



## Directors Message ...

We jokingly call it "Turkey Day" ... but that image of the browned roast turkey is a traditional symbol of our land of plenty and prosperity. Thanksgiving Day is the day to be truly thankful for the blessings we so easily enjoy. November is also National Gratitude Month. As Dr. Norman Vincent Peale said, "The more you practice the art of thankfulness, the more you have to be thankful for." This month I am thankful for my wonderful staff who make the Senior Center the welcome wonderful place it is. And I am thankful for all the members who keep it humming with life!

November is a busy month. Thanksgiving Dinner is Friday November 3rd at noon. Tickets are \$10.00. Call to see if there are spaces yet available. Election Day is Tuesday November 7. The Center is a polling site so Fitness Classes are cancelled that day. Remember to vote! The Flint Hills Veterans Coalition Veteran's Day display will be at the Senior Center Leavenworth Room from November 6th - 10th. Please stop by to see the display and visit with the curator, Mike Cardella. Find more info on our website.

As we count down the last days of 2023, some of you may be thinking about year-end giving. Please consider the Manhattan Senior Center in your Charitable Distribution giving. A handful of members are making a big impact on the bottom line of our organization this way. Another way to make a big impact is to give the gift of membership to a friend. The faithful small contributions made by many of you add up to the bulk of our contributions. The saying, many hands make light work, surely applies to the Senior Center in the sense that every contribution of money and time is put to good use and careful stewardship. This is another wonderful circumstance to be thankful for this National Gratitude Month!

**Liz Nelson, Director of the Manhattan Senior Center**

## Visiting Artist: Guy Powers

### **Showcase of Guy Powers, Manhattan Sr Center Member**

This month's artist is Manhattan Senior Center's very own, Guy Powers, a well known fine and commercial artist. Guy began his love of art in the "other Manhattan" at the High School of Art & Design in Manhattan, NYC back in 1962. He has worked in oil, acrylic and watercolor. As a commercial artist Guy was commissioned for high end photography. He has also worked as a Creative Director as well as having owned his own studio. He continues working with several companies today, from here in Manhattan, KS where he has settled with his wife and son. The exhibit features four different styles of Guy's fine art work from Food Still Lifes, Abstract Art, Art Deco, and Nature.

Thank you for sharing with us Guy!

## CONTACT

Sign Ups Begin Oct. 20th

Phone: (785)537-4040

E-mail:

frontdesk@manhattanseniorcenter.org

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Website:

manhattanseniorcenter.org

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

(785)587-2462

## Community Events

### **Veteran's Day**

Veteran's, we thank you for your service. Veteran's Day activities are an important part of fall in the Flint Hills. Follow:

[flinthillsveterans.org](http://flinthillsveterans.org)

website for details on times and locations of activities. And stop by The Center Nov 6th-10th for our special Veteran's display.



### **Community Wide Thanksgiving Dinner**

11am to 2pm Nov 23rd  
First Presbyterian Church  
801 Leavenworth St



## NOVEMBER SPECIAL PROGRAMS AND EVENTS

### HEALTH & WELLNESS

#### MON/WED

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

#### WEDNESDAYS ONLY

Kick Up Your Heels  
with Hermes  
Line Dancing  
1 PM

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

2nd THURSDAYS  
Hearing Aid checkup  
11:30 AM  
w/ Advanced  
Audiology

3rd THURSDAYS  
Mathis Rehab  
Garrett Seacat  
9:30 AM  
Health Topics

FRIDAYS 10:15 &  
11:00 AM Bal-A-Vis-X  
Rhythmic movement  
for improved balance &  
memory. Instructor  
Earl Robinson.

#### SATURDAYS only

Seated Tai Chi  
9:00 AM

### **Thanksgiving Meal**

Friday November 3rd @ 12:00 PM

Our annual Thanksgiving at MSC is early this year due to when other holidays fall on the calendar. Sign up quickly (at our front desk) as there are only **100** tickets available for this popular event. Meal classics include turkey, mashed potatoes and gravy, stuffing, vegetable, deviled eggs, rolls & pumpkin pie. Guest servers from a variety of K-State Athletic teams will make the event even more special! Cost \$10.00 per meal. It will be wonderful to share this special meal together to “kick off” the beginning of the holiday season!

