



FOR ACTIVELY AGING ADULTS

Clearwater Senior SCOOP

December 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.

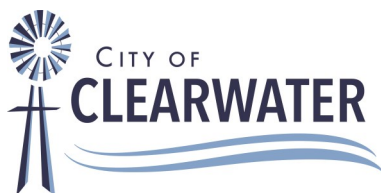
For more information on
events or programs,
please contact the
Center coordinator at
620-584-2332.

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.

Staff

Amber Ives



As we end another year
together, we take a moment
to appreciate the friendships,
memories, and milestones
that have filled our Senior
Center with meaning. This
month's newsletter highlights
special programs, seasonal
activities, and ways to stay
connected this December.
Thank you for being part of
our community -
our Home Away From Home.



Merry
CHRISTMAS
Amber

**New
Date!**



ZUMBA

for seniors

Bring your pals—ALL AGES INVITED!

Tuesdays, following DrumBall

Sponsored By

**Clearwater Recreation Commission
Clearwater Senior Center**

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

*Coffee &
Community*

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

Location: Clearwater Senior Center

Speaker: Danielle Haselhorst with the
Beard Bar



**COME AND CELEBRATE ALL THE DECEMBER
BIRTHDAYS THURSDAY, DECEMBER 4 AT 1:30 PM**



BeWell Series

**Monday, December 8
10:00 AM
SMART Goals & Resolutions**

DECEMBER



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

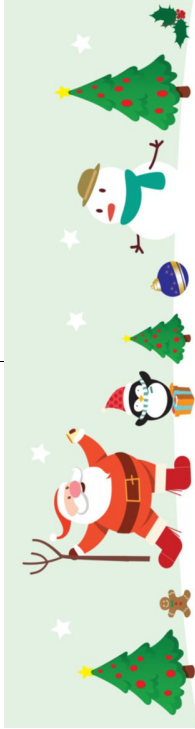
Council Meetings are the 2nd & 4th Tuesday of each month at 6:30 PM at City Hall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	December 1 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Senior Zumba 6:00 PM Pickleball	10:00 AM Coffee & Community – Beard Bar 1:00 PM Tai Chi 1:30 PM Decorate with Middle School Students	9:00 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Birthday Celebration 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	 6
7	10:00 AM BeWell Series SMART Goals/Resolutions 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	No Exercise Classes 12:00 PM Christmas Luncheon 2:00 PM Drum Ball 3:00 PM Senior Zumba 6:00 PM Pickleball	9:30 AM Christmas Caroling with the High School Music Students 10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 2:30 PM Christmas BINGO	9:00 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games 4:30 PM Dinner and Light Tour**	9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	13
14	1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Senior Zumba 6:00 PM Pickleball	10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training Commodity Pick Up 2:00 PM – 5:30 PM	9:00 AM Coffee with Friends 10:00 AM Bible Study 12:30 PM Reaction Training with Carol 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 Secret Santa Gift Exchange 1:00 PM Line Dancing 1:00 PM Quilting Queens	20
21	12:00 PM Christmas Party Luncheon Silver Stocking Distribution 2:00 PM Bible Study	23 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Senior Zumba 6:00 PM Pickleball	10:00 AM GAMES		Closed	27
28	1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Senior Zumba 6:00 PM Pickleball	10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 2:30 PM New Years Party	January 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	3 Biscuits & Gravy 8:00 AM – 10:00 AM



