



March 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**



Package Delivery Problem? Maybe Not. Americans Are Swamped with Scam Texts **Criminals pretend to be USPS, FedEx and UPS, smishing for your personal info and money**

You've surely received one (if not dozens) of these texts, noting that your U.S. Postal Service, UPS or FedEx delivery has been kept on hold because of an issue with your address, insufficient postage, or nobody was home to receive it. Just visit [a link will usually be included here] to provide more information, pay for extra postage or reschedule delivery.

The link might take you to a legit-looking website, often with the logo of the delivery service and an actual tracking number, where you are asked to verify your address, and perhaps pay a small "redelivery fee."

One caller to AARP's Fraud Watch Network Helpline paid with her credit card — in her case the charge was 99 cents — and discovered later that she'd been charged \$400.

That's just one example from the endless stream of fake delivery-service texts Americans have been receiving from scammers, who are smishing (the term for scam attempts made via text, or SMS) for personal info and money. According to the Federal Trade Commission (FTC), Americans reported \$330 million in losses to text scams last year, more than double the reported losses from 2021. And delivery scams — with most messages purportedly from the U.S. Postal Service, FedEx and UPS — were the third most commonly reported type (behind fake bank texts and promises of free gifts or prizes).

These smishing attempts can be extremely effective, says Amy Nofziger, director of victim support for the AARP Fraud Watch Network. We may be hit with a delivery-related smishing attempt when we have just mailed or are expecting a package — something that's likely these days, with so much online ordering. The criminals "are playing off people's emotions, and people's need for what's coming in the mail, to get them to click on the link," she says.

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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

Meals on Wheels/Friendship Meals Served

Monday – Friday 11:30 AM

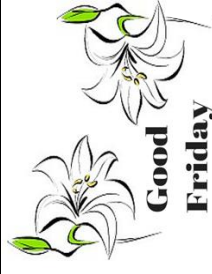
Sign up today!

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	10:00 AM Games 1:00 PM Bridge* 2:00 PM Blank Slate 2:30 PM Ladies Bible Study	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Chicken Foot 6:30 PM Severe Weather Safety at Fire Department	10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:00 PM Siam the Scam 1:30 PM Games 1:30 PM Afternoon Break	9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	2 Biscuits & Gravy 7:30 – 10:00 AM \$5 per person Join Us
10 Spring Break week	10:00 AM Games 1:00 PM Bridge* 2:00 PM Blank Slate 2:30 PM Ladies Bible Study	8:30 AM Men's Coffee 9:00 AM Exercise 12:00 PM Lunch & Learn 1:30 PM Singo Bingo	10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Birthday Party 1:30 PM Games HAPPY BIRTHDAY	9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 11:30 AM Baked Potato Bar 1:00 PM Line Dancing	16
17 MARCH 18 MADNESS	10:00 AM Games 1:00 PM Bridge* 1:00 PM Book Club 2:00 PM Blank Slate 2:30 PM Ladies Bible Study Pick up MM Bracket	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Bingo 3:30 PM Tutor Tuesday	10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games* March Madness Brackets are due!	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games with Dedicated Medical Services	9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	23
24 HAPPY Easter 31	10:00 AM Games 1:00 PM Bridge* 1:30 PM Bring a Project 2:30 PM Ladies Bible Study 3:30 PM Casino Day	8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Movie & Popcorn The Boys in the Boat Book Club	10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:00 PM Macular Degeneration: Sight Saving Strategies 1:30 PM Games 1:30 PM Afternoon Break	9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	30

