

January 2024



Manhattan Senior Center

Director's Message ...

Happy New Year! I want to introduce Jenna Steckline and Cora Malone, student interns for the 2024 Spring Semester. It took 18 months, but I finally reached my goal of providing internships to K-State students in the Human Services fields! Jenna is a Social Work student and Cora is minoring in Gerontology. The goal with internships is to enhance the student experience with real world practices. They will be helping out around the Center, but most importantly they will be exposed to learning and practical opportunities that they can take with them into the work place after graduation.

I am proud of the Manhattan Senior Center, its partner organization, and its members. I know Jenna and Cora will be warmly welcomed and that they will execute their internships to the best of their ability. Welcome Jenna and Cora!

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 starting January 22 to make your appointment.

New Program: Mo-80

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. I hope to see you there!

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 its one of our most popular games, and you should join us!

CONTACT

Sign Ups Begin Dec. 20th

Phone: (785)537-4040

E-mail:

frontdesk@manhattanseniorcenter.org

programs@manhattanseniorcenter.org

Website:

manhattanseniorcenter.org

Facebook:

Manhattan Senior Center

Friendship Meals Phone:

(785)587-2462

Community Events

January 20th

MLK Day of Service

HandsOn Kansas State will honor Dr. Martin Luther King Jr's legacy by hosting the annual National Day of Service. Events begin with breakfast at Staley school at 8 AM before transitioning to service activities with various organizations in the community.



**Kansas Day: January 29th
Celebrate 164 years
of Kansas!**

JANUARY 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

2023: A Year in Review

January 5th @ 1pm with Brandon Peoples.

Brandon Peoples, News Director at the KMAN radio station will cover the 2023 news highlights for Manhattan and the surrounding area. Come and take a look back at what made a splash in our corner of the world.

President and Mrs. Carter: Their Journey in Hospice

January 12th @ 1pm with Christina Nolte

President Jimmy Carter entered Hospice care in February 2023, and his wife Rosalynn Carter entered in November, just days before her passing. Their individual hospice experiences highlight the challenges of a timely referral to hospice care and are helping to dispel many myths and misconceptions about hospice. Christina Nolte of Good Shepherd Homecare & Hospice will overview the Carter's hospice journey and answer some of your questions and misconceptions about hospice care.

Food and Farm: Realistic New Years Weight Loss

January 17 @ 1 PM with Jordan Chen

This month's Food and Farm presentation will focus on how to make healthy changes, as well as strategies to help make those changes stick for life.

The Amazing Adventures of Captain Embers & Chief Zogleman Whop! Whop! Whop!

January 19 @ 1 PM with author Ken Embers

What's it take to be a Vietnam helicopter pilot, and what happens when a Vietnam veteran combat helicopter pilot returns to Vietnam? Author Ken Embers will be at the discussion to talk about his unique perspective and experience with the Vietnam War. Books available at the front desk.

How I Learned to Stop Worrying and Love the Internet

January 26 @ 1PM with Dr. Kevin Steinmetz

Dr. Steinmetz, Professor of Criminology at Kansas State University, provides a crash course in spotting potential frauds online and elsewhere. His objective is to promote internet safety while avoiding unnecessary fearmongering. A nationally and internationally recognized expert in the field of cybercrime, Dr. Steinmetz has published many peer-reviewed articles on the subject, as well as several books.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Closed January 1st and 2nd

8
9:15 Adv. Strength Training
10:15 Strength Training
11:00 Strength Training
1:00 Scrabble
1:00 Art Studio
1:00 Movie Matinee:
The Polka King

9
9:00 Move to Music
10:00 Gentle Yoga
10:30 Jam Session
11:00 Chair Yoga
12:30 Center Singers
1:00 Bridge
1:00 Bonus Movie:
Kodachrome

3
9:15 Adv. Strength Training
10:15 Balance/Flexibility
11:00 Strength Training
12:30 Bridge
1:00 Hand & Foot
1:00 Line Dancing

4
9:00 Stitch Therapy
9:00 Move to Music+
10:00 Gentle Yoga
11:00 Chair Yoga
1:00 Bridge

5
10:15 Bal-A-Vis-X
11:00 Bal-A-Vis-X
12:30 Bridge
1:00 Year in Review

15

**Closed for
Martin Luther
King Jr. Day**

16
9:00 Move to Music
10:00 Gentle Yoga
10:30 Jam Session
11:00 Chair Yoga
12:30 Center Singers
1:00 Bridge

