



Directors Message ...

Once again, time has flown. Thanksgiving is soon over, and Christmas season will be in full swing! Before we end the year at the Senior Center, we hold our Annual Meeting on Friday December 15 at 12:00. Center members will get a snapshot of programs and finances in 2023, and goals for 2024. In addition, a vote will be taken on new board members. I thank Allie Lousch, Evelyn Jackson, and Ron Atkinson for their service to the Senior Center. The Board nominees are Stephanie Gillum, Forest Buhler and Chris Spooner. Don't forget that a delicious meal will be served immediately after the meeting. This meal is a little fund-raiser for the Center. The suggested donation for tickets is \$10. Pick your ticket up at the Center soon. Ticket sales begin Nov 27. There are only 100 available seats! Friendly Reminder: the Center is closed for the holidays December 25/26 and open half days from December 27 – 29. Lunch will be served on half days.

Liz Nelson, Director of the Manhattan Senior Center

Inclement Weather Policy

The Manhattan Senior Center policy is if USD #383 school district is closed due to weather, so is the Center. This is announced on local television and radio news reports.

Grant Awarded from Manhattan Community Health Foundation



Manhattan Community Health Foundation has approved our grant request for fitness scholarships! We have received a grant amount to cover 10 Fitness Scholarships. The Manhattan Community Health Foundation is built upon the generosity of people who value our region's health and wellness needs. Together, they have improved the quality of life for our community. We extend our sincere gratitude for this investment in the health of our members and look forward to continue working with MCHF in the future.

The Business of Art Dec 7th @ 1pm

Showcase Artist Guy Powers discusses the "business of art" and how one thing leads to another. Guy and Kelly Garber will discuss their journey through their art careers.

CONTACT

Sign Ups Begin Nov. 20th

Phone: (785)537-4040

E-mail:

frontdesk@manhattanseniorcenter.org

programs@manhattanseniorcenter.org

Website:

manhattanseniorcenter.org

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

(785)587-2462

Community Events

Festival of Lights at Blue Earth Plaza

Visit the lights display through January 1st, 2024. Tune your radio to 88.1 FM and watch the lights change to the music!

12th Annual FREE Community Wide Christmas Dinner

11am to 2pm
(Carry out dinners available starting as 12:30pm)
December 25th
St Thomas More Church
2900 Kimball Ave

The Year That Was!

**Join your Manhattan
Senior Center staff for a
light hearted look
at our year in review!
December 22nd
1:00pm**

DECEMBER 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

Operation Lifesaver Inc: Railroad Crossing Safety

December 8th @ 1pm with Leslie Keukne Cooney.
(OLI) is a non-profit organization and nationally-recognized leader of rail safety education. Since 1972, OLI has been committed to preventing collisions, injuries and fatalities on and around railroad tracks and highway-rail grade crossings.

The 4 Gems A cappella Quartet Holiday Performance

December 13th at 1pm

The 4 Gems is an a cappella quartet which formed in May 2016 and is made up of Deanna Barleen, Lead, Clay Center; Trina McCarty, Baritone, Manhattan; Cathy Scroggs, Bass, Manhattan; and Susan Tiffany, Tenor, McPherson.

The 4 Gems quartet has sung in a variety of venues including the National Anthem for the Kansas City Royals as well as K-State men and women's basketball, K-State women's volleyball, the Manhattan Community Foundation annual awards dinner, and for numerous other church, community, and civic groups. In addition to a large Christmas repertoire, the group has a variety of musical selections ranging from funny to more traditional –including religious, patriotic, and pop.

Lights of Remembrance

December 5th 5pm-6pm with St Croix Hospice
Gather with us to honor loved ones this holiday season while the Jim Lewis Blue Skies Brass Quintet join us.

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 Followed by Christmas Lunch

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 and 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. Purchase tickets for the Christmas Lunch at our front desk - only 100 available! Followed by Center Singers leading a Holiday Sing-A-Long!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Call :

785-537-4040

or

email:

frontdesk@

manhattanseniorcenter.org

1

10:15 Bal-A-Vis-X

11:00 Bal-A-Vis-X

12:30 Bridge

1:00 Pitstop Car Tour

Last Day of
Christmas Decoration
Pop up Sale

4

9:15 Adv. Strength Training

9:30 Tech Assistance

10:15 Strength Training

11:00 Strength Training

1:00 Scrabble

1:00 Art Studio

1:00 Movie Matinee:
Little Boy

5

9:00 Move to Music

10:00 Gentle Yoga

11:00 Chair Yoga

1:00 Learn Bridge

5:00 Lights of
Remembrance
Service

6

9:15 Adv. Strength Training

10:15 Balance/Flexibility

11:00 Strength Training

12:30 Bridge

After Lunch
Bergman Elementary Choir

1:00 Hand & Foot

1:00 Line Dancing

7

9:00 Stitch Therapy

9:00 Move to Music+

10:00 Gentle Yoga

11:00 Chair Yoga

11:30 Hearing Aid Check
1:00 The Business of Art
then following program...
Learn Bridge2:00 Widowed
Support Group

