



FOR ACTIVELY AGING ADULTS

Clearwater Senior SCOOP

September 2025

Clearwater Senior Center

921 Janet Ave
Clearwater, KS
67026

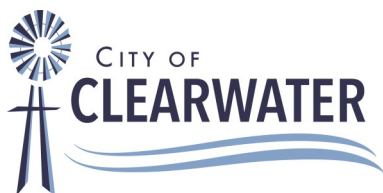
Activities held at the Clearwater Senior Center are available to those 55 & older.

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.



What is a Senior Center & Why Should I Attend?

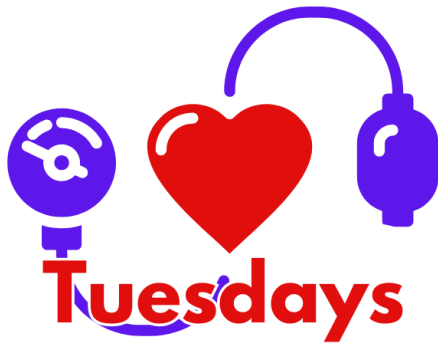
The Clearwater Senior Center is a welcoming, community-based facility designed for older adults—typically aged 55 and up—where members can stay active, make friends, and continue learning. It offers a variety of social, recreational, educational, and health-related programs to help seniors remain engaged, independent, and connected.

Programs and activities include:

- **Social activities:** Games, card nights, parties, and group outings.
- **Educational programs:** Classes on technology, arts, health, and personal finance.
- **Fitness & wellness:** Exercise classes, walking groups, yoga, and balance or strength training.
- **Support services:** Counseling, nutrition programs, transportation assistance, and access to other senior resources.
- **Volunteer opportunities:** Ways for seniors to give back to the community.

Think of the Clearwater Senior Center as a “clubhouse for older adults”—a place to connect, grow, have fun, and enjoy a healthy, active lifestyle at any age.

*Come join our family,
our home away from home!
See you soon! ♥ Amber*



Blood Pressure Checks^{with} Pam

Tuesdays 9/2 & 9/23 at 8:45 AM

EXERCISE TIME

Mondays - Strength & Stability @ 1:00 PM

Tuesdays - Chair Yoga @ 9:00 AM

Calorie Burn @ 10:00 AM

Drum Ball @ 2:00 PM (every other week)

Wednesdays - Tai Chi @ 1:00 PM

Weight Training @ 1:30 PM

Fridays - Chair Yoga @ 9:00 AM

Calorie Burn @ 10:00 AM

Line Dancing @ 1:00 PM

Fall Friend Gift Exchange

It's that time again to gather and draw for a "new friend" for a sweet little gift exchange. Drawing will take place Tuesday, September 2nd at 10:30 AM.

If you would like to participate, but can not make it - please see Amber BEFORE the 2nd.
Gift Exchange will be early October.

Movie & Popcorn Day!

Tuesday, September 2 at 2:00 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


