

October 2023



Manhattan Senior Center

DIRECTOR'S NOTES

October is packed with events!

We kick off the month with Candidate Forums we co-sponsor with the Riley County Council of Social Service Agencies and the Flint Hills Wellness Coalition. Meet the people running for School Board and City Commission.

Medicare's annual enrollment period from Oct. 16 to Dec. 7 is approaching. People are being bombarded with calls and mailers attempting to persuade them to switch plans just as the first 10 drugs for Medicare price negotiations were named. The main concern for those receiving these contacts is whether they can or should switch their plans in the first place. For that reason, the Manhattan Senior Center partners annually with AARP to provide Medicare Part D Prescription Drug counseling. Call the Center for an appointment.

Mark your calendars for our annual End of Life Forum, Friday October 27. On hand will be representatives from Good Shepherd Homecare & Hospice, an attorney, chaplain and others who can answer your questions and address your concerns as you plan for the future.

The K-State Alumni Association has graciously named the Friendship Meal program, operated from the MSC, as the Homecoming 2023 Philanthropy! Friendship Meals averages over 200 meals a day in our community. Check out our website to see how you can participate in this 5K Run/Walk on October 22, 2023.

Liz Nelson, Director of Manhattan Senior Center

ANNOUNCEMENTS

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.

Visiting Artist: Tom Rawson - through October **Photography & Digital Rendering at the Senior Center**

From the Artist: During the COVID pandemic, my wife Dianne and I took long drives through the Flint Hills in this region and I became interested in photographing abandoned one room schoolhouses. The digital renderings in this exhibit are based on some of those photographs. Schools displayed are within an hour's drive of Manhattan.

CONTACT

Sign Ups Begin Sept. 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

K-State Homecoming is always a fun time here in Manhattan, but this year it's extra special to all of us at Manhattan Sr. Center! Our Friendship Meals Program has been named the recipient of the proceeds raised from the Homecoming Philanthropy 5K Run/Walk on Sunday October 22nd.

For more information go to:

<https://www.k-state.com/participate/homecoming/5krunwalk.php>

There is even a virtual option you can share with out of town family and friends!

The Homecoming Parade will be held October 27th beginning at 5pm. The parade starts at the mall and works it way down Poyntz Ave through Aggieville and finally will end in City Park for the Pep Rally.

HEALTH & WELLNESS

MON/WED

Advanced Strength
Training - 9:15 AM

Balance/Flexibility
10:15 AM

Strength Training
11 AM

TUESDAYS ONLY

Fit to Fight PD
1 PM

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
w/ Advanced
Audiology

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

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

SATURDAYS only

Seated Tai Chi
9:00 AM

OCTOBER SPECIAL PROGRAMS AND EVENTS

School District USD #383 Candidate Forum

Thursday October 5th at 1:30PM

The general election is Tuesday November 7th. You are invited to attend, submit possible questions to hear the opinions of candidates, and determine who you consider to best represent your interests on the Board of Education.

Pharmacist Talk - Sara Shea of Ascension Via Christi

Friday October 6th @ 1 PM

Learn how to be prepared for any planned or unplanned visits to the hospital. We will focus on knowing what medications are being taken and being prepared to communicate this information to the hospital team. We will also share ideas for keeping medications stored safely and organized and end with any medication-related questions.

Manhattan City Commission Candidate Forum

Thursday October 12th @ 1:30PM

The general election is Tuesday November 7th. You are invited to attend, submit possible questions to hear the opinions of candidates, and determine who you consider to best represent your interests on the Manhattan City Commission.

Fraud Aimed at Seniors - Brett Engle ESB Bank

Friday October 13th @ 1 PM

Fraud aimed at seniors is a very serious issue and unfortunately people get taken advantage of and lose their hard earned money. Learn steps you can take to stay aware.

Fall Cookie Decorating w/ KSU Gerontology Center

Friday October 20th @1PM

Join in on the fun of cookie decorating with a fall flare with KSU students from the Gerontology Center on Aging.

End of Life Forum 2

Friday October 27th @ 1PM

Please mark your calendar to attend this very important forum on End of Life topics. A wide range of local experts will join us in discussing issues such as home health care options, the value of hospice care, the role of religion, the details of funeral planning and arrangements, legal aspects to consider, and medical guidance during this difficult time.

