



Director's Message ...

With winter in full swing and less daylight hours, February can feel like the longest month of the year even though it's the shortest. The Manhattan Senior Center is always available to provide food, fitness, and fun for those in the winter doldrums. We have a great line-up in our Friday Speakers Series covering topics from the arts, healthcare, and how one business owner's dream location turned out to be MHK! You can get your taxes done this month if there are appointments still available, and you can also revisit your New Year's resolution to get more fit and active by trying out any one of our 15 weekly fitness classes.

As I write this in early January, the Kansas City Chiefs are coming off a win over the LA Chargers, so I am still dreaming that Super Bowl dream. Usually, we say, "Keep hope alive!" but really, hope keeps us alive. A 2020 study, from Harvard's "Human Flourishing Program" on nearly 13,000 people with an average age of 66 found those with more hope throughout their lives had better physical health, better health behaviors, better social support, and a longer life. So, let's hope for our favorite team to be in the Super Bowl, for the warmth of Spring, and for all of us to meet soon at the Senior Center!

Liz Nelson, Director of the Manhattan Senior Center

Inclement Weather Policy

The Manhattan Senior Center policy is if USD #383 school district is closed due to weather, so is the Center. This is announced on local television and radio news reports.

AARP Tax Preparation

Free tax preparation starts at the Center on February 1, 2024. Preparers are highly trained, and there are no income limits. Call 785-537-4040 to make your appointment.

Come Play Hand and Foot Wednesdays @ 1PM

People have been telling us to call this game Hoof and Mouth, but we're classier than that bunch. That doesn't change the fact that it's one of our most popular games, and you should join us!

CONTACT

Sign Ups Begin Jan. 22nd

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E-mail:

frontdesk@manhattanseniorcenter.org

programs@manhattanseniorcenter.org

Website:

manhattanseniorcenter.org

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

(785)587-2462

Community Events

"Thomas Edison's Secret Lab" Jan-May @ The Flint Hills Discovery Center

Step into the Lab and be inspired by the animated series featuring the brilliant work of Thomas Edison! Thomas Edison's Secret lab engages kids in science, technology, engineering, and math learning through unique hands-on experiences to inspire the next generation of inventors.

Manhattan Arts Center "Next to Normal" Feb. 3, 4, 9, 10, & 11 @ 7:30 PM

In this contemporary musical, a suburban household copes with crisis and the unpredictability of a mother's worsening bipolar disorder. "Next to Normal" was the winner of the 2010 Pulitzer Prize for Drama.

FEBRUARY SPECIAL PROGRAMS AND EVENTS

HEALTH & WELLNESS

MON/WED

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

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

Artist Caroline Thorington

February 2 @ 1pm

Caroline Thorington is a painter, artist, and print maker specializing in lithography, born in Winfield, Kansas. She taught printmaking and drawing at Montgomery College for over 25 years, and has continued to exhibit her work in the decades since. She will join us over Zoom to discuss her art.

Faith and Fortitude

February 9 @ 1 PM with Genny McGregor

Leaving her home and family in Colorado, Genny McGregor relocated to Kansas to launch the business of her dreams: Spark's Burger Co., a restaurant that supports local ranchers, takes good care of its employees, and serves delicious food to delighted guests. Learn what inspired her journey and what keeps her going despite all odds.

Inpatient Rehab with Ascension Via Christi

February 16 @ 1 PM with Stacey Marti

Stacey is the Clinical Liaison for the Acute Inpatient Rehab Unit at Ascension Via Christi Hospital. She will be providing information about the inpatient rehab unit, their team, and the services they can provide. She will also address general education on the different levels of rehab care available in Manhattan, Kansas, and how to determine the needs of yourself or loved ones.

Struggles Through the Pandemic

February 23 @ 1 PM with Rachel Fontenot

Learn how regional health provider Konza Prairie Community Health Center met the challenges of the COVID-19 pandemic. Rachel Fontenot, a community health worker, will explain how the Health Center supports our community by providing affordable and comprehensive healthcare to all people regardless of income or insurance.