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

SEPTEMBER

HAPPY NATIONAL SENIOR CENTER MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:45 AM BP Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 10:30 AM Fall Friend Gift Exchange Name Swap 2:00 PM Movie Day 6:00 PM Pickleball	9:30 AM Chronic Disease 10:00 AM Coffee & Community – Iris Blossoms 1:00 PM Tai Chi 1:30 PM Weight Training	9:00 AM Coffee with Friends 10:00 AM Bible Study 11:00 AM Common Ground Farmers Market 12:45 PM LRC Quarters 1:30 PM Birthday Celebration 1:30 PM Games	9:00 AM Exercise 9:30 AM State Fair** 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	10:45 AM Grand Night for Singing Musical Theatre Show & Lunch**
	9:30 AM A Matter of Balance 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn 1:00 PM Skin Care 2:00 PM Drum Ball 3:00 PM Singo Bingo 6:00 PM Pickleball 6:30 PM City Council	9:30 AM Chronic Disease 10:00 AM Car Wash \$2 1:00 PM Tai Chi 1:30 PM Weight Training	Wear Red White & Blue Day 9:00 AM Coffee with Friends 10:00 AM Bible Study 12:45 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 10:30 AM Walmart Run** 1:00 PM Line Dancing 1:00 PM Quilting Queens	13
 Game Day! 3:15 PM Bring a snack to share	9:30 AM A Matter of Balance 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:00 PM Zumba with Nick	9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Build Commodity Boxes** 4:00 PM Inspired Advisors – We Can Help! 5:30 PM Taco Tuesday** 6:00 PM Pickleball	Hermes Foot Care 9:30 AM Chronic Disease Commodities 2:00 PM – 5:30 PM	9:00 AM Coffee with Friends 10:00 AM Bible Study 11:00 PM Boudreaux's Burger** 1:30 PM Afternoon Break 1:30 PM Games	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	 5:00 PM BUNCO
21	9:30 AM A Matter of Balance 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:30 PM Rec Event Wellness: Massage Therapy**	8:45 AM BP Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Book Club 2:00 PM Drum Ball 3:00 PM Fall Tie Dye 6:00 PM Pickleball 6:30 PM City Council	9:30 AM Chronic Disease 1:00 PM Tai Chi 1:30 PM Weight Training	9:00 AM Coffee with Friends 10:00 AM Bible Study 12:45 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	27
28	9:30 AM A Matter of Balance 11:00 AM Puzzle Time** 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	9:00 AM Exercise 10:00 AM Calorie Burn 11:00 AM Passport To Your Tummy – Mexico 3:00 PM BINGO 6:00 PM Pickleball	October 1 9:30 AM Chronic Disease** 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training	9:00 AM Coffee with Friends 10:00 AM Bible Study 12:45 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	4 Fall Festival Parade & Booth



September 2025

MEALS ON WHEELS/FRIENDSHIP MEALS 21- SERVING DAYS 1- HOLIDAY

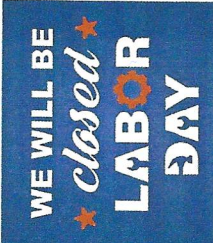

Mon

Tue

Wed

Thu

Fri

1 	2 Smoked Turkey & Cheese Sandwich 3 oz w/ Hogie Roll Baked Beans 4 oz Blushing Pears 4 oz Potato Chips	3 Sloppy Joe Potato Top 3 oz Potato Wedges 4 oz Green Beans 4 oz Fresh Banana	4 Chicken & Noodles 8 oz Mashed Potatoes 4oz Carrots 4 oz Mixed Fruit 4 oz	5 Scalloped Pot. w/Ham 8 oz Mixed Vegetables 4 oz Easy Fruit Cobbler 4 oz Wheat Roll
8 Soft Taco 3 oz/Tortillas Cheese, Lettuce, Tomato Refried Beans 4 oz Peaches 4 oz	9 Potato Stroganoff 6 oz Mixed Vegetables 4 oz Blushing Pears 4 oz	10 Goulash 8 oz Garden Salad 8 oz Ambrosia Salad 4 oz Garlic Breadstick	11 Open Faced Turkey Sand 4 oz w/Mashed Potatoes 4 oz & Gravy 2 oz on Wheat Bread Green Beans 4oz Pears 4oz	12 Oven Fried Fish 4 oz Mac & Cheese 4 oz Peas 4 oz Stewed Apples 4 oz
15 Beef Cutlet 3oz w/Spanish Sauce Brown Rice 4 oz Carrots 4 oz Easy Peach Cobbler 4 oz	16 BBQ Chicken 4 oz w/ Bun Macaroni Salad 4 oz Cucumber& Onion Salad 4oz Applesauce 4 oz	17 Calico Beans 8 oz Peas 4 oz Mixed Fruit 4 oz Corn Bread/Muffin	18  Cranberry Meatballs 3 oz Baked Potato Mixed Vegetables 4 oz Pears 4 oz Participant's Choice Cake	19 Turkey Chef Salad 8 oz Salad crackers 2 packs Apple Chocolate Pudding 4 oz
22 Lil Smokies in BBQ 3 oz Potato Wedges 4 oz Green Beans 4oz Peaches 4oz Baked Beans 4 oz	23 Spaghetti w/Meat Sauce 8oz Garden Salad 8 oz Applesauce 4 oz Garlic Breadstick	24 Tuna Salad Sandwich 3 oz/ Wheat Bread & Set Up Stewed Tomatoes 4 oz Mixed Fruit 4 oz	25 Hamburger & Sausage Gravy 6 oz w/ Biscuit Broccoli Cauliflower Salad 4 oz Whole Orange	26 Taco Burger 3 oz-w/ Bun Cheese, Lettuce, Tomato Corn O'Brien 4 oz Fresh Banana
29 Cheeseburger 3 oz /Bun Lettuce, Tomato, Onion, Pickle Baked Beans 4 oz Pears 4 oz	30 Turkey Pasta Salad 8 oz Green Beans 4 oz Peaches 4 oz Crackers 2 Packs	Birthday Celebration September 18th		Milk and grape juice is only available to congregate participants. Powdered milk is available for home delivery upon request.

