



Clearwater Senior SCOOP

November 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.



As we approach the holiday season, I would like to extend my heartfelt gratitude to each of you for your unwavering support and affection towards the Center and our wonderful seniors. Your contributions have enriched our experiences, ensuring that we continue to learn, enjoy ourselves, and remain active.

If you haven't had the opportunity to visit us yet, we eagerly await your arrival with open arms! To our monthly, weekly, and daily regulars—thank you for infusing our space with vibrancy and warmth, making it truly a home away from home.

A sincere THANK YOU for your generous donations, volunteer hours, and the joy you bring. You are the essence of what makes this place so extraordinary!



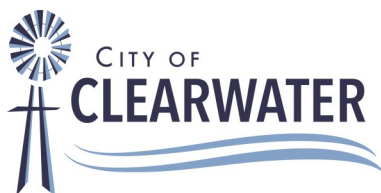
Biscuits & Gravy **Saturday, November 1**

Time Change!



8:00 AM – 10:00 AM

\$5/adult \$3/child (3-10)





DONUTS with DALTON

**MONDAY
NOVEMBER 3
9:00 AM**

Come meet Dalton Chambers who is running for City Council

Sponsored By

**Clearwater Recreation Commission
Clearwater Senior Center**

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

**Wednesday, November 5
10:00 AM**

**Location: Clearwater Schools
Superintendent**

Speaker: Jason Johnson

*Coffee &
Community*



Come and celebrate all the November Birthdays Thursday, November 6 at 1:30 PM

Monday, November 10th

✗ No Bridge ✗ No Strength & Stability ✗ No Afternoon Bible Study



Let's get crafty! Monday, November 10th 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 9:00 AM Donuts with Dalton 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	4  9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Singo Bingo 6:00 PM Pickleball	5 10:00 AM Coffee & Community – Clearwater Superintendent Jason Johnson 1:00 PM Tai Chi 1:30 PM Weight Training	6 9:00 AM Coffee with Friends 10:00 AM Bible Study 11:00 AM BINGO 1:30 PM Birthday Celebration 1:30 PM Games	7 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	1 8:00 – 10:00 AM Biscuits & Gravy
9	10 12:00 PM Soup Lunch & Talk with Denise with Alzheimer's Association. Caregiver Burnout NO Classes Today 2:00 PM Craft Time**	11 CLOSED 6:30 – 8:30 AM Breakfast for Veterans 	12 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 4:30 PM Zumba Silver Stockings Wish List Due	13 9:00 AM Coffee with Friends 10:00 AM Bible Study 12:30 PM Reaction Training with Carol 1:30 PM Afternoon Break with Jill (Angel Care Hospice) 1:30 PM Games	14 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 11:00 AM Passport To Your Tummy – Vietnam** 1:00 PM Line Dancing 1:00 PM Quilting Queens	15
16	17 10:00 AM Drug Take Back with Chief Ives 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:30 PM Be Well Series	18 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Friendsgiving Lunch & Learn 1:45 PM Friend Gift Drawing 2:00 PM Drum Ball 3:00 PM Pack Food Boxes 6:00 PM Pickleball	19 Hermes Foot Care Day 4:00 PM Massage Therapy with Sam** Commodity Pick Up 2:00 PM – 5:30 PM	20 9:00 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games 3:30 PM Table Talk with Pam Holiday Stress	21 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	22
23	24 10:30 AM Bingo 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	25 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Book Club 2:00 PM Movie 6:00 PM Pickleball	26 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 4:30 PM Zumba	27 happy THANKSGIVING		29
30	December 1 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	2 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Singo Bingo 6:00 PM Pickleball	3 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training	4 9:00 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	5 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	6 

