

THE CENTER NEWS

Jan

COVID REMINDER

YOU NEED TO BE FULLY VACCINATED AND BOOSTED TO PARTICIPATE IN CENTER ACTIVITIES

2023

Happy New Year! We had a good turn out for the Annual Meeting on December 9. There was a unanimous vote to accept the slate of 2023 Board Nominees and to change our name to Manhattan Senior Center! New signage and an updated website are coming soon. Melinda Marshall and Herb Eley were acknowledged as Volunteers of the Year. A big thank you to all the volunteers, members and donors who make it possible for the Senior Center to serve the Manhattan community.



ANNOUNCEMENTS

2023 Board Members

Senior Center Executive Committee: Shelley Carver- Chair, Ron Atkinson- Vice Chair, Rob Stitt- Treasurer, Evelyn Jackson- Secretary

Board Members: Peggy Huxman- outgoing Chair, Bill Lewis, Mary Ann Butler, Ken Johnson, Wynn Butler- City Commission Representative

Nominees: Allie Lousch- Manhattan Public Library, Katie Larson- KSU Center on Aging, Gary Beach- retired United Methodist minister

Meet the Meadowlark Staff: Monday Jan 9 @ 9:00 and Tuesday Jan 10 @ 12:30 Come and meet the Meadowlark staff who will be guiding the Coffee with Caregivers, Mindful Memories, and Fit to Fight PD events this month! If you have questions about these events, please contact Jeff Heidbreder at 785-341-2995 or Michelle Haub at 785-323-3899.

Fit to Fight PD: Tuesdays @ 1:00 by Meadowlark Parkinson's Program and Body First Along with proper medication management, exercise is one of the most beneficial things people with PD can do to decrease symptoms. Each week will feature a variety of exercises to combat Parkinson's symptoms. Classes will include strength training, stretching, yoga, boxing, dance, balance, and functional movements.

Mindful Memories: January 9 @ 9:30 by Meadowlark Memory Program 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.

Sign Up Begins: December 19, 2022 **Phone:** (785) 537-4040

Email Us: rcseniorcenter@gmail.com OR rcsscprograms@gmail.com

Website: www.seniorsservicecenter.org

Facebook: Riley County Seniors' Service Center

JANUARY SPECIAL PROGRAMS AND EVENTS

Sign up required- *Sign-up starts December 19*

Life Loss Support Group Wednesday January 4 @ 11:00 AM with Nick French
Nick French is a support group leader and is trained to help individuals, couples and families work through problems, crises or issues that are holding them back from wellness and life in the fullest. Come and talk with others about life after losing a loved one. Call or e-mail to sign up.

Healthy Moments Friday January 6 @ 1:00 PM with Kathy Crawford
Join Kathy and other like-minded seniors as they talk about diet, exercise, and getting in the right mindset to stay active. Healthy Moments is a recurring event to help keep everyone accountable, and progressing on their health journey!

Dane's Weird Movies: Shadow in the Cloud Tuesday January 10 @ 1:00 PM
Do you like movies? Do you like *weird* movies, where you look at each other and ask "What was that about?" Then Dane's Weird Movies is for you. Shadow in the Cloud follows a flight officer on a top-secret mission during the Second World War, who after boarding a Boeing B-17 Flying Fortress, encounters an evil gremlin during the flight. Movie may change based on availability.

Amelia Earhart Friday January 13 @ 1:00 PM by Chris Williamson
Come and learn about the life of Amelia Earhart, the famous Kansas aviator, from her beginnings in Atchison to her disappearance over the Pacific.

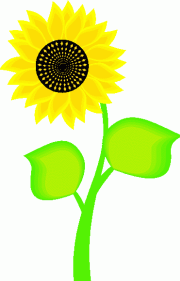
Artist Profile* Tuesday January 17 @ 1:00 PM by Kim Richards
Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art talks about the life and works of artists, from the local level to those of national prominence.

Lunch Bunch: Pizza Ranch Thursday January 19 @ 11:30 AM
Buffet chain offering pizza, fried chicken & classic American sides in an Old West-themed setting. Buffet is \$12.69 for seniors. Other meals start at \$9.50.

Non-religious Spirituality Friday January 20 @ 1:00 PM by David Breckenridge
Former Pastor David Breckenridge hosts this discussion of the Bible from a historical point of view.

Seniors Go to the Movies Tuesday January 24 @ 1:00 PM (\$5)
We will be meeting at 1:00 PM at the AMC Theater lobby to get the best deals on movies and popcorn. Movie to be decided depending on availability.

