



## MORE CHANGES

Due to circumstances beyond our control, the July newsletter was not mailed to members in a timely manner. We're working with the responsible party to ensure it doesn't happen again. Thank you for your patience.

Our long-time Media Coordinator Leif Nelson is moving to Milwaukee, Wisconsin! Leif was instrumental in creating the Center's new website, and helped staff and members alike with their tech issues like cell-phones, computers, and printers. As we say goodbye to him, we are glad to welcome Deanna Hall as the new Media Coordinator. Deanna brings experience in marketing and nonprofit work. I am sure this will be a seamless transition.

Respectfully,  
Liz Nelson, Director

## 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.

**Lighthouse End-of-Life Planning** Aug. 2 @ 1 PM  
St. Croix Hospice will be here to talk about what they have to offer in terms of end-of-life care and services. St. Croix is a for-profit hospice company based out of Minnesota that has branches in Northeast Kansas, and Southeast Nebraska.

### **Visiting Artist: Scott Bean** **Nature Photography at the Senior Center**

From the Artist: "Most of my photography is done in the Flint Hills. I grew up in wide open country and find a lot of beauty and peace in the prairie and wide-open spaces. There is something relaxing about that to me, and it helps me try to keep the world in perspective. I hope my photos can bring some of those feelings across in them."

## CONTACT

Sign Ups Begin July 20th

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E-mail:

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Website:

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

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

785-587-2462

## COMMUNITY EVENTS

- 90 Years of Sunset Zoo  
Saturday, August 5  
6:30-8:30 PM  
Come to the Sunset Zoo to celebrate 90 years with refreshments, drinks, and entertainment. There will also be a small presentation about the new future projects of Sunset Zoo. Tickets available online.
- Community Coffee at A&H Farms, Wednesdays from 9-12.  
Join A&H on Wednesday mornings for free coffee and pastries. Seating available and if the weather permits you are more than welcome to visit the outdoor activities as well. Come and go as you please.

## 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



## AUGUST SPECIAL PROGRAMS AND EVENTS

### **Travelers' Stories** Friday August 4 @ 1 PM

Members Mal Hoover and Ronna Tyson had the opportunity to travel to Scotland, and they will present us with photos and stories from their time in Braveheart Country!

### **Summer Health** Wednesday August 9 @ 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. August 9th will feature making pantry-staple recipes and learning hacks for better grocery shopping. Join us for free food, fun, and information from K-State and the American Heart Association.

### **Sports Talk** Thursday August 10 @ 1 PM

MHS Track and Field Coach Thesia Robinson will be here to talk about updates to Manhattan High's sports programs.

### **Revolutionizing Senior Care** Friday August 11 @ 1 PM

Melissa Tyson will join us at the Senior Center to talk about Foundation Properties brand of family style care. Foundation seeks to be a viable alternative to assisted living and nursing home facilities. They also focus on aiding those with Alzheimer's or other memory related impairments, helping them stay integrated in their community.

### **ARTful Making** Tuesday August 15 @ 1 PM

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

### **Congressional Inquiries** Friday August 18 @ 1 PM

Congressman Tracey Mann's District office specializes in congressional inquiries. What this means is that they can assist with casework for constituents who are needing help with Federal Entities. Congressional Fellow Adrian Perfecto will go into detail on what the office can do for the people of the First District. Please join us at the Manhattan Senior Center if you want to learn more about what Congressman Mann's office can do for you.

### **Medicare & You** Friday August 25 @ 1 PM

Lindy Golder, Medicare Advisor with Blue Cross and Blue Shield of Kansas, will conduct a 30-minute "Medicare & You Seminar" to provide education and answer questions. Topics covered will include Medicare A & B, Medicare Supplements, Medicare Advantage Plans, and Medicare Part D. She will be available after the presentation to answer questions.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</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>2</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 Lighthouse End-of-Life	<b>3</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge	<b>4</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Scotland w/ Mal Hoover and Ronna Tyson
<b>7</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: The Cloverfield Paradox	<b>8</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: Uncle Buck 1:00 Learn Bridge	<b>9</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>10</b> 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Learn Bridge 1:00 Sports Talk 2:00 Widowed Support Group	<b>11</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 "Revolutionizing Senior Care" Foundation Park w/ Melissa Tyson
<b>14</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: Rebecca	<b>15</b> 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 ARTful Making 1:00 Learn Bridge	<b>16</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>17</b> 9:00 Move to Music 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Spark's Burger Co.	<b>18</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:00 Thanksgiving Dinner 12:30 Bridge 1:00 Poker 1:00 Congressional Inquiries w/ Adrian Perfecto
<b>21</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Movie Matinee: Run Rabbit Run	<b>22</b> 9:00 Move to Music 9:30 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Seniors Go to the Movies	<b>23</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>24</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 Widowed Support Group	<b>25</b> 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 "Medicare & You" w/ Lindy Golder of Blue Cross Blue Shield
<b>28</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Movie Matinee: Rocky 4	<b>29</b> 9:00 Move to Music 9:30 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Taste Test	<b>30</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	<h1>August</h1> <h1>2023</h1>	