Mon	Tue	Wed	Thu	Fri
3 Spaghetti w/ Meat Sauce 8oz Garden Salad 8oz Applesauce 4oz Garlic Breadstick	4 Brunswick Stew 8oz Green Beans 4oz Crackers (2 packs) Banana	5 Southwest Chicken Bake 8oz Stewed Tomatoes 1oz Cottage Cheese 4oz Mandarin Oranges 4oz	6 Choice: Beef Cutlet 4oz <u>or</u> Liver w/ onions 4oz Mashed Potatoes & gravy 4oz Green Beans 4oz Wheat Roll	7 Lemon Baked Fish Filet 4oz Potato Wedges 4oz Carrots 4oz Pears 4oz
10 Beef Soft Taco 3oz w/ corn tortilla Cheese lettuce, tomato 1oz Mexican Rice 4oz Mixed Fruit 4oz	11 ** CLOSED ** 	12 Cheeseburger Soup 8oz Crackers (2 packs) Mashed Potato 4oz Herbed Green Beans 4oz Peaches 4oz	13  Cranberry Meatballs 3oz Baked Potato 4oz Carrots 4oz Banana Wheat Roll & Cake	14 BBQ Pork w/ bun 3oz Peas 4oz Pears 4oz Sweet Muffin Chips
17 Chili 8oz Garden Salad 8oz Peaches 4oz Cinnamon Roll	18 Ham & Cheese Sandwich 3oz Lettuce, Tomato, Onion 1oz Potato Soup 3oz Beets 4oz Orange or Banana	19 Fish Sandwich w/ bun 4oz Everfull Mixed Veggies 4oz Potato Salad 4oz Mixed Fruit 4oz	20 Turkey 3oz / Gravy 2oz Yams 4oz Green Beans 4oz Dressing 4oz Cranberry Sauce 4oz Wheat Roll Pumpkin Square	21 Tater Tot Casserole 5oz Cheese 1oz Stewed Tomatoes 4oz Stewed Apples 4oz
24 Cheeseburger 3oz w/bun Lettuce, Tomato Onion Potato Salad oz Baked Beans 4oz Peaches 4oz	25 Ham Chowder Soup 8oz 1/2 Ham/Cheese Sandwich 3oz Mashed Potato 4oz Mixed Fruit 4oz	26 Meatloaf 4oz Carrots 4oz Garlic Mashed Potatoes Blushing Pears 4oz	27 ** CLOSED ** 	28 ** CLOSED **  BLACK FRIDAY
*Milk is available to Congregate participants. *Powdered Milk is available for Home Delivery.	 Birthday Celebration November 13th			

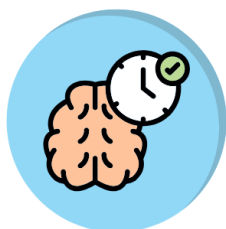


Do you care for anyone?
 Are you feeling caregiver burnout?
 Are you experiencing memory loss?
 Not experiencing memory loss?
This luncheon is FOR YOU!
Everyone will benefit from this
soup luncheon.

***Date:** Monday, November 10th**

***Time:** 12:00 PM**

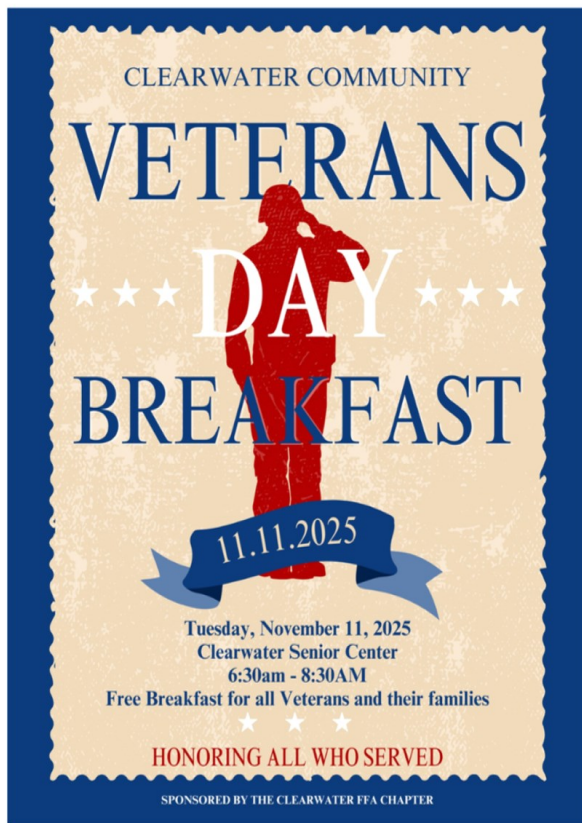
The Alzheimer's Association will be joining us to share valuable insights and effective strategies for managing the challenges associated with aging and care giving.



REACTION TRAINING WITH CAROL
THURSDAY, NOVEMBER 13 AT 12:30 PM



Be Well Series: Carol Barrientez
 Monday, November 17 6:30 PM



The Senior Center will not be conducting regular activities on Tuesday, November 11. Additionally, Meals on Wheels and Friendship Meals will not be served on that day. We invite you to join us for our Lunch & Learn event on Tuesday, November 18, where we will celebrate our Thanksgiving Dinner.



It's time to complete the Silver Stocking forms!

