



May 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



As we age, it's important to monitor both physical and mental health. Isolation, decreased mobility and other issues that may accompany old age can all have an effect on mental health. There are, however, many ways to combat mental health issues. With proper care and awareness, seniors can stay healthy longer. Here are a few tips on how to stay mentally healthy during the golden years.

1. Stay social

Socializing and staying connected with the outer world helps those of all ages fight off depression. Considering the risks of isolation for seniors, it's particularly important to stay engaged with the world around you. Try setting a schedule to call a friend or family members regularly, taking part in events at the senior center, getting together with friends, volunteering in the community, or joining a book club or other social group.

Today, there are more ways than ever to stay connected. Search online – or ask for help from family or friends to look online – for group gatherings and community activities that appeal to you. Group activities can include associations for military veterans, outings to museums, trips to local botanical gardens or outings to the movies.

You can also use email and Facebook to stay connected with friends and family and to look for volunteer opportunities.

However, keep in mind studies have shown that nothing beats face-to-face contact with others in staving off and alleviating depression. These gatherings can help shake off the mental cobwebs and refresh your mood.

2. Exercise

The benefits of exercise are numerous – fitness keeps your heart healthy and your muscles limber. If you're looking for another reason to take a walk around the block, consider the mental health benefits.

Numerous studies have shown the link between exercise and mental fitness. Getting your heart rate up can help relieve mild depression, anxiety and stress. If you're homebound or in a wheelchair, there are still gentle exercise options available to keep up your strength. In addition to the physical benefits of exercise on the brain, a set exercise schedule can fit in as a part of your daily routine, which helps keep you active and mentally organized.

There's also something to be said for the sense of accomplishment you can gain by prioritizing your health and finishing a fitness routine. Continued to page 5

MONTHLY EVENTS

MONDAYS

GAMES – COME AND PLAN ANY GAME OF YOUR CHOICE.

BRIDGE – A CARD GAME WITH STRATEGY. DON'T KNOW HOW TO PLAY, 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 TO 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





MAY


Meals on Wheels/Friendship Meals Served

Monday – Friday 11:30 AM

Sign up today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Hermes Foot Care 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games*	9:00 AM Coffee & Cocoa 10:00 AM Bible Study 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	
5	10:00 AM Games 11:30 AM Nachos or Tacos 1:00 PM Bridge* 2:30 PM Ladies Bible Study	7 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 10:30 AM Senior Expo Trip**	8 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games*	9 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Games 1:30 PM Birthday Party HAPPY BIRTHDAY!	10 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 5:15 PM WSU Baseball**	11
12 	13 10:00 AM Games 1:00 PM Bridge* 1:30 PM Cowboy Bingo 2:30 PM Ladies Study	14 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 with Mobile Medical	15 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games* 3:00 PM – 6:00 PM Food Pick-Up	16 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games 3:15 PM Last Day of School Ice Cream Treats 9:00 PM – 4:00 PM Food Pick-Up	17 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 9:00 PM – 1:00 PM Food Pick-Up	18
19	20 10:00 AM Games 1:00 PM Bridge* 1:00 PM Book Club 2:30 PM Ladies Study	21 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bingo 1:00 PM Wellness in the Park (On your own)** 2:00 PM Free Car Wash	22 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games*	23 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:00 PM Cancer: Preventable, Not Inevitable 1:30 PM Afternoon Break 1:30 PM Games	24 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	25
26	27 	28 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Movie & Popcorn	29 10:00 AM Walk It Out 10:30 AM Weight Check 11:30 AM Lunch Bunch 2:00 PM Games*	30 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 12:30 PM Promote Your Own Mental Health 1:30 PM Games 1:30 PM Afternoon Break	31 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	JUNE 1 BISCUITS & GRAVY DAY! 7:30 AM – 10:30 AM