December 2025

MEALS ON WHEELS/FRIENDSHIP MEALS 21-SERVING DAYS 2 - HOLIDAYS

Mon					Tue					Wed					Thu					Fri				
1 Taco Burger 3oz w/ Bun Cheese, Lettuce Tomato Corn 4oz Mixed Fruit 4oz					2 Chili 8oz Peas 4oz Peaches 4oz Cinnamon Roll Crackers (2 packs)					3 Creamed Chicken 4oz w/Biscuit Everfull Mixed Vegies 4oz Pears 4oz					4 Swedish Steak 3oz Mashed Potatoes 4oz Garden Salad 8oz Applesauce 4oz Wheat Roll					5 Egg & Cheese Omelet 7oz Potatoes O'Brien 4oz Breaded Tomatoes 4oz Mandarin Oranges 4oz				
8 BBQ Chicken 3oz w/ Bun Pasta Salad 4oz Green Beans 4oz Easy Fruit Cobbler 4oz					9 Poor Boy Stew 8oz Beets 4oz Mixed Fruit 4oz Crackers (2 packs)					10 Easy Beef & Rice 8oz Carrots 4oz Pears 4oz Wheat Roll					11 Tuna Noodle Casserole 8oz Peas 4oz Peaches 4oz Corn Bread Muffin					12 Chicken & Rice Casserole 8oz Sandy's Green Beans 4oz Applesauce 4oz Wheat Roll				
15 Cheeseburger 3oz w/ Bun Lettuce, Tom, Onion, Pickle 1oz Potato Wedges 4oz Baked Beans 4oz Blushing Pears 4oz					16 Chicken & Noodles 8oz Mashed Potatoes 4oz Green Beans 4oz Applesauce 4oz					17 Spaghetti w/ Meat Sauce 8oz Garden Salad 8oz Peaches 4oz Garlic Breadstick					18 Sliced Ham 3oz Sweet Potato Casserole 4oz Dressing 4oz & Corn 4oz Applesauce 4oz Dutch Apple Coffee Cake					19 Tomato Soup 8oz Chicken Sandwich 4oz Garden Salad 8oz Mixed Fruit 4oz				
22 Fish Sandwich 3oz w/ Bun Lettuce, Tom, Tarter Sauce Creamed Noodles 4oz Peas & Carrots 4oz Pears 4oz					23 Cowboy Beans 8oz Broccoli 4oz Peached 4oz 6" Corn Tortilla (x2)					24 Cheese Pizza Garden Salad 8oz Mixed Fruit 8oz					25 **CLOSED**					26 **CLOSED**				
29 Potato Soup 8oz Ham Sandwich 3oz Lettuce, Tom, Onion Applesauce 4oz					30 **CHOICE** * Beef Cutlet 4oz (or) * Liver & Onions 4oz w/ brown gravy 3oz Mashed Potatoes 4oz Green Beans 4oz & Banana					31 Lemon Baked Fish Fillet 4oz Brown Rice 4oz Spicy Black-Eyed Peas 4oz Peaches 4oz					 Birthday Celebration December 18th					*Milk is available to Congregate participants. *Powdered Milk is available for Home Delivery upon request.				

** Menu Subject to Revisions



CHRISTMAS COMES TO Clearwater

All Activities are **FREE**
except Breakfast with Santa



TIME	EVENT	Location
8AM – 9:30AM	Breakfast with Santa (\$10 per person)	Clearwater Senior Center
9:30AM – 11AM	Christmas Carnival	Clearwater Community Church
11AM – 7PM	Christmas Craft & Vendor Market	CMS—Clearwater Intermediate
12:45PM	SANTA ARRIVES	City Hall
1PM	Contest Winners Displayed	City Hall
1PM	Vote for Christmas Tree Decoration Contest	City Hall
1PM – 3:30PM	Train Rides	Ross Ave (Lee to Tracy)
1PM – 4PM	Decorate a Cookie	The Lodge
1PM – 4PM	Write a Letter to Santa	City Hall
1PM – 4PM	Make an Ornament	Madeline's Dance Studio
1PM – 4PM	Face Painting	Clearwater Public Library
1PM – 4PM	Hot Cider & Popcorn	Outside Clearwater Pharmacy
1PM – 4PM	Make Reindeer Food	Grace Med
2:00PM	Storytime w/ Mrs. Claus & Craft	Clearwater Public Library
2:45PM	Grinch Party	Clearwater Public Library
3:45PM	Elementary Music Performance	Outside of City Hall
4PM	Parade Walk to Live Nativity with Santa	City Hall to Baptist Church
4PM – 5PM	Live Nativity, Cocoa, Wassail, & Cookies	First Baptist Church
5PM	Chili Feed—Soup and Cinnamon Rolls (while supplies last)	CMS—Clearwater Intermediate
7PM – 8PM	Christmas Variety Show	The River

