



Clearwater Senior SCOOP

July 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.




THE IMPORTANCE OF SOCIAL ENGAGEMENT FOR SENIORS

Loneliness can be a major challenge for seniors, but staying connected is vital for both their physical and mental health. Social engagement can boost mood, improve cognitive function, and even help prevent chronic diseases. Here are some of the benefits of social engagement for seniors:



Enhances Cognitive Function

Regular social interaction can help keep the mind sharp and may reduce the risk of Alzheimer's and dementia.



Combats Depression and Loneliness

Engaging in social activities provides a sense of belonging and can significantly decrease feelings of depression and loneliness.



Improves Emotional Health

Social connections can boost mood and self-esteem, contributing to overall emotional well-being.



Encourages Physical Activity

Social gatherings often involve some level of physical activity, which is beneficial for physical health and can also improve mental health.



Reduces Stress

Being around others and engaging in enjoyable activities can lower stress levels.



Increases Longevity

Studies have shown that a strong social network can increase lifespan by promoting positive health behaviors and reducing the risk of isolation.



Enhances Quality of Life

Regular social engagement can lead to a more fulfilling and enjoyable life in the senior years.



Supports a Sense of Purpose

Participating in social activities can provide seniors with a sense of purpose and motivation.



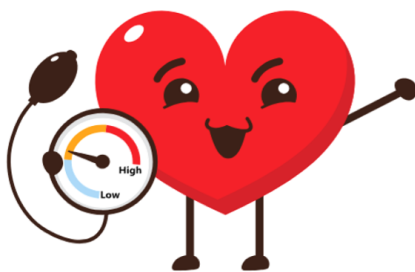
Boosts Immune System

Positive social interactions can strengthen the immune system, leading to better overall health.



Facilitates Learning and Skill Development

Social settings often provide opportunities for learning new skills or information, keeping the brain active and engaged.



Manual Blood Pressure Check
with Pam, LPN at 8:45 AM
July 1 & July 22



RWB TIE-DYE

Bring that sparkling white shirt of yours
 freshly washed and sun-dried, of course!
 We've got all the magic potions ready to transform it into
 your own Red, White, and Blue tie-dye masterpiece!

Tuesday, July 1
3:30 PM!



Clearwater Center Hours

Monday – Thursday 9:00 AM – 5:00 PM

Friday 9:00 AM – 4:00 PM

*activity will be in the back room



**sign up required

JULY

Meals on Wheels/Friendship Meals Served

Monday – Friday 12:00 PM

Council Meetings are the 2nd & 4th Tuesday of each month at 6:30 PM at City Hall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:45 AM Blood Pressures Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 1:30 PM Red White and Blue BINGO 2:30 PM Games 3:30 PM Tie Dye 6:00 PM Pickleball	2 10:00 AM Coffee & Community – Plains Cotton Cooperative 1:00 PM Tai Chi 1:30 PM Weight Training 2:30 PM Patriotic Singo Bingo	3 9:00 AM Coffee, Tea & Cocoa 10:45 AM Drum Ball 12:00 AM Salad Lunch & 4th of July Party 1:30 PM Games 2:30 PM Golf Carting Around & Brain Freeze	4  8:30 PM Fireworks with Friends	5 11:30 AM Lunch & Orphan Train Event 4:45 PM Wind Surge Baseball**
6	7 1:00 PM Strength & Stability 1:00 PM Bridge* **No Bible Study Today 2:30 PM What is Foster Grandparents? 6:15 PM Senior Swim	8 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn City Updates 2:30 PM Book Club 6:00 PM Pickleball 6:15 PM Senior Swim	9 10:00 AM \$2 Car Wash 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 6:15 PM Senior Swim	10 9:00 AM Coffee & Tea 10:00 AM Left Right Center 10:45 AM Drum Ball 1:15 PM Birthday Party 1:30 PM Games 6:15 PM Senior Swim	11 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 10:30 AM Walmart Trip 1:00 PM Line Dancing 1:00 PM Quilting Queens	12
13	14 10:00 AM Is This a UTI? 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:15 PM Senior Swim	15 9:00 AM Exercise 10:00 AM Calorie Burn 1:30 PM Bunco 6:00 PM Pickleball 6:15 PM Senior Swim	16 Hermes Footcare Day 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 6:15 PM Senior Swim	17 Disney Day 9:00 AM Coffee & Tea 10:45 AM Drum Ball 1:30 PM Root Beer Floats with Angels Care Hospice 1:30 PM Games 6:15 PM Senior Swim	18 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	19
20	21 10:30 AM Fall Fest Planning 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:15 PM Senior Swim	22 8:30 AM BP with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 10:45 AM Passport to Your Tummy** 3:00 PM Singo Bingo 6:00 PM Pickleball 6:15 PM Senior Swim	23 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training Commodities 1:00 PM – 5:00 PM 6:15 PM Senior Swim	24 9:00 AM Coffee & Tea 10:45 AM Drum Ball 1:30 PM Afternoon Break 1:30 PM Games Commodities 9:00 AM – 5:00 PM 6:15 PM Senior Swim	25 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	26
27	28 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:15 PM Senior Swim	29 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Movie Day 6:00 PM Pickleball 6:15 PM Senior Swim	30 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 2:00 PM Drum Safari at the Library (meet there) 6:15 PM Senior Swim	31 9:00 AM Coffee, Tea & Cocoa 10:45 AM Drum Ball 1:30 PM Afternoon Break 1:30 PM Games 6:15 PM Senior Swim	August 1 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	2 8:00 AM – 10:00 AM Biscuits & Gravy

