

# April 2024



## Director's Message ...

This month I am devoting my entire note to the annual **Grow Green Match Day** event. The Senior Center is home to wonderfully generous members who share their time, talent, and finances for the benefit of others. **Grow Green** is one of our important yearly fundraisers, regularly generating nearly \$20,000 for the general budget! This money goes to keep the fitness program going and general repairs and improvements happening as we need them. General instructions are found below.

Look for further forms and instructions that will be sent to you in the same format you receive your newsletter- either by regular mail or email. Please consider giving this year!

On Monday, April 22, 2024, the Greater Manhattan Community Foundation is hosting the 12th annual **Grow Green Match Day!** On this day, donations made through the Greater Manhattan Community Foundation to participating nonprofit endowed funds will receive a 50% match.

Three Simple Ways to Give:

- ☐ In-person at Colony Square Atrium (555 Poyntz Avenue) on Monday, April 22, 2024, from 7:00 AM to 6:00 PM
- ☐ Online at [GrowGreenManhattan.com](http://GrowGreenManhattan.com) on Monday, April 22, 2024, from 12:00 AM to 11:59 AM
- ☐ By mailing a check:
  - \*Must be postmarked on or before 4/22/2024 and must include a completed 2024 **Grow Green Match Day** Giving Form. The donation form will be mailed or emailed to you after March 11, 2024.

\*Mail to: GMCF, P.O. Box 1127, Manhattan, KS 66505

**Donations will go directly to the non-profits; The 50% match will grow endowments**

In 2024, your donations will be made available to each organization for their immediate needs. The 50% match will go into their endowed fund at GMCF. Combined donations up to \$15,000 will be matched at 50%, giving a maximum of \$7,500 in matching funds to any one organization.

Please mark your calendars and plan to be a part of this wonderful day of giving to benefit friends and neighbors in the place we all call home.

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



Sign Ups Begin March 22nd

Phone: (785) 537-4040

E-mail:

[frontdesk@manhattanseniorcenter.org](mailto:frontdesk@manhattanseniorcenter.org)

[programs@manhattanseniorcenter.org](mailto:programs@manhattanseniorcenter.org)

Website:

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

Facebook:

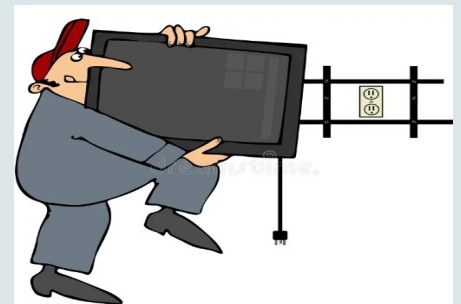
Manhattan Senior Center

Friendship Meals Phone:

(785) 587-2462

## Special Announcements

A **BIG** thank you to our fitness classes for developing a very successful fundraiser to provide a new monitor for the Mary Border Room.



## MARK YOUR CALENDARS:

### **Our Annual Jewelry Sale**

is coming!

**April 29th through May 3rd**

Please consider making a donation of jewelry for our sale. AND encourage all your friends to come and shop with us!



## APRIL SPECIAL PROGRAMS AND EVENTS

### HEALTH & WELLNESS

#### MON/WED

Advanced Strength  
Training - 9 AM

Balance/Flexibility  
10 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

### Manhattan Senior Center is going to the Dogs!

*April 5 @ 1pm with Kitty Pursley*

Are you a dog lover? Can you appreciate the skills of a trained athlete? Come and enjoy the best of both worlds and see some of the areas most talented canines. The Riley County Fire Dept and their K-9 unit will be part of the program.

### Declutter!

*April 12 @ 1 PM with Amanda Slate of Queen Estates*

We will hear about the transitioning process from one home to another, and provide helpful pointers to consider when we reach a phase in life when we must find new housing, and how better to prepare for that move.

### A Play Called Lily- Advanced Care Directives Program

*April 19 @ 1 PM with Nick French of Accord Hospice*

Accord is partnering with the Hospice Foundation of America (HFA) to marry theater and Advance Care Directive education through the AD Project – a series of 10-minute plays that feature different relationships and settings to illustrate the importance of putting your medical wishes in writing.

### Cardiac & Pulmonary Rehabilitation /Ascension Via Christi

*April 26 @ 1 PM with Karen Ainsworth*

This rehabilitation program covers a wide variety of individuals recovering from heart events or patients improving their quality of life with diagnosed pulmonary diseases. They place an emphasis on education and improving overall outcomes.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Adv. Strength Training 9:30 Tech Help w/ Wandean Rivers 10:00 Strength Training 11:00 Strength Training 1:00 Scrabble/Word Games 1:00 Art Studio 1:00 Movie Matinee: Queen Bees	<b>2</b> 9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 Bridge 1:00 Hearts	<b>3</b> 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>4</b> 9:00 MO -80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bridge 1:00 10 Point Pitch	<b>5</b> 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Manhattan Senior Center is going to the Dogs!
<b>8</b> 9:00 Adv. Strength Training 10:00 Strength Training 10:30 Coffee w/ Caregivers Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Fried Green Tomatoes	<b>9</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Bridge 1:00 Hearts 1:00 Bonus Movie: OKJA	<b>10</b> 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>11:</b> 9:00 MO -80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Screen 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Hearing Aid Check 1:00 Bridge, 10 Point Pitch 1:00 Brain Games w/ Ascension Via Christi 2:00 Widowed Support Group	<b>12</b> 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Declutter!  <b>9:30 KMAN Live w/Liz</b>
<b>15</b> 9:00 Adv. Strength Training 10:00 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: The Hill	<b>16</b> 9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 Bridge 1:00 Hearts	<b>17</b> 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>18</b> 9:00 MO -80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Topics w/ Mathis Rehab 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bridge 1:00 10 Point Pitch	<b>19</b> 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 A Play Called Lily - Advanced Care Directive
<b>22</b> 9:00 Adv. Strength Training 10:00 Strength Training 10:30 Coffee w/ Caregivers Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Brain on Fire	<b>23</b> 9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 Bridge 1:00 Hearts 1:00 Artist Profile w/ Kim Richards	<b>24</b> 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 11:30 Flint Hills ATA Bus Mobility Management 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>25</b> 9:00 MO -80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bridge 1:00 10 Point Pitch 2:00 Widowed Support Group	<b>26</b> 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Ascension Via Christi Cardiac & Pulmonary Rehabilitation Unit
<b>29 JEWELRY SALE</b> 9:00 Adv. Strength Training 10:00 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Everything Everywhere All at Once	<b>30 JEWELRY SALE</b> 9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 Bridge 1:00 Hearts	<div></div> <div><b>Call :</b> 785-537-4040 or <b>email:</b> frontdesk@ manhattanseniorcenter.org</div>		