Whether you want a gift or no gifts at all, grab a form and fill it out by November 12th!

Don't rob someone of the chance to sprinkle a little magic in a senior's life!



Thursday, November 13th AFTERNOON BREAK
will be sponsored by Angels Care Hospice.
Come visit with Jill and get all your questions answered!

VIETNAM

Passport To Your Tummy

**FRIDAY,
NOVEMBER 14**

LEAVING AT 11:00 AM



PLEASE SIGN UP BY NOVEMBER 10

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!

Got Drugs?

Turn in your unused
or expired medication
for safe disposal
here



Bring in your old medications November 17 10:00 AM



Christmas Friend Gift Exchange

\$25 limit

Drawing will be 11/18
Gift Exchange will be 12/9

PLEASE JOIN US FOR A

Friendsgiving **POTLUCK**



TUESDAY, NOVEMBER 18

12:00PM

**CLEARWATER SENIOR CENTER
921 E JANET**

**PLEASE BRING SIDE DISH OR
DESSERT TO SHARE
WE'LL SUPPLY TURKEY & DRESSING**

WEDNESDAY, NOVEMBER 19 **HERMES HEALTHCARE PA** 3343 West Central Avenue - Wichita, Kansas 67203

Call 316-260-4110 to get your appointment scheduled!



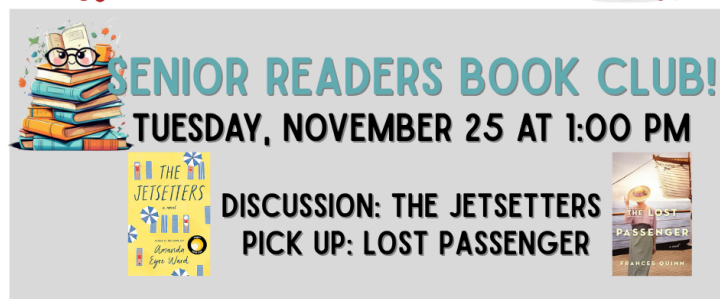
PREPARE TO RELAX WITH SAM FROM SAM'S HEALING MASSAGE!

JOIN US ON WEDNESDAY, NOVEMBER 19, STARTING AT 4:00 PM.

A DEPOSIT OF \$15 IS REQUIRED AT THE TIME OF REGISTRATION AND WILL BE FORFEITED IF YOU CANCEL YOUR APPOINTMENT.



Our beloved Pam is popping by to dish on **HOLIDAY STRESS!** Pull up a chair at our round table chat and snag some nifty tricks to kick seasonal stress to the curb.



GET MOVING

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)
Pickleball @ 6:30 PM at the Pickleball Courts
Wednesdays - Tai Chi @ 1:00 PM
Weight Training @ 1:30 PM
Zumba @ 4:30 PM (every other week)
Fridays - Chair Yoga @ 9:00 AM
Calorie Burn @ 10:00 AM
Line Dancing @ 1:00 PM

Help Stock Up The Center



Plastic Silverware

Coffee Cups

Plates of all sizes

Napkins

Solo Cups

Ice Tea Bags

Large Trash Bags

Mizes Gift Cards

Sams Club Gift Cards

Walmart Gift Cards

Dollar General Gift Cards

WEAR IT PROUDLY!



\$15

GRAB YOUR OWN SENIOR CENTER SHIRT



HAPPY THANKSGIVING

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

APPLE PIE
 CHOCOLATE CREME PIE
 FAMILY
 HOLIDAY
 NOVEMBER TWENTY THIRD
 PUMPKIN BREAD
 SEASONS CHANGE
 TRIPLE BERRY PIE

BANANA CREME PIE
 CRANBERRY SAUCE
 FRIENDS
 HOLIDAY TRAVEL
 OLIVES
 PUMPKIN PIE
 STUFFING
 TURKEY

BEER
 DINNER ROLLS
 GRAVY
 MASHED POTATOES
 PECAN PIE
 PUMPKIN STEW
 SWEET POTATOES
 WINE

CHERRY PIE
 FALL LEAVES
 GREETING CARDS
 MIXED DRINKS
 PICKLES
 SCARECROW
 THE TURKEY SONG
 YAMS



Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

Clearwater High School

presents

Seussical™

Saturday, November 8 at 7:00 PM

Sunday November 9 at 2:30 PM

Clearwater High School Auditorium



CHRISTMAS
COMES TO
Clearwater

SATURDAY
DECEMBER 6

GET READY FOR A FAMILY FUN DAY!