** Menu Subject to Revisions

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.

FREE WORKSHOP SERIES LED BY TRAINED LEADERS TO HELP YOU:

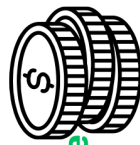
- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends, and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better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



(Revised Sept. 2022)



SelfManagementResource.com



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 a new time 12:45 PM

It's so FUN!



Sponsored By

**Clearwater Recreation Commission
Clearwater Senior Center**

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

**Wednesday, September 3
10:00 AM**

Location: Clearwater Senior Center

Speaker: Risse with Iris Blossoms

Coffee & Community



**Come and celebrate all the September Birthdays
Thursday, September 4 at 1:30 PM**



September Farmers Market at the Center

Thursday, September 4 at 11:00 AM. Come shop the farmers market inside!



Mark your calendars for **Friday, September 5th**, because it's **"Young at Heart Day"** at the Kansas State Fair!

We'll be setting off at 9:30 AM to soak up all the sights, sounds and smells of the 2025 Fair fun.

Hurry and sign up, spots are limited.

Entry fee is covered, lunch & snacks are on your own.



MUSIC
THEATRE
WICHITA

We've snagged tickets for the Saturday, September 6, 2:00 PM show.

We'll hit the road by 10:45. After the curtain falls, we'll feast together before the show.

Just \$40 per ticket for primo seats!

Sign up NOW!

A Matter of Balance (Fall Prevention)



A Matter of Balance is a 8-week group training that emphasizes practical ways to reduce the fear of falling and increase activity levels. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Mondays starting September 8 at 9:30 AM

Workshops are progressive, so attendance at all sessions is highly encouraged.

Sponsored by Sedgwick County Health Department

SIGN UP TODAY!



LUNCH & LEARN

September 9 at 12:00 PM

The Center will be providing a pasta meal to
celebrate **National Senior Center Month**
Pasta, salad, bread and dessert will all be provided!

MARY KAY

Skin Care with Nick
Tuesday, September 9
Following Lunch & Learn
Shop the deals and find out what is best for your skin.

