



# Clearwater Senior SCOOP

**February 2026**

## **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**  
Coordinator

**February is National Senior Independence Month**  
**February is recognized as National Senior**  
**Independence Month, a time to celebrate the**  
**strength, wisdom, and self-reliance of older adults.**  
**Independence means something different to**  
**everyone—it can be staying active, making your own**  
**choices, continuing lifelong hobbies, or simply living**  
**life on your own terms.**

**At the Senior Center, we are proud to support**  
**independence in all its forms. Through educational**  
**programs, social activities, wellness opportunities,**  
**and community connections, we strive to provide a**  
**welcoming place where seniors can continue to grow,**  
**learn, and thrive.**

**Maintaining independence also means staying**  
**connected. Friendships, laughter, and shared**  
**experiences play an important role in emotional and**  
**mental well-being. Whether it's attending a class,**  
**enjoying a meal together, or participating in special**  
**events, every connection helps strengthen**  
**confidence and quality of life.**

**This month, we celebrate you—your resilience, your**  
**experiences, and your continued independence.**

**Thank you for being an important part of our**  
**community. We look forward to supporting you today**  
**and in the years ahead.**



**SENIOR**  
**INDEPENDENCE**  
**MONTH**  
FEBRUARY

# BRING YOUR PROJECT <sup>UNFINISHED</sup>



Bring what you've been avoiding or inching along on. Knitting, journaling, budgets, emails, craft. No teaching. no pressure.

First Monday of the month 10:00 AM - 11:30 AM

**Byp**

## GET MOVING

**Mondays - Strength & Stability @ 1:00 PM**

**Tuesdays - Chair Yoga @ 9:00 AM**

**Calorie Burn @ 10:00 AM**

**Pickleball @ 6:30 PM at the Pickleball Courts**

**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**



# ZUMBA

for seniors

## with Nick

**First Tuesday of the month**  
**1:00 PM**

**Sponsored By**

**Clearwater Recreation Commission  
Clearwater Senior Center**

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

# Coffee & Community



**Wednesday, February 4  
10:00 AM**

**Location: Clearwater Senior Center**

**Speaker:** American Legion Post 93



## Thursday Snack & Game Day Sign-Up:

Why not join the fun and bring some treats for our snack-hungry crew of about 25 folks on a Thursday?

**One day - 3 great activities join  
then stay and play games!**

**February 5th**



12:30 PM

Question & Answer  
session with  
Sam Warkins  
regarding the  
expansion project



1:00 PM

February Birthday  
Celebration



2:00 PM

Cookie Decorating  
(and tasting)  
with Bre at  
Inspired Advisors

**Friday 2/6 is National Wear Red Day**  
Come to an activity wearing red for a chance to win a prize!





**MONDAY, FEBRUARY 9**

**10:30 AM**

**WINTER OLYMPIC GAMES**

**\*FUN \*HISTORY \*TRIVIA \*GAMES  
\*SNACKS AND MORE!**

**Monday, February 9**

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



**LUNCH &  
LEARN**

**Potluck**

**February 10 12:00 PM**

The Center will be providing pulled pork

**Please Bring a side dish or dessert to share**

Topic: County Commissioner Blubaugh



# WINTER CRAFTING WITH JEN

Tuesday, February 10  
2:00 PM



## Be Well Series

### Sponsored by

Clearwater Recreation Commission  
Clearwater Senior Center

**Wednesday, Feb. 11th 10:00 AM**

### Guest Speaker: Stephanie Ricke

**Natural Grocers - Nutrition Coach**

Building Nutritious Meals &  
Reading Nutrition Labels



Central Plains  
Area Agency on Aging

**Friendship Meal Time Change**  
**Thursday, February 12th ONLY**  
**11:30 AM**



**Singo Bingo & Technology Help**  
**with High School Leadership Kids**  
**Thursday, February 12**  
**12:00 PM**



# VALENTINE'S

PARTY & HEART HEALTH TRIVIA

FRIDAY, FEBRUARY 13

1:00 PM

CIMS STUDENTS WILL BE HERE TO HELP CELEBRATE WITH US!

**Quick Reminder!** →



***we will be  
closed***

A black poster with rounded corners, decorated with colorful puzzle pieces (yellow, green, blue, red, purple) along the left and right edges. The text is centered and uses various colors and fonts to announce a puzzle challenge and dinner event.

## 2026 Puzzle Challenge & Dinner

**Monday, February 16**  
Clearwater Senior Center 921 Janet  
**2:00 PM**

The Clearwater Recreation Commission & Senior Center are joining forces for an epic multigenerational showdown! Round up your squad of up to 4 puzzlers and let's piece this together. The team with the sharpest puzzle skills will snag ultimate bragging rights and a fabulous prize. Plus, fuel up with a sloppy joe feast at 5:00 PM. Don't miss out—sign up now!

**All ages encouraged!**

[www.clearwaterrec.org/forms](http://www.clearwaterrec.org/forms)



# MARDI GRAS PARTY



We've got the beads so come ready to  
play games & enjoy some snacks!  
Educational moments will happen too!  
Tuesday February 17 at 1:00 PM



## RANDOM ACTS OF KINDNESS DAY

FEBRUARY 17

THROWING KINDNESS AROUND LIKE CONFETTI!

