



Clearwater Senior SCOOP

MAY 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

Celebrating the Moments That Matter: May at the Senior Center

May is a beautiful reminder of just how full life can be filled with love, pride, reflection, and gratitude. Here at the Senior Center, we celebrate the many moments and milestones that connect us all.

Honoring All Who Nurture and Love

This month, we celebrate Mother's Day, but not just for mothers in the traditional sense. We honor all who have nurtured, guided, and cared for others. Whether you are a mom, grandmother, aunt, mentor, friend, or someone who simply shows up with kindness and compassion, **you have made a difference**. Your love has shaped lives in ways that will never be forgotten.

Cheering on Our Graduates

May also brings the excitement of graduation season! From high school seniors to college graduates, and even those achieving personal milestones later in life, we celebrate the hard work, determination, and courage it takes to reach these moments. To our graduates: we are so proud of you. Your future is bright, and your community is cheering you on every step of the way.

Remembering with Gratitude

As we approach Memorial Day, we take time to pause and remember the brave men and women who gave their lives in service to our country. Their sacrifice allows us the freedoms we enjoy today. We honor their memory with gratitude and reflect on the true meaning of this important day.

A Season of Connection

May is a time of blooming flowers, warmer days, and gathering together. Whether you're sharing a meal, attending an event, or simply stopping by for a visit, know that this center is a place where you belong.

**From all of us at the Senior Center,
thank you for being part of our community.**



MAY

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

2nd & 4th Tuesday of each month

at 6:30 PM at City Hall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Education Special Event</p>					<p>9:00 AM Morning Music with CIMS 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queens</p>	<p>Biscuits & Gravy 8:00 AM – 10:00 AM</p>
3	<p>1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Ladies Bible Study</p>	<p>9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Cinco de Mayo Lunch 2:00 PM Drum Ball 6:00 PM Pickleball</p>	<p>10:00 AM Coffee & Community – Reflection Mobile Bar 1:00 PM Tai Chi 1:30 PM Weight Training</p>	<p>9:30 AM Coffee with Friends 10:00 AM Bible Study 1:00 Birthday Celebration 1:30 PM Games</p>	<p>9:00 AM Exercise 10:00 AM Calorie Burn 11:00 AM Lunch Bunch Deano's Grill West** 1:00 PM Line Dancing 1:00 PM Quilting Queen</p>	9
10	<p>1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Ladies Bible Study Please park on the EAST side of the building and use the east door ONLY.</p> 	<p>9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn Who is CPAAA? 2:00 PM Games 6:00 PM Pickleball</p>	<p>10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training</p>	<p>9:30 AM Coffee with Friends 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games</p>	<p>9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queens</p>	16
17	<p>1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Ladies Bible Study 2:30 PM BINGO with Faith Hospice</p>	<p>9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Singo Bingo 1:00 PM Wellness in the SG Co Park – CPAAA** 2:00 PM Games 6:00 PM Pickleball</p>	<p>10:00 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training 2:00 -5:00 PM Commodity Pick Up</p>	<p>9:30 AM Coffee with Friends 10:00 AM Bible Study 12:30 PM Reaction Training 1:30 PM Afternoon Break 1:30 PM Games</p> 	<p>9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queen</p>	23
24	<p>31</p> 	<p>9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Book Club 6:00 PM Pickleball</p>	<p>Hermes Foot Care 10:00 AM Trash 11:30 PM Guys Day Out**</p>	<p>9:30 AM Coffee with Friends 10:00 AM Bible Study 1:00 PM Scam Updates with Chief Ives 1:30 PM Afternoon Break 1:30 PM Games</p>	<p>9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 1:00 PM Quilting Queen</p>	30

Morning Music with Clearwater Intermediate-Middle School

Friday May 1

9:00 AM

Come and Enjoy 🧁 Muffins 🍌 Fruit ☕ Coffee 🍹 Juice & Great Kids making a joyful noise!

CITY WIDE BREAKFAST OPPORTUNITY!
ALL AGES WELCOME!

Biscuits & Gravy Breakfast

Saturday, May 2

8:00 AM - 10:00 AM

ONLY \$5

Come support the Senior Center!
921 E Janet

DRUM BALL

Tuesday May 5 at 2:00 PM

We will combine music, cardio, balance and a mental workout all in one!



Sponsored By

Clearwater Recreation Commission
Clearwater Senior Center
Donuts, Coffee and Iced Tea will be provided
Decaf available upon request

Wednesday, May 6

10:00 AM

Location: Clearwater Senior Center

Speaker: Reflection Mobile Bar

Coffee &
Community

A photograph of a white coffee cup on a saucer with a spoon, surrounded by coffee beans on a burlap surface.

Come and celebrate all the May Birthdays
Thursday, May 7 at 1:00 PM

LUNCH BUNCH



We are headed out Friday, May 8 Leaving the Center at 11:00 AM
Deano's Grill & Tapworks West
Please Sign up by May 5

Building Updates

Please keep an eye on Facebook & the Center Bulletin Board for the most recent updates.



Starting Monday, May 11, the WEST (front) entry will be closed off. Please use the EAST (back) door.



LUNCH & LEARN

May 12 12:00 PM

The Center will be providing Fried Chicken
Please Bring a side dish or dessert to share
Guest Speaker: CPAAA



BINGO! MONDAY, MAY 18 AT 2:30 PM
WITH FAITH HOSPICE BRINGING THE FUN, EDUCATION & PRIZES!!