July 2025

Everfull

MEALS ON WHEELS/FRIENDSHIP MEALS

22- SERVING DAYS - 1 HOLIDAY

Mon	Tue	Wed	Thu	Fri
Birthday Celebration July 17th	1 South Haven Hashbrown Egg Bake 6 oz Green Beans 4 oz Pears 4 oz Biscuit	2 Cowboy Beans 8 oz Harvest Beets 4 oz Mandarin Oranges 4 oz Corn Bread/Muffin	3 Salsbury Steak 4 oz Mashed Potato w/Gravy 4 oz Carrots 4 oz Peaches 4 oz	4 Independence Day
7 Pulled Pork Sandwich 3 oz/ Bun Garden Salad 4 oz Baked Beans 4 oz Applesauce 4 oz	8 Chicken Fried Steak 4 oz Mashed Potatoes 4 oz Creamy Gravy 2 oz Carrots 4 oz Banana	9 Fish Filet 4 oz Brown Rice 4 oz Green Beans 4 oz Apricot 4 oz	10 BBQ Beef w/Homemade Sauce 3 oz Baked Sweet Potatoes and Apples 4 oz Fresh Orange	11 Egg Salad 4 oz/Bun/Bread Potato Chips 1 oz Bag Peas 4 oz Peaches 4 oz
14 Taco Burger 3 oz w/setup & Bun Refried Beans 4 oz Peach Crisp 4 oz	15 Chicken & Pasta Salad 8 oz 3 Bean Salad 4 oz Salad Crackers 2 Packs Pears 4 oz	16 Swedish Steak 4 oz Rice 4 oz Chilled Tomatoes 4 oz Applesauce 4 oz	17 Baked Chicken Mashed Potatoes 4 oz Creamed Gravy Carrots 4 oz Mixed Fruit 4 oz Carrot Cake	18 Open Faced Pork w/Cream Gravy 1 Biscuit 4 oz Mixed Vegetables 4 oz Ambrosia Fruit Salad 4 oz
21 Chicken Chef Salad 8 oz Salad Crackers 2 packs Pears 4 oz	22 Cheeseburger Casserole 8 oz Creamed Peas 4 oz Banana 4 oz	23 Tuna Salad Sandwich 3 oz/ Bun Macaroni Salad 4 oz Carrots 4 oz Peaches 4 oz	24 Madison Pizza Roasted Zucchini 4 oz Pineapple 4 oz	25 Oven Fried Fish 4 oz w/ Tartar Sauce Coleslaw 4 oz Orange Cornbread/Muffin
28 Sysco Little Smokies w/ BBQ Sauce 3 oz Mac n Cheese 4 oz Broccoli 4 oz Watermelon Wheat Roll	29 Tuna Pasta Salad 6 oz Cottage Cheese Salad 4 oz Applesauce 4 oz Pickled Beets 4 oz Crackers	30 Ham & Broccoli Casserole 8 oz w/Biscuit Corn 4 oz Peaches 4 oz	31 Cranberry Meatballs 4 oz Potatoes 4 oz Mixed Veggies 4 oz Cantaloupe	Milk and grape juice is only available to congregate par- ticipants. Powdered milk is available for home delivery upon request.



