



FOR ACTIVELY AGING ADULTS

Clearwater Senior SCOOP

May 2025

Clearwater Senior Center

921 Janet Ave
Clearwater, KS
67026

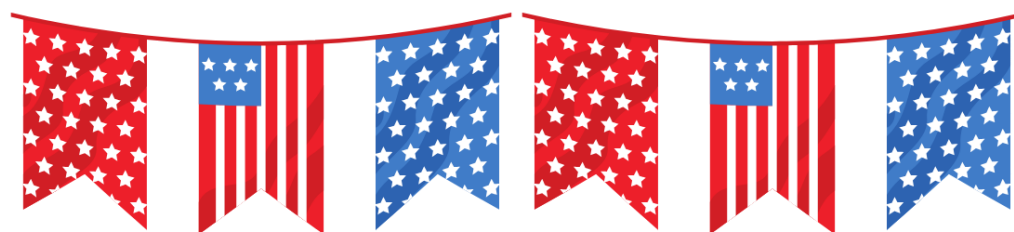
Activities held at the
Clearwater Senior Center
are available to those
55 & older.

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

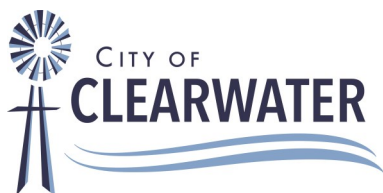
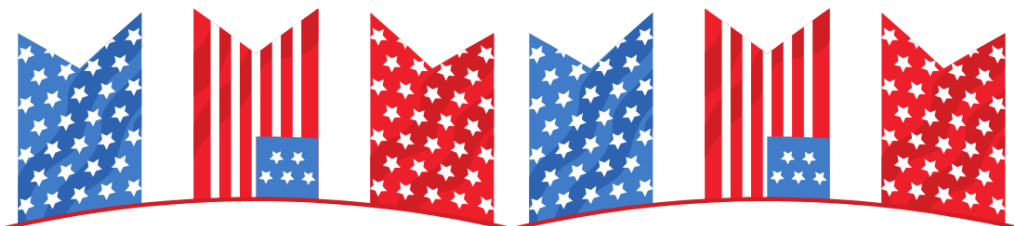
To provide services and
programs for people 55 &
older that promotes their
well-being, supports their
independence and
encourages their
involvement in
community life.



REMEMBER & HONOR

MEMORIAL DAY

& THANKFULNESS



Remember to give us a friendly check-in every time
you come into the Center! Our funding does a
happy dance based on your attendance numbers.



Come and celebrate all the May Birthdays
Thursday, May 1 at 1:30 PM

BISCUIT & GRAVY DAY IS
MAY 3
7:30 - 10:30 AM
\$5 PER PLATE



Nachos or Tacos
You decide!



Monday, May 5
11:30 AM - 12:30 PM

at The Center 921 E Janet
by donation only

Come and Go Lunch
& All Ages Welcome!



Tacos or Nachos, Drink & Dessert

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

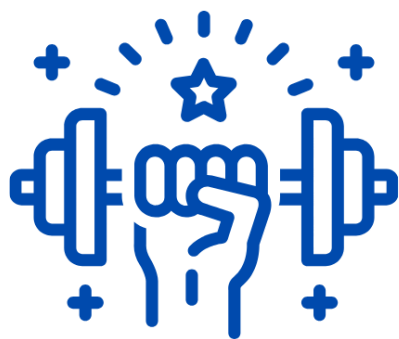
Monday – Friday 12:00 PM

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
	Drum Ball with Traditions/Brian			1 9:00 AM Coffee & Tea 10:00 AM Bible Study 1:30 PM May Birthday Party 1:30 PM Games	2 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing	3 Biscuits & Gravy Day 7:30 – 10:30 AM \$5 per plate
4	5 10:00 AM Trash Time 11:30 AM Cinco Celebration Taco Bar 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen 5	6 8:30 AM Blood Pressure Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Movie	7 9:30 AM Games 10:00 AM Community & Coffee May Chiropractic Services 1:00 PM Tai Chi 1:30 PM Weight Training	8 9:00 AM Coffee & Tea 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games 6:30 PM X39 with Faith & Team	9 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing	10
11 	12 10:00 AM Trash Time 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen 6	13 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn Mental Health Matters 2:00 PM Book Club 6:30 PM Council Mtg	14 Hermes Foot Care Day Call 316-260-4110 to get on the schedule! 9:30 AM Games 10:30 AM Puzzled 1:00 PM Games in the Backroom*	15 9:00 AM Coffee & Tea 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games 3:15 PM Last Day of School Ice Cream Treats	16 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing	17
18	19 10:00 AM Trash Time 10:45 AM Passport to Your Tummy – Argentina** 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM The Chosen 7	20 8:30 AM Blood Pressure Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Bingo with Traditions Health 3:30 PM Crafting**	21 9:30 AM Games 10:30 AM Puzzled 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors Commodities 11:30 AM – 5:30 PM	22 9:00 AM Coffee & Tea 10:00 AM Bible Study 1:00 PM JUSTIN 1:30 PM Afternoon Break 1:30 PM Games Commodities 11:30 AM – 5:30 PM	23 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 10:45 AM Quilting Queens Info Meeting 1:00 PM Line Dancing Commodities 11:30 AM – 5:30 PM	24
25	26 	27 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Singo Bingo with Interm 2:30 PM Games 6:30 PM Council Mtg	28 9:30 AM Games 10:30 AM Puzzled 1:00 PM Tai Chi 1:30 PM Weight Training for Seniors	29 9:00 AM Coffee, Tea & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	30 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 10:45 AM Lunch Bunch** 8:00 PM Line Dancing at the Stockyard**	31

