



Our very own L.A. Classics exercise group is hosting their 20th(!) Annual Wellness Walk this year on May 11. If you would like to join in the fun, be sure to meet us at the High School bus barn at 8:00 a.m. on that day. The walk itself is roughly two miles. There will be prize drawings and booths from sponsors of the walk. The first 50 people to register will receive a free T-shirt! Snacks and water will be provided when the walk is over.

May is also National Older Americans month, and May 29 is National Senior Health & Fitness Day, so we are all about keeping our dear seniors as healthy as can be for as long as they are with us!

Pajama Party on May 8th! Bring your teddy bear, a pillow, or a blankie if you want, because that is National Sleepover Day. We have lots of napping room, but because some folks like to play games with the lights on, there is no guarantee of nice, quiet darkness in which to sleep.

The Center and SAGE will be closed on Monday, May 27th, in observance of Memorial Day.

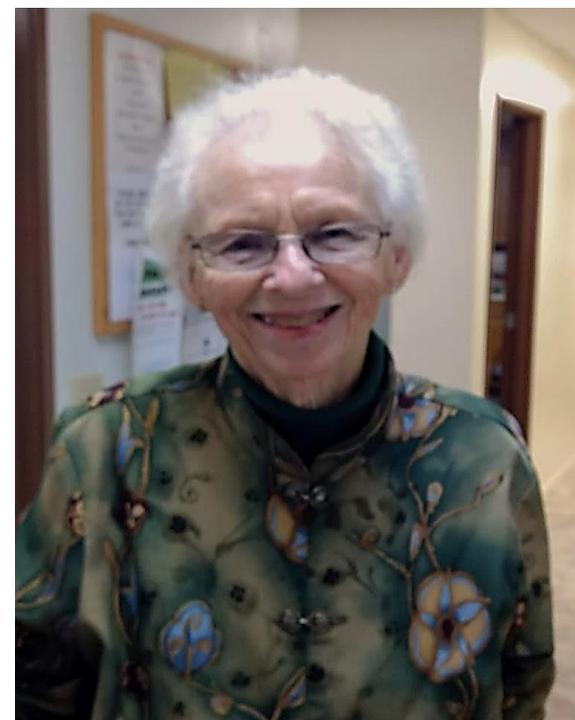
SENIOR OF THE MONTH ~ BONNIE MILLER ~

Bonnie Miller was born Bonnie Jean Chizek on July 1, 1932. She was born in Ramona, Kansas, which is located 80 miles north of Topeka and 80 miles south of Wichita. She was raised on a farm in Marion County with three brothers and a sister. They milked cows and separated cream from the milk. She also worked as a dental assistant before marrying her husband Bill in 1952.

In 1955, they bought a farm on Moore Avenue in Las Animas, which lies next to the baseball field (a good view of the games!) and the animal shelter. They live there to this day. Bonnie has eight children, 15 grandchildren, and 20 great-grandchildren. The family gets together once or twice a year, mostly at Christmas or her husband's birthday.

If you know Bonnie, you know it's rare not to see a sweet, kind smile on her face. She has a kind word for people she meets, and is always willing to lend a hand where and when she can. She has been helping deliver meals for some 30 years, and also volunteers at the Nearly New Thrift Store at St. Mary's Hall. She is active in her church and meets with other "golden girls" at Dairy Queen once-a-week for coffee and treat.

Her philosophy on relations with others is **"To do unto others as you would like them to do for you."**



NEXT MONTH:

April re-cap and other tidbits that didn't make it into this issue!

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SENIOR TIDBITS

Volume 2, Issue No. 8 May, 2019



We honor our seniors every day, but we had several occasions to do it more so in March! Despite the hurricane-strength winds and rains that blew through town on March 13, some 75 seniors attended the spaghetti lunch put on by the Bent County Historical Society! We enjoyed the company of our elders from the nursing home and assisted living, our center, and those who have busy lives and can't always join us otherwise. Drawings for prizes and the musical talents of Bonnie Hoffman on the museum's Steinway piano were also in order for what will become a yearly tradition from here-on-out.

Another event that will become tradition, was the honoring of our Vietnam (Era) veterans, on March 29th. That day has been established as National Vietnam Veterans Day since 2017. This was our first annual observation and came together very quickly with a lot of help from VFW Post #2411 and the Ladies Auxiliary group. Karen Van Egmond led the morning's activity with a solemn POW/MIA ceremony, which was followed with a minute of silent reflection. Each veteran then introduced themselves and gave us a history of their service, or were represented by a family member who recounted their loved one's story. Those who had not already received their Presidential recognition pins were presented their due from members of the Ladies Auxiliary. We had nine veterans present with us this year. Next year we hope to include the rest who could not be with us this year. Thank you all for your service and sacrifice!