### **Hospice & Bereavement with St Croix**

Friday November 10th @ 1 PM

This program offers an overview of hospice care and education on services that St Croix Hospice provides.

### **Food & Farm w/ Jordan Chen, Dietician**

**Wednesday November 15th @ 1pm**

Learn how to use your Instapot with Jordan's Instapot Chili demonstration It's officially chili season!

### **COVID & Other Communicable Illnesses**

#### **Konza Prairie Community Health Center**

Thursday November 17th @ 1:00PM

Staff from KPCHC will join us to speak on a variety of topics including: COVID, RSV, and flu vaccines, Medicare AWW's, Diabetes, Blood Pressure, Mental health, and more. Time will be allowed for Q&A with the audience.

### **Medicare Part D**

Medicare's annual enrollment period runs until Dec. 7th.

Manhattan Senior Center partners annually with AARP to provide Medicare Part D Prescription Drug counseling. There is also assistance available for those signing up for Medicare for the first time. Call the Center for an appointment.

### **Annual Meeting**

Friday December 15th @12:00 PM

Manhattan Senior Center is committed to making a difference in the lives of our members by offering Food, Fun and Fitness. Once a year we come together for volunteer appreciation, member appreciation, vote on board members and take a look back at our year in review. This very brief meeting will be followed by a great meal together.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# November 2023



Call : 785-537-4040 or email:  
frontdesk@manhattanseniorcenter.org

<p>1</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>2</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge</p>	<p>3</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X <b>12:00 MSC Thanksgiving Meal</b> 12:30 Bridge</p>		
<p>6</p> <p>9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Strength Training 11:00 Strength Training 1:00 Scrabble 1:00 Movie Matinee: Little Evil</p>	<p>7</p> <p>ELECTION DAY NO FITNESS CLASSES</p> <p>12:30 Center Singers 1:00 Learn Bridge</p>	<p>8</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>9</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Hearing Aid Check 1:00 Learn Bridge 2:00 Widowed Support Group</p>	<p>10</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Hospice &amp; Bereavement W/ St Croix</p>
<p>*** We invite you in for the Flint Hills Veteran's Coalition Veteran's Day Display, shared all week at Manhattan Senior Center ***</p>				
<p>13</p> <p>9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Balance/Flexibility 10:30 Coffee w/ Caregivers &amp; Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Stand by Me</p>	<p>14</p> <p>9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Learn Bridge 1:00 Bonus Movie: The Wonderful Story of Henry Sugar</p>	<p>15</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing 1:00 Food &amp; Farm Jordan Chen</p>	<p>16</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Topics w/ Mathis Rehab 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Firehouse Subs 1:00 Learn Bridge</p>	<p>17</p> <p>9:30 KMAN Live w/Liz 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Konza Prairie Community Health Center program</p>
<p>20</p> <p>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: Reptile</p>	<p>21</p> <p>9:00 Move to Music 10:00 Gentle Yoga 10:00-2:00 AARP Smart Driver class 11:00 Chair Yoga 1:00 Learn Bridge 1:00 Tour Beach Museum</p>	<p>22</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>23 24</p> <div data-bbox="992 1325 1552 1682">  </div>	
<p>27</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Hacksaw Ridge</p>	<p>28</p> <p>9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge</p>	<p>29</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing 1:00 Bowling at Little Apple Lanes</p>	<p>30</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge</p>	