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN	1	2	3	
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	WG Breaded Chicken Patty 3oz Mashed Potatoes 4oz w/ Cream Gravy 2oz Apricots 4oz Whole Grain Roll w/ Margarine Milk 8oz	Goulash 8oz Three Bean Salad 4oz Pears 4oz Whole Grain Garlic Bread Milk 8oz	Tuna Salad 3oz (on) Croissant Tomato Salad 4oz Mixed Fruit 4oz Milk 8oz (All Cold)	
6	7	8	9	10
Creamed Chicken 6oz (over) Whole Grain Biscuit Mixed Vegetables 4oz Peaches 4oz Milk 8oz	BBQ Pork Riblet 3oz Scalloped Corn 4oz Cinnamon Apples 4oz WG Cornbread Muffin w/ Margarine Milk 8oz	Sweedish Steak 3oz Cream Peas & Potatoes 4oz Mixed Fruit 4oz Whole Grain Roll w/ Margarine Milk 8oz	Turkey & Broccoli Cass 8oz Parslied Carrots 4oz Flavored Applesauce 4oz Whole Grain Breadstick Chef's Choice Birthday Cake Milk 8oz	Chicken (3oz) Taco Salad Lettuce (1C) Shred Cheese (2oz) Tortilla Chips (1oz) Salsa Pkg (1ea) Mexican Rice 4oz Tropical Fruit Crisp 4oz Milk 8oz
13	14	15	16	17
Beef Cutlet 3oz w/ Spanish Sauce (over) Rice 4oz Green Beans 4oz Pineapple 4oz Milk 8oz	Cranberry Meatballs 4oz Baked Potato w/ Margarine Peach Crisp 4oz Wheat Bread w/ Margarine Milk 8oz	Chicken & Rice Cass 8oz Mixed Vegetables 4oz Apricots 4oz Whole Grain Roll w/ Margarine Milk 8oz	Breaded Pork Patty 3oz (on) Whole Grain Bun Lettuce & Tomato / BBQ Sauce Cauli Brocc Raisin Salad 4oz Tropical Fruit 4oz Milk 8oz	Tuna Pasta Salad 8oz Cuke & Tomato Salad 4oz Blushing Pears 4oz Crackers 2pks Milk 8oz (All Cold)
20	21	22	23	24
Scalloped Potatoes & Turkey 8oz Green Beans 4oz Pineapple 4oz Whole Grain Breadstick Milk 8oz	Beef Stroganoff 8oz Glazed Carrots 4oz Pears 4oz Wheat Roll w/ Margarine Milk 8oz	Pimento Cheese Spread 3oz (on) Croissant Cream of Tomato Soup 6oz Mixed Fruit 4oz Milk 8oz	Chicken & Cheese Cass 8oz Corn 4oz Spiced Peaches 4oz Whole Grain Garlic Toast Milk 8oz	BBQ Pork 3oz (on) Whole Grain Bun Baked Beans 4oz Apple Crisp 4oz Potato Chips 1oz Milk 8oz
27	28	29	30	31
	Italian Chicken Breast 3oz Peas & Carrots 4oz Apricots 4oz Wheat Bread w/ Margarine Milk 8oz	Salisbury Steak 3oz (in gravy) Mashed Potatoes 4oz Blushing Pears 4oz Whole Grain Roll w/ Margarine Milk 8oz	Fish (3oz) Sandwich (on) Whole Grain Bun Cheese Slice & Tarter Sauce Cucumber Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz	Chef Salad w/ Turkey 3oz meat Combo Salad w/ Carrots 1c Shred Cheese (2oz) Diced Egg (1oz) Tomato (1oz) Dressing Pkg (large) Applesauce 4oz Garlic Cheddar Biscuit Milk 8oz (All Cold)

3. Play games

Break out the crossword puzzle and have a little brain-challenging fun. The brain needs exercise, too, and puzzles, logic, math and word games all can help the brain to stay healthy as you age. Games give seniors something to focus on and stretch the memory. Take crossword puzzles, for instance. These popular puzzles may seem run-of-the-mill, but in fact test your memory (who played Scarlett O'Hara in *Gone with the Wind*, again?), combining word games with counting and spatial reasoning. Sudoku is a great option if you're looking to brush up on number games, and jigsaw puzzles or a game of gin rummy can be done with or without company. Extra points for a group game, which brings together elevated brain activity with socialization.

4. Watch out for early signs

You keep track of your blood pressure and dutifully take your medication every day. Apply these same tactics to tracking your – or your family member's – mental health. Even if you exercise daily, socialize and play games, genetics and life situations may cause mental health issues, and that's OK.

If you notice yourself experiencing sadness lasting more than a few days at a time, lethargy, a desire to isolate, anxiety or deteriorating memory or language skills, take these warning signs seriously and follow the next tip.

5. Talk to your doctor

Everyone, young and old, is susceptible to mental health issues. There's nothing to be ashamed of – treat it as seriously as you would any other chronic illness that can interrupt your life. Start by talking to your doctor.

In general, your physician should be on the alert for mental health issues, but it's also up to you to talk about any concerns you may have. Talk to your doctor about any shifts in mood, anxiety, trouble sleeping or any other behavior you've noticed in yourself or a loved one. These illnesses are treatable – your doctor may prescribe you medication, suggest therapy or another option.

