

# September 2023



Manhattan Senior Center

## DIRECTOR'S NOTES

September is National Senior Center Month, a time to showcase how these vital community hubs connect older adults to each other & to valuable services to stay healthy & independent. The theme for this year's National Senior Center Month is Strengthening Community Connections. The Manhattan Senior Center is doing this by visiting the Senior Groups in Leonardville, Randolph & Riley. They have been welcoming & friendly, & the lunches served are fabulous! Next on the agenda are the Senior groups in Ogden & Zeandale. The more time we share together the stronger these relationships will grow. The Riley County Commissioners are celebrating the creativity, energy, vitality, & commitment of the older residents of Riley County with a Proclamation recognizing National Senior Center month. Manhattan City Commissioners will be doing the same. Thank you commissioners!

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

#### **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. All schools in the display are found in the northern Flint Hills within an hour's drive of Manhattan. Some have been totally abandoned, some are privately owned and serve as storage or for other farm purposes, while others are still publicly owned and serve as rural community centers. All of the schools in the display were photographed in their original settings.

## CONTACT

Sign Ups Begin Aug 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

### **- Purple Power Play**

September 1<sup>st</sup>

5pm to 8:30pm

Blue Earth Plaza

Live music, food trucks, inflatables, along with the Pride of Wildcat Land, Classy Cats, Cheerleaders, Coaches and Players from a variety of K-State 2023-2024 teams.

### **- 32nd Annual Yard Art**

#### **Classics Car Club:**

Cars in the Park

September 16th

9am to 2pm

Manhattan City Park 1101

Fremont. Antique, Classic,

Sports Cars, Hot Rods,

Muscle, Late Model Cars,

Domestic or Foreign, Trucks and Motorcycles!

### **- Mural Mosey**

September 21, 2023

6:30pm

Meet in front of Chamber of Commerce 501 Poyntz. Free guided stroll with information on 8 of downtown's murals.

Presented by Jeff Sackrider of InciteMHK.

## SEPTEMBER SPECIAL PROGRAMS AND EVENTS

### 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-Viz-X  
Rhythmic movement for  
improved balance & memory.  
Instructor Earl Robinson.

#### SATURDAYS only

Seated Tai Chi  
9:00 AM

**Flint Hills Volunteer Center** Friday Sept 1st @ 1 PM  
Learn how you can make a difference in your community by volunteering. Volunteering provides you with a sense of purpose, helps to meet new friends, improves self-esteem, helps with your emotional and physical needs, and so much more. Come hear about the the Flint Hills Volunteer Center's AmeriCorps Seniors RSVP program.

#### **Tricksters & Wise Women/Humanities Kansas**

Friday Sept 8th @ 1 PM

How Stories Travel the World Folktales reveal what we value, what makes us laugh, what makes us cry, and what we hope to be. At their core, old wives tales tell life lessons and present the role tricksters and wise women often played. We will uncover the differences between myth, legend, tall tale, and folktale, and explore differences between cultural appropriation and cultural appreciation. Presenter Priscilla Howe is a professional storyteller and author from Lawrence.

#### **Via Christi Foundation** Friday Sept 15th @1PM

Manhattan Community Health Foundation, (formerly Mercy CHF), is built upon the generosity of people who value the health and wellness in our region and seek to improve the quality of life for our community, through the workforce, patient assistance, associate emergency assistance, and medical equipment Christopher Spooner, the foundation director, will speak on grant programs.

#### **Manhattan Area Technical College**

Friday Sept 22nd @ 1PM by Beth Dugan

Hear about the growth at MATC. Learn about their General Education Diploma and English as a Second Language programs. In 2018 the Adult Learning Center was moved from UDS #383 oversight to MATC. Learn about their new curriculum and new building.

#### **KSU Libraries Innovation Lab** Friday Sept 29 @ 1PM

The Sunderland Foundation Innovation Lab is a cross-disciplinary learning environment located in Hale Library that is open to K-Staters and the community. You will have the opportunity to explore the space and try out the equipment that is available for everyone. Popular equipment and spaces include the Fabspace (3D printers, laser cutters, and tools), the Makerspace (sewing machines, Cricut, etc.), and a state-of-the-art recording studio. Call us at the Senior Center for parking directions on campus—785-537-4040.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1 FRIDAY

# September 2023

September is National Senior Center Month!



