



Clearwater Senior SCOOP

August 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 Clearwater Senior Center is currently collecting donations to help purchase a much-needed bus to serve our local seniors. This vehicle will provide safe and reliable transportation for essential trips, including medical appointments, grocery shopping, and social outings. Access to transportation is critical for maintaining independence and quality of life for many of our older residents. Every donation, big or small, brings us one step closer to making this vital service a reality. We deeply appreciate the support of our community in helping our seniors stay active, connected, and cared for.

There are several ways you can support the Clearwater Senior Center's fundraising efforts for a new bus. You can attend one of our upcoming events, where proceeds will go directly toward the bus fund. Donations can also be dropped off in the clearly marked box located at the Senior Center. If you prefer, you may write a check payable to the City of Clearwater with "Senior Center" noted in the memo line. For those looking to make a tax-deductible contribution, donations can be made through the Clearwater Community Foundation specifically designated for the Senior Center Bus Fund. Every contribution helps us get closer to providing reliable transportation for our seniors.

Thank you for your continued support of the senior center and those who call this place their Home Away From Home!



THE SENIOR CENTER IS HOSTING A FUNDRAISER



Biscuits & Gravy Breakfast

Saturday, August 2

8:00 AM - 10:00 AM

921 JANET, CLEARWATER

Adults \$5 Children \$3

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

AUGUST

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
<div>Bring a Friend Month!</div> <div>Bring along a (new to the Center) friend and snag a chance to win a FREE MEAL at one of our September shindigs!</div>						
3	4 10:00 AM Book Club Special Event 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:00 PM Senior Swim	5 8:45 AM Blood Pressure Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 6:00 PM Pickleball 6:00 PM Senior Swim	6 10:00 AM Coffee & Community – Charles Engineering 1:00 PM Tai Chi 1:30 PM Weight Training 2:15 PM Root Beer Floats 6:00 PM Senior Swim	7 9:00 AM Coffee & Tea 1:15 PM Birthday Party Inspired Advisors 1:30 PM Games 6:00 PM Senior Swim Party	8 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	9 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens
10	11 10:30 AM Drum Ball 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	12 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn 12:30 PM Chronic Disease Class Info 1:45 PM Lifewave X39 3:00 PM Singo Bingo 6:00 PM Pickleball	13 10:00 AM Car Wash \$2 1:00 PM Tai Chi 1:30 PM Weight Training WELCOME BACK TO SCHOOL	14 First Day of School Wear your school colors+ 9:00 AM Coffee & Tea 10:00 AM Bible Study 1:30 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	15 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 11:00 AM Adult Only Swim Party \$5 1:00 PM Line Dancing 1:00 PM Quilting Queens	16 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 11:00 AM Adult Only Swim Party \$5 1:00 PM Line Dancing 1:00 PM Quilting Queens
17	18 10:30 AM Drum Ball 11:00 AM Round Table Talk with Pam 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	19 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Movie Day 6:00 PM Pickleball	20 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training Commodities 1:00 PM – 5:30 PM	21 National SR Citizens Day 9:00 AM DONUTS with MPR 10:00 AM Bible Study 12:00 PM LUNCH! 1:00 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	22 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 10:30 AM Walmart** 1:00 PM Line Dancing 1:00 PM Quilting Queens	23 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 10:30 AM Walmart** 1:00 PM Line Dancing 1:00 PM Quilting Queens
24	25 10:30 AM Drum Ball 11:30 AM Guys Day Out** 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	26 9:00 AM Exercise 10:00 AM Calorie Burn 12:30 PM Fall Fest Plan 1:30 PM BINGO 4:30 PM Passport to Your Tummy – Japan** 6:00 PM Pickleball	27 9:30 AM Chronic Disease** 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training	28 9:00 AM Coffee & Tea 10:00 AM Bible Study 1:00 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	29 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	30 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens
31						