**Join us "Just for Fun" in dressing up in costume
here at the center on Halloween!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 10:30 Coffee w/ Caregivers & Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Love in the Villa 1:00 Scrabble 7:00 Medicare & BCBS program</p>	<p>3</p> <p>9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Learn Bridge</p>	<p>4</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>5</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge 1:30 School Board Candidate Forum</p>	<p>6</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Ascension Via Christi Pharmacist talk 1:00 FREE intro to Yoga class</p>
<p>9</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 10:30 Coffee w/ Caregivers & Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Vicky & Her Mystery</p>	<p>10</p> <p>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 Learn Bridge 1:00 Bonus Movie: Annihilation</p>	<p>11</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>12</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Hearing Aid Check 1:00 Learn Bridge 1:30 City Commission Candidate Forum 2:00 Widowed Support Group</p>	<p>13</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Fraud Aimed at Seniors w/ Brett Engle ESB Bank</p>
<p>16</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: Happiness for Beginners</p>	<p>17</p> <p>9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Learn Bridge 1:00 ARTful Making 3:00 - 5:00 Osher: Frederick Douglass from Slave to Statesman (Part 1 of 3)</p>	<p>18</p> <p>9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>19</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: The Chef 1:00 Learn Bridge</p>	<p>20</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Fall Cookie Decorating w/ KSU Gerontology Center on Aging</p>
<p>23</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: Expendables</p>	<p>24</p> <p>9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Learn Bridge 3:00 - 5:00 Osher: Frederick Douglass from Slave to Statesman (Part 2 of 3)</p>	<p>25</p> <p>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 Bowling at Little Apple Lanes</p>	<p>26</p> <p>9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia w/ Accessible Home Health 1:00 Learn Bridge 2:00 Widowed Support Group</p>	<p>27</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 End of Life Forum</p>
<p>30</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Movie Matinee: Paranormal Activity 2</p>	<p>31 Dress up here for HALLOWEEN!</p> <p>9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Learn Bridge 3:00 - 5:00 Osher: Frederick Douglass from Slave to Statesman (Part 3 of 3)</p>	<div> <h1>October 2023</h1> <p>Call : 785-537-4040 or email: frontdesk@manhattanseniorcenter.org</p> <p>Invite a friend to join you!</p>  </div>		

October 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Taco Salad Refried Beans Cinnamon Apples Garlic Breadstick	3 Ribette French Fries Fruit Brownie	4 Roast Turkey Mashed Potatoes w/Gravy Green Beans Mandarin Oranges	5 Beef Tips n' Noodles Salad Breadstick Fruit	6 Meatloaf Scalloped Potatoes Carrots Fruit Cocktail Roll
9 Spaghetti w/ Meat Sauce Peas & Carrots Tossed Salad Peach Crisp Garlic Bread	10 Smothered Pork Chop Sweet Potatoes Cauliflower Ambrosia Salad Roll	11 Fish Cole Slaw Green Beans Jello Bread	12 Swiss Steak Baked Potato Broccoli Strawberries Bread	13 Baked Chicken Mashed Potatoes w/Gravy Spinach Fruit Bread
16 Beef Stew Cole Slaw Mixed Fruit Cookie Biscuit	17 Meatballs Baked Potato Broccoli w/ Cheese Sauce Rosy Pears Roll	18 Sweet n' Sour Pork Rice Mixed Veggies Pineapple Crumble Breadstick	19 Fish Mac n' Cheese Baked Beans Fruit Bread	20 Oven Fried Chicken Mashed Potatoes w/ Gravy Green Beans Strawberry Shortcake Roll
23 Baked Ham AuGratin Potato Green Beans Peaches Roll	24 Smothered Chicken Hashbrowns Steamed Broccoli Fruit Cobbler Bread	25 Chili Crackers Pineapple Crumble Cinnamon Roll	26 Chicken Strips Cole Slaw Beets Fresh Fruit Bread	27 Liver & Onions or Smothered Hamburger Potato Wedges Peas Mixed Fruit Roll
30 Western Bean Bake Tater Tot Apple Crisp Corn Bread	31 Turkey Sandwich Mashed Potatoes w/Gravy Beets Apricots	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		

OCTOBER REGULAR PROGRAMS AND EVENTS

Tech Assistance Monday October 16 @ 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 October 9 @ 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 Tuesday October 10 @ 12:30 PM

Join the Center Singers for a sing-along of a variety of seasonal pieces. All voices welcome.

Widowed Support Group October 12 & 26 @ 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!

ARTful Making Tuesday October 17 @ 1 PM

Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. All materials provided.

Lunch Bunch: The Chef Oct 19 @ 11:30 AM

111 South 4th St. In 2008 the historic Chef Café came back to life with a fun menu of breakfast specials, salads and sandwiches. Prices starting around \$10.00.

ARTS & ENTERTAINMENT

ALL EVENTS @ 1 PM

MONDAY MATINEE

10/2 - Love in the Villa
(TV-14) 2022
Rom-Com

10/9 - Vicky & Her
Mystery
(PG-13) 2021
Family Adventure

10/16 - Happiness for
Beginners
(TV-14) 2023
Rom-Com

10/23 - Expendables
(R) 2023
Action/Adventure

10/30 - Paranormal
Activity 2 (R) (2010)
Horror/Mystery
Waiver signing required
-YIKES!

BONUS MOVIE

10/10 - Annihilation
(R) 2018 Drama/
Horror

GAMES

No Cornhole in October

10/2 - Scrabble

10/26 - Trivia w/
Accessible Home Care

ART

10/17 ARTful Making

Thursdays at 9AM
Stitch Therapy

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

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

OCT 2023

NON-PROFIT ORGANIZATION
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MANHATTAN, KS 66502

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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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