MAY 2019

SENIOR OF THE MONTH- **KAREN VAN EGMOND!**
MAY IS OLDER AMERICANS MONTH!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> * EXERCISE * SCHEDULED GAMES * MEAL TIMES * MONDAY MOVIE * HOLIDAYS/EVENTS SPECIAL ACTIVITIES 			<p>1</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- DIRTY MARBLES 11:30 A.M.- LUNCH</p>	<p>2</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- BREAKFAST 9:30 A.M.- BINGO!</p>	<p>3</p> <p>8:00 A.M.- EXERCISE GROUP (RED SHIRTS) 1:00 P.M.- TRAIN DOMINOES</p>	<p>4</p> 
<p>5</p> 	<p>6</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- MONDAY MOVIE 11:30 A.M.- LUNCH 1:00 P.M.- MAH JONGG</p>	<p>7</p> <p>8:00 A.M.- EXERCISE GROUP 11:30 A.M.- LUNCH 12:00 P.M.- BINGO! 1:00 P.M.- TRAIN DOMINOES</p>	<p>8</p> <p>NAT'L SLEEPOVER DAY PAJAMA PARTY 8:00 A.M.- EXERCISE GROUP 8:30 A.M.- DIRTY MARBLES 11:30 A.M.- LUNCH</p>	<p>9</p> <p>8:00 A.M.- EXERCISE GROUP 10:00 A.M.- BINGO! 11:30 A.M.- SOUP KITCHEN</p>	<p>10</p> <p>8:00 A.M.- EXERCISE GROUP (RED SHIRTS) 1:00 P.M.- TRAIN DOMINOES</p>	<p>11</p> <p>20TH ANNUAL WELLNESS WALK 8:00 A.M. @ LAHS BUS BARN</p>
<p>12</p> 	<p>13</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- MONDAY MOVIE 11:30 A.M.- LUNCH 1:00 P.M.- MAH JONGG</p>	<p>14</p> <p>8:00 A.M.- EXERCISE GROUP 11:30 A.M.- LUNCH 12:00 P.M.- BINGO! 1:00 P.M.- TRAIN DOMINOES</p>	<p>15</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- DIRTY MARBLES 11:30 A.M.- LUNCH</p>	<p>16</p> <p>8:00 A.M.- EXERCISE GROUP 10:00 A.M.- BINGO! 11:30 A.M.- SOUP KITCHEN</p>	<p>17</p> <p>8:00 A.M.- EXERCISE GROUP (RED SHIRTS) 1:00 P.M.- TRAIN DOMINOES</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- MONDAY MOVIE 11:30 A.M.- LUNCH 1:00 P.M.- MAH JONGG</p>	<p>21</p> <p>8:00 A.M.- EXERCISE GROUP 11:30 A.M.- LUNCH 12:00 P.M.- BINGO! 1:00 P.M.- TRAIN DOMINOES</p>	<p>22</p> <p>8:00 A.M.- EXERCISE GROUP 8:30 A.M.- DIRTY MARBLES 11:30 A.M.- LUNCH</p>	<p>23</p> <p>8:00 A.M.- EXERCISE GROUP 10:00 A.M.- BINGO! 11:30 A.M.- SOUP KITCHEN</p>	<p>24</p> <p>8:00 A.M.- EXERCISE GROUP (RED SHIRTS) 1:00 P.M.- TRAIN DOMINOES</p>	<p>25</p>  <p>CONNECT, CREATE, CONTRIBUTE MAY 2019</p>
<p>26</p> <p>CENTER & SAGE CLOSED MONDAY, MAY 27 IN OBSERVANCE OF MEMORIAL DAY</p>	<p>27</p> 	<p>28</p> <p>8:00 A.M.- EXERCISE GROUP 11:30 A.M.- LUNCH 12:00 P.M.- BINGO! 1:00 P.M.- TRAIN DOMINOES</p>	<p>29</p> <p>NAT'L SENIOR HEALTH & FITNESS DAY 8:00 A.M.- EXERCISE GROUP 8:30 A.M.- DIRTY MARBLES 11:30 A.M.- LUNCH</p>	<p>30</p> <p>8:00 A.M.- EXERCISE GROUP 10:00 A.M.- BINGO! 11:30 A.M.- BCHCC POTLUCK 12:00 P.M.- BINGO! PT. 2</p>	<p>31</p> <p>8:00 A.M.- EXERCISE GROUP (RED SHIRTS) 1:00 P.M.- TRAIN DOMINOES</p>	