



FOR ACTIVELY AGING ADULTS

Clearwater Senior SCOOP

March 2025

Clearwater Senior Center

921 Janet Ave
Clearwater, KS
67026

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.



"It's more than just a senior center" means that a senior center is not only a place for older adults to socialize, but also a hub for vital community services, providing opportunities for learning, health and wellness programs, access to support networks, and a way to maintain independence and quality of life as they age; essentially acting as a central point for older adults to engage with their community and access necessary resources.

Our Senior Center is a place for:

Social connection:

Combats isolation and loneliness by providing a space for interaction and building friendships.

Health promotion:

Offers fitness classes, health screenings, and educational programs to maintain physical and mental well-being.

Community access:

Connects seniors to other essential community services like transportation, legal aid, and food assistance.

Learning and enrichment:

Provides opportunities for educational activities, arts and crafts, and volunteer work.

Advocacy and support:

Can act as a voice for the needs of older adults within the community.

Come join us today, I promise you won't regret stopping in!

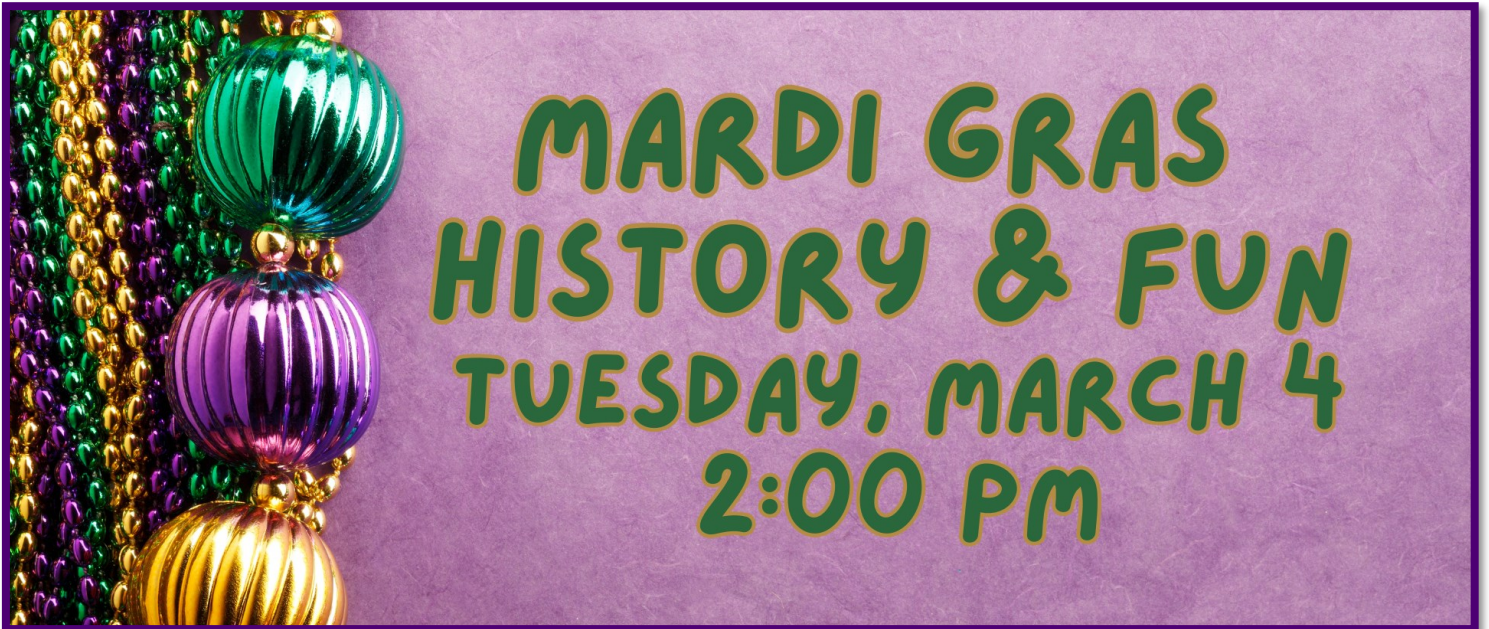




Strength & Stability

Mondays 1:00 PM

Carol Barrientez is a fitness and recreation professional with over a decade of experience. She has a wide variety of specialties and work experiences including: senior fitness/wellness, personal and group training, obesity prevention, stability/fall prevention, etc. Teaching various group exercise class formats, Carol is looking forward to providing the Clearwater Community exemplary programing to assist in healthier lifestyles and improved quality of life.



Friendship meals are now being served at 12:00 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
NEW TIME! Monday – Friday 12:00 PM
 Sign up today!
Council Meetings are the 2nd & 4th Tuesday
of each month at 6:30 PM at City Hall

