



## HEALTHY SUMMER

I hope everyone is enjoying their summer schedules, and has a chance to relax on a vacation (or stay-cation!). We have a full schedule of programs this month, from our Friday speakers to Summer Health programs. Remember that we are always available for any information you may need, or activities you can enjoy.

Please help me welcome our new fitness instructor, Aspen Streetman. She is a graduate teaching assistant and instructor in the Department of Kinesiology at K-State. Aspen is a personal trainer, CrossFit Coach, and group fitness instructor for older adults. She will be teaching Strength Training Mondays, Wednesdays, and Fridays.

Respectfully,  
Liz Nelson, Director

## ANNOUNCEMENTS

### **Closed on Independence Day**

### **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.

**VA Benefits Sign Up** July 20 from 1:00 to 2:30 PM  
Veterans Affairs representatives will be at the center to help veterans sign up for benefits.

**Health Screen** Thursday July 20 @ 9:30 AM  
Join us for a free session on "Improving Balance for senior citizens, hosted by Mathis Physical Therapy. During this free session, Mathis physical therapists will guide you through essential exercises and techniques to improve balance and reduce the risk of falls.

**Food & Farm** Wednesday July 19 @ 1 PM  
Sharon Davis hosts this month's Food & Farm, providing new tips and insights into eating healthy.

## CONTACT

Sign Ups Begin June 20th

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

## COMMUNITY EVENTS

- **JC Freedom Fest**  
June 30-July 4  
This five-day weekend event celebrates America's Independence with music, food, a parades, and more.
- **Randolph Independence Day Celebration**  
July 1 7:30 AM-Sunset  
Randolph will host a smorgasbord of events, from soapbox derby races to a pedal tractor pull, ending in a fireworks display when it gets dark.
- **Riley County Fair**  
July 27-31  
The fair begins on Thursday, and runs through Sunday as carnival rides, 4-H competitions, and plenty of food will be available on the fairgrounds.

## JULY SPECIAL PROGRAMS AND EVENTS

### HEALTH & WELLNESS

#### MON/WED/FRI

Advanced Strength Training—9:15 AM  
(Not on Fridays)

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

#### ON THE WEBSITE

Range of Motion Tips and Exercises from  
Becky Behling

### **Art Genres** Friday July 7 @ 1 PM

Guy Powers and Kelly Garber will give a presentation of their art projects. They will give an overview of each genre that have been incorporated into each project as well.

### **Nelly Don and American Fashion** Friday July 14 @ 1 PM

Made Possible by Humanities Kansas

You can't mention 20th-century women's wear without thinking of Nelly Don. The Parsons native built a fashion empire on the vision that women deserved affordable, stylish clothing regardless of means or status. From humble beginnings, Don built a company that treated her workforce of women fairly, brought fashion to millions of American women, and became the largest dressmaker of the century. Presented by Marla Day.

### **Artist Profile** Tuesday July 18 @ 1 PM

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.

### **Project: Guardians** Friday July 21 @ 1 PM


Project: Guardians is a community program designed to help the RCPD provide an appropriate and adequate response to members of the community who are unable to communicate, identify themselves, or could be disoriented. The program is a database with a digital picture, personal information, and contact info for their caregiver. Presented by Tyler Siefkes.

### **Treatment of the USS Pueblo** Friday July 28 @ 1 PM

In 1968 the USS Pueblo spy ship was attacked and captured by North Korea. 82 crew members were captured and held prisoner for 11 months before being returned to the United States, though the Pueblo remains held in North Korea. Steven Woelk, one of the Pueblo's crewmen, will talk about his experience on the ship and his captivity, as well as the political uproar the incident caused.

### **Summer Health** July 13 & 26 @ 1 PM

Join experts from Kansas State University to learn about healthy aging and nutrition this summer! These classes will be interactive, fun, filled with food, and other exciting activities. July 13th will focus on feeding our potential for good health with several yummy recipes to make. July 26th will be a fun program on container gardening and plants for your home - pots and plants will be provided! Join us for free food, fun, and information from K-State and the American Heart Association.

