



BUILD A STRONG BODY AT THE SENIOR CENTER

We have some wonderful news regarding our fitness program. We were awarded a grant through the Butler Family Community Foundation for the purchase of new fitness equipment. Look for new balance bars, yoga straps, thera-bands, and a new weight set. This will enhance an already terrific fitness program led by our wonderful instructors. They keep us fit!

We also have a corporate sponsor for Line Dancing-Hermes Healthcare! For years, they have been a provider of affordable footcare at the Senior Center satellite clinic. Strong healthy feet are key to a full and active life, and Gale Mullen's line dancing is the perfect way to kick up those heels.

Respectfully,

Liz Nelson, Director

ANNOUNCEMENTS

Grow Green 2023 April 21st

Donations to the Manhattan Senior Center up to \$10,000 will be matched as long as donations are made or mailed on April 21st. Thank you to all who donate or participate in Grow Green!

Volunteers Wanted

The Friendship Meals program is in need of volunteers for meal delivery, or to help with tables. Call Keri at 785-587-2462.

The Front Desk is in need of volunteers for afternoon calls and appointments. Call Loretta at 537-4040 from 8:30-12:00, or come in person if you are interested in helping the Senior Center!

Garage Sales every Friday

With spring here, our very own Dane Schmidt is back to collecting a list of Garage Sales going on throughout the week. Everyone loves finding sales, but sometimes it's difficult to know where they're going to be. Come and pick up your copy to know where all the great deals are going to be!

CONTACT

Sign Ups Begin April 20th

Phone: (785)537-4040

E-mail:

rcseniorcenter@gmail.com

rcsscprograms@gmail.com

Website:

manhattanseniorcenter.org

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

785-587-2462

COMMUNITY EVENTS

- Victory Day Celebration
May 6, Concordia, KS
In celebration of VE day (May 8, 1945) Concordia is holding an event with WWII Re-enactors, Speakers, and Food
- Flint Hills Festival
May 6, Discovery Center
Live entertainment, food trucks, wine tastings, children's activities, local craft vendors, and more will all be on display at this celebration of our beautiful region!

HEALTH & WELLNESS

MON/WED/FRI

Advanced Strength Training—9:15 AM

Balance/Flexibility 10:15 AM

Strength Training 11 AM

TUE/THU

Move to Music 9 AM

Gentle Yoga 10 AM

Chair Yoga 11 AM

TUESDAYS ONLY

Fit to Fight PD 1 PM

WEDNESDAYS ONLY

Kick Up Your Heels with Hermes Line Dancing 1 PM

Hermes Footcare Call (316) 260-4110 for available dates

SATURDAYS ONLY

Seated Tai Chi 9:00 AM

My favorite exercise is a cross between a lunge and a crunch.

It's called lunch



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MAY SPECIAL PROGRAMS AND EVENTS

Vietnam Wednesday May 5 @ 1 PM

Guest Speaker Lowell May returns to speak about his experience in Vietnam. He will talk about the myths of Vietnam, the war, and his time in the country. Lowell May is the author of "Camp Concordia", "Prisoners of War in Kansas 1943-1946", and "Duty Bound." He also is part of the yearly Veteran's Day

Comfort Keepers Friday May 12 @ 1 PM

Comfort Keepers is an In-Home Caregiving service available in Manhattan, with offices in every state in the country. They strive to bring the best level of care as possible to each and every one of their seniors. Representatives will be at the center to talk about what kind of care they provide, and answer questions for anyone who may be considering in-home services.

Artist Profile Tuesday May 16 @ 1 PM by Kim Richards
Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art talks about the life and works of artists, from the local level to those of national prominence.

May Book Club: Without Warning May 19 @ 1 PM

Books available at the Senior Center

The Tornado of Udall, Kansas May 19th *Without Warning* is a page-turning disaster narrative in the tradition of *The Perfect Storm* and *Isaac's Storm*: spare, vivid, suspenseful, meticulously researched, utterly harrowing. But the havoc an F5 tornado wrecked on this quintessential Kansas small town in the spring of 1955 is only part of the story here. By taking the arc all the way from the calm before the storm to the months-long labor of rebuilding and reanimating, Jim Minick has brought an entire community lovingly to life. At heart, this is a book about how what's best about our country confronts and overcomes the worst of our weather.

Food and Farm Wednesday May 24

Jordan Chen from the Food and Farm Council will come in to talk about different ways you can make sure you are eating healthy.

Juggling Club Friday May 26 @ 1 PM

Members of the Little Apple Juggling Club will come to the Senior Center and show off their juggling skills! They will also bring a few objects to help anyone who would like to learn how to juggle. Be sure to stretch before coming to this program!