# November 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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		1 Chicken w/ French-Fried Onions Hashbrown casserole Baked Beans Fruit Cookie	2 Ham & Potato Soup Crackers Pea Salad Applesauce Biscuit	3 <b>*Thanksgiving at MSC</b> Turkey Mashed Potatoes w/Gravy & stuffing Green Bean Casserole Pumpkin Pie
6 Veggie Beef Soup Kidney Bean Salad Crackers Fruit Biscuit	7 Tuna Casserole Peas Stewed Tomatoes Fruit Bread	8 Pork Chop Roasted Potatoes Green Beans Cinnamon Applesauce Roll	9 Chicken Strips Potato Salad Beets Fruit Bread	10 Roast Beef Mashed Potatoes w/Gravy Peas & Carrots Strawberries Roll
13 Meatballs & Gravy Baked Potato Cheesy Broccoli Rosy Pears Bread	14 Beef Stew Cole Slaw Baked Apples Biscuit	15 Sweet n' Sour Pork Rice Salad Pineapple Bread	16 Fish Mac n' Cheese Italian Blend Veggies Fruit Bread	17 Baked Chicken Mashed Potatoes W/Gravy Cole Slaw Fruit
20 Taco Salad Corn Cinnamon Baked Apples Garlic Sticks	21 Chicken Noodles Oven Roasted Potatoes Kidney Bean Salad Fruit Cocktail	22 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Fruit	23 <b>Closed</b>	24 <b>Closed</b>
27 Pork Roast Baked Sweet Potatoes Cauliflower Rosy Applesauce Bread	28 Chili Crackers Cole Slaw Cinnamon Roll Fruit	29 Smothered Chicken Hash browns Steamed Broccoli Fruit	30 Spaghetti Salad Garlic Bread Peaches	



## NOVEMBER REGULAR PROGRAMS AND EVENTS

**Tech Assistance** Monday Nov 6th @ 9:30 - 11:30 AM  
Wandean Rivers of the Manhattan Public Library is here to help with all your electronic communication devices. Appointment required due to limited availability.  
(785)537-4040

### **Coffee With Caregivers & Mindful Memories**

Monday November 13th @ 10:30 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** Every second Tuesday @ 12:30 PM  
Join the Center Singers for a sing-along of a variety of seasonal pieces. All voices welcome.

**Widowed Support Group** November 9 @ 2 PM  
Are you a recent (or not so recent) widow or widower? The Widowed Support Group is here to discuss the struggles and changes your lives have gone through after the loss of a spouse. We all grieve in our own way. Here's a way to have support during your grief journey.

**Learn Bridge** Every Tuesday and Thursday @ 1 PM  
Interested in learning how to play Bridge? We will have volunteers available to teach you how to play this fun 4-player card game every week for the next few months. Guy & Bob have your back!

**Special Tour** Tuesday November 21st @ 1 PM  
Join us for a tour of Beach Museum with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art.

**Lunch Bunch: Fire House Subs** Nov 16 @ 11:30 AM  
501 N. 3rd Place. Salads and sandwiches. This chain donates toward lifesaving equipment and needed resources to first responders & public safety organizations.

## ARTS & ENTERTAINMENT

### ALL EVENTS @ 1 PM

### **MONDAY MATINEE**

11/6 - Little Evil  
(TV-MA) 2017  
Comedy

11/13 - Stand by Me  
(R) 1986  
Comedy - Adventure

11/20 - Reptile  
(R) 2023  
Detective

11/27 - Hacksaw Ridge  
(R) 2016  
War Drama

### **BONUS MOVIE**

11/14 - The Wonderful Story of Henry Sugar  
(PG) 2023  
Adventure Comedy

### **GAMES**

11/6 - Scrabble

### **ART**

10/21 ARTful Making  
Beach Museum Tour  
1PM

Thursdays at 9AM  
Stitch Therapy

Mondays at 1PM  
Art Studio by Cheri Graham. Instruction in watercolor and acrylics. All materials provided.

See our free POP-UP Museum for Veteran's Day on display Nov 6-11. Find more details on our website & follow us on Facebook for photos & information



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

NOV 2023

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### **Our Business Members**

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

AMICUS Wealth Partners  
Barry's Drug Center  
BD4 Distributing, Inc  
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Charlson & Wilson Bonded Abstracters,  
Inc.  
Community First National Bank  
Diamond Lane Corporation  
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Flint Hills Volunteer Center  
Good Shepherd Homecare & Hospice  
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