<h1>April 2024 Menu</h1>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1 BBQ Chicken Scalloped potatoes Mixed veggies Sliced peaches Wheat bread	2 Taco salad (lett, tomato, cheese, chips) corn salad pineapple tidbits Garlic bread stick	3 Ham & beans Cornbread Cole Slaw	4 Chicken salad sandwich Potato salad Cuc's & onions Lime sprinkled pears	5 Meatloaf Baked potato Glazed carrots Plum Wheat bread
8 Baked Ham Au Gratin potatoes Stewed tomatoes Pears Wheat roll	9 Hamburger & bun Pickles & onions Potato wedges Baked beans Apricots	10 Cheesy beef & macaroni Peas & carrots Fruited pudding Cornbread	11 Chicken strips macaroni salad Beets	12 Roast turkey Mashed potatoes w/ gravy Green beans Seasonal Fresh Fruit
15 Beef tips & noodles Cole Slaw Beets	16 Chicken fried steak Mashed potatoes w/ gravy Peas & Carrots	17 Chef salad w/ turkey Pea salad Melon Wheat crackers Fruit muffin	18 Fish sandwich Hash brown casserole Roasted baby carrots Brownie	19 Pork Roast Mashed potatoes w/ gravy
22 Sausage gravy/ biscuit Hashbrowns Stewed tomatoes Fresh fruit	23 Turkey tetrazzini Peas & carrots Ambrosia Wheat roll cookie	24 Pork chop Baked sweet potato Steamed Cabbage Cinnamon applesauce Wheat bread	25 Lasagna Salad Garlic bread	26 Oven fried chicken Mashed potatoes w/ gravy Green beans & onion Strawberry short-cake
29 Swiss steak Baked potato Spinach salad Mixed fruit Pudding Wheat bread	30 Spagetti Tossed salad	<b>Friendship Meals</b> \$4.00 if 60+                      \$7.00 if under 60 All meals include milk, bread, and fruit/dessert (menu is subject to change) *** Bad weather: Kitchen closed when schools closed. *** 785-587-2462 ask for Keri		



## APRIL REGULAR PROGRAMS AND EVENTS

**Tech Assistance** Monday April 4 @ 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**

April 8th and 22nd @ 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 caregiver 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** April 11 and 25 @ 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.

### **Flint Hills ATA Bus Mobility Management**

April 24 @ 11:30 AM with Michael Wilson  
Transit Mike will be at the center to help people connect with transportation. Mike works closely with ATA Bus and can share information on everything from paperwork to showing you how to ride the bus.

**ARTful Making** Tuesday April 23 @ 1 PM  
Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. All materials provided.

**Jam Session** Every Tuesday @ 10:30 AM  
Do you play an instrument? Come jam with us. We play all sorts of music, but tend to play songs from the 60s and 70s. Any instrument welcome!

**New Program: Mo-80** Thursdays @ 9 AM  
MO-80 stands for Men Over 80, so if that describes you, come on down to the Center for coffee and find out what the other gents are up to at these weekly meetings. Hope to see you there!

### **Newsletter Update:**

*Due to delivery issues with bulk mailing, we are switching to first class mail. This increases our costs significantly. If you currently receive your newsletter by snail mail but would be willing to switch over to receiving it by email please let us know at:*

*media@manhattanseniorcenter.org*

## ARTS & ENTERTAINMENT

### ALL EVENTS @ 1 PM

### **MONDAY MATINEE**

**4/1** - Queen Bees  
(PG) 2021  
Comedy - Romance

**4/8** - Fried Green Tomatoes  
(PG13) 1991  
Drama

**4/15** - The Hill  
(PG) 2023  
Biography - Drama-Sport

**4/22** - Brain on Fire  
(PG) 2016  
Biography - Drama

**4/29** - Everything Everywhere All at Once  
(R) 2022  
Action - Adventure

### **BONUS MOVIE**

**4/9** - Okja  
(TV-MA) 2017  
Adventure - Action

### **Games**

Ask about new card games and word games starting soon!

**4/1** - Scrabble

### **ART**

**4/23** - ARTful Making with Kim Richards

Mondays at 1PM



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

APRIL 2024

### **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  
Big Lakes Developmental Center  
Charlson & Wilson Bonded Abstracters, Inc.  
Community First National Bank  
Diamond Lane Corporation  
Dunnes Pharmacy  
Flint Hills Heart, Vascular and Vein

Flint Hills Volunteer Center  
Good Shepherd Homecare & Hospice  
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