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Smokey and the Bandit	2 9:00 Move to Music 9:30 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	3 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 11:20 Bergman School Choir 12:30 Bridge 1:00 Hand & Foot	4 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga	5 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Vietnam by Low- ell May
8 9:15 Adv. Strength Training 9:30 Coffee w/ Caregivers & Mindful Memories 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Solace	9 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Fit to Fight PD 1:00 Weird Movie: Hunt for the Wilderpeople	10 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	11 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Show & Tell	12 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Comfort Keepers
15 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Rocky	16 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Artist Profile	17 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing 1:00 Scrabble	18 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: West Dairy Queen 1:00 BINGO	19 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 May Book Club: Without Warning
22 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Thunder Force	23 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	24 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing 1:00 Food and Farm	25 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia	26 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Juggling Club by Joel Moots
29 MEMORIAL DAY CENTER CLOSED	30 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	31 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<div>May</div> <div>2023</div>	

May 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tater Tot Casserole Stewed Tomatoes Cinnamon Peaches Cookie Roll	2 BBQ Chicken Scalloped Potatoes Mixed Veggies Pears Wheat Bread	3 Baked Pork Chop Sweet Potatoes Peas Blushing Applesauce Bread	4 Fish or Chicken Tenders Roasted Potatoes Seasoned Broccoli Peach Crisp Roll	5 Taco Salad Corn Salad Pineapple Tidbits Breadstick
8 Hamburger w/bun Pickles & Onions Po- tato Wedges Baked Beans Apricots	9 Sweet n' Sour Chick- en Rice Broccoli & Cauli- flower Salad Pineapple Crumble Delight Roll	10 Roast Turkey Mashed Potatoes w/ Gravy Green Beans Fresh Fruit Roll	11 Baked Ham Au Gratin Potatoes Stewed Tomatoes Pears Wheat Roll	12 Tuna Noodle Casse- role or Ribette w/ bun Cucumber & Tomato Salad Peas & Carrots Baked Apple Cookie
15 Spaghetti w/Meat Sauce Italian Blend Veg Harvard Beets Tinted Pears Garlic Bread	16 Baked Chicken or Fish Hashbrowns w/ Gravy Glazed Carrots Apple Crisp Wheat Bread	17 Pork Roast Sweet Potatoes Cauliflower Fruit Jello Wheat Roll	18 Meatballs Baked Potato Broccoli & Cheese Mandarin Oranges Roll	19 Chef Salad Pea Salad Melon Whole Wheat Crack- ers Fruit Muffin
22 Fish or Chicken Nug- gets Tator Tots Fiesta Corn Fresh Fruit Bread	23 Fiesta Steak Potato Wedges Peas Mandarin Oranges Cookie Wheat Roll	24 Baked Chicken Mashed Potatoes w/ Gravy Green Beans w/Onion Strawberries & Bana- nas Frosted Cake Wheat Roll	25 Pork Cutlet Hashbrowns w/ Gravy Steamed Cabbage Peaches Wheat Bread	26 Polish Sauage w/Bun Sauerkraut Mashed Potatoes Cottage Cheese w/ Fruit Cookie
29 Memorial Day	30 Goulash Mixed Veg Pickled Beets Garlic Bread Rosy Pears	31 Hot Turkey Sand- wich Mashed Potatoes w/ Gravy Glazed Carrots Banana Pudding	Friendship Meals \$4.00 if 60+; 7.00 if under 60 All meals include milk Menu is subject to change ***Bad weather: Kitchen closed when schools closed ***785-587-2462 ask for Keri	

MAY SPECIAL PROGRAMS AND EVENTS

Tech Assistance Monday May 1 @ 9:30 - 11:00 AM
Wandean Rivers of the Manhattan Public Library is here to help with all your electronic communication devices. Appointment required due to limited availability.

Coffee With Caregivers & Mindful Memories

Monday May 8 @ 9:30 AM

Coffee With Caregivers is a support group for caregivers of those with Alzheimer's and other dementias. Hosted by the Heart of America Chapter of the Alzheimer's Association to give caregivers a moment of rest. If you know a caregiver who can benefit from on-going support please tell them about this opportunity.

Mindful Memories is a session for individuals experiencing memory and cognitive challenges to reminisce, share stories, and participate in a variety of activities to encourage engagement and socialization. This monthly session takes place at the same time as Coffee with Caregivers to allow both the individual with dementia and the care giver to experience support in a safe environment.

Center Singers Tuesday May 9 @ 12:30 AM

Join the Center Singers for a sing-along of a variety of seasonal pieces. All voices welcome. Piano player and song books included free of charge!

"Show and Tell" Thursday May 11 @ 1 PM

As we live our lives, we collect strange and interesting things, each with their own stories. Come and share those objects and stories in this informal round table discussion led by our own Dane Schmidt.

Board Game Club: Scrabble Wed. May 17 @ 1 PM

Come and show off your ten dollar words as we break out the Scrabble board. If you derive pleasure from utilizing polysyllabic and archaic terms that have J, Q, and Z in them, then this is the game for you!

Lunch Bunch: Dairy Queen

Thursday May 18 @ 11:30 AM

3116 Anderson Ave, Manhattan, KS 66503

Join us for some ice cream and burgers at the Dairy Queen on the west side of Manhattan. Chicken sandwiches, shakes, and lemonades are also available. Meal deals start at \$7.

ARTS & ENTERTAINMENT

ALL EVENTS AT 1 PM

MONDAY MATINEE

5/1—Smokey and the Bandit (PG)

1977 Action Comedy

5/8—Solace (R)

2015 Mystery Thriller

5/15—Rocky (PG)

1976 Sports Drama

5/22—Thunder Force (PG-13)

2021 Action Comedy

WEIRD MOVIE

4/11—Hunt for the Wilderpeople (PG-13)

2016 Comedy

GAMES

5/18—BINGO w/ Home of the Flint Hills

4/25—Trivia w/ Accessible Home Health

ART

Mondays—Art Studio

Thursdays*—Stitch Therapy

*9 AM



MANHATTAN SENIOR CENTER
301 N. 4TH ST
MANHATTAN, KANSAS 66502

MAY 2023

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Supporting the Center through their annual membership
We appreciate their support. Please thank them when you have a chance!

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