New Program: Mo-80

Wednesdays @ 9 AM (Begins Feb 14)

MO-80 is a new activity starting on the morning of February 14, 2024. 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!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



			<p>1</p> <p>9:00 Stitch Therapy</p> <p>9:00 Move to Music+</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge</p>	<p>2</p> <p>10:15 Bal-A-Vis-X</p> <p>11:00 Bal-A-Vis-X</p> <p>12:30 Bridge</p> <p>1:00 Artist Caroline Thorington</p>
<p>5</p> <p>9:15 Adv. Strength Training</p> <p>9:30 Tech Help w/ Wandeau Rivers</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>1:00 Scrabble</p> <p>1:00 Art Studio</p> <p>1:00 Movie Matinee: Those Who Wish Me Dead</p>	<p>6</p> <p>9:00 Move to Music</p> <p>10:00 Gentle Yoga</p> <p>10:30 Jam Session</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge</p>	<p>7</p> <p>9:15 Adv. Strength Training</p> <p>10:15 Balance/Flexibility</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot</p> <p>1:00 Line Dancing</p> <p>1:00 Better Breathers Club</p> <p>4:30 Alzheimer's Association Caregiver Support Group</p>	<p>8</p> <p>9:00 Stitch Therapy</p> <p>9:00 Move to Music+</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:30 Hearing Aid Check</p> <p>1:00 Bridge</p> <p>2:00 Widowed Support Group</p>	<p>9</p> <p>10:15 Bal-A-Vis-X</p> <p>11:00 Bal-A-Vis-X</p> <p>12:30 Bridge</p> <p>1:00 Faith and Fortitude</p>
<p>12</p> <p>9:15 Adv. Strength Training</p> <p>10:15 Strength Training</p> <p>10:30 Coffee w/ Caregivers Mindful Memories</p> <p>11:00 Strength Training</p> <p>1:00 Art Studio</p> <p>1:00 Movie Matinee: The Kindergarten Teacher</p>	<p>13</p> <p>9:00 Move to Music</p> <p>10:00 Gentle Yoga</p> <p>10:30 Jam Session</p> <p>11:00 Chair Yoga</p> <p>12:30 Center Singers</p> <p>1:00 Bridge</p> <p>1:00 Bonus Movie: Creep</p>	<p>14</p> <p>9:15 Adv. Strength Training</p> <p>9:30 MO-80</p> <p>10:15 Balance/Flexibility</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot</p> <p>1:00 Line Dancing</p>	<p>15</p> <p>9:00 Stitch Therapy</p> <p>9:00 Move to Music+</p> <p>9:30 Health Screen</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch Bunch: Raising Cane's</p> <p>1:00 Bridge</p>	<p>16</p> <p>10:15 Bal-A-Vis-X</p> <p>11:00 Bal-A-Vis-X</p> <p>12:30 Bridge</p> <p>1:00 Inpatient Rehab</p>
<p>19</p> 	<p>20</p> <p>9:00 Move to Music</p> <p>10:00 Gentle Yoga</p> <p>10:30 Jam Session</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge</p> <p>1:00 ARTful Making with Kim Richards</p>	<p>21</p> <p>9:15 Adv. Strength Training</p> <p>9:30 MO-80</p> <p>10:15 Balance/Flexibility</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot</p> <p>1:00 Line Dancing</p>	<p>22</p> <p>9:00 Stitch Therapy</p> <p>9:00 Move to Music+</p> <p>9:30 Health Topics w/ Mathis Rehab</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>1:00 Trivia w/ Accessible Home Health</p> <p>2:00 Widowed Support Group</p>	<p>23</p> <p>10:15 Bal-A-Vis-X</p> <p>11:00 Bal-A-Vis-X</p> <p>12:30 Bridge</p> <p>1:00 Struggles Through the Pandemic</p>
<p>26</p> <p>9:15 Adv. Strength Training</p> <p>10:15 Strength Training</p> <p>10:30 Coffee w/ Caregivers Mindful Memories</p> <p>11:00 Strength Training</p> <p>1:00 Art Studio</p> <p>1:00 Movie Matinee: Private Life</p>	<p>27</p> <p>9:00 Move to Music</p> <p>10:00 Gentle Yoga</p> <p>10:30 Jam Session</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge</p>	<p>28</p> <p>9:15 Adv. Strength Training</p> <p>9:30 MO-80</p> <p>10:15 Balance/Flexibility</p> <p>11:00 Strength Training</p> <p>11:30 Flint Hills ATA Bus Mobility Management</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot</p> <p>1:00 Line Dancing</p>	<p>29</p> <p>9:00 Stitch Therapy</p> <p>9:00 Move to Music+</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge</p>	<p>Call :</p> <p>785-537-4040</p> <p>or</p> <p>email:</p> <p>frontdesk@manhattansenior-center.org</p>

