



Director's Message ...

Things are lively at the Manhattan Senior Center. As I write this note Friendship Meal lunches are being boxed up and sent out, people are dropping by Loretta's desk to inquire about membership and sign-up for AARP tax preparation services and the Tuesday morning jam session is in full swing. I hear guitar, banjo, mandolin, fiddle, and electric guitar music pouring from the Osage room. Whether you like to play or like to listen, stop by the Center Tuesday mornings for some good music!

The 2024 Fabric Sale will take place March 20 -22. We will start taking donations Friday March 1. Spread the word to all the seamstresses and crafters you know that terrific bargains are to be had at the Senior Center.

Calling all Hearts players and 10 Point Pitch players. There have been requests to include these games in our afternoon card sessions. We have added both games to the calendar, Hearts on Tuesday afternoons and Pitch on Thursday afternoons. We hope to see you there!

Liz Nelson, Director of the Manhattan Senior Center

AARP Tax Preparation

Free tax preparation is now underway here at the Center. The income limit is \$200,000. Preparers are highly trained and you can call 785-537-4040 to make your appointment and learn what materials you need to bring along with you.

Visiting Artist:

Deborah Hanes-Nelson - through March 2024

After 35 years in the ministry, Deborah retired to pursue her second calling as a watercolor artist. Her portfolio is widely varied; portraits, figures, landscapes, still life, and abstractions. Nelson-Hane's studio is located in Centralia, Kansas - 315 Annex Studio and Gallery and is located on Hwy 9. She is a member of the Portrait Society of America since 2019, the Columbian Artists of Wamego, KS since 2010 and Manhattan Watercolor Studio since 2005 of Manhattan, KS. Currently her art is shown occasionally at local and area venues, plus regularly at the following venues: Columbian Theater Swogger Gallery, Wamego, KS; Prairie Fire Winery, Paxico, KS.

CONTACT

Sign Ups Begin Feb 22nd

Phone: (785)537-4040

E-mail:

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Website:

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Manhattan Senior Center

Friendship Meals Phone:

(785)587-2462

Special Announcements

The Friendship Meal Program operating out of the Manhattan Senior Center was honored February 10 at the K-State Women's Basketball game. Liz got to go out on the court to receive a "big check" for \$4000 raised at the K-State Alumni 5 K philanthropy race held during the 2023 Homecoming week. Thank you to Adam Walker, CEO of the Alumni Association and Tamie Redding who manages student programming for the Association and all Homecoming activities for the university. This would not have happened without your support! All money will go directly to support the Friendship Meal program in Manhattan and Riley County.

FOR YOUR CALENDARS:

2024 Grow Green Match Day Fund Raiser is coming April 19th. This is an important opportunity to support your Center.

MARCH SPECIAL PROGRAMS AND EVENTS

HEALTH & WELLNESS

MON/WED

Advanced Strength
Training 9 AM

Balance/Flexibility
10 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

Symptoms of Death and Dying - St Croix

March 1@ 1pm with Courtney Ukens

A summary of the dying process will be presented. You will learn ways to identify physical changes that may indicate an approaching death, and an overview of comfort medications.

Fraud Protection by KSU Credit Union

March 8@ 1 PM

Presenters Linda Sharum and Stacy Shaffer will share information with us on why seniors are targeted and red flags to look for. Learn common scams and what to do if you encounter one.

Artist Jacob Sanderson

March 15th @ 1 PM

Jacob, a Manhattan, Kansas artist, will talk about the benefits of cultivating your personal creativity. Although structure can be essential to our daily lives it's important we all have an area of life where we feel free to playfully experiment. Jacob has works of art featured in The Schnitzel Place in Riley, Insight Psychological Services, Be Able, and Whole Health MHK as well as many private residents.

You've Got Mail: Exploring Letter Writing Through Time

March 23 @ 1 PM with Celia Daniels

At one time, daily letter writing bound us together. Today, ubiquitous emails, texts, and social media messages challenge this time-honored tradition. This talk weaves together a historical look at letter-writing from the pharaohs of Ancient Egypt and historical figures like Abigail Adams and Jane Austen to the intimate, everyday shared experiences between sweethearts, friends, and family members. Celia is an independent museum consultant specializing in ethnographic collections.