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Dark Green Bold – Educational Moments Green Bold – Special Events	1 7:30 AM - 10:00 AM Biscuits & Gravy
2	1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen Series 3 Session 7	4 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Canasta 2:00 PM Mardi Gras History & Fun 3:00 PM St. Patty's Craft**	5 9:30 AM Games 10:00 AM Coffee & Community 10:30 AM Weight Check 1:00 PM Tai Chi 1:30 PM Weight Training	6 9:00 AM Coffee, Tea & Cocoa 1:30 PM March Birthday Party 1:30 PM Games	7 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	8
9 	10 1:00 PM Strength & Stability 1:00 PM Bridge* 1:00 PM Book Club 2:00 PM The Chosen Series 3 Session 8	11 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn Medicated Pain Relief 2:00 PM Spades & Games 6:30 PM Council Mtg	12 Hermes Foot Care Call 316-260-4110 for an appointment 9:30 AM Games 10:30 AM Weight Check 1:30 PM Games	13 9:00 AM Coffee, Tea & Cocoa 9:00 AM Empowered Seniors at Botanica** 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	14 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	15
16  	17 1:00 PM Strength & Stability 11:30 AM – 1:00 PM Baked Potato Bar Fundraiser 2:00 PM Singo Bingo ST PATRICK'S DAY	18 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Canasta 2:00 PM Bingo 6:30 Severe Weather Safety Program at Fire Station March Madness Bracket Due by 12:00 PM	19 9:30 AM Games 10:30 AM Weight Check 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors COMMODITIES 12:30 PM – 5:30 PM	20 9:00 AM Coffee, Tea & Cocoa 11:00 AM Passport To Your Tummy Lunch Out** 1:30 PM Afternoon Break 1:30 PM Games COMMODITIES 9:30 AM – 5:00 PM	21 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing COMMODITIES 9:30 AM – 12:30 PM	22
23	24 1:00 PM Strength & Stability 1:00 PM Bridge* 1:00 PM The Chosen Series 3 Recap (NEW TIME) 2:30 PM Six Tripple Eight Movie	25 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Games 1:30 PM Kansas Legal Services 2:30 PM Games 6:30 PM Council Mtg	26 9:30 AM Games 10:30 AM Weight Check 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors	27 9:00 AM Coffee, Tea & Cocoa 1:30 PM Afternoon Break 1:30 PM Games	28 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	

