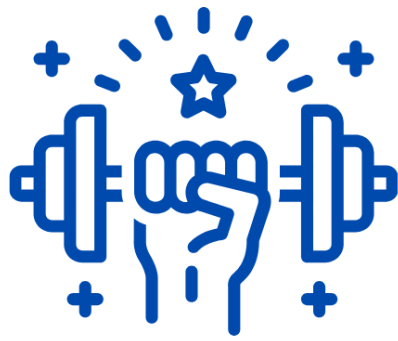


Not volunteering yet? If you would like to know how you too can get more involed, please speak with Amber. We would love to celebrate you as well!



Strength & Stability

with Carol Barrientez

Mondays 1:00 PM



Manual Blood Pressure Check

with Pam, LPN at 8:45 AM

April 1 & April 15

Our friend Pam has changed locations and is now the PCSS supervisor of Wellington.

Sponsored By

**Clearwater Recreation Commission
Clearwater Senior Center**

Wednesday, April 2

10:00 AM

Clearwater Senior Center

*Coffee &
Community*



Come and celebrate all the April Birthdays

Thursday, April 3

1:30 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

APRIL

Meals on Wheels/Friendship Meals Served

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 10:00 AM Trash Time 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen Series 3 Review	1 8:45 AM Blood Pressure Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Spades & Games	2 9:30 AM Games 10:00 AM Coffee & Community 1:00 PM Tai Chi 1:30 PM Weight Training	3 9:00 AM Coffee, Tea & Cocoa 10:00 AM Bible Study 1:30 PM April Birthday Party 1:30 PM Games	4 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing Art Walk Downtown	5
6	7 10:00 AM Trash Time 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen Series 4 Session 1 6:00 PM NCAA Finals	8 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn SG Co. Emergency Communications 1:00 PM Book Club 6:30 PM Council Mtg	9 9:30 AM Games 10:30 AM Puzzled 1:00 PM Tai Chi 1:30 PM Weight Training	10 9:00 AM Coffee, Tea & Cocoa 10:00 AM Bible Study 11:00 AM Spring Craft** 1:30 PM Afternoon Break 1:30 PM Games	11 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing	12
13	14 10:00 AM Trash Time 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen Series 4 Session 2	15 8:45 AM Blood Pressure Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM How Can Jordan Essentials Help Me? 2:00 PM Movie	16 9:30 AM Games 10:30 AM Puzzled 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors	17 9:00 AM Coffee, Tea & Cocoa 10:00 AM Bible Study 1:00 PM MPR Knee Pain? 1:30 PM Afternoon Break 1:30 PM Games	18 No Meals Served 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 11:00 AM Easter Facts & Fun 1:00 PM Line Dancing	19 City Wide Clean Up Day. Have your trash by your curb Friday night.
20 	21 10:00 AM Trash Time 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen Series 4 Session 3	22 9:00 AM Exercise 10:00 AM Calorie Burn 11:00 AM Passport To Your Tummy Lunch Out** 2:00 PM Bingo 6:30 PM Council Mtg	23 9:30 AM Games 10:30 AM Puzzled 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors	24 9:00 AM Coffee, Tea & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	25 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 11:00 AM Guys Day Out** 1:00 PM Line Dancing	26
27	28 10:00 AM Trash Time 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen Series 3 Session 4	29 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Singo Bingo 2:30 PM Games	30 9:30 AM Games 10:30 AM Puzzled 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors	May 1 9:00 AM Coffee, Tea & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	2 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing	3 7:30 – 10:00 AM Biscuits & Gravy Day!