17
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 and Fam

18
9:00 Stitch Therapy
9:00 Move to Music+
10:00 Gentle Yoga
11:00 Chair Yoga
11:30 Lunch Bunch: Frida's
1:00 Bridge

19
10:15 Bal-A-Vis-X
11:00 Bal-A-Vis-X
12:30 Bridge
1:00 January Book
Club: Captain Embers &
Chief Zogleman

9:30 KMAN Live w/Liz

22
9:15 Adv. Strength Training
10:15 Strength Training
11:00 Strength Training
1:00 Art Studio
1:00 Movie Matinee:
Living

23
9:00 Move to Music
10:00 Gentle Yoga
10:30 Jam Session
11:00 Chair Yoga
1:00 Bridge
1:00 Artist Profile with
Kim Richards

24
9:15 Adv. Strength Training
10:15 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

25
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 Trivia w/ Accessible
Home Health
2:00 Widowed
Support Group

26
10:15 Bal-A-Vis-X
11:00 Bal-A-Vis-X
12:30 Bridge
1:00 How I Learned to
Stop Worrying and
Love the Internet

29
9:15 Adv. Strength Training
10:15 Strength Training
11:00 Strength Training
1:00 Art Studio
1:00 Movie Matinee:
Land of Steady
Habits

30
9:00 Move to Music
10:00 Gentle Yoga
10:30 Jam Session
11:00 Chair Yoga
1:00 Bridge

31
9:15 Adv. Strength Training
10:15 Balance/Flexibility
11:00 Strength Training
12:30 Bridge
1:00 Hand & Foot
1:00 Line Dancing

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

January 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed	2 Closed	3 Salisbury Steak Baked Potato Broccoli Strawberries Roll	4 Roast Turkey Mashed Potato w/Gravy Green Beans Fruit Roll	5 Meatloaf Scalloped Potato Carrots Fruit Cocktail Cookie Bread
8 Spaghetti w/Meat Sauce Salad Peaches Garlic Bread	9 Turkey Sandwich Mashed Potato w/Gravy Corn Fruit	10 Ham & Beans Coleslaw Apricots Cookie Cornbread	11 Fish Hashbrown Cas- serole Green Beans Fruit Jello Bread	12 Country Fried Steak Mashed Potato w/ Gravy Mixed Veggie Mandarin Oranges
15 Closed	16 Taco Salad Corn Chips Rice & Beans Apple Slices	17 Beef Stew Coleslaw Mixed Fruit Biscuit	18 Meatballs Baked Potato Cheesy Broccoli Rosy Pears Roll	19 Oven Fried Chick- en Mashed Potato w/ Gravy Green Beans Strawberry Short- cake
22 Smothered Chicken Breast Hashbrowns Peas & Carrots Fruit Cobbler Bread	23 Sweet & Sour Chicken Rice Salad Fruit	24 Chili Crackers Coleslaw Pineapple Cinnamon Roll	25 Hot Turkey Sandwich Mashed Potato w/Gravy Beets Mandarin Orang- es	26 Bierock Glazed Carrots Strawberries & Peaches Cake
29 Beef Tip n' Noo- dles Coleslaw Fruit Bread	30 Penne Polish Sau- sage Bake Mixed Veggies Tossed Salad Mandarin Oranges Bread	31 Roast Beef Mashed Potato w/Gravy Broccoli Sliced Peaches Roll	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	

JANUARY REGULAR PROGRAMS AND EVENTS

Coffee With Caregivers & Mindful Memories

Monday January 8th @ 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 Jan. 11th and 25th @ 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: Frida's Jan 18th @ 11:30 AM

705 E. 3rd Place Suite A. True Mexican Taste in Manhattan, Kansas. Burritos, Tortas, and dinner plates, alongside plenty of smaller items available a la carte. Meals starting at \$7.50.

Flint Hills ATA Bus Mobility Management

January 24th @ 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

1/8 - The Polka King
(TV-14) 2017
Comedy - Drama

1/22 - Living
(PG-13) 2022
Drama

1/29 - The Land of
Steady Habits
(TV-MA) 2018
Comedy - Drama

BONUS MOVIE

1/9 - Kodachrome
(TV-MA) 2017
Drama

GAMES

1/8 - Scrabble

ART

1/23 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

JAN 2024

NON-PROFIT ORGANIZATION
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Supporting the Center through their annual membership
We appreciate their support. Please thank them when you have a chance!

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