MARCH 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				
4	5	6	7	8
BBQ Chicken 3oz (on) Whole Grain Bun Coleslaw w/ Carrots 4oz Apricots 4oz Milk 8oz	Goulash 8oz Green Beans 4oz Pears 4oz Whole Grain Breadstick Milk 8oz	Mexican Pork Stew 8oz Hominy 4oz Tropical Fruit 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Turkey & Swiss Brocc Pasta 8oz Three Bean Salad 4oz Blushing Pears 4oz Whole Grain Garlic Breadstick Chef's Choice Birthday Cake Milk 8oz	Hearty Tuscan Bean Soup 8oz Combo Salad 1C w/Dressing Pkg Tropical Fruit 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz Lenten Lunch
11	12	13	14	15
White Bean Chicken Chili 8oz Corn Relish Salad 4oz Sliced Apples 4oz Crackers 2pkgs Milk 8oz	Salisbury Steak 3oz Mashed Potatoes 4oz Tropical Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	Pork & Noodle Cass. 8oz Parslied Carrots 4oz Pineapple 4oz Wheat Roll w/ Margarine Milk 8oz	Cheeseburger 3oz (on) Whole Grain Bun Lettuce & Tomato / Mustard & Ketchup Baked Beans 4oz Mixed Fruit 4oz Milk 8oz	Garlic Shrimp Penne 8oz Green Beans 4oz Apricots 4oz Whole Grain Breadstick Milk 8oz Lenten Lunch
18	19	20	21	22
Ham & Beans 8oz Pickled Beets 4oz Peaches 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Cheesy Mac Chili 8oz Mixed Vegetables 4oz Pineapple 4oz Whole Grain Texas Toast Milk 8oz	Breaded Chicken Patty 3oz (on) Whole Grain Bun Lettuce & Tomato / Mayo Calico Salad 4oz Applesauce 4oz Milk 8oz	Turkey Salad 4oz (on) Whole Grain Croissant Potato Soup 6oz Peaches 4oz Milk 8oz	Veggie Pasta Bake 8oz Combo Salad 1C w/Dressing Pkg Mixed Fruit 4oz Garlic Cheddar Biscuit w/ Margarine Milk 8oz Lenten Lunch
25	26	27	28	29
Chicken Cacciatore 3oz Peas & Carrots Cinnamon Apples 4oz Wheat Roll w/ Margarine Milk 8oz	Southwest Tuna Noodle Bake 8oz Mixed Vegetables 4oz Mixed Fruit 4oz Whole Grain Garlic Toast Milk 8oz	Swedish Steak 3oz Mashed Potatoes 4oz Apricots 4oz Wheat Bread w/ Margarine Milk 8oz	Easter Meal Roasted Ham Slice 4oz Green Bean Casserole 4oz Cauli-Brocc-Raisin Salad 4oz Ambrosia Fruit Salad 4oz Wheat Roll w/Margarine Milk 8oz	



BISCUITS & GRAVY DAY IS COMING!

March 2
7:30
AM-10:30

921 E Janet
The Center

All you can eat biscuits & gravy, juice, coffee & fruit

Adults \$5.00

Children 12 and under \$3.00

NEW • NEW • NEW
EVENT • NEW • NEW

Line Dancing

FRIDAYS 1:00 PM - 2:00 PM

NO FANCY FOOTWORK REQUIRED!
JUST COME DANCE AND JOIN THE FUN!

Woman's
Bible Study

Mondays at 2:30 PM
Come help pick what we will study

We need your help to
#SlamTheScam
 on government
 imposters.

Learn how to spot scams,
 identify red flags, and
 report suspicious activity.



Thursday, March 7 at 1:00 PM

LUNCH & LEARN

MARCH 12
12:00 PM

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

SPEAKER: LAURIE CARR
 K-STATE RESEARCH & EXTENSION - SEDGWICK COUNTY
 FRESH CONVERSATION



COME CELEBRATE MARCH BIRTHDAYS
 THURSDAY 3/14 AT 1:30 PM

You're invited to our
ST. PATRICK'S
Celebration

*Come grub with us at
our epic spud-tacular
lunch bash! Pay what
you want, and let the
potato party begin!*



Friday
3.15.2024

Starting at 11:30 AM

*Wear your green and get ready to raise some
funds for future senior center activities.*

It's crazy, it's fun, it's
Sing along BINGO!