HOLIDAY POTLUCK *Celebration*



TUESDAY, DECEMBER 9 @ 12:00 PM

**THE CENTER WILL BE PROVIDING THE CHRISTMAS HAM
PLEASE BRING A SIDE DISH OR DESSERT TO SHARE**

CHRISTMAS BINGO

WEDNESDAY, DECEMBER 10 AT 2:30 PM



**IT'S ONE OF THOSE MORNINGS
WHERE JINGLE BELLS ARE
PRACTICALLY BEGGING TO BE SUNG!**
Clearwater High School Vocal Music
WEDNESDAY, DECEMBER 10
9:00 AM

Christmas Light Tour

Thursday, December 11
4:30 PM



Get ready for an early dinner adventure in Wichita, followed by a dazzling tour of the twinkling lights around town! Don't forget to sign up and pay **\$12** by **December 5** to join the fun! Limited Seating available. Sign up begins November 24.

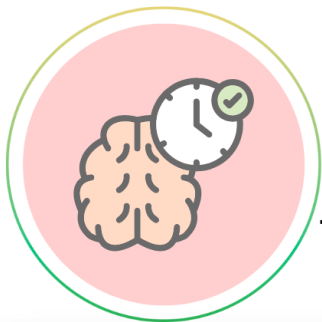
COMMODITY PICK UP

Wednesday, December 17
2:00 - 5:30 PM

921 E Janet (Senior Center)

Income
Eligible

- 1 - \$2,413
- 2 - \$3,261
- 3 - 4,109
- 4 - 4,957
- 5 - 5,805
- 6 - 6,653
- 7 - 7,501
- 8 - 8,349



REACTION TRAINING WITH CAROL

WORK ON YOUR REACTION SKILLS
THURSDAY, DECEMBER 18 AT 12:30 PM

Secret Santa Gift Exchange
Friday, December 19 at 10:30 am

If you snagged a name in November, don't forget to bring your gift for a festive swap and celebration!





JOIN US FOR A
CLEARWATER SENIOR CENTER

CHRISTMAS PARTY

22

DECEMBER

PLEASE BRING A
THOUGHTFULLY
WRAPPED \$10 GIFT FOR
THE EXCHANGE GAME, AS
WELL AS A FINGER FOOD
ITEM TO SHARE DURING
OUR LUNCHEON.



Christmas

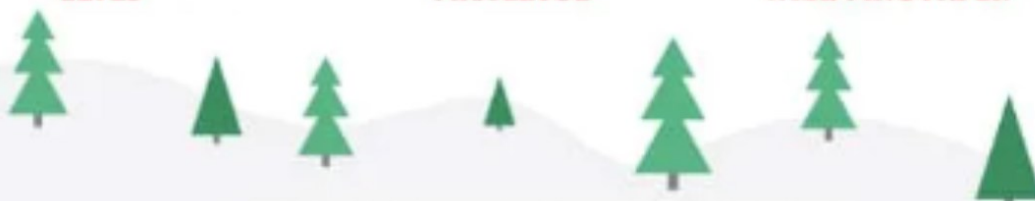
WORD SEARCH

I I J L L S D Y R J E I P J J C C V I P
W M V G K N S A V C M R L Z O A A B V J
G R H O G S X D T T D Z C K L K R O D J
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JINGLE BELLS
BOW
CANDY CANE
CAROLERS
CHRISTMAS TREE
DECORATIONS
ELVES

FIREPLACE
GARLAND
GINGERBREAD
HOLIDAY
JOLLY
SANTA
MISTLETOE

NORTH POLE
ORNAMENTS
PRESENTS
REINDEER
SNOWMAN
WREATH
WRAPPING PAPER



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



Join us to kick off the new year with an early "ball drop" bash! We'll have snacks and have some fun too you just need to bring your fabulous self and party with friends!

Wednesday, December 31

2:30 PM

Biscuits & Gravy

Saturday, January 3

8:00 AM – 10:00 AM

FREE! Happy 2026!