REMEMBER SEPTEMBER 11, 2001

PATRIOT DAY



BE SURE TO WEAR YOUR RED, WHITE & BLUE



September 12
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



Bring a snack to share as we
cheer on the Chiefs

Sunday, September 14

Doors will be open at 3:15 PM

Games starts at 3:30 PM

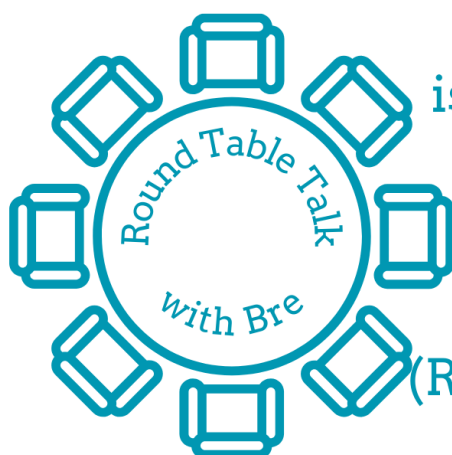


Nick's last workout was in the pool, but now we're hitting the ground running! Get ready for a session packed with giggles, good times, and a healthy dose of sweat.

Bring your pals—ALL AGES INVITED!

Join us Monday, September 15 at 6:00 PM.

We'll have a donation box set up for Nick



Breanna with Inspired Advisors is coming to help answer any questions their agency. She will bringing a sign-up for Medicare appointments coming up in October.

You are going to want to join the RTT (Round Table Talk) as there may just be a game of PLINKO planned at the end!



yum!





Roll the dice and join the fun at Fiesta Bunco! Bright colors, festive dinner, exciting prizes, and plenty of laughter—this isn't just game night, it's a party!

Easy to learn and fun for all.

Bunco is the perfect way to celebrate with friends of all ages.

Don't miss the fiesta!

taco & nachos will be served

Saturday, September 20
5:00 PM



CAN MASSAGE THERAPY HELP ME?

JOIN US MONDAY, SEPTEMBER 22 AT 6:30 PM FOR AN INFORMATIVE SESSION ON MASSAGE THERAPY, PLUS A CHANCE TO ENJOY A QUICK, RELAXING MASSAGE.

SPONSORED BY THE RECREATION COMMISSION.

LEARN TIPS FOR STRESS RELIEF, SELF-CARE, AND OVERALL WELLNESS WHILE TREATING YOURSELF TO A LITTLE RELAXATION!

OPEN TO ALL AGES - PLEASE SIGN UP FOR THIS EVENT BY THURSDAY, SEPTEMBER 18



SENIOR READERS BOOK CLUB!

TUESDAY, SEPTEMBER 23 AT 1:00 PM

DISCUSSION: CODE NAME HÉLÈNE

PICK UP: WEST WITH GIRAFFES





Multi-Senior Center
PUZZLE TOURNAMENT

Monday, September 29th | 1:00 p.m.
 Location: Park City Senior Center
 6100 N. Hydraulic, Park City, KS 67219

In Celebration Of National Senior Center Month, Represent Your Home Senior Center In This Multi-Center Tournament! Each Team Will Race To Complete The Same Puzzle The Fastest. Each Team Shall Have No More Than Four Members Working On The Puzzle At One Time. Additional Members May Be Traded In. One Team Per Center- So If You're Interested, Sign Up With Your Home Center Quickly! First & Second Place Prizes Will Be Awarded

Participating Senior Centers:
 Park City - Linwood - Goddard - Mulvane
 Haysville - Clearwater - Orchard Park - Valley Center

Singo Bingo
 Tuesday, 9/9
 3:00 PM

Regular Bingo
 Tuesday, 9/30
 3:00 PM

**You brighten the day when you visit the
Center. Happy Senior Center Month to the
BEST CENTER EVER!**

WORD SEARCH

For Seniors

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

Home
Community
Friendship
Conversation

Family
Legacy
Relaxation
Leisure

Retirement
Pension
Elderly
Aging

Experience
Wisdom
Memory
Grandparent

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

COMMODITY PACKING

We are going to be packing boxes,

Tuesday, September 16 at 1:00 PM

If you are interested in helping build boxes (any month) please sign up and I will make teams of people for each packing day. This will ensure everyone who wants to help has a chance to get involved!

COMMODITY PICK UP

Wednesday, September 17 2:00 - 5:30 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, SEPTEMBER 30
11:00 AM**

PLEASE SIGN UP BY SEPTEMBER 25