Aug 2025

Everfull MEALS ON WHEELS/FRIENDSHIP MEALS 21 - SERVING DAYS - 0 HOLIDAY

Mon	Tue	Wed	Thu	Fri
<p>Milk and grape juice 8oz. Are available for congregate meals. Powdered milk is Available for home delivered meals upon request.</p>	<p>Birthday Celebration Aug 21st</p>			
<p>4 Easy Beef Stroganoff 8 oz Green Beans 4 oz Apricot 4 oz</p>	<p>5 Oven Baked Chicken Creamed Peas 4 oz Pineapple 4 oz Sliced Wheat Bread</p>	<p>6 Cheeseburger 3 oz/Bun Lettuce, Tomato, Onion, Pickles Potato Wedges 4 oz Carrots 4 oz Pears 4 oz</p>	<p>7 Tuna Salad Sandwich 4 oz Macaroni Salad 4 oz Carrots 4 oz Easy Fruit Cobbler 4 oz Wheat Bun/Slice Bread</p>	<p>1 Chicken Rice Casserole 8 oz Spinach 4 oz Applesauce 4 oz</p> <p>8 Turkey Hash 8 oz Yams 4 oz Watermelon 4 oz Wheat Roll</p>
<p>11 Salmon Patties 4 oz Cauliflower W/ Cheese 4 oz Cole Slaw 4 oz Pineapple 4 oz Wheat Roll</p>	<p>12 Chicken Salad Sandwich 4 oz Potato Wedges 4 oz Green Beans 4 oz Pears 4 oz Wheat Bun/Sliced Bread</p>	<p>13 Ham & Broccoli Casserole 8 oz w/ Biscuit Carrots 4 oz Peaches 4 oz</p>	<p>14 Sloppy Joes 4 oz/Bun Potato Salad 4 oz Peas 4 oz Mixed Fruit 4 oz</p>	<p>15 Pork Cutlet w/Mushroom Onion Sauce 3 oz Brown Rice 4 oz Green Beans 4 oz Banana</p>
<p>18 Sysco Little Smokies w/ BBQ sauce 3 oz Baked Beans 4 oz Macaroni salad 4 oz Peaches 4 oz</p>	<p>19 Chicken Fajita Salad 4 oz 8 oz Lettuce 2 oz Meat Refried Beans 4 oz Corn 4 oz Sliced Apples 4 oz Corn Chips Salsa</p>	<p>20 Cranberry Meatballs 4 oz Mashed Potatoes 4 oz Mushroom Gravy Corn 4 oz Pears 4 oz</p>	<p>21 Beef cutlet w/Spanish Sauce 3 oz Mexican Rice 4 oz Stewed Tomatoes 4 oz Mixed Fruit 4 oz Chocolate Cake w/Frosting</p>	<p>22 Ham & Cheese Sub Sandwich 4 oz w/Wheat Bread & Set up Potato Chips Pickled Beets 4 oz Ambrosia Fruit Salad 4 oz</p>
<p>25 Spaghetti w/Meat Sauce 8 oz Garden Salad 8 oz Orange Garlic Bread</p>	<p>26 Winfield's Breakfast Casserole 6 oz Broccoli, Cauliflower, Raisin Salad 4 oz Banana in Orange Juice 4 oz</p>	<p>27 Swiss Steak 3 oz in Tomato Sauce 2 oz Mashed Potatoes 4 oz Mixed Vegetables 4 oz Mixed Fruit 4 oz</p>	<p>28 Fish Filets 4 oz w/ Tartar Sauce Coleslaw 4 oz Apricot 4 oz Cornbread Muffin</p>	<p>29 Hamburger and Sausage Gravy 6 oz Corn 4 oz Spiced Apples 4 oz Dropped Biscuits</p>



SENIOR READERS BOOK CLUB!

MONDAY, AUGUST 5TH AT 10:00 AM

HELP US WELCOME ANNA ST. JOHN, THE AUTHOR OF DOOMED BY BLOOM!



SENIOR *Swim* WATER WORKOUTS WITH NICK

MONDAYS, WEDNESDAYS, THURSDAYS
6:00 PM - 7:00 PM

\$2 PLUS A DONATION FOR NICK'S TIME AND GAS

Sponsored By

Clearwater Recreation Commission

Clearwater Senior Center

Donuts, Coffee and Iced Tea will be provided

Decaf available upon request

Wednesday, August 6

10:00 AM

Location: Clearwater Senior Center

Speaker: Charles Engineering

*Coffee &
Community*





It's National **Root Beer Float** Day

Wednesday August 6 2:15 PM

**Come and celebrate all the August Birthdays
Thursday, August 7 at 1:15 PM**



LUNCH & LEARN

Potluck

August 12 12:00 PM

The Center will be providing the fried chicken

Please Bring a side dish or dessert to share

Guest Speaker: Tara Sharon talking about

New Classes Coming to the Center

SENIOR *Swim*

Monday 8/4
Tuesday 8/5
Wednesday 8/6
Thursday 8/7
6 - 7 PM
\$2 per night

SENIOR *Swim* PARTY

Thursday, August 7 6:45 PM

If you've splashed around with us in 3 or more swim classes this summer, it's time to make some waves at our party!

Dive into some fun and enjoy snacks after our swim!

