

May 2024



Director's Message ...

Here is some exciting news! Just like Sy Sperling who reminded us in his late-night 1980's advertisements, "I'm not only the Hair Club president, I'm also a member" I can now proudly say, "I am not only the Manhattan Senior Center Director, I am also a member!" That's right. I had my 60th birthday last month and joined the Senior Center. I'm proud to support the mission and programs that enhance the lives of seniors in Manhattan, Riley County, and our region. I'll name a few:

- ☐ 175 meals daily to homebound seniors
- ☐ 16 fitness classes weekly
- ☐ Free Tax Prep
- ☐ Medicare Part D open enrollment counseling
- ☐ Fraud Protection Programming
- ☐ Cards and games, spontaneous solar eclipse parties... and the list goes on!

I encourage you to tell a friend about the Senior Center. There are many who don't know what they're missing out on.

I extend a big THANK YOU and a bittersweet good-bye to our 2024 Spring semester interns, Jenna Steckline and Cora Malone. These ladies will be a tough act to follow. Cora was able to bring 9 weeks of mental health education to Seniors at the Manhattan Housing Authority Tower Apartments through guest speakers and activities. Jenna helped get Friendship Meal delivery re-started in Ogden and created a Seniors programming/activity resource list for the Ogden Community Center. I wish Jenna and Cora the best in their future endeavors and have no doubt of their success in their chosen fields.

Liz Nelson, Director of the Manhattan Senior Center

May's Center Art

This month's art is courtesy of our very own members active in our Art Studio. Stop by for a moment and take in the creativity our members are sharing in this exhibit!



Sign Ups Begin April 22nd

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

Special Announcements



**Riley County Food and
Farm Council
presentation:**

Cooking for One

May 15th at 1:00pm

With Nutritionist

Jordan Chen



Driver Safety

Smart Driver Course

May 21st 10am to 2pm

No sign up necessary

Pay when you attend

\$20 for AARP members

\$25 for non members

** taking this course may
qualify you for an
insurance discount.*

HEALTH & WELLNESS

MON/WED

Advanced Strength
Training - 9 AM

Balance/Flexibility
10 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

MAY SPECIAL PROGRAMS AND EVENTS

Estate Planning Essentials: A Matter of Life & Death

*May 3@ 1pm Kansas Legal Services Staff Attorney
- Dom D. Cavicchia*

As Benjamin Franklin famously said, "nothing is certain except death and taxes." While no one really enjoys either of these unavoidable certainties, good Estate Planning now can ease the future burden of loved ones facing tough end-of-life and post-mortem decisions. This presentation will include: Last Will and Testament, Powers of Attorney, and Living Wills.

Scams! Scams! Scams!

May 10@ 1 PM with Dan Strom

We are all faced with scams, let's learn to recognize and avoid them. Dan Strom of Sure Defense Strategies has been working in cyber security for over 30 years.

Humanities Kansas Presents: Petroglyphs of the Kansas Smoky Hills

May 17 @ 1 PM Rex Buchanan, Former Director of Kansas Geological Survey

For centuries before European arrival, Native people lived on the plains, and some left behind rock carvings on soft sandstone in the middle of the state. Based on the book Petroglyphs of the Kansas Smoky Hills, this presentation focuses on these carvings, the people who made them, and what the carvings tell us about those people and their relationship to the land. Learn the challenges of dating and interpreting these carvings, the threats posed by erosion and vandalism, and the role of landowners whose property shelters these carvings.

Little Apple Juggling Club

May 24 @ 1 PM

The Little Apple Juggling Club was created to promote juggling in this area. They welcome all to join them whether you're a beginner wanting to learn or an expert. Come watch and learn this unique talent.

Military Holidays Here and Around the World; An Officers Reflection on his Service in the Navy