Pickleball Open Play

no experience necessary

Tuesdays
6:00 PM

pickleball courts at sports complex



Sponsored By

Clearwater Recreation Commission
Clearwater Senior Center

Donuts, Coffee and Iced Tea will be provided
Decaf available upon request

Wednesday, July 2

10:00 AM

Location: Clearwater Senior Center
Plains Cotton Cooperative
Association, Clearwater

Coffee &
Community

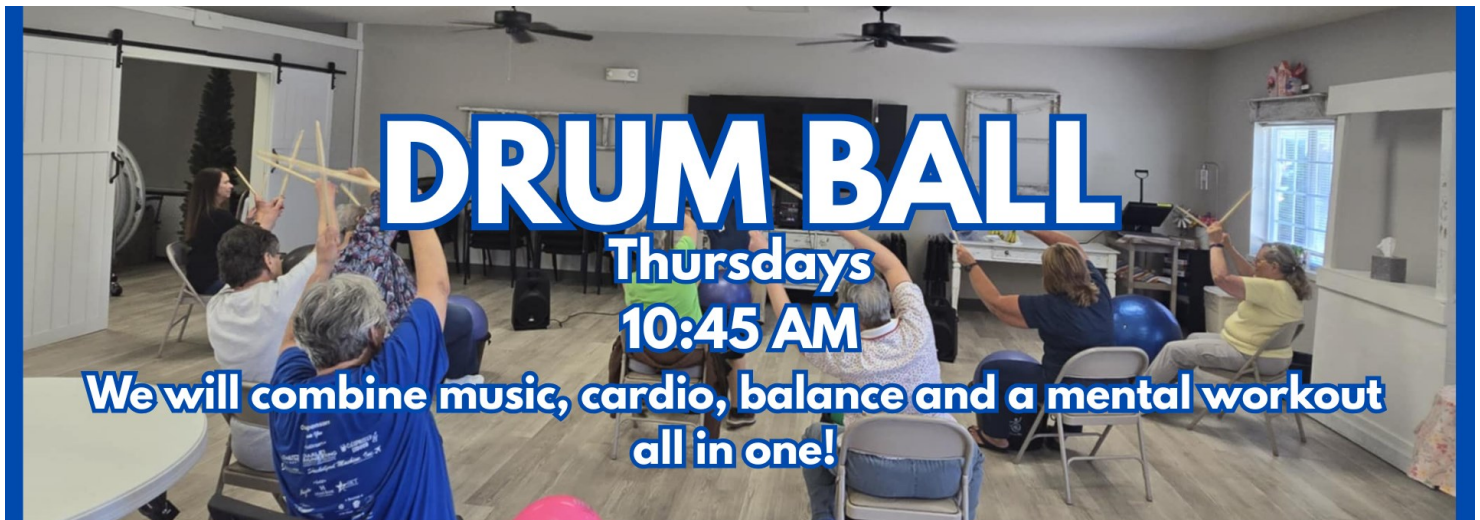


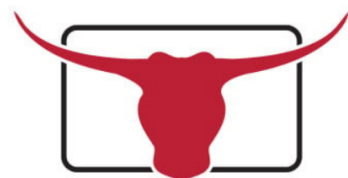
A decorative background for the Patriotic Singo Bingo event, featuring yellow stars and blue musical notes.

Patriotic Singo Bingo

Wednesday, July 2
2:30 PM

Monday Bible Study
will not be meeting July 7th
We will meet the 14th,
21st, and 28th.





CHISHOLM TRAIL MUSEUM
Celebrating Sumner County History

SATURDAY, JULY 5TH WE WILL BE ROLLING OUT FROM THE CENTER AT 11:30 AM, WE'RE ON A MISSION TO MUNCH ON LUNCH AND EXPLORE THE WANDERING ORPHAN TRAIN MUSEUM, FOLLOWED BY A JAUNT THROUGH THE CHISHOLM TRAIL MUSEUM. WE'LL BE BACK BY 4:00 PM, LIKE CLOCKWORK!



TAKE ME OUT TO THE BALLGAME!

Saturday, July 5th

leave at 4:45 pm for a 6:05 pm game

**Tickets are just \$12 each.
Invite your family to join us!
Minimal Steps and a whole
lot of FUN!**

**20 Tickets available.
(we can request more)**

**All ages welcome to join us -
invite your family!**

Remember, the stadium is cashless so please plan accordingly.



What is Foster Grandparenting?
Come hear all about it Monday, July 7 at 2:30 PM

SENIOR Swim

* Lap Swim * Water Aerobics * Relaxing with Friends

**\$2 per swim OR
\$30 for all days!**

Passes are available in Amber's Office

PRIVATE SWIM TIMES

July 7-10 6:15 - 7 PM

July 14-17 6:15 - 7 PM

July 21-24 6:15 - 7 PM

July 28-31 6:15 - 7 PM

August 4-7 6:15 - 7 PM



LUNCH & LEARN Potluck

JULY 8 12:00 PM

THE CENTER WILL BE PROVIDING GRILLED HAMBURGERS.

PLEASE BRING A SIDE DISH OR DESSERT TO SHARE

GUEST SPEAKER: CITY OF CLEARWATER STAFF

CAR WASH

Wednesday

\$2 Car Wash for Seniors 55+

**Wednesday
July 9**

**10:00 AM - 11:00 AM
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.

Left Right Center with Quarters!