Often, a combination of medication and therapy – which provides another social experience for you to speak with a professional or group about life's challenges and your experiences – can work wonders for depression and anxiety. If you've never gone to therapy before, think of it as another new experience you can take on, and one that can change your life for the better.

These are your golden years – help make them as enjoyable as possible.

Mental Health

IS...

- ✓ Something we need to take seriously
- ✓ Linked to physical health
- ✓ Worth making time for
- ✓ Something everyone has
- ✓ Important

ISN'T...

- ✗ A sign of weakness
- ✗ Always negative or always positive
- ✗ All in your head
- ✗ Something you can just snap out of
- ✗ Something to be ashamed of



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




Senior Expo

May 7 | K-STATE | Free Admission
Research and Extension

We will be loading up at 10:30 AM and
will return by 3:00 PM.
Please sign up for this event.
Food trucks will be available for lunch, or we can head out for
a quick bite and return to the event.
More information can be found by sign up list.



COME CELEBRATE MAY BIRTHDAYS

THURSDAY 5/9 AT 1:30 PM



WSU Shocker Baseball

Friday, May 10

Leaving at 5:15 PM

Tickets are \$10 each. Please sign up for this event.

BINGO!



Cowboy Bingo

Monday, May 13

1:30 PM

Please bring \$2
(4 quarters & \$1 bill)



Singo Bingo

Tuesday, May 14

1:30 PM

Aimee with
Mobile Medical will be
providing prizes!



Regular Bingo

Tuesday, May 21

1:00 PM

Snacksn & Prizes
provided

K-STATE
Research and Extension



MAY TOPIC
Cancer: Preventable, Not inevitable

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!

Thursday May 23 1:00 PM

LUNCH & LEARN

Potluck

**MAY 14
12:00 PM**

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

SPEAKER: CHIP WITH WICHITA WORK FORCE



Thursday, May 16

3:15 PM-4:30 PM

**Stop by the Senior Center
921 E Janet**

**for an ice cream treat to celebrate
the end of 2023-2024 school year!**



**Promote Your Own
Mental Health**

**Thursday, May 30
12:30 PM**

**BRING A FRIEND WITH YOU
MAY 1 - MAY 31
AND GET A TICKET FOR FREE
BISCUITS & GRAVY ON 6/1!**

NEW

CAR WASH

Tuesday

**FREE Car Wash for
Seniors 55+**

**Tuesday
May 21**

**2:00 PM - 4:00 PM
Middle & South Bay**



This service is for those who need a little extra help washing their car. We will have someone there to help you wash your car.

*Lunch
Bunch*



May 29

Leaving at 10:45 AM

SickiesGarageBurgers

Please Sign Up by Friday, May 24

A note from your coordinator:

WE'RE DOING
MORE WITH YOUR
SUPPORT

Thank you
..... FOR YOUR
DONATION

Every penny you generously donate to the Center transforms into magical educational moments, exciting outings, and fuels our delicious feasts! Plus, we're on a mission to jazz up our space with a user friendly water/drinking fountain, an ice machine, extra black chairs, comfy padded folding chairs, and even a cool outdoor seating area. Let's spruce up this joint together!

 From the depths of my heart, a massive **THANK YOU** for your awesome donations!

Tax Deductible donations can be made out to:
Clearwater Community Foundation – Senior Center
115 E Ross Clearwater, KS 67026

Donations can also be dropped off at the Senior Center!

If you would like to see what each item would cost, there is a list posted on Amber's door at the Senior Center.

Get ready for the Basket Raffle extravaganza coming your way at the end of May! Swing by the Senior Center from May 29th to grab your tickets and check out the fabulous raffle baskets waiting for you!

Mark your calendars for July 1st at 1:00 PM when the lucky winners will be revealed.

Memorial Day Word Search

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



AMERICA
 BLUE
 CEMETERY
 FALLEN
 FLAG
 FREEDOM
 HEROES

HOLIDAY
 HONOR
 MAY
 MEMORIAL
 MILITARY
 MONDAY
 PARADE
 RED

REMEMBRANCE
 RESPECT
 SACRIFICE
 SALUTE
 SERVICE
 SOLDIERS
 WHITE



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, June 1

7:30 AM - 10:30 AM

\$5/adult \$3/child (3-10)

Coming up this summer

SummerCookout

Wind Surge Baseball

Lots of food

WORLD TREASURE MUSEUM

Lots of laughter

Lots of Educational Moments

SENIOR SWIM Pool Hall Games

MULTIPLE OUTINGS

Lots of friends

family fun day

Lots of fun!