Mon**Tue****Wed****Thu****Fri**

3 Tuna salad sandwich 4 oz Macaroni salad 4 oz Carrots 4 oz Easy fruit cobbler 4 oz Milk or grape juice 8 oz.	4 Chicken and rice soup 8oz Mixed vegetables 4 oz. Ambrosia fruit salad 4 oz Sweet muffin Milk or grape juice 8 oz.	5 Beef noodle cass. 8 oz Creamed peas 4 oz Apricots 4 oz Wheat bread/ butter Milk or grape juice 8 oz.	6 Bbq pork sandwich 4 oz Potato wedges 4 oz Broccoli 4 oz Pineapples 4 oz Milk or grape juice 8 oz.	7 Mexican lasagna 8 oz Mexican rice 4 oz Corn O'brien 4 oz Mandarin oranges 4 oz Milk or grape juice 8 oz.
10 Tomato soup 8 oz Pimiento cheese sand. 4 oz Mixed fruit 4 oz Milk or grape juice 8 oz.	11 Bierock casserole 8 oz Harvest beets 4 oz Blushing pears 4 oz Milk or grape juice 8 oz.	12 Spaghetti w/ meat sauce 8 oz Green salad 8 oz Bananas in orange juice 4oz Garlic bread Milk or grape juice 8 oz.	13 Creamed chicken 4 oz Over biscuit Vegetable medley 4 oz Peaches 4 oz Milk or grape juice 8 oz.	14 Beef tips over rice 8 oz Mixed vegetables 4 oz Glazed cherries 4 oz Milk or grape juice 8 oz.
17 Pot. Ham Omelet 3.5 oz Brocc, caul, raisin salad 4oz Orange Peanut butter muffin Milk or grape juice 8 oz	18 Hot turkey sandwich 4oz Broccoli w/ cheese 4 oz Pineapples 4 oz Milk or grape juice 8 oz.	19 Sloppy Joe 4 oz Potato salad 4 oz Green beans 4 oz. Peaches 4 oz. Milk or grape juice 8 oz.	20 Beef stroganoff 8 oz Carrots 4 oz Banana Dinner roll / butter Chocolate cake Milk or grape juice 8 oz.	21 Vegetable soup 8 oz Ham & cheese sub sand 3oz w/lettuce, tomato, mayo Ambrosia fruit salad 4 oz Milk or grape juice 8 oz.
24 Pork & noodle cass. 8 oz Green beans 4 oz Pears 4 oz Wheat bread/ butter Milk or grape juice 8 oz.	25 Taco salad 3 oz. Lettuce, Tomato, cheese, chips Refried beans 4 oz Peach crisp 4 oz Milk or grape juice 8 oz.	26 Chicken & noodles 8 oz Mashed potatoes 4 oz Mixed vegetables 4 oz Orange Milk or grape juice 8 oz.	27 Cranberry meatballs 3 oz Rice 4 oz Brocc. Cauliflower salad 4 oz Mixed fruit 4 oz Dinner roll/ butter Milk or grape juice 8 oz.	28 Poor boy stew 8 oz Harvest Beets 4 oz Apricots 4 oz Corn muffin/ butter Milk or grape juice 8 oz
31 Liver & onions 3 oz. or Beef cutlet 3 oz. Mashed potatoes 4 oz. Carrots & peas 4 oz. Pineapples 4 oz Milk or grape juice 8 oz.		Milk and grape juice are Only available for Congregate participants. Powdered milk is available For home delivered meals Upon request.		

Sponsored By
Clearwater Recreation Commission
Clearwater Senior Center

Wednesday, March 5
10:00 AM
Clearwater Senior Center

Coffee & Community

Guest Speaker:
Ed Lange
Cornerstone of Clearwater



COME AND CELEBRATE ALL THE MARCH BIRTHDAYS
THURSDAY, MARCH 6
1:30 PM



SENIOR READERS BOOK CLUB

MARCH BOOK DISCUSSION:

"NO BETTER TIME" BY SHEILA WILLIAMS



BOOK PICK UP:

"SITTING PRETTY: THE VIEW FROM MY ORDINARY, RESILIENT, DISABLED BODY"
BY REBEKAH TAUSSIG

WE WILL DISCUSS SITTING PRETTY IN APRIL



HERMES HEALTHCARE

Wednesday, March 12

Call 316-260-4110 to schedule your appointment today.

LUNCH & LEARN

MARCH 11  12:00 PM



The main dish of meatballs will be provided
Please bring a side dish or dessert to share with others
Special Speaker: Medicated Pain Relief



JOIN US FOR SENIOR SEMINAR AT BOTANICA!

