12
Beef Cutlet 3oz w/ Spanish Sauce (over) Rice 4oz Copper Pennies Salad 4oz Pears 4oz Milk 8oz	Breaded Pork Patty 3oz (on) Whole Grain Bun Lettuce & Tomato / BBQ Sauce Potato & Bean Salad 4oz Peaches 4oz Milk 8oz	Chicken & Rice Cass 8oz Mixed Vegetables 4oz Mixed Fruit 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz	Cowboy Beans 8oz Combo Salad 1C w/ Dressing Pkg Apricots 4oz WG Cornbread Muffin w/ Margarine Chef's Choice Birthday Cake Milk 8oz	Tuna Pasta Salad 8oz Corn & Tomato Salad 4oz Applesauce 4oz Whole Grain Crackers 2pk Milk 8oz (All Cold)
15	16	17	18	19
BBQ Pork Riblet 3oz Creamed Peas 4oz Sliced Apples 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	wg Breaded Chicken Patty 3oz Mashed Potatoes 4oz Cream Gravy 2oz Mixed Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	Sloppy Joe 4oz (on) Whole Grain Bun Coleslaw 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Chicken(3oz) Soft Taco Wheat Tortilla Lettuce (2oz) Cheese (1oz) Salsa Pkg Mexican Rice 4oz Fiesta Corn Salad 4oz Craisins 1/4c Milk 8oz	Roast Turkey (3oz) on WG Sub Cheese Slice / Lettuce / Tomato / Mayo Carrot Raisin Salad 4oz Pineapple 4oz Milk 8oz (All Cold)
22	23	24	25	26
Salisbury Steak 3oz Potatoes & Onions 4oz Peaches 4oz Wheat Roll w/ Margarine Milk 8oz	Mexican Pork Stew 8oz Squash Salad 4oz Blushing Pears 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Turkey & Swiss Brocc Pasta 8oz Three Bean Salad 4oz Pineapple 4oz Whole Grain Garlic Breadstick Milk 8oz	Cranberry Meatballs 4oz Baked Potato w/ Margarine Apricot Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	Shrimp Pasta Salad 8oz Tomato Salad 4oz Mixed Fruit 4oz Crackers 2pk Milk 8oz (All Cold)
29	30	31	DAILY MEAL PATTERN	
Italian Chicken 3oz Peas & Carrots 4oz Pears 4oz Wheat Bread w/ Margarine Milk 8oz	Scalloped Potatoes & Ham 8oz Corn 4oz Flavored Applesauce 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz	Cheeseburger (3oz) (on) Whole Grain Bun Lettuce & Tomato / Mustard & Ketchup Sweet Potato Salad 4oz Tropical Fruit 4oz 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	

The CHOSEN

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



WIND SURGE JULY 3

Leave here at **5:30 PM** & Return after the fireworks

Great Seats, Great Friends, Great Time!

Reminder: Must purchase food & drinks with a card.

ONLY \$12 per ticket



July 5th Walmart Run!

**Please let Amber know by July 3
Leaving at 11:00 AM**

SENIOR *Swim*

* *Lap Swim* * *Water Aerobics* * *Relaxing with Friends*

**\$2 per swim OR
\$30 for all days!**

PRIVATE
SWIM
TIMES

PRIVATE
SWIM
TIMES

July 8-11 7-8 PM

July 15-18 7-8 PM

July 22-25 6-7 PM

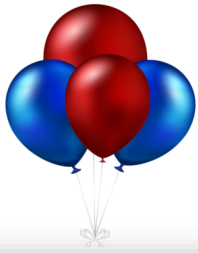
July 29-August 1 6-7 PM

August 5-8 6-7 PM

**Free
Blood Pressure
Screenings**

Fridays
10:00 AM
with Pamela, RN





COME CELEBRATE JULY BIRTHDAYS THURSDAY 7/11 AT 1:30 PM

Singo-Bingo Monday, July 15 at 1:00 PM
Regular Bingo Tuesday, July 23 at 1:00 PM



**Join us for a cool afternoon at the Center.
We'll be showing a movie and popping
some popcorn for a tasty snack.**

**Don't miss out!
Tuesday, July 16
1:30 PM**



CASINO TRIP!

We are heading to the Casino

**Wednesday, July 17
Leaving the Center at 10:30 AM
We will return by 2:30 PM**

Your Cordially Invited

The Clearwater Fire Department will be hosting an Open House/Push-In Ceremony for our new Pierce Enforcer Engine.

Date: July 20th, 2024

Time: 4-6 P.M.

Location: 319 W. Ross Clearwater, Ks

Free hamburgers and hot dogs will be available (donations are accepted) and there will be activities, a bounce house, and handout items for the kids.

We hope that you can attend and help us celebrate this special event.



Book Club Discussion Monday, July 22 at 1:00 PM
Like Dandeline Dust by Karen Kingsbury



MORE ON OILS

with Greta

**MONDAY, JULY 22
3:30 PM**



Farmers Mobile Market at the Center Thursday, July 25

11:00 AM - 11:45 AM

Common Ground Producers and Growers, Inc.

"All Are Fed. No One Is Hungry!"



Fresh Conversations Series

Thursday July 25 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! **June topic: Summer Check-Up**

MONDAY, JULY 29 3:30 PM



SUMMER OLYMPIC GAMES
FUN
HISTORY
TRIVIA
GAMES
SNACKS AND MORE!



ROALD DAHL'S
Matilda
 THE MUSICAL

Saturday, August 3rd
12:45 PM departure
Tickets at \$30 each
Catch Brielle as Alice on stage!



MUSIC
THEATRE
WICHITA



Please sign up by July 22



PARIS 2024

Summer Olympics

Word Search

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BOXING
CANOEING
CRICKET
CROQUET
CYCLING
DIVING
EQUESTRIAN
FENCING
FIELD HOCKEY
FOOTBALL
GOLF
GYMNASTICS
HANDBALL

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X	Q	M	S	G	Z	O	L	O	P	R	E	T	A	W	R	O	W	I	N	G



JUDO	SURFING
KARATE	SWIMMING
LACROSSE	TABLE TENNIS
POLO	TAEKWONDO
RACKETS	TENNIS
ROWING	TRIATHLON
RUGBY	TUG OF WAR
SAILING	VOLLEYBALL
SKATEBOARDING	WATER POLO
SOFTBALL	WEIGHTLIFTING
SQUASH	WRESTLING

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

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)



SHARE THE



INVITE

Your

FRIENDS!