May 31 @ 1 PM Commander (Ret.) Timothy A. Oswalt

Commander Oswalt will speak on the differences and similarities of the main military holidays here in the US, what they mean, how they originated, and how we celebrate them. He will share personal stories of his career and how he has been a part of these events. Additionally, he will talk about similar events that are held by our allies around the world. Commander Oswalt participated in Operations Southern Watch, Enduring Freedom, Iraqi Freedom, New Dawn, and flew counter-narcotics missions from El Salvador. He has logged over 3700 flight hours, 374 carrier landings, and 143 combat missions. He is a native Kansan and a K-State graduate.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Call : 785-537-4040 or email: frontdesk@manhattanseniorcenter.org</p>		<p>1</p> <p>9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>2</p> <p>9:00 MO-80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Blood Pressure Cks 1:00 10 Point Pitch</p>	<p>3</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Estate Planning Essentials: A Matter of Life & Death</p>
----- Jewelry Sale! -----				
<p>6</p> <p>9:00 Adv. Strength Training 9:30 Tech Assistance 10:00 Strength Training 11:00 Strength Training 1:00 Scrabble/Word Games 1:00 Art Studio 1:00 Movie Matinee: The Pez Outlaw</p>	<p>7</p> <p>9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 12:45 Bergman Elementary choir 1:00 10 Point Pitch</p>	<p>8</p> <p>9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>9</p> <p>9:00 MO-80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Hearing Aid Check 1:00 10 Point Pitch 1:00 Brain Games w/ Ascension Via Christi 2:00 Widowed Support Group</p>	<p>10</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Scams! Scams! Scams!</p>
<p>13</p> <p>9:00 Adv. Strength Training 9:30 Tech Assistance 10:00 Balance/Flexibility 10:30 Coffee w/ Caregivers & Mindful Memories 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Minari</p>	<p>14</p> <p>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 10 Point Pitch 1:00 Bonus Movie: The Abyss</p>	<p>15</p> <p>9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing 1:00 Cooking for One- Food and Farm Council w/ Jordan Chen</p>	<p>16</p> <p>9:00 MO-80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 9:30 Health Topics w/ Mathis Rehab 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Culver's 1:00 10 Point Pitch</p>	<p>17</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Humanities Kansas Presents: Petroglyphs of the Kansas Smoky Hills</p>
				<p>9:30 KMAN Live w/Liz</p>
<p>20</p> <p>9:00 Adv. Strength Training 10:00 Balance/ Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: St Vincent</p>	<p>21</p> <p>9:00 Move to Music 10:00 Gentle Yoga 10:00 - 2:00 Smart Driving Course 10:30 Jam Session 11:00 Chair Yoga 1:00 10 Point Pitch</p>	<p>22</p> <p>9:00 Adv. Strength Training 10:00 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</p>	<p>23</p> <p>9:00 MO-80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 10 Point Pitch 1:00 Trivia 2:00 Widowed Support Group</p>	<p>24</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Little Apple Juggling Club</p>
<p>27</p> <p>CLOSED</p> 	<p>28</p> <p>9:00 Move to Music 10:00 Gentle Yoga 10:30 Jam Session 11:00 Chair Yoga 1:00 10 Point Pitch 1:00 Artful Making w/ Kim Richards</p>	<p>29</p> <p>9:00 Adv. Strength Training 10:00 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>30</p> <p>9:00 MO-80 Coffee Group 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 10 Point Pitch</p>	<p>31</p> <p>10:15 Bal-A-Vis-X 11:00 Bal-A-Vis-X 12:30 Bridge 1:00 Military Holidays here and around the world; An Officers Re- flection on his service in the Navy</p>

May 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 Roast Turkey Sandwich Mashed Potatoes w/ Gravy Green Beans Fruit	2 BBQ Pork Coleslaw Baked Beans Fruit Bread	3 Meatloaf Baked Potato Broccoli w/ Cheese Fruit Roll
6 Cream of Chicken Mashed Potatoes w/Gravy Beets Bread	7 Vegetable Beef Stew Cucumber/ Tomato Salad Fruit Biscuit	8 Baked Ham Au gratin Potatoes Green Beans Fruit Roll	9 Chicken Fried Steak Mashed Potatoes w/ Gravy Carrots Fruit Bread	10 Salisbury Steak Baked Potato Mixed Veggies Fruit Roll
13 Sloppy Joe Baked Beans Potato Wedges Fruit	14 Taco Salad w/ Chips Spanish Rice Refried Beans Fruit	15 Chicken Noodle Soup Broccoli/ Cauli- flower Salad Fruit Biscuit	16 Polish Sausage Sauerkraut Potato Salad Beets Fruit	17 Oven Fried Chicken Mashed Potatoes w/Gravy Cucumber/ Tomato Salad Fruit
20 Cheeseburger Potato Salad Baked Beans Fruit	21 Chicken Tenders Mashed Potato w/Gravy Green Beans Fruit	22 Pork Chop Yams Peas & Carrots Fruit Bread	23 Beef Tips 'n Noodles Coleslaw Fruit Biscuit	24 Chef Salad w/ Ham Crackers Fruit
27 Closed for Memorial Day	28 Fish Potato Salad Sliced Tomatoes Carrots Fruit	29 Swiss Steak Baked Potatoes Carrots Fruit Bread	30 Spaghetti w/ Meat sauce Tossed Salad Fruit Breadstick	31 BBQ Chicken Mashed Potato w/Gravy Marinated Slaw Fruit Bread

MAY REGULAR PROGRAMS AND EVENTS

Tech Assistance First Monday @ 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

Second Mondays @ 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 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 Second and Fourth Thursdays @ 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.

Flint Hills ATA Bus Mobility Management

Forth Wednesdays @ 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.

ARTful Making Tuesday May 28 @ 1 PM
Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. All materials provided.

Jam Session Tuesdays @ 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!

New Program: Mo-80 Thursdays @ 9 AM
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!

Newsletter Update:

Due to delivery issues with bulk mailing, we are switching to first class mail. This increases our costs significantly. If you currently receive your newsletter by snail mail but would be willing to switch over to receiving it by email please let us know at:

media@manhattanseniorcenter.org

ARTS & ENTERTAINMENT

ALL EVENTS @ 1 PM

MONDAY MATINEE

5/6 - The Pez Outlaw
(TV PG) 2022
Documentary/Comedy

5/13 - Minari
(PG13) 1991
Drama

5/20 - St Vincent
(PG13) 2014
Comedy/Drama

BONUS MOVIE

5/14 - The Abyss
(TV-MA) 2023
Action/ Drama

Games

Ask about new card games and word games starting soon!

5/6- Scrabble

ART

5/28- ARTful Making
with Kim Richards

Mondays at 1PM
Art Studio by Cheri Graham. Instruction in watercolor and acrylics.

Thursdays at 9AM-
Stitch Therapy



We are grateful to those who served and for the connections we make here at the Senior Center



POWERED BY CONNECTION: MAY 2024

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

MAY 2024



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
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

Flint Hills Volunteer Center
Good Shepherd Homecare & Hospice
Great Clips
Manhattan Duplicate Bridge Club
Queen Estate LLC
Sink Gordon Accountants & Advisors LLP
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