Mon	Tue	Wed	Thu	Fri
	1 Swedish Ham Balls 4 oz. Baked potato Green Beans 4 oz. Ambrosia Fruit Salad 4 oz. Milk or grape juice 8 oz.	2 Cheesy Mac Chili 8 oz. Corn 4 oz. Peaches 4 oz. Corn muffin/butter Milk or grape juice 8 oz.	3 Glazed Chicken 3 oz. Creamy rice 4 oz. Carrots 4 oz. Blushing Pears 4 oz. Wheat Roll/ Butter Milk or grape juice 8 oz.	4 Tuna Salad sandwich 4 oz. Macaroni Salad 4 oz. Three bean salad 4 oz. Applesauce 4 oz. Milk or grape juice 4 oz.
7 Spaghetti w/ meat sauce 8oz. Mixed vegetables 4 oz Pears 4 oz Garlic Bread Stick Milk or grape juice 8 oz.	8 Chicken Fajita salad 8oz Mexican Rice 4 oz. Peaches 4 oz Corn Chips Milk or grape juice 8 oz.	9 Sterling's Ham & Egg Casserole 8 oz. Capri Vegetable Blend 4 oz Applesauce 4 oz Bran Muffin Milk or grape juice 8 oz.	10 Pork Cutlet 3 oz. Mashed Potatoes 4 oz. Green beans 4 oz Pineapples 4 oz. Milk or grape juice 8 oz.	11 Salmon patties 3 oz (2) Mac & cheese 4 oz Green beans 4 oz Peaches 4 oz Milk or grape juice 8 oz
14 Shepherds pie 8 oz Glazed Carrots 4 oz. Applesauce 4 oz Cheddar Dill Bread Milk or grape juice 8 oz	15 Scalloped pot. w/ham 8oz Beets 4 oz. Ambrosia fruit salad 4 oz. Wheat roll/ butter Milk or grape juice 8 oz.	16 Creamed chicken 4 oz. Over biscuit Peas & carrots 4 oz Apricots 4 oz. Milk or grape juice 8 oz.	17 Cheeseburger 3 oz./bun Lettuce,tomato,onion,pickle Potato wedges 4 oz. Pears 4 oz. Yellow cake Milk or grape juice 8 oz.	Good Friday
21 Chicken chef salad 8 oz. Salad crackers 2 packs Applesauce 4 oz Milk or grape juice 8 oz.	22 Liver & onions 3 oz or Beef cutlet 3 oz w/ gravy Roast. Garlic mash pot. 4oz Green beans 4 oz Pineapples 4 oz Milk or grape juice 8 oz.	23 Mexican lasagna 8 oz. Refried beans 4 oz w/chips Peaches 4 oz. Milk or grape juice 8 oz.	24 Goulash 8 oz. Mixed vegetables 4 oz Banana Garlic bread Milk or grape juice 8 oz.	
28 Calico beef & beans 8 oz Peas 4 oz Mixed fruit 4 oz Corn muffin Milk or grape juice 8 oz	29 Chicken Pot Pie 8 oz Parslied Carrots 4 oz Peaches 4 oz Milk or grape juice 8 oz	30 Cranberry meatballs 3 oz Brown rice 4 oz Cauliflour w/ cheese 4 oz Applesauce 4 oz Milk or grape juice 8 oz	Milk and grape juice are Only available with Congregate meals. Powder Milk is available for home Delivered meals upon Request.	25 Bbq pork sandwich 4 oz BLT pasta salad 4 oz Baked beans 4 oz Pears 4 oz Milk or grape juice 8 oz

6:00 ~ 9:00 pm, Friday, April 4, 2025

112 W. Ross Ave ~ 201 E. Ross

**A fun, free, family-friendly evening with
Art, Music, and Food Trucks**



April 7th

**Put on your game face and
sport your team colors when
you come to the Center!**

**We're gathering at 6:00 PM
for a pizza party and some
epic basketball antics! 🍕 🏀**

**If you plan on coming, please let Amber
know so we have plenty of pizza available.**

**Plus, we're throwing
confetti for our Bracket
Challenge champ!**



Lunch & Learn

April 8 12:00 PM

**The main dish of ham will be provided
Please bring a side dish or dessert
to share with others**

**Special Speaker: Sedgwick County
Emergency Communications**



**Senior Readers Book Club
NEW Meeting Date
Tuesday**

April 8 at 1:00 PM

**We will be
discussing
and picking up**



SPRING CRAFT
Thursday April 10 11:00 AM
Please sign up by Monday, April 7



Feel the Difference

Bringing JOY to the world through Magnesium Powered Wellness,
Natural Essential Oils, & Beneficial Botanicals.

How Can Jordan Essentials Help Me?

Join Tara Ball to learn all about the power of Magnesium
Tuesday, April 15 at 1:00 PM



Movie & Popcorn Day!
Tuesday, April 15
2:00 PM

MPPR
Midwest Pain Relief Center, LLC
MPPRTM
RESPONSIBLE PAIN MANAGEMENT

Come learn ways to manage your knee pain with Midwest Pain Relief, LLC

Thursday, April 17
1:00 PM

Reminder: No Meals on Wheels/Friendship Meal on Good Friday, April 18



City of Clearwater

Curbside Clean-Up

April 19, 2025

**Items Must Be at Curb
by 7:00 AM**



ITEMS NOT ALLOWED

Car batteries, oil filters, fluorescent light bulbs, propane tanks, any asbestos materials, explosives, paint (will take empty & dried up paint cans with the lid off), no hazardous liquids (such as fertilizers, pesticides, herbicides, solvents, diesel fuel, gas, oil, transmission fluid, antifreeze, etc.) and no tires.

Please remember that the clean up is to help keep our community clean. It is not a way to circumvent the resident from getting an open top for his/her home remodel or construction job. If you need an open top for your project please call 316-838-4920 to get an open top from Waste Connections.

FOR MORE INFORMATION VISIT WWW.CLEARWATERKS.ORG



Passport To Your Tummy

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!



Tuesday, April 22
11:00 AM

sign up by April 17



Guys Day Out!

(ok, ladies are welcome too)

Lunch & a little Pool

Friday, April 25 rolling out at 11:00 AM



BISCUIT & GRAVY DAY IS COMING!



Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

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



find us on

Facebook

Happy Easter!

Spring Word Search

C	H	I	C	K	E	J	U	N	E	G	R	W	O	W
H	P	U	D	D	L	E	M	A	P	R	I	L	H	S
I	B	L	O	H	B	U	N	N	Y	E	B	O	M	E
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APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA

