



## A SHOULDER TO LEAN ON

I want to bring special attention to two programs that are offered monthly at the Senior Center: Coffee with Caregivers, and Mindful Memories. The joint support group is facilitated by Laci Cornelison of the Center on Aging at K-State. This is a place to vent, to share joys and sorrows, receive practical advice, and rest and recharge. I know that there are many of you who are the sole caregiver for a family member with Alzheimer's, and that there are many who need support in their walk as a caregiver. We're privileged to provide a community for those who need support of their own as they support their loved ones. I believe this is a very important program, and would appreciate your help in spreading the word to your friends and family who could use a shoulder to lean on. See the program descriptions inside to learn more.

Respectfully,

Liz Nelson, Director

## ANNOUNCEMENTS

### **Last Chance for Taxes: April 14!**

Tax Preparation at the Senior Center ends on Friday, April 14! Call to make an appointment. Times available every weekday from 9 a.m. to 1:45 p.m.

### **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.

The Front Desk is in need of volunteers for afternoon calls and appointments. Call Loretta at 537-4040 from 8:30-12:00, or come in person if you are interested in helping the Senior Center!

### **Jewelry Sale** April 26-28

We are now accepting donations for the annual Jewelry Sale that will be held at the Center at the end of April. Come and find new rings, necklaces, brooches or earrings to add to your home collection!

## CONTACT

Sign Up Begins March 20th

Phone: (785)537-4040

E-mail:

[rcseniorcenter@gmail.com](mailto:rcseniorcenter@gmail.com)

[rcsscprograms@gmail.com](mailto:rcsscprograms@gmail.com)

Website:

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

Facebook:

Riley County Seniors' Service Center

Friendship Meals Phone:

785-587-2462

## COMMUNITY EVENTS

- The Sound of Music  
April 21-23  
One of the world's most beloved musicals is being performed at the Manhattan Arts Center.
- Manhattan ScienceFest  
April 29—Downtown Manhattan  
The Kansas Science Festival invites members of the community to explore the wonders of science at a series of Science, Technology, Engineering, Art, and Math events and activities for learners of all ages.

## HEALTH & WELLNESS

### MON/WED/FRI

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

Line Dancing 1 PM

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

### SATURDAYS ONLY

Seated Tai Chi 9:30 AM

Dude! You've got to be careful  
with the yoga exercises!



## APRIL SPECIAL PROGRAMS AND EVENTS

### **Hospice 101** Wednesday April 7 @ 1 PM

Nick French of Accord Hospice & Palliative Care will be at the Center to talk about what hospice is, and the philosophy behind it. He will answer questions about when the right time to begin hospice, who qualifies, and who pays.

### **Queen Estate** Friday April 14 @ 1 PM

Amanda Slate of Queen Estate will be at the Center to talk about her goal to declutter and simplify people's lives. She will talk 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.

**ARTful Making** Tuesday April 18 @ 1 PM by Kim Richards  
Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. All materials provided.

### **Strecker-Nelson West Art Gallery** April 21 @ 1 PM

Beginning as the Strecker Gallery in 1980, then Strecker-Nelson in 2000, and reopened in 2017, the Strecker-Nelson West Gallery has been through a lot of changes throughout the years. Tour the gallery to see the wonderful Kansas art and artists they have on display!

### **Diabetes Class/Taste Test** Wednesday April 26 @ 1 PM

Jordan Chen and Dane Schmidt will team up in this Diabetes/Taste Test combo event! Jordan will show us how to use sodium in ways that are flavorful AND healthy. Dane will provide a n array of snacks to taste-test.

### **How to Pick a Lock** Friday April 28 @ 1 PM

Nick and Jerry Holmes of Holmes Lock & Safe joins us at the Center to explain the details of lockpicking (legally, of course). They will also give their professional opinion on which modern lock models are worth the price on the tag.

### **Mountains of True Peace: A Guatemalan Journey**

#### **Osher Class:** Mondays April 10, 17, & 24 @ 3:30—5:30 PM

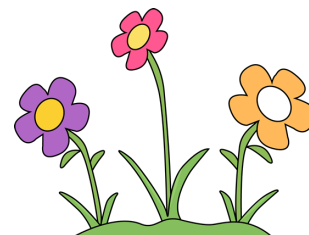
Instructor KelLee Parr spent three years living and working in a remote village in the mountains of Guatemala as a volunteer agricultural missionary. He will share the culture, food and living conditions of the K'ekchi' people, and delve into the political situation of Guatemala from the 1950s through his time there.

Call 785-864-6779 to sign up and pay. Scholarships are available to those who cannot afford the \$50 cost.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Movie Matinee: The Sting	<b>4</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	<b>5</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>6</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga	<b>7</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Yoga Free Intro 1:00 Hospice 101 w/ Nick French
<b>10</b> 9:15 Adv. Strength Training 9:30 Coffee w/ Caregivers & Mindful Memories 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: PUFF 3:30 Osher: Mountains of True Peace: A Guatemalan Journey	<b>11</b> 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 Weird Movie: Circle	<b>12</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>13</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Show & Tell	<b>14</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Queen Estate w/ Amanda Slate <u><b>Last Chance for Taxes</b></u>
<b>17</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Glass Onion 3:30 Osher: Mountains of True Peace: A Guatemalan Journey	<b>18</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 ARTful Making	<b>19</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	<b>20</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Moe's Original BBQ 1:00 BINGO	<b>21</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 TOUR: Strecker- Nelson West Gallery
<b>24</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Where the Crawdads Sing 3:30 Osher: Mountains of True Peace: A Guatemalan Journey	<b>25</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	<b>26 Jewelry Sale</b> 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 Diabetes Class/ Taste Test	<b>27 Jewelry Sale</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia	<b>28 Jewelry Sale</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 How to Pick a Lock w/ Holmes Lock Service



# April 2023



# April 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FRIENDSHIP MEALS</b> \$4.00 60+    \$7.00 under 60 All meals include milk, bread and fruit/dessert (menu subject to change) 785-587-2462    ask for Keri				
<b>3</b> Fish Mac n' Cheese Cole Slaw Fruit Cocktail Bread	<b>4</b> BBQ Chicken Hash Browns Baked Beans Peach Cobbler Hot Roll	<b>5</b> Baked Ham Scalloped Potatoes Carrots Strawberry Shortcake Hot Roll	<b>6</b> Meatballs Baked Potato Beets Applesauce Hot Roll	<b>7</b> Chicken or Salmon Patty Seasoned Potato Wedge Broccoli Pears Hot Roll
<b>10</b> Tater Tot Casserole Cauliflower and Tomatoes Baked Apples Cookie Bread	<b>11</b> Chicken and Noodles Pea Salad Pickled Beets Peaches Muffin	<b>12</b> Roast Pork Sweet Potatoes Steamed Cabbage Mandarin Oranges Cornbread	<b>13</b> Sausage Gravy over Biscuit Stewed Tomatoes Hash Browns Fresh Fruit	<b>14</b> Chicken Fried Steak Mashed Potato and Gravy Carrot Salad Mandarin Oranges
<b>17</b> Swiss Steak Baked Potato Green Beans Baked Applesauce	<b>18</b> Turkey Sandwiches Mashed Potato and Gravy Green Beans Mixed Fruit Cookie	<b>19</b> Meatloaf Baked Potato Broccoli & Cheese Peach Slices Hot Roll	<b>20</b> Ribette Roasted Red Potatoes Peas Caramel Pear Pudding Bread	<b>21</b> Pork Cutlet Hash Brown Casserole Glazed Carrots Pineapple Crumble Hot Roll
<b>24</b> Chicken Tettazini Cauliflower Beets Ambrosia Biscuit	<b>25</b> BBQ Smokies Macaroni & Cheese Peas & Carrots Marinated Tomato Salad Fresh Fruit Bread	<b>26</b> Smothered Hamburger Baked Potato Spinach Hot Peaches	<b>27</b> Chili & Crackers Coleslaw Pineapple Cinnamon Roll	<b>28</b> Chicken Fried Steak Mashed Potato and Gravy Baked Brussel Sprouts Strawberry Shortcake Hot Roll

## APRIL SPECIAL PROGRAMS AND EVENTS

**Tech Assistance** Monday April 3 @ 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 April 10 @ 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.

### **Art Studio Gallery** April 10-14

The Senior Center's very own Art Studio participants will be showcasing their art in the Center. Come and see what they've made together, or at home.

### **Center Singers** Tuesday April 11 @ 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!

### **"Show and Tell"** Thursday April 13 @ 1 PM

As we live our lives, we collect strange and interesting things, each with their own stories. Come and share those objects and stories in this informal round table discussion led by our own Dane Schmidt.

### **Lunch Bunch: Moe's Original BBQ**

Thursday April 20 @ 11:30 AM

11855 Cassie Lane Saint George, Kansas 66535

Join us in St. George for some Southern Soul Food Revival! Try their Pulled Pork, Smoked Chicken, or Southern Fried Catfish. Meals start at \$10.

## ARTS & ENTERTAINMENT

ALL EVENTS AT 1 PM

### MONDAY MATINEE

4/3—The Sting (PG)  
1973 Comedy/Crime

4/10—PUFF: Wonders of the Reef (G)  
2021 Documentary

4/17—Glass Onion: A Knives Out Mystery (PG-13) 2022 Mystery

4/24—Where the Crawdads Sing (PG-13)  
2022 Drama

### WEIRD MOVIE

4/11—Circle (No Rating)  
2015 Horror/Drama

### GAMES

4/20—BINGO w/  
Home of the Flint Hills

4/27—Trivia w/ Accessible Home Health

### ART

Mondays—Art Studio

Thursdays\*—  
Stitch Therapy  
\*9 AM



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

APRIL 2023  
RETURN SERVICE REQUESTED

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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BD4 Distributing, Inc  
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Inc.  
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Diamond Lane Corporation  
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Flint Hills Volunteer Center  
Good Shepherd Homecare & Hospice  
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