In LCR, you're trying to be the last person with coins, but depending on your dice roll, you might be forced to give some away to other players.



Join us Thursday, July 10th at 10:00 AM to see what it is all about!

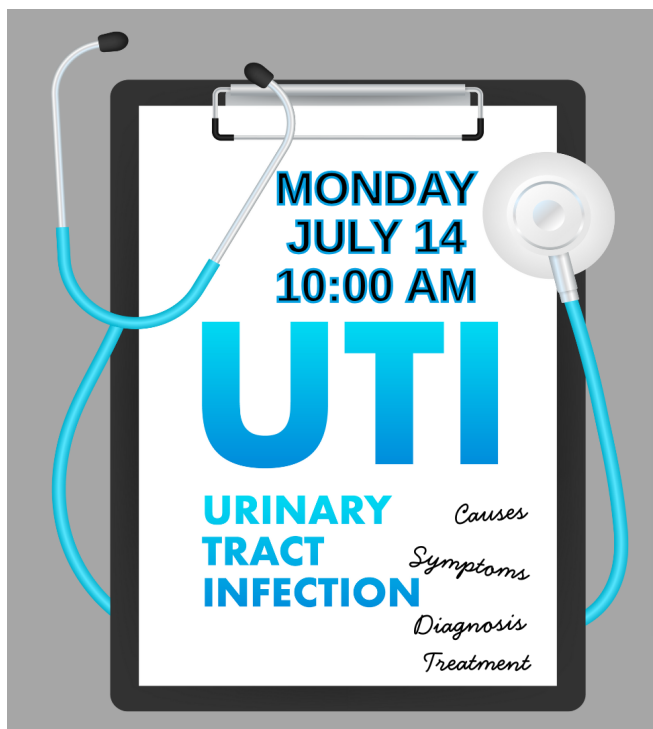


Come and celebrate all the July Birthdays
Thursday, July 10 at 1:15 PM
(date change & time change)



July 11th Walmart Run!

Please let Amber know by July 8th. We will be leaving at 10:30 AM and will enjoy lunch before returning home.



Senior Readers Book Club

NEW Meeting Date

Tuesday

July 8 at 2:30 PM



We will be discussing and picking up



Wednesday, July 16th

Call 316-260-4110 to schedule your appointment

DISNEY DAY!

WHO IS YOUR FAVORITE CHARACTER?

**SWING BY ON THURSDAY, JULY 17TH,
DRESSED TO DAZZLE! JILL FROM
ANGELS CARE IS SERVING UP ROOT
BEER FLOATS AT 1:30 PM—DON'T MISS
THE FUN!**



**Fall Fest Planning
Monday, July 21 at 10:30 AM**



Root Beer Floats

with Jill of Angel Care Hospice

Thursday, July 17

1:30 PM

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, JULY 22

10:45 AM

PLEASE SIGN UP BY JULY 17



Get ready to rock and roll with Breanna from Inspired Advisors! She's bringing prizes, snacks, and her singing chops for a rip-roaring session of Singo Bingo!

Mark your calendars for Tuesday,
July 22, at 3:00 PM!

July Food Pick Up

We have commodity boxes available to pick up:

Wednesday (7/23) 1:30 PM – 5:15 PM

Thursday (7/24) 9:00 AM – 5:15 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

Movie & Popcorn Day!



Tuesday July 29 2:00 PM



DRUM SAFARI

Join us for some fun drumming while learning!
Brandon and family have been providing Drum Safari
for many years. You will not want to miss this!

Wednesday, July 30 at 2:00 PM
at the Library.



SUMMER

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



BARBECUE
 BASEBALL
 BEES
 BICYCLE
 BLUE SKY
 CAMPING
 FISHING
 FLIES

FLOWERS
 GARDENING
 GOLF
 HOT
 ICE CREAM
 INSECTS
 MOSQUITOES
 PICNIC

SANDALS
 SKATEBOARD
 SPRINKLERS
 SUNSHINE
 SUNTAN
 SWIMMING
 VACATION



Clearwater Senior Center

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Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook



HEADS UP!

**AUGUST BOOK CLUB WILL BE
MONDAY, AUGUST 5TH AT 10:00 AM
ANNA ST. JOHN WILL BE HERE TO TALK ABOUT HER
DOOMED BY BLOOM BOOK WITH US!**

THE CENTER IS HOSTING A FUNDRAISER



Biscuits & Gravy Breakfast

Saturday, August 2

8:00 AM - 10:00 AM

921 JANET

Adults \$5 Children \$3