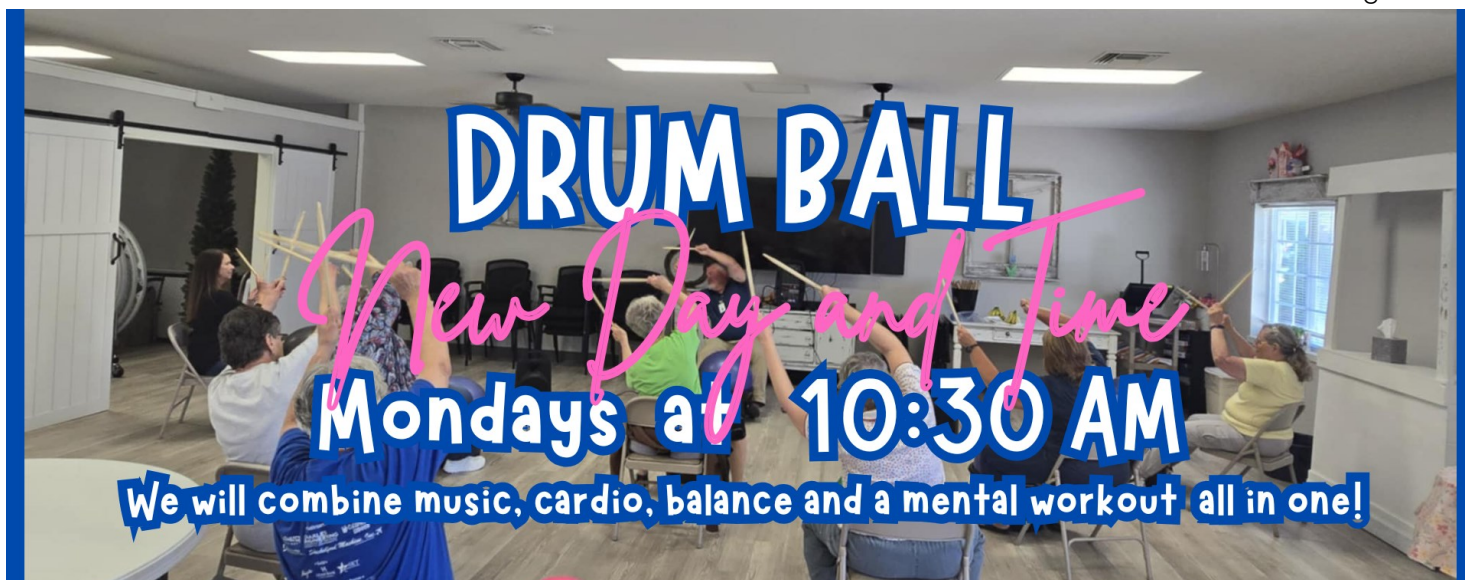
X39 SO SOPHISTICATED YET SIMPLE TO EXPLAIN

TESTIMONIES OF X39 ARE
LIFE-CHANGING AND EMOTIONAL.

THE BEST THING ABOUT X39...
IT ABSOLUTELY WORKS

JOIN FAITH MCNELLEY TO HEAR ALL ABOUT X39
TUESDAY, AUGUST 12 AT 1:45 PM





CAR WASH WEDNESDAY!
WEDNESDAY. AUGUST 13 AT 10-11 AM
 \$2 PER CAR & WE WILL HAVE SOMEONE AT THE
 4TH STREET CAR WASH TO WASH YOUR CAR FOR YOU!

**SCHOOL
 DAYS
 ARE HERE
 AGAIN**

Slap on those school colors and strut
 down memory lane like a champ!
 Relive the glory days and rock those
 hues all day long.

Thursday, August 14!

The one with the most school spirit will walk away with a prize!

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 Thursdays at 1 PM to see what it is all about!

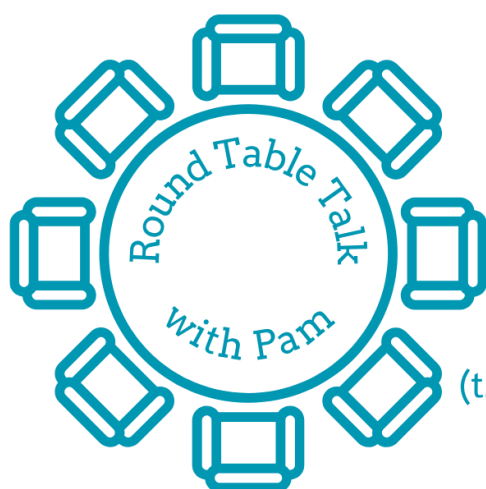
CITY OF CLEARWATER

SWIM PARTY

ADULT ONLY

FRIDAY
AUGUST 15
11 A - 2 P
\$5

SNACKS PROVIDED BY
CLEARWATER REC COMMISSION



Pam with Interm will be here
Monday, August 18
11:00 AM

Blood Pressure Checks
will follow her table talk
(this will take the place of her Tuesday check this week)

COMMODITIES

Wednesday, August 20 1:00 - 5:00 PM

Movie & Popcorn Day!

