



GROW GREEN RESULTS

The results from the 2023 Grow Green campaign are in. Due to your generous donations, we were able to raise \$19,359 for our endowment, with a further \$9,679 raised in match funds going to our general budget.

We're sorry to see Strength Training Instructor Jamie Lull leave the senior center. She's been with us 2021, and we're incredibly grateful for the time she has given us. We wish her well on her future endeavors. We appreciate the patience of our fitness folks as we search for a new instructor. Becky Behling will fill in for Wednesday classes, and the fitness room will be open from 9-12 on Mondays and Fridays for self-directed strength training.

Respectfully,
Liz Nelson, Director

ANNOUNCEMENTS

Widows Support Group June 8th & 22 @ 2 PM
Are you a recent (or not so recent) widow? The Widows Support Group is here to discuss the struggles and changes your women's 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.

Friendship Meals 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.

Downtown Development Focus Group

June 8 from 1:00 to 2:30 PM

The city is currently engaged in the planning process for the next downtown district 20-year plan. This area is a vital resource and community amenity. This is your civic opportunity to ask questions and hear responses about the city's plans for the downtown area.

CONTACT

Sign Ups Begin May 22nd

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Website:

manhattanseniorcenter.org

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

785-587-2462

COMMUNITY EVENTS

- One Kansas Family
June 25 2:30-3:30
Public Library
A presentation by Terry Hubbard Stahl on a typical family story. Includes tips and tricks from the author that you can use to write your own family stories.
- Juneteenth Celebrations
June 16-17
Manhattan City Park
Juneteenth celebrates the end of slavery in the United States. There will be a grilling contest on the 16th and music and vendors in the park all weekend.
- Free ATA Bus Passes are available at the Senior Center. See Center Staff for details.

HEALTH & WELLNESS

WEDNESDAYS (FOR NOW)

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 exercise program
consists of having
a lot of stairs in
my home and
forgetting things.

someecards
user card



JUNE SPECIAL PROGRAMS AND EVENTS

Habitat for Humanity Friday June 2 @ 1 PM

Josh Brewer serves as the executive director for the Manhattan Area Habitat for Humanity, which builds and repairs homes in the greater Manhattan region. The Manhattan Area Habitat for Humanity is an Aging in Place affiliate and has made accessibility modifications to homes in this region over the past five years.

TOUR: Liquid Art Winery Friday June 9 @ 1 PM

Located at 1745 Wildcat Creek Road

Come join us on a visit to Manhattan's local winery. Established in 2014 by Dave and Danielle Tegtmeier, Liquid Art is comprised of 20 acres of vineyards, a tasting room, full-production winery, and an event center.

ARTful Making Tuesday June 13 @ 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.

Medical Innovations Friday June 16 @ 1 PM

Mary Martell is the Vice President and Regional Administrator of Stormont Vail Health, and has been with the company since 2004. She will be at the Senior Center to talk about medical innovations that have been pioneered in the past few years and how that progress has changed medical care.

Veena Performance Friday June 23 @ 1 PM

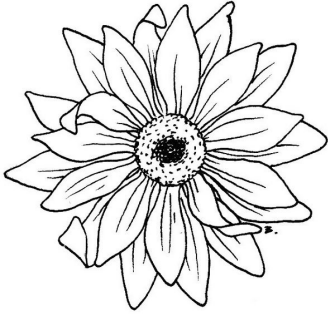
Dr. Rekha Natarajan joins us to perform instrumental pieces on the veena. The veena is a seven-stringed zither instrument from India, originally created over two thousand years ago. Dr. Natarajan is a Professor of Mathematics at Kansas State University. The style of music she plays is of the Indian Carnatic tradition, a musical system in which mathematical patterns have their own unique place.

Car Talk Friday June 30 @ 1 PM

Chris Gergeni (Executive Director) and Doug Meloan (Curator) of the Midwest Dream Car Collection, will speak to us about some of their favorite cars at the museum. They will also discuss the process of getting the cars and maintaining the museum's collection.

Walk with Liz Mondays @ 10 AM

As we search for someone to take up the Monday and Friday fitness classes, join Director Liz Nelson as she takes a morning stroll around Manhattan!