THURSDAY, MARCH 13

SIGN-UP DEADLINE BY
TUESDAY, MARCH 11

WE WILL LEAVE THE CENTER AT
9:00AM

DON'T MISS THE FUN!

PS. BE SURE TO WEAR YOUR WALKING SHOES.
WE WILL STOP FOR LUNCH FOLLOWING THE EVENT.



SINGO BINGO

Monday, March 17 at 2:00 PM

Sponsored by Home Health & Hospice



BINGO

Tuesday, March 18 at 2:00 PM

Let the **MADNESS** begin!



Brackets will be available
Monday, March 17
and due back by
Tuesday, March 18 by 12:00 PM



You're invited to our

ST. PATRICK'S

Monday
3.17.2025

Baked Potato Bar



11:30 – 1:00 PM Come and Go

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

ALL AGES WELCOME!

By donations only.

March Food Pick Up

We have commodity boxes available to pick up:

Wednesday (3/19) 11:00 AM – 5:15 PM

Thursday (3/20) 9:30 AM – 5:15 PM

Friday (3/21) 9:30 AM – 12:30 PM



MONTHLY HOUSEHOLD INCOME

1 - \$2,322 3 - \$3,981 5 - \$5,640 7 - \$7,299

2 - \$3,152 4 - \$4,810 6 - \$6,469 8 - \$8,128

For each additional family member add \$830

NEW



Movie Monday Alert!

Mark your calendars for March 24 at 2:30 PM! Get ready to dive into a flick that's not just a movie, but a true story that vibes perfectly with our book club read, "No Better Time!" Popcorn optional, but encouraged!



Kansas residents age 60 or older might have free legal guidance available to them. Kansas Legal Services provides legal help with Transfer on Death Deeds, Wills, Advanced Directives, and Durable Power of Attorney forms.

Dwayna McFerren and Sophia Padgett are both attorneys from Kansas Legal Services and will be coming to visit with us about your options and will be available to answer any questions you may have. While Dwayna and Sophia are with us, they will be able to help us sign up for assistance through Kansas Legal Services.

Rescheduled from February **Tuesday, March 25**

1:30 PM

Come and get all your questions answered by the experts!



Secret Bunny

We adored our Secret Valentine so much, we're hopping right into an Easter edition!