Flint Hills Bread Basket Update

March 29th @ 1pm with Karla Hagemeister, Director

Karla will share updates on how this long-established organization is growing and working to creatively address food insecurity in our community. From church pantries and The Market at FHBB, to a Mobile Market and a Senior Homebound Outreach Program (SHOP) on the way, staff and volunteers at FHBB are dedicated to helping people of all ages and experiences have access to the healthy food choices they need.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1 FRIDAY
 <p>Call : 785-537-4040 or email: frontdesk@ manhattanseniorcenter.org</p>				10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 St Croix Symptoms of Death and Dying
4 9:00 Adv. Strength Training 9:30 Tech Help w/ Wandean Rivers 10:00 Strength Training 11:00 Strength Training 1:00 Scrabble 1:00 Art Studio 1:00 Movie Matinee: LA Confidential	5 9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 Bridge 1:00 Hearts	6 9:00 MO -80Coffee Group 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 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 1:00 Bridge 1:00 10 Point Pitch 2:00 Widowed Support Group	8 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 KSU Credit Union Fraud Prevention
11 9:00 Adv. Strength Training 10:00 Strength Training 10:30 Coffee w/ Caregivers Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Imitation Game	12 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Bridge 1:00 Hearts 1:00 Bonus Movie: Spaceman	13 9:00 MO -80Coffee Group 9:10 Adv. Strength Training 9:30 MO-80 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	14 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Screen 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Hearing Aid Check 11:30 Lunch Bunch: Carlos O'Kelly's 1:00 Bridge, 10 Point Pitch 1:00 Brain Games w/ Ascension Via Christi 2:00 Widowed Support Group	15 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Artist Jacob Sanderson 9:30 KMAN Live w/Liz
18 9:00 Adv. Strength Training 10:00 Strength Training 10:30 Coffee w/ Caregivers Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Beverly Hills Cop	19 ELECTION DAY NO FITNESS CLASSES 1:00 Bridge 1:00 Hearts	20 FABRIC SALE 9:00 MO -80Coffee Group 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	21 FABRIC SALE 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Topics w/ Mathis Rehab 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bridge 1:00 10 Point Pitch	22 FABRIC SALE 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 You've Got Mail: Exploring Letter Writing Through Time
25 9:00 Adv. Strength Training 10:00 Strength Training 10:30 Coffee w/ Caregivers Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: From the Ashes	26 9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 Bridge 1:00 Hearts 1:00 Artist Profile w/ Kim Richards	27 9:00 MO -80Coffee Group 9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 11:30 Flint Hills ATA Bus Mobility Management 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing	28 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bridge, 1:00 10 Point Pitch 1:00 Trivia w/ Accessible Home Health 2:00 Widowed Support Group	29 10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Flint Hills Breadbasket

March 2024 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 or Temp/wind chill is single digit or lower. *** 785-587-2462 ask for Keri				1 Tuna Noodle Casserole Beets Fruit Bread
4 Taco Salad Chips Corn Cinnamon Apples Garlic Breadstick	5 Pork Roast Peas Rice Peaches Bread	6 Salisbury Steak Baked Potato Steamed Broccoli Strawberry & Bananas Roll	7 Chicken n' Noodles Carrots Crackers Peaches Brownie	8 Meatloaf Scalloped Potatoes Green Beans Fruited Pudding Bread
11 Pork Chops Roasted Potatoes Broccoli Rosy Applesauce Bread	12 Spaghetti w/ meat sauce Tossed Salad Peaches Garlic Bread	13 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Mandarin Oranges	14 Polish Sausage Sauerkraut Beets Mac n' Cheese Fruit	15 Fish Taco Cole Slaw Baked Beans Fruited Gelatin
18 Ribettes Potato Wedges Peas Cinnamon Apples Bread	19 Beef Stew Coleslaw Mixed Fruit Biscuit Cookie	20 Lasagna Salad Garlic Breadsticks Fruit	21 Sweet n' Sour Chicken Rice Salad Fruit	22 Oven Fried Chicken Mashed Potato w/Gravy 3-Bean Salad Mandarin Oranges
25 Baked Ham Scalloped Potatoes Glazed Carrots Strawberry Roll	26 Chili Coleslaw Peaches Cinnamon Roll	27 Hot Turkey Sandwich Mashed Potatoes w/Gravy Beets Apricots	28 Chicken Strips Mashed Potatoes w/Gravy Cream Corn Biscuit	29 Fish Salad Mac n' Cheese Peas & Carrots

MARCH REGULAR PROGRAMS AND EVENTS

Tech Assistance Monday March 4 @ 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

Mondays March 11th and 25th @ 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 caregiver 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 March 14 and 28 @ 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.

Lunch Bunch: Carlos O'Kelly's March 14th @ 11:30 AM

622 Tuttle Creek Blvd

"Nacho ordinary Mexican Food!" Carlos O'Kelly's has been a restaurant staple in Manhattan for over 30 years. They offer a Tex-Mex menu - full meals or order ala carte and complimentary chips & salsa.

Flint Hills ATA Bus Mobility Management

March 27 @ 11:30 AM with Michael Wilson

Transit Mike will be at the center to help people connect with transportation. Mike works closely with ATA Bus and can share information on everything from paperwork to showing you how to ride the bus.

Artist Profile Tuesday March 26th @ 1 PM

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

Jam Session Every Tuesday @ 10:30 AM

Do you play an instrument? Come jam with us. We play all sorts of music, but tend to play songs from the 60s and 70s. Any instrument welcome!

New Program: Mo-80 Wednesdays @ 9 AM

MO-80 stands for Men Over 80, so if that describes you, come on down to the Center for coffee and find out what the other gents are up to at these weekly meetings. Hope to see you there!

ARTS & ENTERTAINMENT

ALL EVENTS @ 1 PM

MONDAY MATINEE

3/4 - L A Confidential
(R) 1997
Mystery –Thriller

3/11 - The Imitation Game
(PG13) 2014
Biography- Drama

3/18 - Beverly Hills Cop
(R) 1984
Comedy - Drama

3/25 - From the Ashes
(TV 14) 2024
Drama - Thriller

BONUS MOVIE

3/12 - Spaceman
(R) 2024
Adventure - Drama

Games

New card games
starting ...Hearts & 10
Point Pitch

3/4 - Scrabble

ART

3/26 - Artist Profile
with Kim Richards

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

Thursdays at 9AM
Stitch Therapy



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

MARCH 2024

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