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>June 2023</div>  </div>			1 9:00 Stitch Therapy 10:00 Gentle Yoga 10:00 Chess 11:00 Chair Yoga	2 12:30 Bridge 1:00 Poker 1:00 Free Intro to Yoga w/ Debbie Newton 1:00 Habitat for Humanity w/ Josh Brewer
5 9:30 Tech Assistance 10:00 Walk w/ Liz 1:00 Art Studio 1:00 Movie Matinee: Dog Gone	6 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	7 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	8 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Show and Tell 11:15 Advanced Audiology Hearing Aid Cleaning 1:00 Downtown Development Focus Group 2:00 Widows Group	9 12:30 Bridge 1:00 Poker 1:00 TOUR: Liquid Art Winery
12 9:30 Coffee with Caregivers 10:00 Walk w/ Liz 1:00 Art Studio 1:00 Movie Matinee: Philomena	13 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 ARTful Making	14 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	15 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Applebee's 1:00 Scrabble	16 12:30 Bridge 1:00 Poker 1:00 Medical Innovations w/ Mary Martell
19 10:00 Walk w/ Liz 1:00 Art Studio 1:00 Movie Matinee: A League of Their Own	20 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	21 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	22 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia 2:00 Widows Group	23 12:30 Bridge 1:00 Poker 1:00 Veena Performance with Rekha Natarajan
26 10:00 Walk w/ Liz 1:00 Art Studio 1:00 Movie Matinee: Rocky 2	27 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	28 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	29 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Being Mortal Documentary and Panel Discussion	30 12:30 Bridge 1:00 Poker 1:00 Car Talk w/ Midwest Dream Car Collection

June 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 Pulled Pork Sandwich Sweet Potato Casserole Steamed Broccoli Applesauce	2 Salisbury Steak Baked Potatoes Cauliflower and Carrots Strawberry Peaches
5 Chicken Parmesan Spaghetti Noodles Italian Blend Veggies Fruit Salad	6 Tuna Fish Sand- wich Lettuce and To- matoes Cucumber and Onions Fresh Fruit	7 Sweet-N-Sour Pork Rice Salad Fruited Pudding	8 Baked Ham Scalloped Potatoes Peas and Carrots	9 Roast Beef Mashed Pota- toes and Gravy Green Beans Peaches
12 Fish Roasted Potatoes Cole Slaw Pears	13 Taco Salad Corn & Black Bean Salad Pineapple Tid- bits Garlic Bread- sticks	14 Pork Chops Mashed Potatoes and Gravy Peas Blushing Ap- plesauce	15 Spaghetti w/ Meat Sauce Broccoli & Cauli- flower & Toma- toes Breadsticks Cinnamon	16 Meatloaf Baked Potatoes Glazed Carrots Plums Wheat Roll
19 Baked Ham Au Gratin Pota- toes Spinach	20 Cheesy Beef & Mac Cole Slaw on Cottage Cheese Fruited Pudding Cornbread	21 Roast Turkey Mashed Potatoes & Gravy Green Beans Fresh Fruit	22 Hamburger on a Bun w/ Pickle and Onion Potato Wedge Baked Beans Apricots	23 Chicken Fried Steak Mashed Pota- toes and Gravy Peas and Carrots
26 Meatballs & Noodles Cucumber Salad Cottage Cheese Cinnamon Ap- plesauce	27 Sausage Gravy Biscuit Hash Browns Stew Tomatoes Fresh Fruit	28 Swiss Steak Baked Potatoes Peas Mandarin Oranges	29 Turkey Tetrazzi- ni Peas & Carrots Beets Ambrosia Bread	30 Oven-Fried Chicken Mashed Pota- toes & Gravy Green Beans Strawberries Cake Roll

JUNE SPECIAL PROGRAMS AND EVENTS

Tech Assistance Monday June 5 @ 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 June 12 @ 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 June 13 @ 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!

Board Game Club: Scrabble Thursday June 15 @ 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: Applebee's June 15 @ 11:30 AM

3rd and Poyntz

Applebee's serves anything from burgers to pasta to seafood. Chicken, wings, and steak are also available, alongside plenty of appetizers. Meals start at \$11.

Being Mortal Documentary and Panel June 29th @ 1 PM

If you thought you were dying... what would matter most? Join Accord Hospice to watch the PBS Frontline documentary *Being Mortal*. Following, we will host a conversation to discuss what is important to you at end-of-life. Dessert and beverages will be served.

ARTS & ENTERTAINMENT

ALL EVENTS AT 1 PM

MONDAY MATINEE

6/5—Dog Gone (PG)
2023 Family Film

6/12—Philomena
(PG-13)
2013 Comedy/Drama

6/19—A League of
Their Own (PG)
1992 Sports Comedy

6/26—Rocky 2 (PG)
1979 Sports Drama

WEIRD MOVIE

6/13—Cube 2: Hyper-
cube (R)
2002 Sci-Fi Thriller

GAMES

6/22—Trivia w/ Acces-
sible Home Health

ART

Mondays—Art Studio

Thursdays*—
Stitch Therapy
*9 AM



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

JUNE 2023

NON-PROFIT ORGANIZATION
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MANHATTAN, KS 66502

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