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 Scrabble 1:00 Movie Matinee: Day Shift	<b>Closed For Independence Day</b>	<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 1:00 Cornhole 1:00 Learn Bridge	<b>7</b> 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Yoga Free Intro 1:00 Art Genres w/ Guy Powers and Kelly Garber
<b>10</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 10:30 Coffee w/ Caregivers & Mindful Memories 11:00 Strength Training 1:00 Movie Matinee: The Nice Guys	<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 Bonus Movie: Brazil 1:00 Learn Bridge	<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 1:00 Summer Health 1:00 Learn Bridge 2:00 Widows Group	<b>14</b> 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Nelly Don w/ Marla Day and Humanities Kansas
<b>17</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Movie Matinee: Rescued by Ruby	<b>18</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Artist Profile 1:00 Learn Bridge	<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 1:00 Food & Farm w/ Sharon Davis	<b>20</b> 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Screen 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: HuHot Mongolian Grill 1:00 VA Benefits 1:00 BINGO 1:00 Learn Bridge	<b>21</b> 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Project Guardians w/ Tyler Siefkes
<b>24</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Movie Matinee: Lost Girls	<b>25</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Learn Bridge	<b>26</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 Summer Health	<b>27</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia 1:00 Learn Bridge 2:00 Widows Group	<b>28</b> 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Treatment of USS Pueblo w/ Steven Wolk
<b>31</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Movie Matinee: Rocky 3	<div>  <div> <h1>July</h1> <h1>2023</h1> </div> </div>			

# July 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chef's Choice	4 <b>Independence Day</b>	5 Swiss Steak Baked Potato Spinach & Onion Mixed Fruit Cookie, Wheat Bread	6 Pork Cutlet Mashed Potatoes/Gravy Steamed Broccoli Fruited Jello Hot Roll	7 Breaded Fish or Chicken Patty Tater Tots Coleslaw Cinnamon Peaches Wheat Roll
10 Chicken Fried Steak Mashed Potatoes/Gravy Glazed Carrots Strawberries Hot Roll	11 Hamburger w/ Bun, Onion, Pickles, Lettuce Baked Beans Mandarin Oranges Cookie	12 Smothered Pork Chop Roast Potatoes Green Beans Peaches Hot Roll	13 Chicken Enchiladas Spanish Rice Refried Beans Rosy Pears	14 Chef's Choice
17 Taco Salad Corn Pineapple Tidbits Garlic Breadstick	18 Chef's Choice	19 Meatloaf Baked Potato Glazed Carrots Fruit Wheat Bread	20 Chicken Salad on Lettuce Sliced Tomatoes Cucumber & Onion Fruit & Cookie Wheat Bread	21 Chicken Tenders or Baked Fish Roasted Red Potatoes Seasoned Broccoli Peach Crisp/Bread
24 Chef's Choice	25 Ham Au Gratin Potatoes Stewed Tomatoes Ambrosia Salad Wheat Roll	26 Oven Baked Chicken Mashed Potatoes/Gravy Green Beans Fresh Strawberries & Cake Hot Roll	27 Salisbury Steak Potato Wedges Baked Spinach Casserole Mandarin Oranges Wheat Bread	28 Chef Salad w/ Turkey Kidney Bean Salad Melon Crackers/Fruit Muffin
31 Chef's Choice	<b>FRIENDSHIP MEALS</b> \$4.00 60+    \$7.00 under 60    Served at 12 All meals include milk, bread and fruit/dessert (Menu subject to change. Changes available at <a href="http://manhattanseniorcenter.org/friendship-meals">manhattanseniorcenter.org/friendship-meals</a> ) 785-587-2462    ask for Keri			

## JULY SPECIAL PROGRAMS AND EVENTS

**Tech Assistance** Monday July 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 July 10 @ 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 July 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!

**Widows Support Group** July 13 & 27 @ 2 PM

Are you a recent (or not so recent) widow or widower? The Widows 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.

**Lunch Bunch: Hu Hot** July 20 @ 11:30 AM

Manhattan Town Center

Hu Hot Mongolian Grill offers the chance to build your own stir fry dish, and then hand it off to a chef to cook it right in front of you! Choose from meat, veggies, noodles and rice, and sauces, and dig in! Meals start at \$12

## ARTS & ENTERTAINMENT

ALL EVENTS AT 1 PM

### MONDAY MATINEE

7/3—Day Shift (R)  
2022 Action/Comedy

7/10—The Nice Guys (R)  
2016 Crime/Comedy

7/17—Rescued by Ruby (G)  
2022 Family Drama

7/24—Lost Girls (R)  
2020 Mystery/Drama

7/31—Rocky 3 (PG)  
1982 Sports Drama

### BONUS MOVIE

7/11—Brazil (R)  
1985 Surreal Comedy

### GAMES

7/3—Scrabble

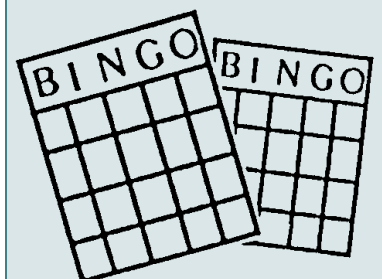
7/6—Cornhole

7/13—Bingo

7/20—Trivia w/ Accessible Home Health

### ART

Thursdays\*—  
Stitch Therapy  
\*9 AM





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

JULY 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!

AMICUS Wealth Partners  
Barry's Drug Center  
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  
Great Clips  
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