10:15 Bal-A-Viz-X  
11:00 Bal-A-Viz-X  
12:30 Bridge  
1:00 Flint Hills  
Volunteer Center

Call : 785-537-4040 or email: frontdesk@manhattanseniorcenter.org

<b>4</b> <b>CLOSED FOR Labor Day</b> 	<b>5</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>6</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>7</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge 1:00 Cornhole	<b>8</b> 10:15 Bal-A-Viz-X 11:00 Bal-A-Viz-X 12:30 Bridge 1:00 Tricksters & Wise Women : Presented by Priscilla Howe through the generosity of Humanities Kansas
<b>11</b> 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: Jesus Revolution 1:00 Scrabble	<b>12</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Learn Bridge 1:00 Bonus Movie: Terminator 2 1:00 Fit to Fight PD	<b>13</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>14</b> 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 2:00 Widowed Support Group	<b>15</b> 10:15 Bal-A-Viz-X 11:00 Bal-A-Viz-X 12:30 Bridge 1:00 Ascension Via Christi Foundation
<b>18</b> 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: Liar Liar!	<b>19</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge 1:00 ARTful Making 1:00 Fit to Fight PD	<b>20</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>21</b> 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Topics 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Green Tea Sushi 1120 Laramie St	<b>22</b> 10:15 Bal-A-Viz-X 11:00 Bal-A-Viz-X 12:30 Bridge 1:00 Manhattan Area Technical School Overview
<b>25</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Rocky V	<b>26</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge 1:00 Fit to Fight PD	<b>27</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>28</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia w/ Accessible Home Care 1:00 Learn Bridge 2:00 Widowed Support Group	<b>29</b> 10:15 Bal-A-Viz-X 11:00 Bal-A-Viz-X 12:30 Bridge 1:00 TOUR: KSU Libraries Innovation Lab



Join the Lone Wranglers Square Dance Club  
Square Dancing at Manhattan Senior Center!  
2nd & 4th Tuesdays at 7pm



Sign up for programs/activities  
begins August 20th

# September 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Meals</b> \$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 Lasagna Salad Garlic Bread
4 <b>Closed</b>	5 Taco Salad Fiesta Corn Pineapple Tidbits Garlic Bread-stick	6 Smothered Porkchop Sweet Potatoes Cauliflower Blushing Applesauce	7 Chicken Strips Potato Salad Beets Fruit Bread	8 Meatloaf Mashed Potato w/Gravy Glazed Carrots Apricots
11 Baked Ham AuGratin Potatoes Beets Fruit Cocktail Roll	12 Cheesy Beef & Mac Peas & Carrots Pudding Cornbread	13 Hot Turkey Sandwich Mashed Potato W/ Gravy Green Beans Fresh Fruit	14 Sweet n' Sour Chicken Rice Salad Hot Peached Bread	15 Chili Crackers Cinnamon Roll 3-Bean Salad
18 Spaghetti w/ Meat Sauce Salad Beets Garlic Bread Applesauce	19 Baked Chick- en Mashed Potato w/ Gravy Green Beans Strawberry Shortcake	20 Pork Roast Roasted Pota- toes Carrots Cinnamon Apples Roll	21 Tuna Salad Sandwich Cole Slaw 3-Bean Salad	22 Chef Salad Crackers Melon
25 Fish Steamed Broccoli Cole Slaw Baked Apples Bread	26 Italian Chicken Roasted Red Potatoes Italian Blend Veggies Garlic Sticks Peach Crisp	27 Swiss Steak Baked Potato Spinach Mixed Fruit Roll	28 Chicken Fried Steak Mash Potatoes w/Gravy Peas & Carrots Bread	29 Bierocks Salad Strawberries & Peaches



## SEPTEMBER REGULAR PROGRAMS AND EVENTS

**Tech Assistance** Monday Sept 18 @ 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 September 11 @ 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 September 12 @ 12:30 PM  
Join the Center Singers for a sing-along of a variety of seasonal pieces. All voices welcome.

**Widowed Support Group** September 14 & 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.

**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 September 19 @ 1 PM  
Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. All materials provided.

**Lunch Bunch: Green Tea Sushi** Sept 21 @ 11:30 AM  
1120 Laramie St. Green Tea Sushi offers an authentic taste of Japan's finest Cuisines. Asian, Asian Fusion. Lunch specials starting around \$10.00.

## ARTS & ENTERTAINMENT

### ALL EVENTS @ 1 PM

#### **MONDAY MATINEE**

9/4— Closed for  
Labor Day

9/11 —Jesus Revolution  
(PG-13) 2023 Drama

9/18— Liar Liar  
(PG 13) 1997 Comedy

9/25— Rocky V  
(PG 13) 1990 Sports  
Drama

#### **BONUS MOVIE**

9/12 Terminator 2  
(R) 1991 Action Sci-Fi

#### **GAMES**

9/7— Cornhole

9/11— Scrabble

9/28— Trivia w/  
Accessible Home  
Health

#### **ART**

9/19 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

SEPT 2023

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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Barry's Drug Center  
BD4 Distributing, Inc  
Big Lakes Developmental Center  
Charlson & Wilson Bonded Abstracters,  
Inc.  
Community First National Bank  
Diamond Lane Corporation  
Dunnes Pharmacy

Flint Hills Heart, Vascular and Vein Clinic  
Flint Hills Volunteer Center  
Good Shepherd Homecare & Hospice  
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Welcome Club of Manhattan