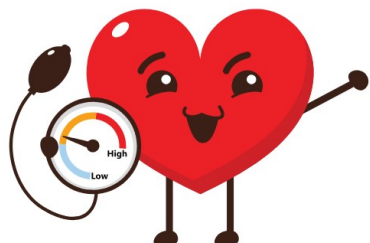
Mon	Tue	Wed	Thu	Fri
			1 Chicken salad sand. 3 oz. Green beans 4 oz Pineapples 4 oz. Potato chips Milk or grape juice 8 oz.	2 Soft taco 3 oz cheese, Lettuce, tomato Mexican rice 4 oz. Refried beans 4 oz. Pears 4 oz Milk or grape juice 8 oz.
5 Baked fish 3 oz. Mac & cheese 4 oz. Green beans 4 oz Easy Peach cobbler 4 oz Milk or grape juice 8 oz.	6 Spaghetti w/meat sauce 8oz Garden salad 8 oz Mixed fruit 4 oz Garlic bread Milk or grape juice 8 oz.	7 Pork cutlets 3 oz. w/ mushroom/ onion sauce Brown Rice 4 oz Peas 4 oz. Bananas in orange juice 4 oz	8 Potato stroganoff cass 8 oz Carrots 4 oz Blushing pears 4 oz. Wheat roll/ butter Milk or grape juice 8 oz	9 Bbq chicken 3 oz/ bun Potato salad 4 oz Baked beans 4 oz Applesauce 4 oz Milk or grape juice 8 oz
12 Biscuit w/ hamburger & Sausage gravy 4oz Scrambled eggs 4 oz Corn O'brien 4 oz. Orange Milk or grape juice 8 oz.	13 Sloppy Joe 4 oz Potato wedges 4 oz Green beans 4 oz Pineapples 4 oz Milk or grape juice 8 oz.	14 Chicken & broccoli pie 8oz Peas & carrots 4 oz Peaches 4 oz Corn muffin/ butter Milk or grape juice 8 oz.	15 Beef noodle casserole 8 oz Beets 4 oz Apricots 4 oz Brownies Milk or grape juice 8 oz.	16 Tuna salad sandwich 4 oz Cuc. & onion salad 4 oz Pears 4 oz Milk or grape juice 8 oz
19 Salisbury steak 4 oz Mashed potatoes 4 oz Cabbage au gratin 4 oz Glazed cherries 4 oz Milk or grape juice 8 oz	20 Ham hash 8 oz Mixed vegetables 4 oz Peaches 4 oz Wheat roll/ butter Milk or grape juice 8 oz	21 Meat loaf 4 oz Scalloped potatoes 4 oz Corn 4 oz Ambrosia fruit salad 4 oz Milk or grape juice 8 oz	22 Chicken fajita salad 8 oz Green beans 4 oz Blushing pears 4 oz Milk or grape juice 8 oz	23 Liver & onions 3 oz or Beef cutlet 3 oz Brown rice 4 oz Glazed carrots 4 oz Mixed fruit 4 oz Milk or grape juice 8 oz
Memorial Day	27 Hot turkey casserole 8 oz Beets 4 oz Easy Fruit cobbler 4 oz Milk or grape juice 8 oz	28 Ham & cheese sand 3oz w/lettuce,tom.,mayo,mustard Macaroni salad 4 oz Three bean salad 4 oz Banana Milk or grape juice 8 oz	29 Spanish rice w/hamb. 8oz Corn 4 oz Pineapples 4 oz Wheat roll /butter Milk or grape juice 8 oz	30 Easy lasagna 8 oz Garden salad 8 oz Spiced Peaches 4 oz Garlic bread stick Milk or grape juice 8 oz



Strength & Stability

with Carol Barrientez

Mondays 1:00 PM



Manual Blood Pressure Check
with Pam, LPN at 8:30 AM
May 6 & May 20



Movie & Popcorn Day!
Tuesday, May 6
2:00 PM

Like Dandelion Dust

Sponsored By

Clearwater Recreation Commission
Clearwater Senior Center

Wednesday, May 7

10:00 AM

May Chiropractic Services
Clearwater Senior Center

*Coffee &
Community*



X39 SO SOPHISTICATED YET SIMPLE TO EXPLAIN

TESTIMONIES OF X39 ARE
LIFE-CHANGING AND EMOTIONAL.