Tuesday

August 19

2:00 PM



August 1 & 22 Walmart Run!



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

Hip Hip Horray for National Senior Citizen Day!

Thursday, August 21

kicks off at 9:00 AM with donuts!

Get ready for a non-stop party packed with scrumptious goodies, great speakers, and heaps of fun and fellowship!

A pulled pork lunch begins at 12:00 PM and it's all provided for you to enjoy. No need to bring anything except a donation if you wish.

Stick around for games to wrap up this fabulous day!
So much fun packed into 1 day of celebraing YOU!

Guys Day Out AGAIN at Side Pockets!

(ok, ladies are welcome too)

Lunch & a little Pool

Monday, August 25 rolling out at 11:30 AM

Please sign up by Wednesday, August 20

Tuesday, August 26 at 1:30 PM



This month's twist: Bring a NEW \$5 item for the prize table! Whether you win or not, if you bring one, you'll leave with a prize in hand!

Passport To Your Tummy

We're gearing up for an epic escapade to a faraway land! This August, we're "jetting off" to the land of sushi and samurai—Japan!

We will be going to Kobe's
please plan on \$40 per person



JAPAN

**Tuesday, August 26
4:30 P AM**

Sign Up by Thursday, August 18



AUGUST

Word Search Puzzle



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

Find these words related to the month of August

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST

KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET



National Senior Center Day is August 21
 Come celebrate all day!

Fall Fest Planning

Tuesday, August 26 at 10:45 AM

Join us for an informative Lunch & Learn session on Tuesday, August 12, where you can discover all the details about the class and register today. This event comes highly recommended for everyone!

Sedgwick County Health Department
SELF-MANAGEMENT EDUCATION

Living with Chronic Conditions



"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."
-CDSMP Participant

CLEARWATER WORKSHOP

Clearwater Senior Center
921 E Janet Ave
Clearwater, KS 67206

Wednesdays
9:30 am – 12:00 pm
August 27 – October 8
Skipping September 24

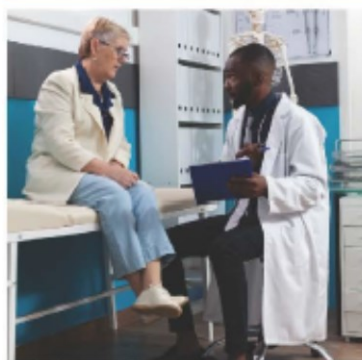
CALL TO REGISTER

LIVING WITH CHRONIC CONDITIONS WORKSHOPS



If you are living with an ongoing health condition (such as arthritis, asthma, diabetes, high blood pressure, or depression) or you are a caregiver of someone who is, this is for you.

Living with Chronic Conditions Workshops are interactive learning opportunities that teach techniques to manage common symptoms.



Revised Sept. 2022

FREE WORKSHOP SERIES LED BY TRAINED LEADERS TO HELP YOU:

- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends, and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better manage your health



SelfManagementResource.com

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

COMING SOON



AUGUST FARMERS MARKET AT THE CENTER

I HAVE NOT YET RECEIVED ANY DATES FOR THE EVENT; HOWEVER, PLEASE STAY TUNED FOR ANNOUNCEMENTS IN THE NEAR FUTURE!



FIESTA BUNCO NIGHT!

DIVE INTO THE WORLD OF BUNCO, THE LIVELY DICE GAME THAT'S A BREEZE TO PICK UP AND LIGHTNING-FAST TO PLAY! ROLL THOSE DICE, MATCH THE ROUND NUMBER, AND RACK UP THOSE POINTS. PLUS, GET READY TO FEAST ON SCRUMPTIOUS TACOS!

🌮 FUN FOR ALL AGES!



A GRAND NIGHT FOR SINGING!

WE'VE SNAGGED TICKETS FOR THE SATURDAY, SEPTEMBER 6, 2:00 PM SHOW. WE'LL HIT THE ROAD BY 12:45. AFTER THE CURTAIN FALLS, WE'LL FEAST TOGETHER BEFORE COMING BACK HOME. JUST \$40 PER TICKET FOR PRIMO SEATS!



PLUS SO MUCH MORE!