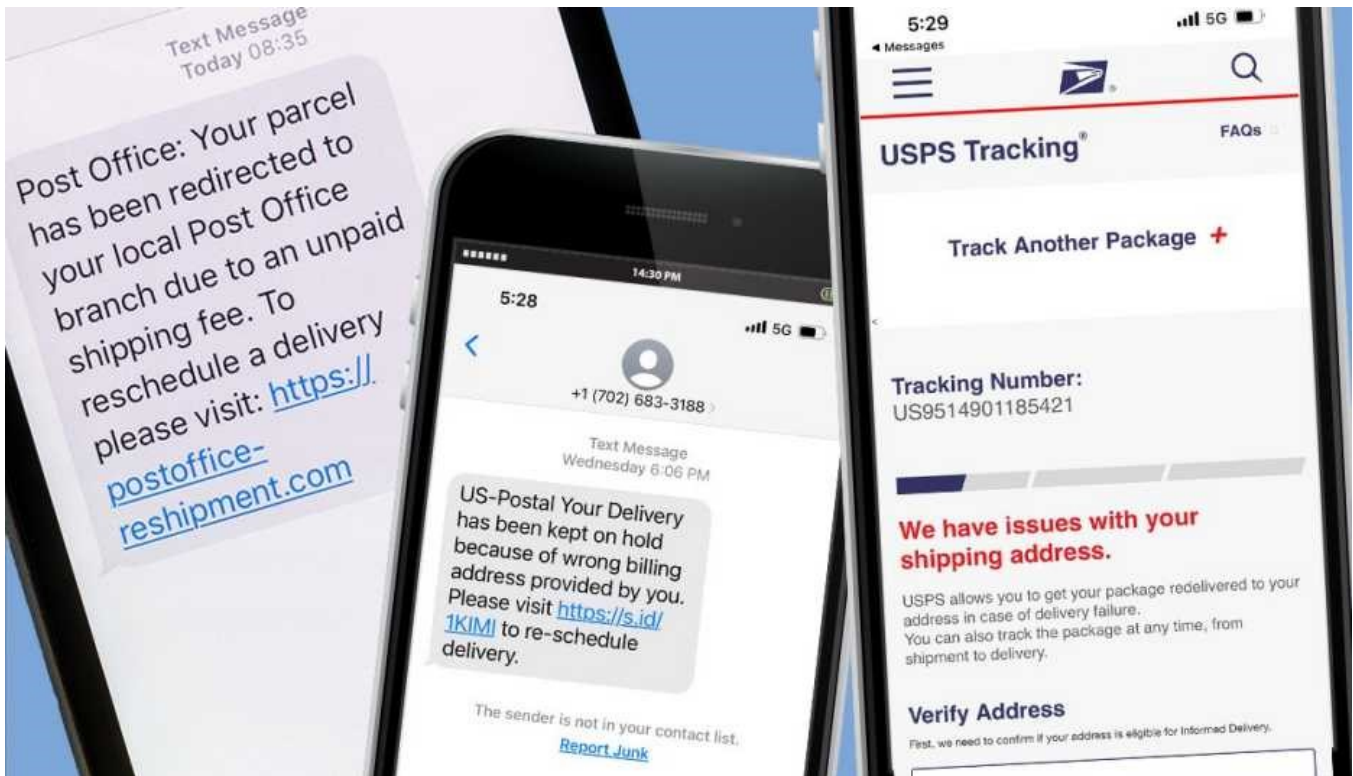
Tuesday, March 12
1:30 PM



● ● ● ● ●
● M A R C H ●
● ● F O R ● ●
● M E A L S ●
● ● ● ● ● WITH
MEALS **on** WHEELS™

March is National Meals on Wheels Month
A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels can even save lives.
THE POWER OF A KNOCK TRANSFORMS LIVES.

Please consider making a donation to Meals on Wheels/Friendship Meals in March!
For more information - contact Becky Estes at 620-584-2332



"Like all phishing, they're trying to create the idea that there's something you need to deal with right away," says Steve Weisman, a professor of white-collar crime at Bentley University in Waltham, Massachusetts, and an expert in scams, identity theft and cybersecurity.

It's not always clear what the criminals do with the personal information they collect through smishing, Weisman says, but they may sell it to other bad actors, or plan to use it in the service of future scams. You are more likely to trust future communications from them if they can provide personal details about you, he notes.

Warning signs of smishing

You receive notice about a problem with the delivery of your USPS package when you haven't made a tracking request (or haven't even mailed one). Unless you explicitly sign up for status alerts on a package, you won't receive a text from USPS, says Donna Harris, public information representative with the United States Postal Inspection Service (USPIS). "That's not how the Postal Service connects with the customer," she says. And if you never signed up for a USPS tracking request for a specific package, a text message citing one is certainly a fake.

The message has misspellings or awkward grammar. These are classic signs of a scam attempt (UPS also cites "excessive use of exclamation points"). But note that with artificial intelligence and other advanced technology, scammers are growing more sophisticated in their replication of legitimate communications.

Article provided by AARP Scams & Fraud.

**IF YOU EVERY HAVE QUESTIONS ON WHAT YOU THINK MIGHT BE A SCAM
PLEASE STOP IN THE OFFICE AND ASK FIRST!**

Article provided by AARP Scams & Fraud.



K-STATE
Research and Extension
Presents:



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.

- March - Macular Degeneration: Sight-Saving Strategies
- 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?

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



April Showers

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

April Fool's Day

Beginning

Chocolate

Green

Planting

Spring

Aries

Bloom

Earth Day

Grow

Plow

Sun

Baseball

Bunny

Easter

Jellybeans

Puddles

Taurus

Basket

Chicks

Flowers

Jokes

Showers

Warmer Weather



Clearwater Senior Center
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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.



A look at April



APRIL 22 AT 2:00 PM

NATIONAL **PRESCRIPTION**
DRUG TAKE BACK DAY

BRING IN YOUR UNUSED, OUT-DATED MEDICATIONS TO BE DISPOSED OF CORRECTLY.



Lunch & Learn
with

**ALZHEIMER'S
ASSOCIATION**

YOUR PARAGRAPH TEXT