COMMODITY PICK UP 2:00 -5:00 PM
WEDNESDAY, MAY 20



WELLNESS IN THE PARK!

MAY 19TH 1-4 P.M.
 PLUM SHELTER
 SEDGWICK COUNTY PARK
 6501 W. 21ST ST. N.
 WICHITA, KS 67212

- FREE TO ATTEND
- INTERACTIVE ACTIVITIES & FUN GAMES
- GROUP FITNESS SESSION
- WELLNESS EDUCATION & RESOURCES
- LIVE HEALTH DEMONSTRATIONS
- FREE VACCINATIONS & DENTAL SCREENINGS
- MENTAL HEALTH AWARENESS & SUPPORT
- RESOURCES FOR OLDER ADULTS
- COMMUNITY VENDORS & LOCAL ORGANIZATIONS
- LIGHT SNACKS & REFRESHMENTS
- 20TH YEAR ANNIVERSARY OF THE IRENE HART AWARD

Schedule of events coming soon
 Contact CPAAA for more details
 Call 800-367-7298 or 316-660-5120

cpaaa Central Plains
 Area Agency on Aging
 Butler, Harvey & Sedgwick Counties

Free CPAAA Event
WELLNESS IN THE PARK

If you are interested in attending, I will do my best to find you a ride to the Sedgwick County Park.

Tuesday, May 19

Starting at 1:00 PM

Ending at 4:00 PM

If there is enough interest, we will make plans to go at 2:30P PM.

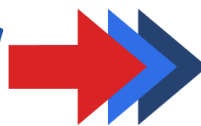


REACTION TRAINING WITH THE REC

WORK ON YOUR REACTION SKILLS
 THURSDAY, MAY 21 AT 12:30 PM

Reaction training strengthens more than just reflexes—it supports the brain, too. By improving focus, decision-making, and processing speed, it helps sharpen the connection between what we see and how we respond. These same skills play an important role in overall brain health and may help support memory and cognitive function as we age. Incorporating simple reaction activities into daily routines is a fun and effective way to keep both the body and mind active.

Quick Reminder!



we will be closed

Monday, May 25th, the Clearwater American Legion Post 93 will hold it's Memorial Day program at the Clearwater Nazarene Church. The program will begin at 10:00.

BOOK CLUB DISCUSSION 1:00 PM, TUESDAY, MAY 26



HERMES HEALTHCARE PA

3343 West Central Avenue - Wichita, Kansas 67203

Call 316-260-4110 to schedule your appointment

**Guys Day Out
at Side Pockets!**
(ok, ladies are welcome too)
Lunch & a little Pool
Wednesday, May 27 rolling out at 11:30 AM
Please sign up by Friday, May 22



**Police Chief Ives will be here to inform us on current
scams, what to do if you've been scammed and what to
watch for in the future. Thursday, May 28 at 1:00 PM**

Coming in June

**Baseball Game, Crafting, AARP Drivers Course,
Games, Education, CONSTRUCTION
and so much more!**

Clearwater Senior Center
 921 E Janet
 Clearwater, KS 67026
 620.584.2332

seniorcenter@clearwaterks.org

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



find us on
Facebook

Did you know that the program you check in with each time you attend is equipped to send out notifications via text or phone call to participants? In the event of a last-minute change or cancellation due to weather, you may receive a text or call from (855) 657-1386. Please save this number in your contacts; it is not unsolicited communication. It is Amber reaching out to you.

Come join the fun at Friendship Meals!

Lunch is served Monday–Friday at 12:00 PM—perfect for good food and even better company.

Suggested donation: \$5 Sign up with Amber today!

Come as often (or as little!) as you'd like—pick the days that work for you.

Great meals. Great friends. We'd love to see you!



WORD SEARCH

S	C	F	T	P	R	E	B	L	A	M	E	D	O	V	R	S	A	F	B	G	N	E	Y	T	K	S	O	D	P	H	N	R	I	S	D	L	R	B	S	R	S	J	G	H	R	G	L	R	E	N	B	O	E	O	R	U	E	W	M	O	I	W	F	I	C	R	P	M	S	L	S	E	S	B	S	L	I	H	O	E	A	O	R	G	H	U	I	J	D	F	R	Z	T	H	F	S	R	A	R	M	A	S	B	N	I	A	S	P	R	I	N	G	A	R	S	A	E	S	D	L	A	E	P	O	Y	C	V	N	I	D	F	R	A	R	A	Y	U	T	O	S	R	S	E	I	L	F	R	E	T	U	B	T	G	R	A	S	S	N	Y	K	S	L	R	O	S	G	X	E	M	S	D	G	C	I	U	L	S	E	E	B	E	L	B	M	U	B	R	E	W	G	O	A	D	I	O	W	E	T	G	E	C	K	I	C	Z	I	F	C	S	S	O	Y	N	S	T	A	R	W	A	R	S	D	A	Y	F
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- BASKET
- BIRDS
- BLOSSOM
- BUMBLEBEE
- BUTTERFLIES
- CINCO DE MAYO
- FIESTA
- FLOWERS
- GRASS
- GROW
- MAY
- MEMORIAL DAY
- MOTHERS DAY
- RAIN
- RAINBOWS
- SHOWERS
- SPRING
- STAR WARS DAY
- SUNSHINE
- TACOS