## COMMODITY PICK UP

Wednesday, February 18

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, FEBRUARY 19 AT 12:30 PM



# LUNCH BUNCH



**We are headed to Livingston Cafe**  
**Friday, February 20 leaving the Center at 11:00 AM**  
**Please Sign up by February 13**

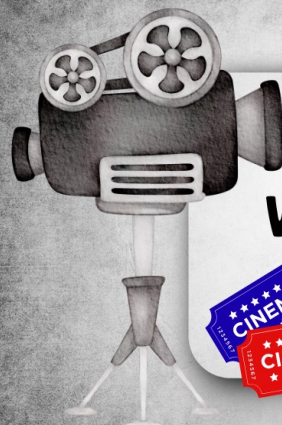


**Event: Benchmark & Goal Setting Session with Harter Therapy**  
**Reschedule Date: Wednesday, February 25**  
**Time: 10:00 AM**

Join us for an opportunity to evaluate your skills and establish benchmarks for the goals you aim to achieve in 2026.



**February 25 Walmart Run!**  
**Please let Amber know by the Wednesday before.**  
**We will be leaving at 11:30 AM and will enjoy lunch before returning home.**



**MOVIE DAY**  
**WEDNESDAY, 2/25**  
**2:00 PM**





# FEBRUARY

## 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





## CPAAA Meal Program

Monday – Friday 12:00 PM

**Council Meetings are the**

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month**

**at 6:30 PM at City Hall**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Education Special Event</b>	<b>2</b> 10:00 AM Bring a Project 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 	<b>3</b> 9:00 AM Exercise 10:00 AM Calorie Burn 2:00 PM Drum Ball 3:00 PM Senior Zumba 6:00 PM Pickleball	<b>4</b> <b>10:00 AM Coffee &amp; Community</b> 1:00 PM Tai Chi 1:30 PM Weight Training	<b>5</b> 9:30 AM Coffee with Friends 10:00 AM Bible Study <b>12:30 PM New Build Q&amp;A</b> <b>1:00 PM February Birthday Celebration</b> 1:30 PM Games <b>2:00 PM Inspired Advisors with Bre: Cookie Decorating</b>	<b>6</b> <b>National Wear Red Day</b> 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queens	<b>7</b>
<b>8</b>  <b>5:00 PM Super Bowl Party &amp; Football Trivia</b>	<b>9</b> <b>10:30 AM Olympic Games &amp; History</b> <b>NO Bridge or Bible Study</b> <b>1:00 PM Games in the backroom</b> CPAAA Meeting Day	<b>10</b> 9:00 AM Exercise 10:00 AM Calorie Burn <b>12:00 PM Lunch &amp; Learn Commissioner Blubaugh</b> <b>2:00 PM Craft Time</b> 6:00 PM Pickleball	<b>11</b> <b>10:00 AM BeWell Series: Natural Grocers</b> 1:00 PM Tai Chi 1:30 PM Weight Training	<b>12</b> 9:30 AM Coffee with Friends 10:00 AM Bible Study <b>11:30 AM Friendship Meal (new time for this day only)</b> <b>12:00 PM Singo Bingo with High School Students</b> 1:30 PM Games	<b>13</b> 9:00 AM Exercise 10:00 AM Calorie Burn <b>1:00 PM Valentine's Party &amp; Middle School Student activities</b>	<b>14</b> 
<b>15</b>	<b>16</b> <b>HAPPY PRESIDENT'S DAY</b> <b>2:00 PM Puzzle Challenge</b> *Must register with the Rec	<b>17</b> 9:00 AM Exercise 10:00 AM Calorie Burn <b>1:00 PM Fat Tuesday Mardi Gras Event</b> 6:00 PM Pickleball 	<b>18</b> 10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training <b>2:00 – 5:30 PM Commodity Pick Up</b>	<b>19</b> 9:30 AM Coffee with Friends 10:00 AM Bible Study <b>12:30 PM Reaction Training</b> 1:30 PM Afternoon Break 1:30 PM Games	<b>20</b> 9:00 AM Exercise 10:00 AM Calorie Burn <b>11:00 AM Lunch Bunch</b> 1:00 PM Line Dancing 1:00 PM Quilting Queens	<b>21</b>
<b>22</b>	<b>23</b> 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	<b>24</b> 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Book Club 6:00 PM Pickleball	<b>25</b> <b>10:00 AM BeWell Series 2026 Benchmark Settings &amp; Goal Setting Harter Therapy</b> <b>11:30 AM Walmart Run</b> 1:00 PM Tai Chi 1:30 PM Weight Training <b>2:00 PM Movie Time</b>	<b>26</b> 9:30 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	<b>27</b> 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queens <b>2:00 PM Final Friday Ladies Round Table Talk**</b>	<b>28</b>
<b>March 1</b>	<b>2</b> 10:00 AM Bring a Project 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	<b>3</b> 9:00 AM Exercise 10:00 AM Calorie Burn <b>1:00 PM Book Club</b> 6:00 PM Pickleball	<b>4</b> 10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training	<b>5</b> 9:30 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	<b>6</b> 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queens	<b>7</b>

Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

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



find us on

Facebook

## VALENTINE'S DAY WORD SEARCH



A	V	U	A	N	G	C	A	N	D	Y	Q	E	I	Y	N	J	E	T	F
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Valentine  
Candy  
Chocolate  
February  
Flowers  
Friend

Cupid  
Cuddle  
Hug  
Kiss  
Love

Be Mine  
Hearts  
Card  
Love  
Arrow

Pink  
Red  
Roses  
I Love You  
Sweet