# August 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, fruit/ dessert	<b>1</b> BBQ Chicken Potato Salad Cucumber & Onions Fruited Jello Dinner Roll	<b>2</b> Pork Tenderloin Baked Potato Cheesy Broccoli Peach Cobbler Roll	<b>3</b> Meatballs Scalloped Potatoes Mixed Veggies Fruit Roll	<b>4</b> BBQ Ribette Roasted Potatoes Creamed Peas Melon Roll
<b>7</b> Biscuits n' Gravy Hashbrowns Stewed Tomatoes Fresh Fruit	<b>8</b> Chicken Tetrazzini Peas & Carrots Beets Ambrosia Bread	<b>9</b> Beef Tips n' Noodles Mashed Potatoes w/ Gravy Steamed Broccoli Strawberry Shortcake	<b>10</b> Lasagna Tossed Salad Peaches Bar Cookie Garlic Bread	<b>11</b> Swiss Steak Baked Potato Glazed Carrots Mixed Fruit Bread
<b>14</b> Polish Sausage Sauerkraut Mashed Potatoes Pears Cookie	<b>15</b> Smothered Chicken Potato Wedges Mixed Veggies Apple Crisp Roll	<b>16</b> Ham Salad Marinated Tomato Salad Fruit Cup Bread	<b>17</b> Spaghetti w/ Meat Sauce Breadstick Tossed Salad Fruit	<b>18</b> Roast Turkey Sweet Potatoes Green Beans Fresh Fruit Roll
<b>21</b> Fish Coleslaw Baked Beans Fruited Pudding Bread	<b>22</b> Taco Salad Corn Salad Pineapple Tidbits Garlic Breadstick	<b>23</b> Chili Cinnamon Roll 3-Bean Salad	<b>24</b> Hamburger Potato Salad Baked Beans Watermelon Cookie	<b>25</b> Oven Baked Chicken Mashed Potatoes w/ Gravy Steamed Broccoli Strawberry Shortcake
<b>28</b> Tater Tot Casserole Stewed Tomatoes Warm Cinnamon Peaches Cookie Bread	<b>29</b> Vegetable Beef Stew Salad Fruit Bread	<b>30</b> Pork Loin Sweet Potatoes Cabbage Casserole Applesauce Cornbread	<b>31</b> Chicken Salad lettuce & tomato Spinach Strawberry Salad	<b>The Menu is subject to change</b> *** ** <b>Questions?</b> <b>785-587-2462</b>

## AUGUST SPECIAL PROGRAMS AND EVENTS

**Tech Assistance** Monday August 7 @ 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 August 14 @ 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** Tuesday August 8 @ 12:30 AM

Join the Center Singers for a sing-along of a variety of seasonal pieces. All voices welcome.

**Widowed Support Group** August 10 & 24 @ 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.

**Lunch Bunch: Spark's Burger Co.** Aug 17 @ 11:30 AM  
405 Poyntz Avenue

Spark's Burger Co. wants to make fast food with local, high-quality, humanely sourced food. They serve burgers, fries, and shakes, all made with ingredients from within 100 miles of Manhattan. Burger, fries, and a drink are \$14.

## ARTS & ENTERTAINMENT

ALL EVENTS AT 1 PM

### MONDAY MATINEE

8/7—The Cloverfield Paradox (PG-13)  
2018 Sci-Fi/Thriller

8/14—Rebecca (PG-13)  
2020 Drama/Romance

8/21—Run Rabbit Run (R)  
2023 Horror/Thriller

8/28—Rocky IV (PG)  
1985 Sports Drama

### BONUS MOVIE

8/8—Uncle Buck (PG)  
1989 Comedy/Drama

### GAMES

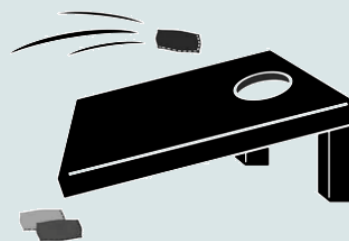
8/3—Cornhole

8/7—Scrabble

8/24—Trivia w/ Accessible Home Health

### ART

Thursdays\*—  
Stitch Therapy  
\*9 AM



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

AUG 2023

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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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Flint Hills Volunteer Center  
Good Shepherd Homecare & Hospice  
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