8

10:15 Bal-A-Vis-X

11:00 Bal-A-Vis-X

12:30 Bridge

1:00 Operation
Lifesaver: Railroad
Crossing Safety

11

9:15 Adv. Strength Training

9:30 Tech Assistance

10:15 Balance/Flexibility

10:30 Coffee w/ Caregivers
& Mindful Memories

11:00 Strength Training

1:00 Art Studio

1:00 Movie Matinee:
Leave the World
Behind

12

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:
His House

13

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 The 4 Gems
A cappella Quartet

14

9:00 Stitch Therapy

9:00 Move to Music+

10:00 Gentle Yoga

11:00 Chair Yoga

1:00 Learn Bridge

15

10:15 Bal-A-Vis-X

11:00 Bal-A-Vis-X

12:00 Christmas Lunch
Annual Meeting
Following lunch,
the Center Singers
will host a
Holiday Sing Along

12:30 Bridge

9:30 KMAN Live w/Liz

18

9:15 Adv Strength
Training10:15 Balance/
Flexibility

11:00 Strength Training

1:00 Art Studio

1:00 Movie Matinee:
Jingle Jangle:
A Christmas
Journey

19

9:00 Move to Music

10:00 Gentle Yoga

11:00 Chair Yoga

1:00 Learn Bridge

1:00 ARTful Making with
Kim Richards

20

9:15 Adv. Strength Training

10:15 Balance/Flexibility

11:00 Strength Training

12:30 Bridge

1:00 Hand & Foot

1:00 Line Dancing

21

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:
Noodles & Co
705 N. 3rd St

22

10:15 Bal-A-Vis-X

11:00 Bal-A-Vis-X

12:30 Bridge

1:00 The Year That Was
Presentation

25



26



27

9:15 Adv. Strength Training

10:15 Balance/Flexibility

11:00 Strength Training

11:30 Flint Hills ATA Bus
Mobility Management

28

9:00 Stitch Therapy

9:00 Move to Music+

10:00 Gentle Yoga

11:00 Chair Yoga

29

10:15 Bal-A-Vis-X

11:00 Bal-A-Vis-X

Close at 1pm each day Dec 27, 28, and 29

December 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Meals \$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				1 Ribette Baked Potato Peas Apricots Roll
4 Swiss Steak Baked Potato Green Beans Fruit Bread	5 Chicken n' Noo- dles Mashed Potatoes Cloe Slaw Fruit	6 BBQ Chicken Hashbrown Casserole Baked Beans Fruit Cookie	7 Cheesy Ham/ Potato Soup Crackers Pea Salad Applesauce Biscuit	8 Smothered Hamburger Potato Wedges Carrots Peaches Roll
11 Fish Roasted Potatoes Green Beans Applesauce Roll	12 Chicken Parmesan Italian Blend Veg Pears Garlic Breadstick	13 Veg Beef Stew Crackers Kidney Bean Salad Pudding Muffin	14 Polish Sausage/ Sauerkraut Tater Tots Baked Beans Fruit	15 Christmas Lunch Roast Beef Mashed Potatoes w/ Gravy Glazed Carrots Broccoli/ Cauliflower Salad Roll Pie
18 Chili Crackers Cole Slaw Peaches Cinnamon Roll	19 Salisbury Steak Baked Potato Salad Fruit Roll	20 Baked Ham AuGratin Pota- toes Fruit Roll Pump- kin Cake	21 Smothered Chick- en Breast Hashbrowns Glazed Carrots Fruit Bread	22 Pork Roast Sweet Potatoes Cauliflower Rosy Applesauce Wheat Roll
25 Closed	26 Closed	27 Ham & Beans Cole Slaw Apricots Cookie Cornbread	28 Spaghetti/Meat Sauce Peas & Carrots Tossed Salad Peaches Garlic Bread	29 Country Fried Steak Mashed Potatoes w/ Gravy Green Beans Fruit

DECEMBER REGULAR PROGRAMS AND EVENTS

Tech Assistance Monday Dec 4th @ 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 December 11th @ 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 December 7th @ 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!

Lunch Bunch: Noodles & Co. Dec 21st @ 11:30 AM

705 N. 3rd Street. Pasta favorites such as mac and cheese, spaghetti and chicken parmesan. Meal special starting at \$10.

ARTS & ENTERTAINMENT

ALL EVENTS @ 1 PM

MONDAY MATINEE

12/4 - Little Boy
(PG-13) 2015
Drama - History

12 /11 - Leave the World Behind
(R) 2023
Drama -Thriller

12/18 - Jingle Jangle
A Christmas Journey
(PG) 2020
Holiday

BONUS MOVIE

12/12 - His House
(TV-14) 2020
Drama Thriller

GAMES

12/4 - Scrabble

ART

10/21 ARTful Making
with Kim Richards

Thursdays at 9AM
Stitch Therapy

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



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

DEC 2023

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT 412
MANHATTAN, KS 66502

Our Business Members

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

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