9:30 KMAN Live w/Liz

February 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Meals \$4.00 if 60+; 7.00 if under 60 All meals include milk Menu is subject to change *Bad weather: Kitchen closed when schools closed *785-587-2462 ask for Keri			1 Taco Salad (Lett, Tom, Cheese, Tort) Garlic Breadstick Fruit	2 Chicken Nuggets Au gratin Potatoes Green Beans Ambrosia Wheat Roll Fruit
5 Salisbury Steak Baked Potatoes Peas & Carrots Fruit	6 Sloppy Joe w/ Bun Baked Beans Roasted Potatoes Fruit	7 Ham & Beans Coleslaw Cookie Cornbread Fruit	8 BBQ Chicken Hashbrown Casserole Creamed Corn Wheat Bread Food	9 Country Fried Steak Mashed Potato w/ Gravy Mixed Veggie Wheat Roll Fruit
12 Spaghetti & Meatballs Salad Garlic Bread Fruit	13 Chicken & Noodles Three Bean Salad Crackers Brownie Fruit	14 Fish or Pork Roast Sweet Potatoes Cauliflower Wheat Roll Fruit	15 Chili & Crackers Coleslaw Cinnamon Roll Fruit	16 Fish Hash Browns Peas & Carrots Bread Fruit
19 Beef Tips & Noodles Cottage Cheese Stewed Tomatoes Fruit	20 Fish or Baked Chicken Rice Seasoned Green Beans Fruit	21 Pork Roasted Potatoes Creamed Corn Cornbread Fruit	22 Beef Stew Coleslaw Biscuit Pudding Fruit	23 Meatloaf Scalloped Potatoes Glazed Carrots Hot Roll Fruit
26 Smothered Pork Yams Mixed Vegetables Fruit	27 Chicken Parmesan Spaghetti Noodles Italian Blend Vegetables Garlic Bread Fruit	28 Roast Beef Mashed Potatoes w/ Gravy Green Beans Strawberries & Hot Roll Fruit	29 Swiss Steak w/ Tomatoes & Carrots Roasted Potatoes Hot Roll Fruit	

FEBRUARY REGULAR PROGRAMS AND EVENTS

Coffee With Caregivers & Mindful Memories

Mondays February 12 and 26 @ 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 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 Feb. 8 and 22 @ 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: Raising Cane's Jan 18th @ 11:30 AM

329 East Poyntz Avenue

Raising Cane's specializes entirely in chicken fingers. But if that's not enough for you, they also have coleslaw, Texas toast, and crinkle-cut fries to go along with your meal. Meals start at \$8.79.

Flint Hills ATA Bus Mobility Management

February 28 @ 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. Come say hi and let him know how he can help.

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!

ARTS & ENTERTAINMENT

ALL EVENTS @ 1 PM

MONDAY MATINEE

2/5 - Those Who Wish Me Dead
(R) 2021
Action Thriller

2/12 - Kindergarten Teacher
(R) 2018
Drama

2/26 - Private Life
(R) 2018
Comedy - Drama

BONUS MOVIE

2/13 - Creep
(R) 2014
Horror Thriller

GAMES

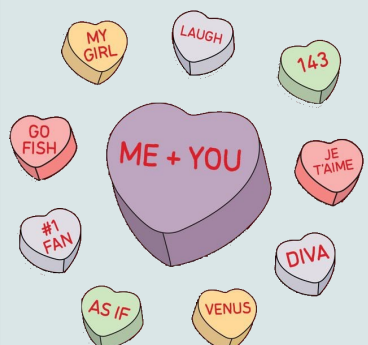
2/5 - Scrabble

ART

2/20 - ARTful Making 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

FEB 2024

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Supporting the Center through their annual membership
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