THE BEST THING ABOUT X39...
IT ABSOLUTELY WORKS

JOIN FAITH MCNELLEY & TEAM TO HEAR ALL ABOUT X39

THURSDAY, MAY 8 AT 6:30 PM

IT IS ALSO NATIONAL COCONUT PIE DAY, SO COME AND ENJOY A SLICE!



We're the nurturers, the guides, the steady anchors, too.
Dishing out love, strength, and kindness - that's what we do!
In fits of giggles or waterfalls of tears, side by side we stand,
Weaving a tapestry of support across this vast land.

From a mother's loving embrace to a sister's bond oh so deep,
To mentors who guard wisdom like treasure they keep.
We're the spark that lifts spirits high and fires up dreams,
Lighting up souls like glistening moonbeams.

So let's throw a party for the women in our lives,
The superheroes who help us soar and thrive.
Today, we toast to the power of women's might,
And the radiant love that dazzles ever so bright!



*Congrats to all the 2025 Seniors in our
Senior Center Family Group!*

LUNCH & LEARN

May 13 12:00 PM



Fried Chicken will be provided,
PLEASE bring a side dish or dessert
to share with others

Special Speaker: CPAAA - Jessica Huber
Mental Health Matters



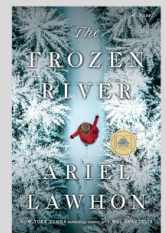
Senior Readers Book Club

NEW Meeting Date

Tuesday

May 13 at 2:00 PM

We will be
discussing
and picking up



Celebrate!

Thursday, May 15

3:15 PM-4:00 PM

Stop by the Senior Center 921 E Janet
for an ice cream treat to celebrate
the end of 2024-2025 school year!

ALL AGES WELCOME!



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!



Monday, May 19
10:45 AM

Argentina

Please sign up by May 15

Tuesday, May 20th

Brian with Traditions Health is going to be bringing the fun!

1:00 PM we will combine music, cardio, balance and a mental workout all in one! Join us for something called **DRUM BALL!**

Following Drum Ball, we will play some **BINGO** starting at **2:00 PM**.



CRAFTING DAY!

TUESDAY, MAY 20 3:30 PM

PLEASE SIGN UP BY MONDAY, MAY 15

May **FOOOD!!!** Pick Up

We will have commodity boxes available to pick up:



Wednesday (5/21)
11:30 PM - 5:15 PM

Thursday (5/22)
9:00 AM - 5:15 PM

Friday (5/23)
9:00 AM - 12:30 PM

MONTHLY HOUSEHOLD INCOME

- 1 - \$2,322
- 2 - \$3,152
- 3 - \$3,981
- 4 - \$4,810
- 5 - \$5,640
- 6 - \$6,469
- 7 - \$7,299
- 8 - \$8,128

For each additional family member add \$830



Do you qualify?
Come and get the 2025
information starting early June!

MARK YOUR CALENDARS! JUSTIN PATRICK FROM
CLEARWATER FIRE/EMS
IS DROPPING BY ON THURSDAY, MAY 22 AT 1:00 PM.
JOIN US FOR SOME TOP-NOTCH SAFETY TIPS!



Quilting Bees

Whether you're a quilting wizard or just dreaming of threading the needle, come join us for the grand unveiling of our new quilting group!
Information Meeting is **Friday, May 23rd at 10:45 AM!**

IT'S BACK!

**LUNCH
BUNCH**



We are headed to
Stearman's Grill

Friday, May 30
leaving the Center at 10:45 AM
Please Sign up by May 23



GIDDY UP GAL'S NIGHT OUT! LADIES ONLY EVENT
MAY 30TH

LEAVING THE CENTER AT 7:30 PM

SIGN UP BY 5/23

DOORS OPEN AT 8:00PM DANCE LESSONS BEGIN AT 8:30 PM

\$10 AT THE DOOR

WICHITA UNION STOCKYARDS 6251 W MACARTHUR RD, WICHITA, KS 67215



May PUZZLE

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

Memorial Day

Graduation

freedom

garden

brave

flag

Mothers Day

memories

May Day

parade

honor

lily

nightingale

diploma

soldier

spring

roses

warm

friendship

flowers

family

troops

tulip

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

Thank You!

Since April 19, the Center has added an ice machine and water fountain, all thanks to the dedication of Mr. Ron Witt. The electrical materials were generously donated by Jamie and Duane Schneider of Central States Electric. Their effort truly deserves more than mere appreciation. Furthermore, Brycen Reynold's Eagle Scout Project is transforming the back room into a functional space. We invite you to visit soon and witness these exciting changes!

We are grateful for your ongoing donations, which are essential for the necessary upgrades to our wonderful home away from home!

If you wish to contribute, please reach out to Amber for information on how to make your donation tax-deductible.

Coming Up In June

**Cook Out Luncheon, Baseball, Lunch Out,
Shopping, Education, Games & More!**