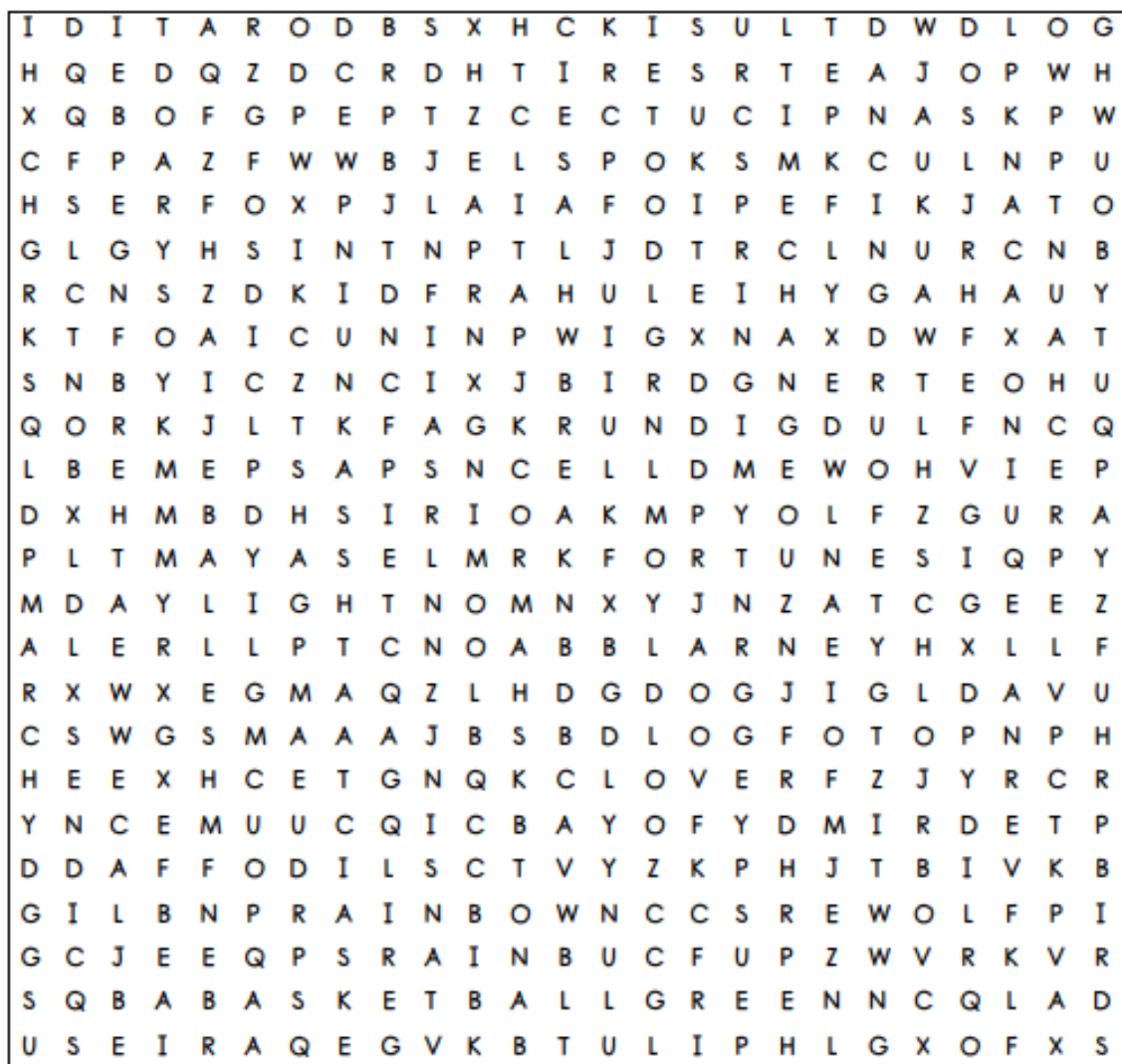
If you're game for a little gift swap (think \$20 max), join us on Friday, March 28, at 12:30 PM to fill out a form and snag your bunny buddy! Let the egg-citing fun begin!



March Word Search



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



ARIES
BASKETBALL
BIRDS
BLARNEY
BLOOMING
BREAK
CELTIC
CLOVER
DAFFODILS
DANCING

DAYLIGHT
EMERALD
FINALFOUR
FLOWERS
FORTUNE
FOUR
FRESH
GOLD
GREEN
IDITAROD

IRELAND
IRISH
JIG
KITE
LAMB
LEAF
LEGEND
LEPRECHAUN
LION
LUCK

LUCKY
MAGIC
MARCH
NCAA
PARADE
PIDAY
PISCES
POTOFGOLD
RAIN
RAINBOW

SHAMROCK
SHOWERS
SPRING
STPATRICKSDAY
THIRDMONTH
TIMECHANGE
TULIP
VERNALEQUINOX
WEATHER
WINDY

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

Don't let those check-ins slip your mind! We're throwing random drawings for all you fabulous attendees. Who knows? You could be the lucky duck walking away with a prize! Don't remember how? ASK!

NEW



Passport To Your Tummy



Bonjour

Each month, we're off on a culinary globe-trot to a restaurant dishing out flavors from around the world! Grab your forks, because meals are on you

—let the taste adventures begin!

Thursday, March 20
11:00 AM

France: LaGalette \$10-\$15 per meal

Sign Up by Monday, March 17