Ad Astra Per Aspera January 27 @ 1:00 PM by Jill Frese
Our Kansas Day presentation will be hosted by Jill Frese. She will talk about the history of Kansas as a territory and eventual state.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3 10:00 Gentle Yoga 11:00 Chair Yoga	4 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 11:00 Life Loss Support Group 12:30 Bridge 1:00 Line Dancing 1:00 Hand and Foot	5 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga	6 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Healthy Moments w/ Kathy Crawford
9 9:00 Meet Meadowlark Staff 9:15 Adv. Strength Training 9:30 Tech Assistance 9:30 Coffee w/ Caregivers & Mindful Memories 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Bright	10 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 12:30 Meet Meadowlark Staff 1:00 Fit to Fight PD 1:00 Dane's Weird Movies: Shadow in the Cloud	11 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Line Dancing 1:00 Hand and Foot	12 9:00 Move to Music+ 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Blood Pressure Clinic	13 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Amelia Earhart by Chris Williamson
16 Closed MLK Day	17 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Artist Profile w/ Kim Richards	18 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Line Dancing 1:00 Hand and Foot	19 9:00 Move to Music+ 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Pizza Ranch 1:00 BINGO w/ Home of the Flint Hills	20 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 "Non-religious Spirituality" by David Breckenridge
23 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Athena	24 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Seniors Go To The Movies	25 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Line Dancing 1:00 Hand and Foot	26 9:00 Move to Music+ 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga	27 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 "Ad Astra Per Aspera" by Jill Frese
30 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Don't Look Up	31 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD	<div>  <div> <div>January</div> <div>2023</div> </div> </div>		

January 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3 Meatball Sandwich Potato Salad Fruit	4 Ham Scalloped Potatoes Carrots Fruit	5 Baked Chicken Rice Meadow Blend Fruit	6 Meatloaf Baked Potatoes Spinach Fruit
9 Salisbury Steak Baked Potatoes Beets Fruit	10 Taco Salad Refried Beans Chips Fruit	11 Chicken Fried Steak Mashed Potatoes w/Gravy Peas/Carrots Fruit	12 Chicken Strips Potato Salad Beets Fruit	13 Roast Beef Mashed Potatoes w/Gravy Green Beans Fruit
16 Closed	17 Fish Potato Salad Beets Fruit	18 Chicken n' Noodles Mashed Potatoes 3-Bean Salad Fruit	19 Breakfast Casserole Hashbrowns Cottage Cheese Fruit	20 Chicken Fried Steak Mashed Potatoes w/Gravy Brussel Sprouts Fruit
23 Spaghetti Salad Garlic Sticks Fruit	24 Chili Cinnamon Rolls Fruit	25 Sweet-n-Sour Chicken Rice Salad Fruit	26 Chicken Alfredo over Noodles Broccoli Salad Garlic Sticks Fruit	27 Lasagna Salad Garlic Sticks Fruit
30 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Fruit	31 Tater Tot Casserole Salad Fruit	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.*** 785-587-2462 ask for Keri		

JANUARY PROGRAMMING

* **Sign up required**- Sign-up starts December 19

Art Studio: Mondays @ 1:00 PM with Cheri Graham

Come and explore your artistic side with watercolors and acrylics. For beginners and experts alike!

Coffee With Caregivers Monday January 9 @ 9:30 AM by Alzheimer's Assoc.

The Heart of America Chapter of the Alzheimer's Association invites you to a support group for caregivers of those with Alzheimer's and other dementias. If you know a caregiver who can benefit from on-going support, please tell them about this opportunity.

Center Singers: Tuesday January 10 @ 12:30 PM

All voices welcome. Piano player and song books included free of charge!

BINGO: Thursday January 19 @ 1:00 PM

Sponsored by the Home of the Flint Hills.

Line Dancing: Wednesdays @ 1:00 PM Instructor: Gayle Mullen

Lively music of all kinds provides the beat for this line dancing class. Beginners and experienced dancers welcome. Bring a friend and join us on the dance floor!

Movie Matinee*: Mondays January 9, 23, 30 @ 1:00 PM

1/9	"Bright"	R	Action/Fantasy
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1/23	"Athena"	R	Drama
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1/30	"Don't Look Up"	R	Comedy/Disaster
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*subject to availability

Seated Tai Chi*: Every Saturday @ 9:30AM Limit 8

Seated Tai Chi provides a calming atmosphere to stretch, improve balance and start your day.

Stitch Therapy: Every Thursday @ 9:00AM. Bring a project! Bring a friend!

Strength Training/Balance & Flexibility/Move to Music*/Yoga:

See Program Calendar for dates and times of in-person classes. Or...

Please enjoy the large library of previously recorded classes on Facebook.

*Move to Music is tentatively restarting pending Becky Behling's recovery!

Tech Asst*: Monday January 9 from 9:30 - 11:00AM by Wandean Rivers

Help with all your electronic communication devices. Call for an appointment.

Riley County Seniors' Service Center
301 N. 4th St.
Manhattan, Kansas 66502

Non-Profit Organization
U.S. Postage PAID
Permit 412
Manhattan, KS 66502

January 2023

**In the event of inclement weather, the Senior Center
will be closed if USD 383 closes.**

Our Business Members

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

AMICUS Wealth Partners
BD4 Distributing, Inc.
Charlson & Wilson Bonded Abstracters, Inc.
Diamond Lane Corporation
Flint Hills Heart, Vascular and Vein Clinic

Good Shepherd Homecare & Hospice
Manhattan Duplicate Bridge Club
Sink, Gordon & Associates
Thermal Comfort Air, Inc.